

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

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You are invited to share this e-newsletter with those family, friends, colleagues and acquaintances you think may be interested.

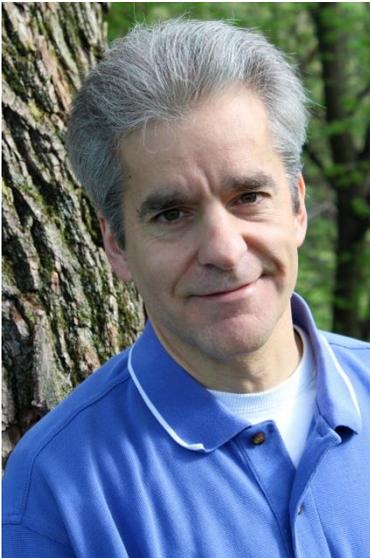
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## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Whose Projection Is It?

I was sitting at a local Café waiting for a friend. Before my friend arrive, an acquaintance ventured into the Café. When the acquaintance and I saw each other, we greeted each other with a hug. Before I hugged this acquaintance, however, I felt a surge of compassion course through me because I was aware that this acquaintance had been going through a difficult relationship breakup. I knew this acquaintance had been going through a difficult relationship breakup because their 'ex' had been regularly attending one of my weekly therapy groups and had shared their experience of the relationship coming to an end.

As I greeted this acquaintance in the Café, I also felt a little awkward because I knew both the members of the couple. I had heard many stories from the 'ex' about how the other had behaved and treated them, both during the relationship and during the breakup. I had not heard the 'others' side of the story. So when I was face to face with the 'other,' the acquaintance, I did wonder what their side of the story was.

The acquaintance and I chatted briefly. At one point I asked, "How are you?"

"Okay, I guess," said the acquaintance.

I sensed their dis-ease and let them know I was available to sit with them, and listen, if they wanted or needed that space. We eventually said our goodbyes.

The next morning, I received an email from the acquaintance I bumped into at the Café the evening before. Here is what the acquaintance wrote:

*I couldn't help but think about you after I saw you yesterday. I felt like you had sadness in your eyes. I am no psychic however. Even still, I will wish to have some happiness sent your way.*

Who was feeling what in the experience related above? I sensed dis-ease from the acquaintance I greeted in the Café. But was that dis-ease my own? Was it really a projection of my own uncomfortableness in seeing one member of the couple who I had heard so many negative things about? Was the acquaintance's comment in their email "*I felt like you had sadness in your eyes.*" merely their projection onto me of their own sadness?



The experience recounted above may seem simple and innocuous. But it is imbued with a plethora of opportunity for reflection, analysis, and healing. Because I can only take responsibility for my own perception and the feelings associated with my perception, I will do well to reflect and examine what was really going on in the two-headed exchange shared above—the meeting at the Café and the email the following morning. Working through what I saw, my emotions, feelings, and reactions, will allow me to carry even more healing energy to other, similar encounters in the future.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### A Community of the Spirit

There is a community of the spirit.  
Join it, and feel the delight  
of walking in the noisy street,  
and *being* the noise.

Drink *all* your passion,  
and be a disgrace.

Close both eyes  
to see with the other eye.

Open your hands,  
if you want to be held.

Sit down in this circle.

Quit acting like a wolf, and feel  
the shephard's love filling you.

At night, your beloved wanders.  
Don't accept consolations.

# Spiritual Guidance

Serving your personal journey toward enlightenment...

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Close your mouth against food.  
Taste the lover's mouth in yours.

You moan, "She left me." "He left me."  
Twenty more will come.

Be empty of worrying.  
Think of who created thought!

Why do you stay in prison  
when the door is so wide open?

Move outside the tangle of fear-thinking.  
Live in silence.

Flow down and down in always  
widening rings of being.

Jelaluddin Rumi

## 3. Quote or Question

*"I see my path, but I don't know where it leads. No knowing where I'm going is what inspires me to travel it."*

~ Rosalia de Castro

## 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 – July 2017

#### Material and Nonmaterial Holograms and Light—Part One

The holograms—interfering beams of light—which you perceive in your world are more extensive and complex than you can presently imagine upon your planet.

Although all houses the structure of Light which seems to appear in a visible world as solid matter, the nature of this Light is highly refined and multi-dimensional. In truth, Light has no boundary and remains indivisible. We speak here of Divine Light. This Light, inhabiting physical matter, can mould physicality into specific structures which you then observe and experience in lower vibratory fields such as your earth.

You may ask, “How can Divine Light be brought into the structure of the material world? Is there then light of a spiritual nature and light of a mechanical or material nature?”

To answer these questions, we would state the following: everything in your material world is imbued with spiritual Light. This Light can be seen by those in your world who employ a higher vibrational language. Hence, within every particle of vibrating matter in your world lies a perfect core of Divine Light (See *Notes from the Light*, October 2013 *The God Particle, Part One* and November 2013 *The God Particle Part Two*). In a manner of speaking, this spiritual Light creates the physical light which you witness upon your planet. Hence, material light is suffused with spiritual Light.

Your people have the ability to produce material holograms based on interfering patterns of physical light. However, there are other types of holograms which exist in the higher vibrational worlds directly created from spiritual Light where no interference is required. These spiritually founded holograms can only exist and be maintained in the higher frequencies. Hence, there are individuals upon your earth who, through their devotion to spiritual living, have effortless access to these more refined creations of Light.

Kindly comprehend that the technological advances in your world, including the creation and the ensuing study of holograms, are limited to the material world. No matter how magical these technological results seem to you, they remain a part of a physical dimension wherein you dwell but not wherein your true existence vibrates. Your true existence vibrates within spiritual Light.

As the people upon your earth open up with goodwill and expanded minds, the divinely unified cosmic consciousness found in all matter, non matter, dimensions and universes naturally opens up within your inhabitants. Here they may experience higher expressions of refined holographic worlds, be they of colour, sound, form, fragrance or articulation in languages beyond your present comprehension.

Why is this subject important to you as a sacredly emerging civilization?

These magnificent holograms of spiritual Light, accessed by enlightened individuals upon your planet, transmit a transcendent language which is dedicated to helping those wishing to unfold to their spiritual nature. These holograms remind your people that they are becoming once again whole and perfect within the very essence of the Creator. No matter its turbulence, your world is advancing towards the splendid refinement of other worlds, holograms and civilizations.

*Material and Nonmaterial Holograms and Light Part Two* will be presented in *Notes from the Light* August 2017.



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

## 5. Jeanne Jessica – Another Story About the Meaning of Life

Sooner or later, every human being is asking the question "Why am I here, and who am I?" There are many ways to explain the meaning of life. What I am going to write here is just one way to explain it. At the end, there is no right or wrong -- because as the wonderful Wayne Dyer used to say: "You'll see it, when you believe it."

Therefore, what I write here is only my own personal humble story, and I am far, far away from pretending to know any answers. I just have my own way to understand it, and this is what I will share here with you, that's all. Yes, I do believe in a Divine Source and in the Divine Realms....

Maybe, just maybe.... maybe, you are a Divine Being of Love, Light and Consciousness, a beautiful Soul from Divine Source. As that Soul, living in the Divine Realms, you are eternal. And because it is in the nature of the Divine Universe to expand and to explore, same as all others, you incarnated in a human body on this beautiful Planet Earth.

And so, you came into this Planet Earth as a human being in a physical body - and you forgot everything you knew before your birth here. You forgot your Divine Source. You forgot your own Divinity. You forgot your Divine Wisdom. You forgot how much Divine Source loves and adores You. You forgot who you were, who you are.

Instead of all that, you learned that you were "human only", very limited, depending on certain things for survival. While this may be true for the physical part of you for the time of this life in this human body, you often felt that there is more to discover.... and you were right.

This is where we appreciate the work of Gregg Braden who asked the spiritual teachers "What is it that keeps the Universe together?" and their answer was always the one word "Compassion."

Compassion reminds us that we all come from the one Divine Source. Compassion is why we all do help each other. The more you remember your Soul, the more you feel all those feelings such as love and compassion. No, not human love. We are talking about the eternal and unconditional, Divine Love. Because Love is the essence of who you are.

That kind of love is never demanding, never expecting, never limiting, never excluding. That kind of love always wants to share, to include, to help, to heal and to give. That love is always flowing, always expanding, always growing. For that is what Divine Love does.

And that is what you too, you wish to do. Because you are part of that Divine Love. Because Your Soul comes from Divine Source. And you are your Soul. Love is part of You, because Love is what your Soul is made of: Love, Light and Consciousness. And you as the human being, you do have access to all of that - as soon as you decide to connect with your Higher Self again.

That is why you do feel happy and fulfilled when you can share love. And that is why you feel sad, when you can't share love, when you're holding back love from your brothers and sisters. Your Soul loves You and wants to reconnect with you, wants you to remember who you are. In meditation, in moments of stillness and relaxation, during prayers, you can more and more feel that love, it is always available to you. These are the first steps that we all have to discover, to practice, to do, to learn. It really is a learning by doing, for all of us.

Could it be that the meaning of life is to remember yourself where you came from? To remember who you really are - and to allow yourself to be who you really are: a beautiful Soul, a being of Divine Love, Divine Light,

## Divine Consciousness.

And sure, we all tend to forget again, as soon as we go out into the world into daily life distractions. But as soon as you find a quiet place, a moment of stillness, gently ask your Soul to reveal itself to you --- and it will show you the path: your own Soul is your greatest teacher.

This path of remembering, of healing, of awakening to who you really are, it is a very personal path. Because you are unique, your life story is unique, and so you have your unique unfolding on your path back home to Your Divine Source.

You sometimes hear people say that it is important to "live from the heart". What they mean is: Living as the Soul that you are. When you are living as the Soul that you are, you are expressing love and compassion. As the Soul, you are naturally in alignment with Divine Source, and then you do have Divine Consciousness. This is the goal of meditation: to be One with your Divine Source, to tune into that Divine Consciousness.

The more you remember your Soul, the more you experience peace and healing. You'll experience healing of the emotional body, layer by layer. As you surrender all your wounds to your Higher Divine Self, you'll receive peace in exchange. And then, you'll share love and compassion with others naturally.



Jeanne Jessica is a certified Reiki Master and spiritual coach. She is also the author of a blog website with different spiritual messages about the journey of the Soul. Through her coachings (online with skype) and distant healing sessions, she facilitates the self-healing processes of the whole being, especially the healing of the heart and the Soul. Jeanne is in Europe and speaks English, French and German. For more information and to book your session with her, kindly visit <http://jeannejess.blogspot.ch/> and use the contact form on that page to find out more about her project, to become a business partner or to support her business with a donation, kindly visit: <http://jeannejess.blogspot.ch/p/the-project.html>. Thank You.

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 6. Good News Of The Day

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

Professor Rhonda Magee is a faculty member at the University of San Francisco law school, an expert in contemplative pedagogy, the President of the Board of the Center for Contemplative Minds in Society, and a teacher of mindfulness-based stress reduction interventions for lawyers and law students. She has spent her career exploring the interrelationship between law, philosophy, and notions of justice and humanity. Having grown up in a segregated North Carolina, Magee developed an early interest in racial and social justice, as well as a deep sense of spirituality and inner work - both aspects of her personal life that profoundly inform her daily work. In this Awakin call conversation, Professor Magee shares of her commitment to inner transformation work, and the role of the inner dimensions in "ensouling" the justice system and resolving conflicts. <http://www.dailygood.org/story/1570/addressing-social-justice-with-compassion-awakin-call-editors/>

**Be The Change:** How can you bring more compassion and your "inner dimensions" to a problem you are facing today?

What if the fundamental unit of biology is not the self, but the network? What if plants, and really, all species, are made of interacting relationships and networked connections that are intertwined? A simple backyard experiment looking at the biological make-up of a maple leaf revealed to Professor David Haskell that a maple leaf is not an individual made of plant cells, but "a community of cells from many domains and kingdoms of life" -- fungus, bacteria, protist, alga, nematode, and plant. As scientists know, "microbe-free plants likely do not exist in nature and, if they could be constructed, would quickly die for want of the vital connections that sustain life." In this article, Haskell, professor of biology at the University of the South, Tennessee explores these ancient and dynamic biological networks, and the practical and metaphorical consequences of holding the perspective that all life is connected. <http://www.dailygood.org/more.php?n=7198> **Be The Change:** Take a moment today to observe the interconnectedness of life around you.

Sitting in his newly built tree-house, Paul Kingsnorth muses about the situation the world is in. German philosopher Karl Jaspers coined a term, the Axial Age, referring to an historical period when five distinct civilizations, those of Greece, Palestine, Persia, India, and China, experienced profound transformations, led by spiritual pioneers such as the Buddha, Plato, Socrates, Zarathustra, Elijah, Jeremiah, Confucius, and Lao Tzu. It was a period of collapse, which led to "the foundations upon which humanity still subsists today." Are we living through a second Axial Age? <http://www.dailygood.org/more.php?n=7193> **Be The Change:** Since everything has two sides, you might try seeing the other side of whatever seems confused, chaotic, or in need of serious contemplation. Is there perhaps a new point of view from which it can be digested?

We human beings have a great need for one another, "an instinct of community." However, today this instinct to be together seems to be fragmenting as we experience increasing ethnic wars, militia groups, specialized interest clubs, and chat rooms. Are we using the instinct of community to separate and protect us from one another? It's ironic that we live surrounded by communities that succeed in creating sustainable relationships over long periods of time. These are the webs of relationships called ecosystems. Margaret Wheatley shares more in this thought-provoking piece. <http://www.dailygood.org/story/1567/the-promise-and-paradox-of-community-margaret-j-wheatley-and-myron-kellner-rogers/> **Be The Change:** Consider how uncertainty plays into your relationships with community and family and whether you might find the way to influence a different outcome. For more inspiration here's another excerpt by Wheatley: Love is the Source of Fearlessness. <http://www.awakin.org/read/view.php?tid=1087>

In April 2015, Dan Price, CEO of a Seattle-based tech company Gravity Payments, did something with barely any precedents in the modern business world. He gave away 90 per cent of his own pay to raise the salaries of his employees to a minimum \$70,000 a year. Price's decision came after reading a study from Princeton University, which found that emotional wellbeing rises with income up to a cut-off point of \$75,000 dollars, after which extra pay has no effect on happiness. At first Price struggled to make the numbers work, but after a while he realized that by cutting his own pay and using some company profits, he could afford it. This article explores Price's own motivations in making this revolutionary move, as well as what effects such a decision could have across the business world where pay scale inequality is the norm.

<http://www.dailygood.org/story/1621/the-ceo-who-gave-90-of-his-salary-to-his-staff-lee-williams/> **Be The Change:** Reflect on an aspect of your life where you feel privileged, and consider how you can share your unique "wealth" with others around you.

Jeroo Billimoria isn't one to see a person in need and hope that someone else will take action. She is a social entrepreneur who responds by getting involved in big and small ways. She became a social activist many years ago at the age of 11 when she encouraged her neighbors to open bank accounts and become financially literate. She wanted to enable their freedom from poverty. In recent years, Jeroo began helping the homeless children of Mumbai by giving them her phone number to call in emergencies. Children were soon calling every night, and their lives were changed. She eventually created an organization of trained street children to help their peers, and this became Childline.org. It is now working to help children all over the world in 143 countries. Learn more about how Jeroo continues her efforts to help and inspire others.

<http://www.dailygood.org/story/1623/she-gave-street-children-her-cell-number-and-changed-their-lives-lead-young-ashoka/> **Be The Change:** In your part of the world, what small action can you take today to make a difference for someone in need?

"When I give something I do not possess, I give a false and dangerous gift, a gift that looks like love but is, in reality, loveless - a gift given more from my need to prove myself than from the other's need to be cared for." Parker Palmer from his book, "Let Your Life Speak", reflects on giving from a place of fullness. In this passage we are invited to give by moving outward from our true nature...what brings us joy...in order to meet the world's needs from the self-renewing well of our true vocation. <http://www.dailygood.org/story/1626/give-that-which-is-organic-to-you-a-recipe-to-avoid-burnout-parker-palmer/> **Be The Change:** Reflect on your organic gifts - the ways you grow and express your deep gladness. Sit quietly with the image of one of these gifts...then give it away to the very next person you meet today.

What do you feel when you gaze at a flower? Or better yet - a field of wondrous, lush, vibrant flowers? Our senses become engulfed in beauty, and as writer Lucia Ferrara Bettler explains in her article 'A Feast of Flowers', they truly are nourishment for the spirit. In one single flower we can feel the life-giving abundance that nature affords. Flowers teach us to behold the small, natural wonders of life, and can inspire us to ripple this attention to the rest of our lives. <http://www.dailygood.org/story/1620/a-feast-of-flowers-nourishment-for-the-spirit-lucia-ferrara-bettler/> **Be The Change:** Gift a flower to another person today. It can be bought, homegrown, or plucked from the side of the road. Notice the happiness and warmth that this single gift creates.

We all have an idea of what courage looks like from the outside, but what about the inside? Is it angry? Energetic? Excited? Or something else? In this essay, poet David Whyte looks deep within to find the source of courage. Perhaps surprisingly, it's a place that's not hard but soft. And it can be both confusing and vulnerable. "We become courageous whenever we live closely to the point of tears with any new possibility made known inside us, whenever we demonstrate a faith in the interior annunciations and align ourselves with the new and surprising and heartfelt necessities of even the average existence." Discovering and trusting our wisdom and heart is not always a smooth process, but it's a path of love worth taking. Read on for more. <http://www.dailygood.org/story/1627/david-whyte-on-courage-david-whyte/> **Be The Change:** In the face of adversity today, have the courage to keep your heart soft.

In these trying times, it can be hard to think we have an abundance of anything. But there is at least one thing that is always in good supply and will never run out -- and that is kindness. Add to that a sprinkle of thoughtfulness and an opportunity to act, and it's nothing short of magical. This is the story of Trail Angels, people who help weary hikers by giving them comfort, food, or cheer without expectation of anything in return. Because they know simple pleasures can be like treasures in the middle of a journey. And they've all been travelers themselves. But while Trail Angels are technically the givers, what they receive is far more precious -- the realization that they have gifts to share, the delight in the opportunity to give them, and the joy that comes with exercising a limitless supply of kindness. Read on for more. <http://www.dailygood.org/story/1630/the-privilege-of-sharing-abundance-greta-matos/> **Be The Change:** Today, surprise a loved one with a gift for their journey, no matter how short it may be.

Sheryl Sandberg is synonymous with Facebook and Silicon Valley success, and she's the voice of Lean In. She joins On Being, host Krista Tippet, frank and vulnerable, together with the psychologist Adam Grant. His friendship and his research on resilience helped Sandberg survive the shocking death of her husband while on vacation. They share what they've learned about planting deep resilience in ourselves and our children, and even reclaiming joy. There is so much learning here on facing the unimaginable when it arrives in our lives and being more practically caring towards the losses woven into lives all around us. <http://www.dailygood.org/story/1629/resilience-after-unimaginable-loss-on-being/> **Be The Change:** If you are going through a difficult time, consider what is left to be thankful for. If you know someone going through a difficult time, what specifically can you do to help? Perhaps the gift of your presence would be appreciated.

"Journalist Elizabeth Kolbert and Buddhist monk Matthieu Ricard each had big books in 2015. Kolbert's *The Sixth Extinction: An Unnatural History* winner of the Pulitzer Prize for nonfiction takes an unflinching look at the history of extinction and the different ways that human beings are negatively impacting life on the planet. Ricard's *Altruism: The Power of Compassion to Change Yourself and the World* explores global challenges, such as climate change, and argues that compassion and altruism are the keys to creating a better future. Together these books filled with grief and hope feel like two sides of a coin, each necessary for understanding what it means to be alive during humanity's greatest crisis. Moderator Sam Mowe spoke with Kolbert and Ricard to discuss emotional responses to distressing environmental news, the importance of slowing down, and the role of art in environmental solutions." <http://www.dailygood.org/story/1631/too-much-too-fast-why-it-s-time-for-humans-to-slow-down-heleo-editors/> **Be The Change:** Help to slow down climate change. Where could you swap car driving for walking, and make this a habit in your life.

What would you say to your seven-year-old self? Play more? Don't yell so loud? How about 'stay weird'... as one nine year old puts it. As we move through our lives, our many experiences, mistakes and accomplishments shape how we live in the world. Hindsight is an amazing thing, and the ability to look back and consider what we could have done is a bitter-sweet feeling, as there's no reliving the past. We can, however, shape our future. As part of CBC Radio One's farewell video from WireTap, people from all walks of life offer their sage advice to their younger selves. This light hearted, touching and insightful video is all about hindsight. 'Dear 53 year old, it's never too late to try something new'. 'Dear 85 year old, indulge your sweet tooth.' 'Want to know what advice a 93 year old would give? Take a look.

<http://www.karmatube.org/videos.php?id=6831> **Be The Change:** Read letters that women from all walks of life have written to their younger selves. <http://www.dailygood.org/more.php?n=7228a>

With the need for social change in countries all around the world, it is easy to understand how "protest fatigue" can set in. However, veteran activists can offer some advice on how to stay in it for the long haul of bringing about a better world. Grace Lee Boggs was one such lifelong activist until she passed away in 2015 at the age of 100. She lived and breathed her truth and believed that tending gardens, caring for the self, and caring for others were ways to nourish activism. In a sometimes harsh world, these simple acts of kindness end up restoring the energy needed to carry on the hard work of social change. Read on to see how coming alive mindfully, connecting to others and practicing a caring attitude will sustain activism just as it did for Grace-- maybe to the ripe age of 100. <http://www.dailygood.org/story/1634/what-grace-lee-boggs-would-ve-taught->

[activists-in-this-moment-stephen-murphy-shigematsu/](#) **Be The Change:** When you feel overwhelmed by the negative that you see in the world and the need for change, take a moment to do something kind for someone nearby and watch them smile. Let this moment really sink in and be the food that your soul needs to carry on.

Technology can bring happiness. Anyone who's found the perfect meditation app or downloaded a grandchild's photo won't doubt that. But technology can also bring anxiety, stress, and frustration. And that seems to be a given, too, making us throw our hands in the air. Amy Blankson, author of the new book "The Future of Happiness: 5 Modern Strategies for Balancing Productivity and Well-Being in the Digital Era", argues we should take back control of our happiness by pausing, becoming more self-aware, and setting intentional goals for our technological interactions. That way, we'll cultivate more connection and productivity and less stress and loneliness in our digital lives. <http://www.dailygood.org/story/1644/how-to-kick-your-digital-addiction-and-learn-to-live-again-kira-m-newman/> **Be The Change:** Take some time to consider your technology use. Can you set aside some time to unplug?

## 7. Big Enough to Take It All In

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

--by **Margaret Wheatley** (Jun 05, 2017)

To want to see clearly is a true act of fearlessness. To open our heart and mind, to be open to what life is offering us in this moment, requires tremendous courage and steadfastness.

In the openness, we will encounter the information we pushed away, the messages we wouldn't hear, the ideas we rejected, the people we made invisible.

Our openness also invites in penetrating emotions—grief, sorrow, love, compassion.

We do not create the space of clear seeing with our usual methods. No questioning, no analysis, no distinctions—just bearing witness to what's present. The less we sort, judge, categorize or distinguish, the more we see and feel.

Without our usual filters and boundaries, we stop feeling repulsed or threatened or thrilled. We discover that we're much larger than our usual boundedness. In fact, we're big enough to take it all in.

And wonderfully true, the more open we become, the less fear is present. Fear does a very good job of keeping us from being present filling us with thoughts about what might happen in the future, or what seemed to have happened in the past.

But in this present moment, fear is nowhere to be found. Clear seeing has no fear. We are in this very moment released from fear's mesmerizing grip.

To be free from fear, we merely need to be in the present moment. Then we can see clearly.



## 8. Love is the Source of Fearlessness

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

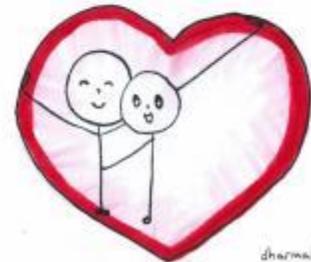
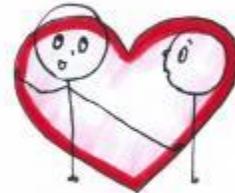
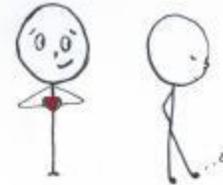
--by **Margaret Wheatley** (Jun 01, 2015)

Some of the prison bars that we have constructed for ourselves are our fear of losing our jobs. Our fear of not being liked. Our need for approval. Our desire to make important changes but not have to risk anything at all. So, we still want the comfort of this life and it feels like a bigger risk to step out and say, "No," or to say, "You can't do that to me." It feels like a larger risk, because I think the real prison we're in is our affluence, and our focus on our affluence or our hypnosis around material goods. I offer you this to think about: what is it that keeps you from acting fearlessly? [...]

Bernice Johnson Reagon, who was very active in the civil rights movements and also a wonderful singer, co-founder of Sweet Honey in the Rock, tells the story of looking back at those days of the civil rights movement, now from the safety and comfort of a successful life and career. She said, "In those days, we used to go out onto the streets, we used to protest. They would shoot at us, and someone would get killed. And then we'd go to their funeral and then we'd mourn and we'd grieve. And then the next day, we'd go back on the streets and protest some more." And she said, "When I look back, now, I think we were crazy to do that." But, then she said this. "But, when you're doing what you're supposed to do be doing, it's somebody else's job to kill you." [...]

Can we work beyond hope and fear? Can we find a way to be motivated, to be energetic, to be happy; to take delight in the work that we're doing that isn't based on outcomes, that isn't based on needing to see a particular result? Is that even available?

What if we could offer our work as a gift so lightly, and with so much love, that that's really the source of fearlessness? We don't need it to be accepted in any one way. We don't need it to create any certain outcome. We don't need it to be any one thing. It is in the way we offer it, that the work transforms us. It is in the way we offer our work as a gift to those we love, to those we care about, to the issues we care about. It is in the way we offer the work that we find fearlessness. Beyond hope and fear, I think, is the possibility of love.



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## 9. Be Alight With Who We Are

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

—by Mark Nepo (Jun 12, 2017)

There is always purpose in being, but not always being in purpose.

How easily we get caught up in defining who we are in relation to those around us. I remember walking home from school in fourth grade, when I noticed Roy, a classmate I didn't really like, walking at the same pace as me on the other side of the street. Until I noticed Roy, I was lost in the joy of walking home, free of school, not yet enmeshed in the anger that waited inside my house. But once seeing Roy, I began, without a word, to walk faster, to try to outwalk him. He, of course, sensed this immediately and picked up his gait. As he strode ahead of me, I felt lacking and so stepped up my gait. Before I knew it, we were both racing to the corner, and I felt that if I didn't get there first, I would be a terrible failure.

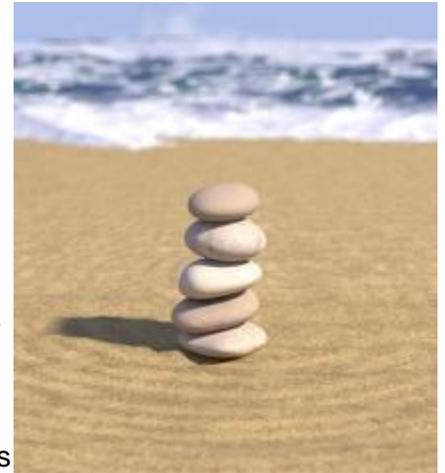
I have lived enough in the world to know by now that this is how our ambitions often evolve. We first find ourselves alone in the joy of what we're doing. But somehow, there are suddenly others along the way, and we lapse into the breath-less race of comparison, and then we are hopelessly running to avoid being termed a failure.

From here, we often latch onto the nearest goal as a purpose; if we can't find one nearby, we are thought to be adrift. But our lasting sense of purpose is in our breathing, in our being. As the humanitarian Carol Hegedus reminds us, "Our purpose is that which we most passionately are when we pay attention to our deepest selves."

So underneath all our worries about careers and jobs and retirements, our purpose really comes down to living fully, to being alight with who we are beneath all the names and titles we are given or aspire to.

Imagine Buddha in his moment of enlightenment, of being lighted from within. I doubt if he knew he was aglow. In fact, when Buddha rose from under the Bodhi tree, it is said a monk approached him in utter amazement at his luminosity and asked, "O Holy One, what are you? You must be a God." Buddha, not thinking of himself as anything but present, answered, "No ... not a God," and kept walking. But the dazzled monk persisted, "Then you must be a Deva," and Buddha stopped and said, "No ... not a Deva," and kept walking. Still, the monk pursued him, "Then you must be Brahma himself!" At this, Buddha simply uttered, "No." The monk, confused, implored, "Then what are you—Tell me, please—what are you?!" Buddha could not repress his joy and replied, "I am awake."

Can it be that our purpose, no matter whom we run into, no matter what we are told, is simply to be awake?



## 10. Enlightenment is Intimacy with All Things

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

—by Michael Damian (Jun 19, 2017)

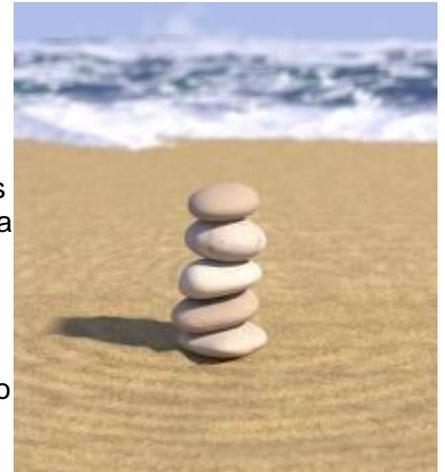
Depending on how we use it, the mind can obscure or reveal truth and thereby create hell or heaven for us. In that sense, where we really live is in the quality of our state of mind. The factor that determines its quality is insight.

Insight comes from attention. Insight clarifies and uplifts. Insight also changes us at the deepest level of identity, because to see things as they are creates a shift in who we think we are.

In other words, by seeing the truth, we awaken in truth. We cannot say, "I want to know the truth about existence, but leave me out of it." It does not work that way. To ask about the truth of existence throws our own identity into question. It works this way because truth, being total, cannot be found as an object, image or opinion outside of you. It is known through direct identity or not at all.

Insight is the inner vision that penetrates the surface appearances of life, freeing us from the toil of illusions. Vision has to start somewhere. We begin by seeing what is in front of us, whatever is appearing in the mind. As we learn to see, the passion for seeing grows. Vision opens the horizon of beauty in the heart. Then the time comes when we receive the total vision of the divinity of all things, in which the self is opened forever.

Opened, we enter true relationship. This is why enlightenment has been described as intimacy with all things. Intimacy implies the closeness of knowing. This does not mean that enlightenment will fill us up with knowledge about everything. Intimacy refers to a different order of knowing, through love. Love is a condition of vivid comprehension in which we appreciate that reality is whole and benevolent. This comprehension is the supreme discovery, the unknown goal toward which all human desire is bent.



## 11. Attachments Are Not Set in Stone

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

--by Robina Courtin (Jun 26, 2017)

Attachment is such a simple word, but it's multi-faceted. At the most fundamental level it's that feeling of neediness deep inside us; that belief that somehow I am not enough, I don't have enough, and no matter what I do or what I get, it's never enough. Then, of course, because we're so convinced it's true, we hanker after someone out there, and when we find the one who triggers our good feelings, we attach ourselves to getting them, convinced they're the one who will fulfill our needs and make us truly happy and content. We assume they're our possession, and almost an extension of who we are.

This attachment is the source of all our other unhappy emotions. Because it's desperate to get what it wants, the minute it doesn't – the moment he doesn't ring, or comes home late, or looks at someone else – panic arises and immediately turns to anger and then jealousy or low-self esteem, or whatever our old habits are. In fact, anger is the response when attachment doesn't get what it wants. All these assumptions are ingrained so deeply within us, and we believe these stories so totally, it seems ridiculous to even question them. But we need to. And the only way we can do that is by knowing our own minds and feelings: in other words, we need to learn how to be our own therapists.



The fact is attachment, anger, jealousy and any other painful emotion are not set in stone; they're old habits, and we know we can change those. The first step is to be confident that by knowing our own minds well we can learn to distinguish the various emotions inside us and gradually learn to change them. The first challenge involves truly believing you can accomplish this. And that alone is huge – without it, we're stuck.

The next stage is to step back from all the endless chatter in our heads. A really simple way to do that – it's so basic it's boring! – is for just a few minutes every morning, before we start our day, to sit down and focus on something. The breath is a good start. It's nothing special; there's no trick to it; it's not mystical. It's a practical psychological technique. With determination you can decide to pay attention to the breath – the sensation at your nostrils as you breathe in and out. The moment your mind wanders, bring your focus back to the breath. The goal is not to make the thoughts go away; but to not get involved in them, and learn to let them come and go.

The long-term result of a technique like this is a super-focused mind, and that'll take time. But the almost immediate benefit will be that, as we attempt to step back from all the stories in our head, we will begin to be objective about them and slowly start to unravel, deconstruct, and eventually change them. It's said one of the signs of success is thinking we're getting worse! But we're not. We're starting to hear the stories more clearly, and it's then that we can begin to change them.

## 12. Sacks of Hope: Classroom Acts of Kindness

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

To be rich is not what you have in your bank account but what you have in your heart. This thought is beautifully embodied by the Sacks of Hope project initiated by third and fourth grade students of teacher Leon Lewandowski in Room 9 at Franklin Elementary School in Santa Barbara, California. These students, who don't have much themselves, got together to bring hope to homeless people by providing them with basic necessities. When schools start teaching kindness, ripples of positivity follow as evident from the popularity of the Sacks of Hope project which is now being implemented by other teachers at Franklin Elementary as well as teachers in different schools in California. Indeed kindness is contagious. Such small acts, when multiplied, will surely transform our world. <http://www.karmatube.org/videos.php?id=7602>

## 13. My Year Reading A Book from Every Country in the World

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

Several years ago, Ann Morgan, a writer from London, looked at her bookshelf and realized it held almost no books from other countries -- an oversight she called a "massive cultural blindspot." In a nod to the Olympics, she decided to read a book from every country (196 total) and blog about it. But she quickly learned that finding books in English would be a challenge. Only about 4.5 percent of literary works published in the U.K. were translations. So she turned to the Internet for help. There, she learned about kindness when strangers went above and beyond to help her select and translate books. She learned that stories have the power to connect us despite our differences. And she learned about the richness and diversity of our world. In this 12-minute TED talk, a bubbly and enthusiastic Morgan recounts her journey in international literature. . . and shares lessons in human nature. <http://www.karmatube.org/videos.php?id=6935>

## 14. How to Age Gracefully

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

What would you say to your seven-year-old self? Play more? Don't yell so loud? How about 'stay weird'... as one nine year old puts it. As we move through our lives, our many experiences, mistakes and accomplishments shape how we live in the world. Hindsight is an amazing thing, and the ability to look back and consider what we could have done is a bitter-sweet feeling, as there's no reliving the past. We can, however, shape our future. As part of CBC Radio One's farewell video from WireTap, people from all walks of life offer their sage advice to their younger selves. This light hearted, touching and insightful video is all about hindsight. 'Dear 53 year old, it's never too late to try something new'. 'Dear 85 year old, indulge your sweet tooth.' Want to know what advice a 93 year old would give? Take a look.

<http://www.karmatube.org/videos.php?id=6831>

## 15. A Sacred Steward of Honey Bees

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

Debra Roberts is a sacred steward of honey bees. She is one of an increasing number of women who care for bees without chemicals or toxic substances and with thankfulness, nurturing, and respect. Debra likens the ways in which she relates to bees as similar to the practices of great spiritual traditions: being calm, focused, and clear in your intent, slow and smooth in your movements, feeling grateful, and approaching others with respect. In this Filiz Telek short video, Holy Bee, Debra discusses the spiritual practice of beekeeping.

<http://www.karmatube.org/videos.php?id=6943>

## HEART AND SOUL ADVERTISEMENTS:

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

### 16. Sacred Attention Therapy

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

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

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

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

### 17. A Course in Miracles Global Community Centre

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

## 18. OM Websites

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

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

**Spiritual Guidance**

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