

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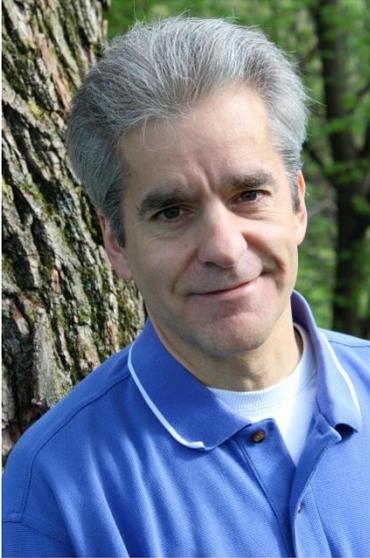
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



I am not happy. I am not sad. I am at peace.

I had an interesting exchange with a friend recently that was illuminating for me. The exchange was, on the surface, a rather mundane conversation, but underneath I was presented with a significant realization.

My friend and I were sitting in a café having a coffee. After about 20 minutes of sharing, my friend said to me, “You know, Rob, you don’t ever seem to get excited about anything. Are you happy with your life?” As I took in my friend’s question, an immense peace came over me. I may describe the sensation as joy.

I paused and, looking at my friend, said, “You know, you may be right about not getting excited about much. Perhaps I have unconsciously imbued the symbolic Buddhist teachings about the ‘middle way,’ to live one’s life between two extremes—in this case between elation and despair.

I asked my friend, “Would you describe me as happy?”

“Not really,” my friend replied. “But nor would I describe you as sad.” My friend went on to share, “You smile and laugh a lot, but there are also a lot of times you say nothing and seem disconnected. You simply don’t respond to things most other people do.”

I repeated my question, “Would you describe me as happy?”

“I don’t know,” was my friend’s response.

“Well, how would you describe someone who is happy?” I asked.

“Well,” my friend went on... “Someone who is happy shows that happiness in an outward manner through their communication, both verbal and non-verbal.”

“What does this happiness communication look like to you?”, I asked.

“A person will smile and laugh, and joke around, and... you know, just be happy.” My friend looked a little bewildered at my question.

“Earlier you said I smiled and laughed a lot. Am I not happy then?”

My friend seemed to be getting a little frustrated with my constant comeback-questions and blurted out... “Come on, Rob...you know what I mean. Yes, you smile and laugh a lot; but you don’t behave like those other happy people.”

“How do those other happy people behave?” I asked.

“They get excited and animated,” was my friend’s reply.

“So in some ways you see me as happy, but in other ways you do not?” I asked.

“I guess so,” said my friend.

I thought I would explore the other side of this happy / sad equation with my friend and asked... “Do you see me as sad.”

“No. Definitely not sad. You never seem to be down in the dumps or depressed, or worried, or even bothered by much. How do you do that anyways?”

I laughed at my friend’s question. “May I ask you another question?”

“Sure.” said my friend.

“Do you see me as ‘at peace.’?” I asked.

There was a momentary pause, then my friend tentatively said... “Well...yes. I would describe you as someone who does have a peaceful way about them.”

“So,” I said, “I am neither happy, nor sad. I am at peace.”

“Yeah, that about describes you.” said my friend.

I smiled. “Well,” I said, “then aren’t we all blessed.”

The objects of our happiness and sadness are nothing more than some form of idol, something we choose to replace our relationship with the Divine. This idol we seek, that ultimately brings us happiness or sadness, is a thin veneer over our seeking of what the idol represents, not the actual idol itself. Usually, our outward search is for something to make us happy. When that happiness isn’t found, our quest for happiness turns to sadness. But the sadness, too, is a sought-after state of being; an unconscious punishment for betraying our relationship with the Divine and an attempt to appease our guilt for that separation.

The peace we so long for is not found in happiness manifest from anything outside of us. That form of happiness searching will always lead us toward sadness. The middle way, between the extremes of elation



and despair, offers the greatest potential for peace. We need neither seek for happiness or sadness. The absence of both these states leaves us in the middle—we are left in peace.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Only Breath

Not Christian or Jew or Muslim, not Kindu,
Buddhist, sufi, or zen. Not any religion

or cultural system. I am not from the East
or the West, not out of the ocean or up

from the ground, not natural or ethereal, not
composed of elements at all. I do not exist,

am not an entity in this world or the next,
did not descend from Adam and Eve or any

origin story. My place is placeless, a trace
of the traceless. Neither body or soul.

I belong to the beloved, have seen the two
worlds as one and that one call to and know,

first, last, outer, inner, only that
breath breathing human being.

Jelaluddin Rumi

3. Quote or Question

"Mindfulness is simply being aware of what is happening right now without wishing it were different. Enjoying the pleasant without holding on when it changes (which it will). Being with the unpleasant without fearing it will always be this way (which it won't)." ~ James Baraz

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 – June 2017

Manipulation from the Shadow—Victory from the Light

Do not be overly concerned with the various realities, objects and situations that seem to play havoc in your present world. There is much imitation and manipulation that is being play out upon your planet. Let us explain.

All life, material, less material and nonmaterial is founded on the exquisite and perfect force of Love. This you well know. You also comprehend that Light is the construct of Love as it emerges into a more physical expression. Hence, all existence upon your planet is constructed of Light. As individuals become more aware of their intrinsic Light structure, they increasingly absorb more Light. Thus, through feeling, thoughts and actions of Love, these individuals, while in physicality, consciously transfigure and become luminous. This deep anchoring of Love, devotion, honour and respect of the Creator and of creation also becomes your tool of discernment as those of your world attempt to imitate Divine Light and Love for manipulative purposes.

Within its spirituality, humankind is endowed with great intelligence. Fine intelligence and keen spiritual living create the perfect union to further balanced growth upon your earth. Herein lies your true equilibrium as an individual, as a nation and as a world. This balance of Spirit and High Mind forms the common ground for life within planets, galaxies and dimensions where many of us dwell.

Presently upon your world, imitation and manipulation are being observed. This is especially witnessed in the objects and actions of those inhabitants who have chosen the way of shadow. With sophisticated tools, these individuals and groups imitate and distort the spiritual and scientific expressions of life, striving to encapsulate the divinity of your people.

Hence, falsehood can now also be observed in the physical manipulation of your time and space by those who desire to control not only your planet but others in your outer space. However, as you well know, manipulation is restrained as nothing beyond a certain boundary above, around and within your planet can be touched by those who have declined the Light. As manipulation becomes more cunning, a magnificent movement takes place. Light, Will and Power of the inner sacredness of your inhabitants and of us all expand and dominate. The more acute the desire for manipulation, the more intense the outpouring of Divine Love and Force from all worlds, including your planet.

Kindly remember that, as universal beings of the one Light, you cannot be manipulated for your sacred vibrational stance cannot be captured. Let us illustrate.

Imagine that you place your hand in a container of water attempting to grasp one droplet. As the water behaves as one body this is quite difficult to do. So it is in your transformational world. The Light intensifies and, through the unified field of Love established upon and within your planet from its very conception, (see

Notes from the Light April and May 2017) your people are gathering to create a resplendent ocean of spiritually intelligent frequencies, each droplet an individual expression of Divine Force. Hereby, you create a tremendous field of power and oneness founded on Love which no one, no object, no misaligned frequency can touch. This Divine field of heart and mind is not limited to your world, for your Planet Earth lies within a vast community of star systems and dimensions which vibrate to a similar frequency.

Hence, we ask you to spend time in the quiet to cultivate attunement to the higher realms of which you are a part. Serve where you are able. Be of compassionate heart and of generous mind. You are upon this earth as one people to celebrate the victory of Light within the splendid and perfect expression of Love.



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.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

5. Good News Of The Day

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

Kelsey Juliana is proof that you're never too young or too busy to save the planet. Since the tender age of 15, when most of her peers were busy with soccer practice and reading the Hunger Games, Kelsey has been delving into legal briefs as a co-plaintiff for Oregon TRUST (a nonprofit fighting climate change for future generations), which is suing the state of Oregon "to take a more aggressive stance against the carbon emissions warming the earth and destroying the environment." In 2014, the then 18-year-old environmentalist activist walked across America to bring awareness to global warming. In this interview, Kelsey's wisdom shines through, as she pleads to those of us inhabiting the earth, and those inheriting it - to take action and not stand idle. <http://www.dailygood.org/story/1558/while-her-peers-stand-idle-this-teen-activist-fights-for-the-earth-lorraine-chow/> **Be The Change:** What can you do today to make a small shift towards benefitting the environment?

Safaa Bokhari, a mom living in Oakland, Pennsylvania, has experienced difficulty practicing her Muslim faith, especially while wearing her headscarf. Her goal is to foster a safer environment for her daughter when she becomes old enough to choose whether to wear a headscarf. To do that, she teamed up with a community organization in Pittsburgh to launch Hello Hijab, which creates tiny headscarves that can be used on children's toys. Bokhari hopes that in doing so she can educate others on how the hijab is a spiritual concept and create a world where seeing women wearing one is more normal and accepted.

<http://www.dailygood.org/story/1593/hello-hijab-mom-hopes-to-create-a-better-world-for-daughter-carol-kuruvilla/> **Be The Change:** What can you do today to learn about what is important in other cultures?

In 2012 artist Robert Bengston started a new participatory, people-powered project, Inspiration Campaign, that involves beautiful, empowering, nothing-for-sale advertising. The aim was to inspire the human spirit, and to transform mainstream media into a source of inspiration. The campaign uses crowd-funding to run uplifting, crowd-sourced messages on traditional physical advertising spaces. Messages like, "Humankind. Be both." "You belong." "Love first." Over the last four years the campaign has led to more than 14 million media impressions. Read more about Bengston's journey and creative vision.

<http://www.dailygood.org/story/1594/robert-bengston-inspiration-campaign-awakin-call-editors/> **Be The Change:** Do something big or small today to bring a note of positivity to someone's day.

Just in time for the millions of students around the world preparing for the milestone of graduation, comes this powerful music video! Written by be-the-change rapper Nimo Patel in India and animated by the French animators 'Superfruit Collective', it features a chorus of students from the Philippines, and excerpts from a graduation speech in America by ServiceSpace founder Nipun Mehta -- a true global labor-of-love collaboration! Whether or not you are graduating this year, the profound messages of this song, the catchy tune, compelling animation, and the energy behind it are bound to lift your day. Included here are Nimo's lyrics and the complete text of Nipun's graduation speech that went viral some years ago.

<http://www.dailygood.org/story/1597/graduation-a-song-and-speech-for-the-ages-nimo-patel-nipun-mehta/> **Be The Change:** Do something today in the spirit of lighting a candle on someone else's path.

Leadership is needed in times of upheaval and transition -- but what are the qualities it takes to be an effective leader and a positive influence? Christopher I. Maxwell of the Wharton Center for Leadership delves into this

question in an interview. In it he discusses his book, "Lead Like a Guide: How World Class Mountain Guides Inspire Us to Be Better Leaders." Maxwell interviewed mountain guides all over the world and found that most successful guides embody six essential leadership traits that can be translated to the world of business, or any realm of life where leadership is needed. While many misunderstand leadership to be leading others forward by direction, mountain guides understand that it is far better to help others discover their own power to overcome great obstacles. Learn how empowering others can help you be an agent for change in your work and in the world. <http://www.dailygood.org/story/1585/peak-performance-lessons-in-leadership-from-mountain-guides-knowledge-wharton-north-america/> **Be The Change:** Empower those with whom you work to find their strengths before directing them to the solution you think is best. See if the team can take the long but better route by building trust in each other.

Padraig O Tuama is a poet, theologian, and extraordinary healer in our world of fracture. He leads the Corrymeela community of Northern Ireland, a place that has offered refuge since the violent division that defined that country until the 1998 Good Friday Agreement. And Padraig and Corrymeela extend a quiet, generative, and joyful force far beyond their northern coast to people around the world. "Over cups of tea, and over the experience of bringing people together," Padraig says, it becomes possible "to talk with each other and be in the same room with the people we talk about." Here he discusses belonging and the power of language on OnBeing. <http://www.dailygood.org/story/1598/belonging-creates-and-undoes-us-both-on-being/> **Be The Change:** What can you do today to foster an environment of positive discussion between people with different beliefs?

"We need to let the soil and plants recharge our DNA. We need to create a new paradigm of how to live and exist based on the land." Tommy Joshua is paving the way to do just that. Raised in a poverty-ridden neighborhood he witnessed social injustice. Brave examples in his own family inspired him to be part of the solution as a community organizer and educator. Nothing could stand in his way for long -- not even leukemia. Tommy survived the illness with a deepened resolve. He found his passion in urban farming -- and not long after the North Philadelphia Peace Park was born. Though his path has been riddled with challenges, it is rooted in the power of small actions and community. Here's a closer look at his story." <http://www.dailygood.org/story/1599/seed-soil-and-light-a-young-revolutionary-s-journey-rina-patel/> **Be The Change:** How can you take a quality from nature and apply it to your own life?

They say that a creative adult is the child who survived. From an early age, Slobodan Dan Paich had a powerful awareness of his inner compass. In the decades since, it has led him across the globe and against many odds, to build community through art and to leverage the creative force for re-imagining the world. Slobodan reminds us how staying true to ourselves, and working with our fears, we can foster a deep connection with life. In the middle of vulnerability, he says, is the space where the magic may unfold. <http://www.dailygood.org/story/1602/re-imagining-the-world-an-artist-s-remarkable-life-journey-bela-shah/> **Be The Change:** Does Slobodan's story invite you to listen within for your own spaces of vulnerability and possibility. How does it feel? Or maybe he encourages you to weave more creative spaces and moments into your life. How can you begin?

It began with a single tomato. Watching her own home-grown plant take form before her eyes, and tasting for herself the deliciousness, Karen Washington dove into gardening as more than just a hobby -- it became her calling. Deemed as 'the queen of urban farming', Washington is a change maker and urban revolutionist --- greening the streets of New York City's poorest areas one abandoned lot at a time. Her first community project, 'The Garden of Happiness' aimed to beautify these forgotten spaces, though her mission has now evolved into food creation to feed both the mind's and body's of those in need. <http://www.dailygood.org/story/1604/see-the-seeds-of-change-grown-by-one-bronx-woman-chris-peak/> **Be The Change:** Create your own co-gardening space. Is there a plot of land or area in your own community that you could set up as a community food garden? Could you do this from your own home?

How did a law-breaking, heroin-using, 9th-grade dropout go on to earn two Masters degrees and a Ph.D? By learning about trust and community at a critical time in her life. At the Delancey Street Foundation in San Francisco, Teri Delane received the support she desperately needed, and the tools to succeed. It made such an impact on her that she decided to give back. "My heart and soul has always been with youth...I know that if you get in early and really work on them and help them learn to trust, they can change," she says. Based on her experience and further research, Delane started Life Learning Academy, a school for kids with histories of failure, truancy, arrest, and substance abuse. It boasts a 99% graduation rate with 85% of students going on to college. Find out more about how it transforms lives through trust. <http://www.dailygood.org/story/1590/from-addiction-to-academy-founder-dr-teri-delane-teaches-kids-to-trust-mj-vieweg/> **Be The Change:** Make an effort to build trust in a relationship today by being reliable, honest, and open.

A popular coffee shop in Denver is making a difference, and not just through their drinks. The Purple Door Coffee Shop, founded by Madison Chandler and Mark Smesrud, helps support youth coming out of homelessness by offering them jobs behind the counter, and teaching them skills such as customer service and budgeting. Moved by the overwhelming number of homeless youth in the region, Chandler and Smesrud sought a way to help them get back on their feet. No one who's 13, 14, 15, 16 should be homeless, says Chandler. Purple Door creates rewarding experiences not only for their employees, but for their customers as well. Each bean brewed keeps them coming back, and offers a simple way to give even the most vulnerable members of the community a chance to thrive. <http://www.karmatube.org/videos.php?id=6212> **Be The Change:** Interested in giving back to the homeless members of your own community? Consider volunteering at a shelter, donating clothing, or organizing a food drive.

Kay Pranis, a facilitator of peacemaking circles, believes that each of us is inherently good, wise, and powerful. This, along with the remaining six core assumptions, form the foundation for her practice and way of using circle processes. Based on an indigenous tradition, circle allows for individuals to unite around a common cause or conflict, and address it openly so each participant feels deeply heard and can together work toward a resolution. Kay's use of circle has been transformative in communities, prison systems, schools, and various social institutions. "We cannot necessarily undo harm that happened," says Kay, "but we can move toward healing and toward being more constructive with one another. We can be authentic in a space that's grounded in these values of whom we want to be when we are at our best." <http://www.dailygood.org/story/1591/kay-pranis-the-art-of-holding-circle-awakin-call-editors/> **Be The Change:** Which of the seven core assumptions do you most identify with?

Each moment as we go through our day, we are practicing habits of mind and being. Too often, we unconsciously end up practicing habits that are unhelpful for us. Resentment, fear and projection become habits that end up being hurtful, but with a change in perspective, gratefulness can be incorporated into our day as a practice. Br. David Steindl-Rast, Benedictine monk and teacher of grateful living, suggests that even in the trouble that life may bring, there are opportunities to practice gratefulness so as to open to life in profound ways. "Gratefulness, like mindfulness or yoga, is an awareness practice and a way of training, deepening, and directing our attention," says Kristi Nelson, who works with Br. David as executive director of gratefulness.org. Read on to learn a simple practice to use even when there are difficulties in life. <http://www.dailygood.org/story/1606/gratefulness-an-opportunity-to-practice-kristi-nelson/> **Be The Change:** When you encounter difficulty in your day, breathe into the moment and try to find an opportunity to be grateful for some part of your experience.

While Staff Sgt. Edwin Caba served in Afghanistan, a litter of puppies born on his base brought a sense of much needed joy and relief to the soldiers. Many didn't want to part with them once their tour ended. Enter Nowzad Dogs. Since 2007, the nonprofit has reunited more than 700 soldiers with the animals they cared for on duty. As the only official animal shelter in the country, it also helps find homes for abandoned animals in Afghanistan. Founder Pen Farthing, a former Royal Marine sergeant, named the organization after after Nowzad -- a dog that adopted Farthing, and followed him back to base after he broke up a dogfight. The dog had such an effect on Farthing that he found a way to take her home. In doing so, he realized he wanted to

help others do the same. <http://www.karmatube.org/videos.php?id=5907> **Be The Change:** Touched by this story? Think about visiting your local animal shelter to see if you can help.

Thomas Ponce is a 16-year-old animal rights advocate and a citizen lobbyist from Casselberry, Florida. He is the founder of Lobby For Animals, the Coordinator for Fin Free FL, and founder of Harley's Home, which is used as his school-based animal rights club. A vegetarian at age of 4, he began writing about animal rights at the age of 5. Soon after, Thomas's parents realized that his advocacy for animals was not a phase, but a way of life. "I feel that it is our responsibility as both citizens and human beings to use our minds, hearts and voices to speak up against the injustices we see in the world," explains Thomas. More in this in-depth interview with this teen activist. <http://www.dailygood.org/story/1592/thomas-ponce-on-behalf-of-all-living-beings-awakin-call-editors/> **Be The Change:** Learn more about Thomas's work with Lobby for Animals.

Alan Burdick's most recent book, "Why Time Flies: A Mostly Scientific Investigation," chronicles his quest to understand the nature of lived time. He recently joined Douglas Rushkoff, media theorist and author of "Present Shock: When Everything Happens Now," for a conversation on what we miss about the nature of time when we only think about it as a number. The conversation touches on the tension between experienced time and number time, how to align more closely to the body's natural chrono-biology, and how, because of technology, we are losing the experience of the expansiveness of time.

<http://www.dailygood.org/story/1609/against-the-clock-how-technology-has-changed-our-experience-of-time-heleo-editors/> **Be The Change:** Leave your watch at home, switch off your phone, and go for a good long walk around your neighborhood. How does it feel to disconnect from the clock for a little while?

"Cole Porter clearly got it right. But what exactly is it that changes from major to minor when we say goodbye? What permits music to express and stimulate our moods so precisely? How does it ignite or dampen our spirits, make us feel romantic or cynical, lighthearted or blue? Why do simple sequences of musical notes or complex symphonic strains cause us to weep with sorrow, waltz with elegance, march in disciplined military formations, or swirl sensuously across a dance floor? And what does any of this have to do with conflict?" Kenneth Cloake specializes in mediation, negotiation and the resolution of complex organizational, interpersonal, and public policy disputes. He shares more in this thought-provoking excerpt.

<http://mediate.com/articles/cloke3.cfm> **Be The Change:** Practice tuning in to the vibrational quality of your interactions today and what they reveal.

Annie Dillard tells us we could learn from weasels "something of the purity of living in the physical sense and the dignity of living without bias or motive...open to time and death painlessly, noticing everything, remembering nothing, choosing the given with a fierce and pointed will...yielding, not fighting. A weasel doesn't "attack" anything; a weasel lives as he's meant to, yielding at every moment to the perfect freedom of single necessity." <http://www.dailygood.org/story/1490/living-like-weasels-annie-dillard/> **Be The Change:** Think about what's really important to you, then take a moment to do as Annie suggests, to "grasp your one necessity and not let it go."

We live in challenging and stressful times and may wonder how our children must be feeling when we are struggling ourselves. But, even as we try to shelter and protect them, we discover that children and young adults are remarkably resilient and that the things that help us to cope in difficult situations are often the very things that make challenges more bearable for them as well. Moving from a sense of helplessness toward action, using our failures and struggles to reach out to others, and pushing ourselves against our limitations all make us stronger, more compassionate people. The same is true for our children-- often in remarkable ways. In this Daily Good Spotlight, we take a fresh look at past features on young people who faced challenging times and situations in inspiring ways. <http://www.dailygood.org/story/1611/spotlight-on-kids-who-are-changing-the-world-shari-swanson/> **Be The Change:** Take a minute to listen to this Pep Talk from the effervescent "Kid President" (AKA Robbie Novak). He reminds us that we all have work to do, "and we can cry about it or we can dance about it... It is everybody's duty to give the world a reason to dance." What will you do today to give the world a reason to dance? <http://www.karmatube.org/videos.php?id=3789>

Alanda Greene peeled back the outer layer of a red onion. As the sun caught its redness, lit it up like a ruby, she gasped at the startling beauty of it. Her mind had been elsewhere, grumbling about something that had happened, but she was suddenly called to what the Navajos refer to as the Path of Beauty. Beauty is everywhere, she discovered, as "the red glow absorbed my being in gratitude and awe."

<http://www.dailygood.org/story/1614/red-onions-transformed-by-beauty-alanda-greene/> **Be The Change:** Alanda says "A moment of grace...showed yet again that the choice I make with my thoughts makes all the difference in my world." Notice the choices you make today as you look out on the world around you, and remind yourself that like a red onion your thought has many layers, many colors.

Melissa Dahl says she loves to give advice to friends on how to solve their problems but rarely takes her own advice. Sound familiar? It's a question of perspective, she points out. We are too close to our own stuff. Nevertheless maybe we should listen to the advice we give others as she also says, "There's a good chance you're saying something you need to hear, too." <http://www.dailygood.org/story/1557/why-is-it-so-hard-to-take-your-own-advice-melissa-dahl/> **Be The Change:** Next time you give advice to someone else, listen closely and share with the other person that you have similar troubles too. Then ask yourself if it might be worth applying your advice to your own situation.

6. The Sacred Art of Pausing

Reprinted from www.awakin.org.

--by **Tara Brach** (May 01, 2017)

In our lives we often find ourselves in situations we can't control, circumstances in which none of our strategies work. Helpless and distraught, we frantically try to manage what is happening. Our child takes a downward turn in academics and we issue one threat after another to get him in line. Someone says something hurtful to us and we strike back quickly or retreat. We make a mistake at work and we scramble to cover it up or go out of our way to make up for it. We head into emotionally charged confrontations nervously rehearsing and strategizing.

The more we fear failure the more frenetically our bodies and minds work. We fill our days with continual movement: mental planning and worrying, habitual talking, fixing, scratching, adjusting, phoning, snacking, discarding, buying, looking in the mirror.

What would it be like if, right in the midst of this busyness, we were to consciously take our hands off the controls? What if we were to intentionally stop our mental computations and our rushing around and, for a minute or two, simply pause and notice our inner experience?

Learning to pause is the first step in the practice of Radical Acceptance. A pause is a suspension of activity, a time of temporary disengagement when we are no longer moving towards any goal. The pause can occur in the midst of almost any activity and can last for an instant, for hours or for seasons of our life.

We may take a pause from our ongoing responsibilities by sitting down to meditate. We may pause in the midst



of meditation to let go of thoughts and reawaken our attention to the breath. We may pause by stepping out of daily life to go on a retreat or to spend time in nature or to take a sabbatical. We may pause in a conversation, letting go of what we're about to say, in order to genuinely listen and be with the other person. We may pause when we feel suddenly moved or delighted or saddened, allowing the feelings to play through our heart. In a pause we simply discontinue whatever we are doing—thinking, talking, walking, writing, planning, worrying, eating—and become wholeheartedly present, attentive and, often, physically still.

A pause is, by nature, time limited. We resume our activities, but we do so with increased presence and more ability to make choices. In the pause before sinking our teeth into a chocolate bar, for instance, we might recognize the excited tingle of anticipation, and perhaps a background cloud of guilt and self-judgment. We may then choose to eat the chocolate, fully savoring the taste sensations, or we might decide to skip the chocolate and instead go out for a run. When we pause, we don't know what will happen next. But by disrupting our habitual behaviors, we open to the possibility of new and creative ways of responding to our wants and fears.

Of course there are times when it is not appropriate to pause. If our child is running towards a busy street, we don't pause. If someone is about to strike us, we don't just stand there, resting in the moment—rather, we quickly find a way to defend ourselves. If we are about to miss a flight, we race toward the gate. But much of our driven pace and habitual controlling in daily life does not serve surviving, and certainly not thriving. It arises from a free-floating anxiety about something being wrong or not enough. Even when our fear arises in the face of actual failure, loss or even death, our instinctive tensing and striving are often ineffectual and unwise.

Taking our hands off the controls and pausing is an opportunity to clearly see the wants and fears that are driving us. During the moments of a pause, we become conscious of how the feeling that something is missing or wrong keeps us leaning into the future, on our way somewhere else. This gives us a fundamental choice in how we respond: We can continue our futile attempts at managing our experience, or we can meet our vulnerability with the wisdom of Radical Acceptance.

Often the moment when we most need to pause is exactly when it feels most intolerable to do so. Pausing in a fit of anger, or when overwhelmed by sorrow or filled with desire, may be the last thing we want to do. Pausing can feel like falling helplessly through space—we have no idea of what will happen. We fear we might be engulfed by the rawness of our rage or grief or desire. Yet without opening to the actual experience of the moment, Radical Acceptance is not possible.

Through the sacred art of pausing, we develop the capacity to stop hiding, to stop running away from our experience. We begin to trust in our natural intelligence, in our naturally wise heart, in our capacity to open to whatever arises. Like awakening from a dream, in the moment of pausing our trance recedes and Radical Acceptance becomes possible.

7. True Humility: Selfless Respect for Reality

Reprinted from www.awakin.org.

--by **Costica Bradatan** (May 08, 2017)

From the potential unique location – the site of devastation that we might become – we understand that we are no grander than the rest of the world. Indeed, we are less than most things. The smallest stone we pick up randomly from a riverbed has long preceded us and will outlive us. Humans are barely existing entities: how can we claim privileges? Fundamentally, we are vulnerable, fragile creatures. And if unlike the rest of existence, people are endowed with reason, it is this gift of reason that should lead us to understand how modest our place in the Cosmos actually is.

The experience of failure, then, ought to inculcate humility. Rather than a virtue in the narrow sense, humility should be seen, more broadly, as a certain type of insertion into the world, as a way of life. In *The Sovereignty of Good* (1970), Iris Murdoch came up with one of the best, most economical definitions of humility, which is simply 'selfless respect for reality'. She thinks that ordinarily, people suffer from a poor adjustment to reality ('our picture of ourselves has become too grand', we have lost 'the vision of a reality separate from ourselves'), and it's one that harms *us*, above anything else. To reverse the process, to heal, it helps to learn humility, 'the most difficult and central of all virtues'.



I see three major phases here. In a first movement, humility presupposes an acknowledgment of our cosmic insignificance. This is something as old as philosophizing itself; it is what Yahweh wanted to instill in Job when he asked him: 'Where were you when I laid the foundation of the Earth?' and what the Stoics meant when they recommended 'the view from above'; what Lady Philosophy sought to teach a terrified-to-death Boethius in his prison cell; or what, more recently, Carl Sagan popularized so well. Embracing our cosmic insignificance is the zero-degree of the human existence – lower than this we cannot go. At this stage, shattered by failure and overwhelmed by the realization of our fundamental precariousness, we rightly feel 'crushed', 'flattened', 'reduced to dust'. Humility, thus, places us where we belong; we are brought back to our naked condition. But this is no small feat: for along with the sense of our own self-importance, we also manage to get rid of that mix of self-deceiving habits and self-flattery, which usually keep us hidden from ourselves.

In a second movement, we realize that thanks precisely to our being brought 'to earth', we are in fact in a better position because we are finally on firm ground. We can now stand on our own feet – we've undergone a rebirth of sorts. Importantly, we also realize that there is no degradation at this stage because, by embracing our cosmic insignificance, we've come to be true to ourselves. We may be poor, but we are frightfully honest – especially with ourselves. And that's always the best place to start; wherever we will go from here, it will be progress and a worthwhile journey. Not to say that there is nothing healthier and more refreshing, especially for minds all too frequently pulled up in the air by the force of their own fantasies, than to be drawn back down to earth once in a while. Hardened dreamers undertaking the mud cure are in for a feast.

The third movement is expansive: thanks to having lowered an anchor into the world and regained an existential equilibrium, we can move on to other, bigger things. The dreams now have the necessary ballast to

be dreamt properly. At this stage, humility is no longer an impediment, but an enhancement to action; sometimes there is nothing more daring than the act of the humble. In an important sense, then, humility is the opposite of humiliation: there is nothing demeaning or inglorious about it; on the contrary, humility is rejuvenating, enriching, emboldening. If humiliation leaves us paralyzed and powerless, humility empowers us greatly. True humility, wrote the rabbi Jonathan Sacks, 'is one of the most expansive and life-enhancing of all virtues'. What it presupposes is not 'undervaluing yourself' but an 'openness to life's grandeur'. Humility in response to an experience of failure, then, is at its core a form of *therapy*, the beginning of a healing process. Properly digested, failure can be a medicine against pretentiousness, arrogance, and hubris. It can get us cured, should we care to try it.

8. Knowledge can be Conveyed, but not Wisdom

Reprinted from www.awakin.org.

--by ***Herman Hesse*** (May 15, 2017)

Look, my dear Govinda, this is one of my thoughts, which I have found: wisdom cannot be passed on. Wisdom which a wise man tries to pass on to someone always sounds like foolishness."

"Are you kidding?" asked Govinda. "I'm not kidding. I'm telling you what I've found. Knowledge can be conveyed, but not wisdom. It can be found, it can be lived, it is possible to be carried by it, miracles can be performed with it, but it cannot be expressed in words and taught. This was what I, even as a young man, sometimes suspected, what has driven me away from the teachers.



I have found a thought, Govinda, which you'll again regard as a joke or foolishness, but which is my best thought. It says: The opposite of every truth is just as true! That's like this: any truth can only be expressed and put into words when it is one-sided.

Everything is one-sided which can be thought with thoughts and said with words, it's all one-sided, all just one half, all lacks completeness, roundness, oneness. When the Buddha spoke in his teachings of the world, he had to divide it into Sansara and Nirvana, into deception and truth, into suffering and salvation. It cannot be done differently, there is no other way for him who wants to teach. But the world itself, what exists around us and inside of us, is never one-sided. A person or an act is never entirely Sansara or entirely Nirvana, a person is never entirely holy or entirely sinful. It does really seem like this, because we are subject to deception, as if time was something real. Time is not real, Govinda, I have experienced this often and often again. And if time is not real, then the gap which seems to be between the world and the eternity, between suffering and blissfulness, between evil and good, is also a deception."

"Here on this ferry boat, for instance, a man has been my predecessor and teacher, a holy man, who has for many years simply believed in the river, nothing else. He had noticed that the river spoke to him, he learned from it, it educated and taught him, the river seemed to be a god to him, for many years he did not know that every wind, every cloud, every bird, every beetle was just as divine and knows just as much and can teach just as much as the worshipped river. But when this holy man went into the forests, he knew everything, knew more than you and me, without teachers, without books, only because he had believed in the river."

9. Live Intentionally, in Freedom

Reprinted from www.awakin.org.

--by ***Ekknath Easwaran*** (May 22, 2017)

Modern psychology commonly asserts that we cannot enter the unconscious fully aware. The mystic responds, "Oh, yes, you can! I have done it." The journey cannot be adequately described, but I like to think of it as a return from exile. Into those strange and wonderful realms we too can go, to challenge the wild beasts that roam there, search out the castle where old King Ego reigns in our stead, and claim our throne and the vast inner treasure that is rightfully ours. For this is our own land, the one to which we were born. Even if temporarily we endure banishment, even if the kingdom lies in some disorder because of the usurper's misrule, we can return triumphant and set everything right.



But "challenging wild beasts"? It is no exaggeration: I mean the selfish desires and negative feelings that stalk us. How powerful they are! It has always seemed to me a little wishful to say "I think" or "I feel." For the most part, our thoughts think us, our feelings feel us; we do not have much say in the matter. The door of the mind stands open all the time, and these unpleasant mental states can pad in when they will. We can have a drink, pop in a tranquilizer, lose ourselves in a best-seller or a ten-mile run, but after we come back the beasts will still be there, prowling about the threshold.

On the other hand, we can learn to tame these creatures. As meditation deepens, compulsions, cravings, and fits of emotion begin to lose their power to dictate our behavior. We see clearly that choices are possible: we can say yes, or we can say no. It is profoundly liberating. Perhaps, we will not always make the best choices at first, but at least we know there are choices to be made. Then our deftness improves; we begin to live intentionally, to live in freedom.

10. Is There Righteous Anger Ever?

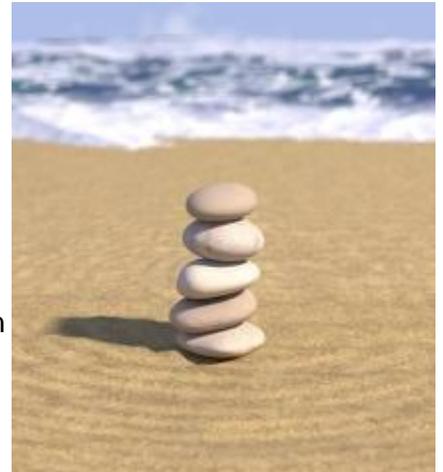
Reprinted from www.awakin.org.

--by **J. Krishnamurti** (May 29, 2017)

One of the most common expressions of violence is anger. When my wife or sister is attacked, I say I am righteously angry; when my country is attacked, my ideas, my principles, my way of life, I am righteously angry. So, when we are talking about anger, which is a part of violence, do we look at anger in terms of righteous and unrighteous anger, according to our own inclinations and environmental drive, or do we see only anger? Is there righteous anger ever? Or is there only anger?

The moment you protect your family, your country, a bit of colored rag called a flag, a belief, an idea, a dogma, that very protection indicates anger. So can you look at anger without any explanation or justification, without saying, "I must protect my goods," or "I was right to be angry," or "How stupid of me to be angry?" Can you look at anger as if it were something by itself?

It is very difficult to look at anger dispassionately because it is a part of me, but that is what I am trying to do. Here I am, a violent human being, whether I am black, brown, white or purple. I am not concerned with whether I have inherited this violence or whether society has produced it in me; all I am concerned with is whether it is at all possible to be free from it. To be free from violence means everything to me. It is destroying me and destroying the world. I feel responsible -- it isn't just a lot of words -- and I say to myself, "I can do something only if I am beyond anger myself, beyond violence, beyond nationality." But to be beyond violence I cannot suppress it, I cannot deny it...I have to look at it, I have to study it, I must become very intimate with it and I cannot become intimate with it if I condemn it or justify it.



11. The Painter of Jalouzi

Reprinted from www.KarmaTube.org.

Once a collection of gray cinder block houses clinging to a mountainside, Jalouzi, the largest slum in the city of Port-au-Prince, the capital of Haiti, is being transformed. This is a story of a local painter Duval Pierre, who, working with local children, is trying to transform his community through color. "Imagine a world without color, Pierre says. Imagine. That place is a place without joy... Color gives us dignity. Color gives us identity. Color gives us hope." <http://www.karmatube.org/videos.php?id=7079>

12. Ask Him Anything

Reprinted from www.KarmaTube.org.

Mansoor Shams is a 34 year old U.S. Marine. He's also a Muslim whose family immigrated to America when he was just 6-years-old. In "Ask Him Anything: This Muslim Marine Wants to Bust Myths About His Faith" from PBS News Hour, Shams travels to 4 western U.S. cities to combat prejudice and open up a dialogue about the fears and prejudices people may have about Muslims and immigrants, often finding common ground with those who stop to talk to him. The xenophobia that has come to the forefront since the 2016 US election inspired him to do something to breakdown stereotypes, "It's helped me to see another America that I thought we had gone far past," he explains. <http://www.karmatube.org/videos.php?id=7491>

13. More Than Your Average Cup of Joe

Reprinted from www.KarmaTube.org.

A popular coffee shop in Denver is making a difference, and not just through their drinks. The Purple Door Coffee Shop, founded by Madison Chandler and Mark Smesrud, helps support youth coming out of homelessness by offering them jobs behind the counter, and teaching them skills such as customer service and budgeting. Moved by the overwhelming number of homeless youth in the region, Chandler and Smesrud sought a way to help them get back on their feet. "No one who's 13, 14, 15, 16 should be homeless," says Chandler. Purple Door creates rewarding experiences not only for their employees, but for their customers as well. Each bean brewed keeps them coming back, and offers a simple way to give even the most vulnerable members of the community a chance to thrive. <http://www.karmatube.org/videos.php?id=6212>

14. Sergeant Helps Abandoned Animals in Afghanistan Find Homes

Reprinted from www.KarmaTube.org.

While Staff Sgt. Edwin Caba served in Afghanistan, a litter of puppies born on his base brought a sense of much needed joy and relief to the soldiers. Many didn't want to part with the dogs once their tour ended. Enter Nowzad Dogs. Since 2007, the nonprofit has reunited more than 700 soldiers with the animals they cared for on duty. As the only official animal shelter in the country, it also helps find homes for abandoned animals in Afghanistan. Founder Pen Farthing, a former Royal Marine sergeant, named the organization after Nowzad - a dog that adopted Farthing, and followed him back to base after he broke up a dogfight. The dog had such an effect on Farthing that he found a way to take her home. In doing so, he realized he wanted to help others do the same. <http://www.karmatube.org/videos.php?id=5907>

15. Road Trip for Rescued Dogs

Reprinted from www.KarmaTube.org.

Twice a month for the past decade, Greg Mahle has taken a five-day, 4,200-mile road trip, one that takes him from his home in Ohio, south to Houston, then north all the way to Connecticut and New York, before heading back to Ohio. That's more than 1 million miles, or 42 times around the world in total. On the southernmost stretch of his journey, Mahle collects around 80 dogs facing imminent euthanasia. Along the way, 250 to 300 volunteers help to feed, water, walk and play with the animals before they are delivered to pre-arranged homes in the north. Mahle's Rescue Road Trips saves an estimated 2,000 animals from euthanasia each year.

<http://www.karmatube.org/videos.php?id=6145>

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Consistent with Spiritual Guidance's philosophy, mission and vision (refer to <http://www.servingyourjourney.com/about.html> for more details) Spiritual Guidance offers free advertising in this e-newsletter to those persons and organizations interested in promoting their spiritual-related products, services or events. If you do choose to advertise in this e-newsletter, Spiritual Guidance requests you submit your text ad (no graphics please) to newsletter@servingyourjourney.com by the 25th of the month, for distribution in the following month's e-newsletter.

16. Sacred Attention Therapy

Sacred Attention Therapy (SAT) references the etymological meaning of therapy: "attending to soul". SAT is a new paradigm of psychological and spiritual growth and development and is based on Richard Harvey's ground-breaking approach to depth psychotherapy, and on his 3-stage model of human awakening (<http://www.therapyandspirituality.com/>). This new paradigm of psychotherapy / counselling is an approach that takes into account the ego-based individual and the desire of the individual to grow spiritually. SAT recognizes the fundamental, true, spiritual nature of humanity and the intense longing for the truth about our real, divine state. SAT involves listening with the whole self to the soul of the other. This is what therapy should always be, or at least always aim at, because this is the profound depth of healing and reverence which two gathered together in search of truth can bring about. For more information about SAT, visit these websites:

<http://www.sacredattentiontherapy.com/index.html>

<http://www.servingyourjourney.com/Sacred-Attention-Therapy.html>

Sessions can be offered in person, by phone, or via Skype. For more information about booking appointments, please visit <http://www.servingyourjourney.com/Booking-Appointments.html>. To schedule an appointment, please contact me by phone (613-204-0299) or email (rmeagher@servingyourjourney.com).

17. A Course in Miracles Global Community Centre

Spiritual Guidance is honored to host the 'A Course in Miracles (ACIM) Global Community Centre.' This Centre is a meeting place for ACIM students and teachers from around the world to access coaching counselling, therapy, study and discussion groups, courses, a community café for you to communicate with other students and teachers, and helpful resources and links. Visit the ACIM Global Community Centre at <http://www.servingyourjourney.com/ACIM.html>.

18. OM Websites

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

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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