

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!

These monthly e-newsletters are intended for your benefit and interest. You have received this message because you are on the Spiritual Guidance e-newsletter distribution list. If you would not like to receive future updates or messages from Spiritual Guidance, please reply back with nothing more than "UNSUBSCRIBE" in the subject line or the body of your message. Namaste.

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

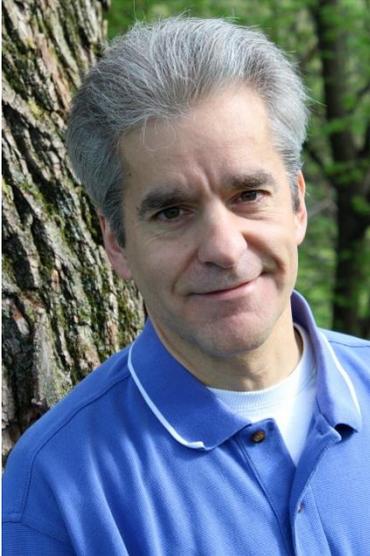
In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:.....	2
1. Personal Story of Spiritual Lessons.....	2
2. Poem	3
3. Quote or Question.....	4
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	5
4. Regina Heringa – Notes from the Light – August 2017.....	5
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	7
5. Good News Of The Day	7
6. The Force of Love is the Force of Total Revolution	12
7. The False Duality Between "Job" and "Service"	13
8. The Grandest Vision for Humanity	14
9. The Boss and The Attendants.....	15
10. Take Care of Each Other.....	16
11. Alike: A Father-Son Story	16
12. Neema Village: A Place of Hope	16
13. The Birdman of Chennai.....	16
HEART AND SOUL ADVERTISEMENTS:.....	18
14. Sacred Attention Therapy	18
15. A Course in Miracles Global Community Centre.....	18
16. OM Websites.....	19
17. The Five Keys to Living A Life Worth Loving	19

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

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Waking up the first time is weird, but you get used to it

I was out for one of my long bike rides last month. At one point on the journey I took a rest at a popular rest stop for cyclists. As I stretched my legs and refueled with some ice-cold water I had packed for the journey, I tapped into a conversation two gentlemen were having at a picnic table only a couple of metres from me.

One man was talking to his friend about all the travelling he had been doing recently. He said to his friend, "Have you ever had that feeling of arriving home after a long trip and looking so forward to a good night's sleep in your own bed? And then you wake up during the night and don't know where you are?"

"No, not really." said his friend.

"It's weird, a little scary even. But after a few times, you get used to it."

I tuned out from the conversation at this point, as I didn't want to feel like I was eaves dropping any more than I already had. I smiled, however, at what conversation I had overhead because I thought to myself "What a beautiful and magnificent metaphor for 'waking up' spiritually."

"Have you ever had that feeling of arriving home after a long trip and looking so forward to a good night's sleep in your own bed?" ...symbolic, if not literal, of the illusionary, day-to-day journey we dream up.

"And then you wake up during the night and don't know where you are?" ...symbolic of those moments in life when we are given a window on another reality, other than the one we have been sleep-walking through up until now.

"It's weird, a little scary even." ...it sure is!!! The first time this happens we lose all sense of relationship and attachment to this world and everything in it. We have few-to-no reference points. It is disorienting to say the least.

"But after a few times, you get used to it." ...some may get used to it; some won't. But for those who do get used to it, each subsequent awakening moment reveals more about the illusory dream we live in and offers a window on another existence that calls to us like a familiar voice calling us home.



Our 'waking up' is a little weird the first time it happens. But we do get used to our glimpses of reality and truth. And the more glimpses we have, the less interested we become in the things of this world. It's a magnificent transformation.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Each of Us Can Make A Difference

Each of us can make a difference
When we put an end to *indifference* and
When we let go of our selfish desires.

Each of us makes a difference
When we awaken each day
By showing each other the way.

Each of us makes a difference
When we commit ourselves to have a heart
That beats only with compassion,
Where caring for one another becomes
Our only passion.

Each of us makes a difference
When giving, kindness, patience, and tenderness
Is the way that we pray,
When Love and Forgiveness become
Our song of the day.

Each of us can make a difference
When everything we think, say, or do
Becomes a gift of Love to God.

Each of us makes a difference
When we commit ourselves
To Peace, to Love, to Happiness;
When we commit our lives to God.

Gerald G. Jampolsky

3. Quote or Question

All the principles of heaven and earth are living inside you. Life itself is truth, and this will never change.

~ Anonymous

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 – August 2017

Material and Nonmaterial Holograms and Light—Part Two

In our previous message (See [Material and Nonmaterial Holograms and Light Part One, July 2017](#)), we presented the difference between mechanical interfering light creating holograms in your material world and spiritual Light creating more refined holograms in higher vibrational worlds to express a more exact language of Light. It was also mentioned that the inhabitants of your planet, through the nurturing of higher consciousness, have access to these holograms of spiritual Light in order to further the understanding that all creation is imbued with the sacredness of this Light.

Let us now continue.

Within the molecules of your earthly body there are portals, openings, which allow you to travel higher frequencies. The higher the vibrational stance of an individual while in material light, the greater opportunity for this individual to access spiritual Light. This is so, for all physical light is suffused with spiritual Light. When the people upon your earth, while standing in gentle sunlight, appreciate the goodness of this physical light radiance, they are immediately transported into the environment of spiritual Light. The greater the gratitude of material light, the more notable the awareness of spiritual Light. Let us explain.

Imagine that you are walking on the sand. At first you may view the sand as pieces of rock. Then you delve deeper and realize the sand's potential to be transformed into glass. Moving ever deeper, you discern that this sand and its potential are in fact moving patterns of particles wherein material light and spiritual Light are housed—the latter birthing the former. You remain for a moment appreciating this discovery.

Delving deeper now, you move between the spaces of the vibrating particles of this sand and its potential. In keeping your gratefulness and wonder of the physical world, you now shift into greater dimensions, worlds and universes which are no longer expressed as physical light in a physical environment, but as environments of spiritual Light beyond the confines of the material world. You thus discover a place of awareness past the understanding of your physical body and human mind. This is the place of Divine liberty. Here you may witness holographic structures, colours, habitats, and thoughts all founded on tremendous Love, all moving within each other. This moment of awareness encourages you to understand that neither the sand, the body, nor the planet upon which you live, is solid matter—all is first spiritual Light. In truth, you are a sacred and splendid

construction of this Light. Indeed, it can be stated that you and your planet are constructions of holograms, but ultimately not composed of the interfering patterns of physical light, but of the all-encompassing radiance and divine power of spiritual Light.

Once this is understood, we request of you the following: begin to strengthen your inner Light structure by cultivating, nourishing and living every expression of Love in your daily lives. Each time you think, feel and act in the state of Love, you strengthen your inner spiritual Light and your stance as a spiritual holographic expression. Then marvellous things begin to occur. Your entire physical body, including your brain, begin to take on a rejuvenating vitality. You begin to be uplifted and unfolded into a new way of being. You consciously assume your true nature as a being of spiritual Light.

This stance then becomes your identity—your Light imprint—open in mind and heart to those of us in the Federation (see: [The Intergalactic Federation of Planets](#)) to communicate with you. You then become a beacon for the celestial realms to be with you in a more immediate fashion.

Kindly remember that worlds are coming together and your tenacity and dedication to Light shine brilliantly throughout the universe. There are many, splendid open holograms and other magnificent striations of spiritual Light, yet unknown to the majority of your inhabitants, which continually visit you and your Planet Earth and infuse you with loving guidance and kindness. All you need do is absorb and live this glorious Truth: you are Love, you are Light and you are free.



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.

Sister Lucy Kurien founded Maher in 1997, one small home in a village outside of Pune. This humble beginning has blossomed into over 30 homes in over 85 rural communities around Pune, India as well as locations in Ratnagiri, Kerala and Jharkhan and has served over 4,000 women, men and children. Maher means mother's home in Marathi. Sister Lucy has created the warmth and love of a mother's home for the abused and traumatized women and their children. Part of Maher's genius is that incoming women are cared for by a highly competent staff of mostly women - who themselves had once sought refuge at Maher. Sister Lucy says her prayer for the future is that the fire of real Love will ignite more people's hearts, and inspire them to join this vital work. It can be done anywhere, and is needed everywhere.

<http://www.dailygood.org/story/1633/sister-lucy-the-mother-teresa-of-pune-sachi-maniar/> **Be The Change:** Learn more about Maher through their website. What does 'the fire of real Love' mean to you?

Tensions run high. Sides are polarized. Even attempts at neutral, innocuous conversations seem stymied and fraught. How can we reestablish connection in our fractured communities? How can we reengage in conversation? How can we move forward together into our shared future? In this Spotlight on Finding Common Ground, we take a look back into past DailyGood features offering advice on how to come together and consider some stunning examples of people who have been able to overcome seemingly insurmountable differences to find common ground. Key to establishing connections among people and within communities are improving communication, focusing on common passions, and forgiving each other.

<http://www.dailygood.org/story/1647/spotlight-on-finding-common-ground-shari-swanson/> **Be The Change:** As you engage with those around you, particularly those with whom you disagree, try to listen and consider things from their point of view. Do you share a common belief or interest you can focus on to help you build a better foundation for a relationship? How can you use your gifts to better the community you share with each other?

When we intentionally slow ourselves down, we open ourselves up to a new world where calm has special powers and its magic is contagious. One day Aryae Coopersmith found himself rushing home, not noticing what was going on around him. He thought to himself, "This isn't much fun! What if I just slow down? What if I can just be present and start noticing what's going on around me?" So I did that. I was about to cross the highway. Suddenly, I noticed that there was a teenage girl yelling and screaming and running. 'What's this about?' I thought. She ran across the highway. Without any particular agenda, I walked across the highway to follow her and see what was going on." Two large men were in the girl's car, apparently trying to steal it. What Coopersmith did next was use calm actions to bring about positive changes, again and again. Find out how.

<http://www.dailygood.org/story/1648/the-sacred-pause-that-stopped-a-fight-aryae-coopersmith/> **Be The Change:** Today, try to catch yourself before your knee-jerk reactions and pause. See what effect it has on your behavior.

Perhaps one of the most asked and elusive questions since the dawn of human curiosity is 'what is the meaning of life?' What would you answer? Is there even an answer? In this inspired social project, Aljoscha Dreisorner asked people from all walks of life, from friends to strangers to children and the elderly, what they believe their meaning to be. The answers are as enlightening as they are varied, with an array of different beliefs, as well as common threads of meaning. The experience of gathering the stories gives insight into how each of us interact with the world when we come from a belief of meaning. For those who believe it is to grow

and learn, the impacts their interpretation of obstacles and challenge. For those who see love as the meaning, their energy in creating connections is heightened. Read on to see the other common threads that were found.

<http://www.dailygood.org/story/1651/why-are-you-here-lessons-about-the-meaning-of-life-aljoscha-dreisorner/>

Be The Change: Have you ever asked yourself this question? Why not have a discussion with someone to see how your answers may be different.

Keith McHenry, co-founder of Food Not Bombs, has a vision: food not bombs changes people, service brings people together, and abundant thinking turns hearts to peace. For the last 35 years, he has worked with others to salvage surplus food, prepare it, and serve it for free in parks, at protests, and during disaster relief efforts. At these meals, volunteers distribute literature, share stories and engage in conversations that encourage people to get involved, connect and become part of an emerging, post-capitalist society. Inspired by his work, others have formed their own "chapters" of Food Not Bombs, which is a loose-knit, all-volunteer group of collectives that serve free vegan and vegetarian meals to the homeless and hungry as a protest to war and poverty. More in this recent interview with Keith about his life and work.

<http://www.dailygood.org/story/1608/food-not-bombs-an-interview-with-keith-mchenry-awakin-call-editors/>

Be The Change: Share a meal with family, with friends, with strangers, with those in need, with others at your next local Food Not Bombs event. <http://www.dailygood.org/more.php?n=7244a>

Can architecture actually become a prayer answered? Can a building capture and transmit a sacred response through the play of light and materials? Architect Siamak Hariri describes the transformative potential of architecture in this TED talk. Listen to his creative journey and watch the sacred geometry unfold as the first international Baha'i temple in South America comes alive. <http://www.dailygood.org/story/1645/how-do-you-build-a-sacred-space-siamak-hariri/> **Be The Change:** Consider ways your heart has recognized patterns of sacred geometry, either in nature or architecture. Begin a creative journey to create a sacred space in a corner of your heart, your home or your neighborhood today.

Human beings move too fast. In 2008, a grassroots community-builder, best-known simply as, "Pancho" penned an essay detailing his reasons for leaving his graduate program, in part because of realities at the university that he perceived to be misaligned with the principles of non-violence. Pancho believes that when we slow down our processes and practice mindfulness our lives, and the lives of those around us begin to improve and we make this world a better place. Among a slew of benefits, slowing down can help undo the negative effects violence has on our minds and can enable us to make more wholesome choices. Choosing to be kind in Pancho's book makes you a rebel in your own right. <http://www.dailygood.org/story/1670/slow-down-slow-food-slow-science-francisco-ramos-stierle/> **Be The Change:** Take at least fifteen minutes today to slow down and bring more mindfulness into the present moment. For more inspiration read this interview with Pancho: "An Atheist on the Spiritual Transformation of the World". <http://www.dailygood.org/story/1368/an-atheist-on-the-spiritual-transformation-of-the-world-leslee-goodman/>

Arlene Samen has been a Nurse Practitioner in Maternal Fetal Medicine for over 33 years. In 1997, Arlene met the Dalai Lama and showed him what Interplast could offer children of Tibet. He said to her, "You must go into Tibet and help rural people. When you are on the path of service, all doors will open to you." That meeting deeply impacted the trajectory of Arlene's life of service. In 2004, she left behind her clinical practice to dedicate her life to serving pregnant women living in the most vulnerable conditions in the most remote places of the world. By 2009, she started One Heart World-Wide, which spread its life saving "network of safety" model to 60,000 women in remote villages in Nepal, the Copper Canyon in Mexico, and deep into the Amazon jungle in Ecuador where few dared to go. She shares more from her journey in this in-depth interview.

<http://www.dailygood.org/story/1673/arlene-samen-saving-lives-of-mothers-and-infants-around-the-world-awakin-call-editors/>

Be The Change: Find a way to pass on a skill you have to others in less resource-rich environments?

Though it may seem counter-intuitive, turning within to a place of deep seeing has enlightened many to the understanding that we are connected as one whole creation. Whether seeing a tree with new eyes, dancing

with a group, giving selflessly in service or in deep meditation, moments of oneness can arise that change a person forever. There is a grounding in truth that joins our common humanity beyond any religious distinctions. The German feminist theologian Dorothee Soelle called it "the mysticism of wide open eyes" because having seen the oneness of all beings, all further acts become loaded with tangential meaning. Suddenly, caring for the world intersects with one's own needs in ways that could promote a transformation of society. In this article, Michael Edwards explores how spirituality can connect to social change.

<http://www.dailygood.org/story/1639/the-mysticism-of-wide-open-eyes-michael-edwards/> **Be The Change:**

Take time today to see something with new eyes and recognize the connection you have to all you see. Is there an action that this then causes you to take in the rest of your day?

Charles Halpern exemplifies cultivating inner resources for working in justice and social transformation. His contributions to education, law, and social movements have been facilitated by his inner work around wisdom and mindfulness. In this interview, Halpern describes how his practice grounds him while working to transform the criminal justice system. He explains, "We shouldn't respond when we're driven by rage, but instead when we're driven by a sense of possibility -- a possibility that we can open new dialogues in this country, and back off from the intense polarization that's characterized American decision making processes over vitally important matters for decades. How can we come together in a place of dialogue, mutual respect and interconnection?...I think that can only be done by people who have done some inner work and be the leaders of that conversational process. <http://www.dailygood.org/story/1618/charles-halpern-cultivating-wisdom-for-justice-awakin-call-editors/> **Be The Change:** Commit to a daily practice that cultivates your inner resources. For more inspiration join this Saturday's Awakin Call with Clair Brown, a pioneering economist and creator of a course in Buddhist Economics. RSVP and more details here. <http://www.awakin.org/calls/316/clair-brown/>

In their new book, 'Awakening Compassion at Work: The Quiet Power that Elevates People and Organizations,' Drs. Jane Dutton and Monica Worline discuss the theme of compassion, how employees and organizations can utilize it, and why it's valuable. It is important to recognize that western society often encourages a fear of compassion, particularly fear of being seen as weak or being taken advantage of. However, practicing compassion benefits an organization by boosting morale, increasing efficiency, and creating employee and client loyalty, thereby helping with retention and reduced turnover. Companies and their employees can practice competent compassion by recognizing and acknowledging the suffering of others, and responding in a way that allows the employees to determine what level of response best suits them.

<http://www.dailygood.org/story/1677/awakening-compassion-at-work-immanuel-joseph/> **Be The Change:**

Take the Compassionate Organizations Quiz to see how your company stacks up. What are some ways you can incorporate compassion into your workplace? What are some responses you can give to someone suffering that give them the option to share or not, as they are comfortable?

When in the middle of things we can't control, our first impulse is often frantic activity; anxiously cluttering our days, our minds and our bodies. "We fill our days with continual movement: mental planning and worrying, habitual talking, fixing, scratching, adjusting, phoning, snacking, discarding, buying, looking in the mirror." In this passage, Tara Brach asks us to consider what might happen if, in the middle of our panic, we take our hands off the controls and pause long enough to "feel" rather than "do".

<http://www.dailygood.org/story/1683/the-sacred-art-of-pausing-tara-brach/> **Be The Change:**

Set an intention to notice yourself in frantic movement this week. Whenever you become aware of anxious business; pause, breathe, and see if you can "take your hands off the controls".

When Brother David reached out to his readers of Integral Yoga Magazine in the 1970s to write him on any matter on life and the spirit, one reader responded with an inspired request on matters of the heart. What do we mean when we talk of the heart space? Is it courage? Faithfulness? In his response, Brother David illuminates his view on what it truly means to live from love - in a heart-centred energy that radiates from our whole being. Drawing from his own spiritual tradition, he offers insight on how to develop our own understanding of what our heart-space is, how to live from this compassionate love, and find our own sense of home for ourselves, and others, in our hearts. <http://www.dailygood.org/story/1654/about-the-heart-brother->

[david-steindl-rast/](#) **Be The Change:** How could you allow others to feel at home through your heart? Offer a gift of love to anyone - family, friend or a stranger, and know that just this small act can allow another to feel at ease, loved and nourished - just like coming home.

In Tanzania, East Africa, a baby rescue center called Neema Village has saved over 100 abandoned, orphaned, and at-risk infants in just 5 years. The list is long of places the infants have been found -- by the roadside, in a yard, a gravel pit, a hotel, a latrine... Mostly they are the babies of mothers who have died or were unable to care for them. Doris Fortson, co-founder of Neema Village says, "My husband and I were moved to do something about it for many reasons, including that we were retired and that I had been raised in an orphanage from age four to 18." "You're never too old to make a difference," she adds. <http://www.karmatube.org/videos.php?id=7545> **Be The Change:** Learn more about Neema Village and how you can participate in their work. <http://www.dailygood.org/more.php?n=7171a>

In Bikaner, Rajasthan, northern India the landscape is mostly desert, making it a challenge to grow fruit bearing trees and other plants. In 2003, Professor Shyam Sundar Jyani and his students began working on some local neem trees, which were struggling. From this work, Shyam went on to found Familial Forestry in 2006, an organization that donates saplings of fruit bearing trees to villagers with the idea to 'treat the tree as a family member.' These trees provide shade to the families, food for them and for their livestock, and the seeds from the fruit can be used to grow more trees. To date, over 625,000 saplings have been planted in over 2,500 villages, utilizing a type of grafting that increase fruit yield and allows the trees to flourish with little more than natural rain water. Shyam was awarded for his exemplary services towards nature conservation by the President of India in 2012. <http://www.dailygood.org/story/1680/one-sapling-at-a-time-this-man-from-rajasthan-is-painting-the-desert-state-green-lekshmi-priya-s/> **Be The Change:** Want to help combat climate change? Plant a tree in your own yard, or if you only have a small spot, plant something native to your area. If you want to learn more about Familial Forestry, visit the Community Sociology website. <http://www.dailygood.org/more.php?n=7204a>

"We are at the verge of many changes, and if we stay together in this journey, we can really face this big current which is taking us in a direction we don't know" Joserra's first question was "How can I serve?" He soon found the answers to why humans suffer and how to lessen our own suffering and that of those around us. From spending two years working in the slums of Ahmedabad, India to becoming a pilgrim, Joserra shares his inspiring journey towards living a free life, one which brings peace and harmony to earth. With conviction he strives to lead a life in alignment with his values. A life which involves experiments living on gift and organizing a community through Karma Kitchen and Awakin Circles. Check out some more about his journey towards the Re-love-ution! <http://www.dailygood.org/story/1675/joserra-gonzalez-a-re-love-ution-blooms-in-spain-awakin-call-editors/> **Be The Change:** Next time you are feel busy in your day to day, take a pause and reflect on your actions. What does freedom mean to you? Are you living a free life? For more inspiration, join this Saturday's Awakin Call with Meredith May -- author of "I, Who Did Not Die". RSVP and more info here. <http://www.awakin.org/calls/318/meredith-may/>

Alanda Greene grew up having spent time nurturing a deep connection with nature through gardening -- planting seeds and watching them grow. She remarks that even now, "no matter how many times I plant seeds, these small, hard beads of potential, I am thrilled when the signs of growth emerge. It is as if I never really believed it would happen this time. Seems just too improbable that those tiny pieces would transform as they do...Without an understanding of delayed gratification, the connection between the green leaves emerging to the seeds that went into the ground might never happen." Here, she shares the valuable lessons of surrender, patience, and faith that gardening and the practice of delaying gratification impart. <http://www.dailygood.org/story/1692/delayed-gratification-alanda-green/> **Be The Change:** Practice observing delaying gratification - perhaps try nurturing seeds in a pot, uncertain what will emerge daily, or hold your urge to react to a situation for just a little bit longer than you usually would.

"Jeong Kwan is a Buddhist nun and renowned cook who brings people home to themselves in her kitchen and garden. Anyone who refers to her garden as my playground and to the plants as her children has a perspective on gardening, cooking and life that resonates deep within me. Kwan resides at the Chunjinam hermitage of the Baekyangsa temple, 169 miles south of Seoul, South Korea where she cooks vegan meals for her community. She was also the unlikely guest on Chefs Table in February 2017." In this beguiling piece a writer reflects on the intersection between her life and the rich teachings of Jeong Kwan's approach to the garden, the kitchen and more. <http://www.dailygood.org/story/1700/life-lessons-from-masterchef-nun-jeong-kwan-virginia-may-schiros/> **Be The Change:** Reflect on your relationship to food and the process by which it comes to your table. This week practice preparing, sharing and eating your meals with mindfulness. For more inspiration join this Saturday's Awakin Call with Anil Ananthaswamy, an award-winning science writer who uses neuroscience to explore the nature of the self. RSVP and more details here. <http://www.awakin.org/calls/319/anil-ananthaswamy/>

When was the last time you heard a song that brought you to tears, or reminded you of a favorite place? Music has the power to shape our moods, our minds, and even our memories. Barry Goldstein, a producer, composer, and music researcher, shares the incredible ways music can enrich our experience on conscious and subconscious levels. Through engaging in activities like singing or chanting, we can experience both physical and spiritual benefits, such as an increased sense of peace and calm. Different types of music can even alter our brain waves, guiding us from an active and alert state, to a relaxed sleep state. The advancements don't end there. "An amazing amount of research has been done to prove the benefits of music and the brain, but we've only just scratched the surface," says Goldstein. <http://www.dailygood.org/story/1613/music-and-the-brain-the-fascinating-ways-music-affects-your-mood-and-mind-barry-goldstein/> **Be The Change:** How does music shape your own day-to-day experience? Share your thoughts in the comments section below.

Best-selling author David Brooks was asked what he would do if he had a billion dollars to give. In his recent NY Times op-ed piece, he answers: "Only loving relationships transform lives, and such relationships can be formed only in small groups. I'd seed 25-person collectives, a group of people who meet once a week to share...Each collective would have a curriculum, a set of biographical and reflective readings, to help members come up with their own life philosophies, to help them master the intellectual [foundation of] virtues." In this piece, Nipun Mehta shares that ServiceSpace (DailyGood's umbrella organization) has been successfully running on this core principle since 1999 without fundraising a single penny. He challenges the currently prevailing view that financial capital is the solution to social problems and urges us to consider the other forms of capital that are often underutilized and overlooked. "We need to repair the social fabric," Nipun shares, "without which all other solutions are patch work." <http://www.dailygood.org/story/1641/giving-away-a-billion-dollars-or-not-nipun-mehta/> **Be The Change:** What can you do today to begin to repair the social fabric in your home or place of work?

6. The Force of Love is the Force of Total Revolution

Reprinted from www.awakin.org.

--by Vimala Thakar (Jul 03, 2017)

A tender, loving concern for all living creatures will need to arise and reign in our hearts if any of us is to survive. And our lives will be truly blessed only when the misery of one is genuinely felt to be the misery of all. The force of love is the force of total revolution. It is the unreleased force, unknown and unexplored as a dynamic for change.

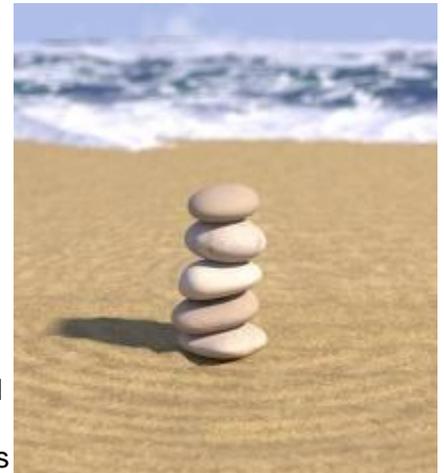
We have moved very far away from love in our collective lives, dangerously near destruction, close to starvation. Perhaps we have the wisdom now, the awareness that love is as essential to human beings as the air we breathe, the water we drink, and the food we eat.

Love is the beauty, the delicate mystery, the soul of life, the radiant unspoiled purity that brings spontaneous joy, songs of ecstasy, poems, paintings, dances, dramas to celebrate its indescribable, never-to-be-fully-captured bliss of being. Can we bring love into the marketplaces, into the homes, the schools, the places of business, and transform them completely? You may call it a utopian challenge, but it is the only one that will make a significant difference or that is fully worthy of the potential of whole human beings.

Compassion is a spontaneous movement of wholeness. It is not a studied decision to help the poor, to be kind to the unfortunate. Compassion has a tremendous momentum that naturally, choicelessly moves us to worthy action. It has the force of intelligence, creativity, and the strength of love.

The vast intelligence that orders the cosmos is available to all. The beauty of life, the wonder of living, is that we share creativity, intelligence, and unlimited potential with the rest of the cosmos. If the universe is vast and mysterious, we are vast and mysterious. If it contains innumerable creative energies, we contain innumerable creative energies. If it has healing energies, we also have healing energies. To realize that we are not simply physical beings on a material planet, but that we are whole beings, each a miniature cosmos, each related to all of life in intimate, profound ways, should radically transform how we perceive ourselves, our environments, our social problems. Nothing can ever be isolated from wholeness.

There is much unexplored potential in each human being. We are not just flesh and bone or an amalgamation of conditionings. If this were so, our future on this planet would not be very bright. But there is infinitely more to life, and each passionate being who dares to explore beyond the fragmentary and superficial into the mystery of totality helps all humanity perceive what it is to be fully human. Revolution, total revolution, implies experimenting with the impossible. And when an individual takes a step in the direction of the new, the impossible, the whole human race travels through that individual.



7. The False Duality Between "Job" and "Service"

Reprinted from www.awakin.org.

--by *Zilong Wang* (Jul 10, 2017)

Around the time when I set off for Asia in July, two of my dearest friends/teachers both went from full-time volunteer work to taking full-time jobs. Their decision to return to the "system" really shook me up, and made me review my assumptions around work and service.

Until then, I was not even aware that I have been holding the following assumptions: "to serve fully, one has to quit his job"; "to be the change, one has to disconnect from the dominant system"; "the more distant and opposed to the dominant system, the more virtuous one is." In my mind, I had created an unnecessary duality between "holding a job" and "living to serve".



Perhaps by being around some hard-core activists, I have been influenced by some sort of "service fundamentalism": in order to truly grow in service, you must quit your job, lose your visa, burn your passport, give away all your money and possessions, move to an impoverished and violent neighborhood, become a strict organic vegan localvore -- and maybe grow a beard; anything short of that would be pointless.

Little did I noticed the subtle ego and the "arms race of purism" embedded in these assumptions; nor was I aware of the violence in my monopolizing "what service should look like".

In the past nine months of the pilgrimage, almost everywhere I go, I am supported by the charity of householders to provide for my worldly needs. Who am I to say that my way is more virtuous and pure? Am I outsourcing my "dirty work" to others, while wearing my "detachment" as a badge of honor?

As I open my eyes to the "thousand ways to kneel and kiss the ground", the following has become clear.

First, it is impossible to sever all ties with the dominant system, unless we withdraw entirely from society. It would be hypocritical to measure one's virtue by one's degree of disconnection with the System.

Second, it requires more humility and skillfulness to serve from within the system. Humility, because there is no instant moral high ground to claim, no subtle affirmation derived from austerity. Skillfulness, because one is forced to learn to hold paradoxes, to listen to the different voices, to develop expedient means, and find the nooks and crannies to "sneak in" seeds of change.

I used to flatter myself by thinking that I quit my job because the industry was not addressing the root cause -- "how righteous of me!", said the ego. But now, I am realizing that it was me who was not capable to "serve from wherever I am". If it is possible for a butcher to abide by the Dao as he carves up oxen, then we might be expected to at least make an attempt to cultivate in nice offices :)

Third, there are great benefits to "have a foot in both worlds". The conventional work (paid work in public/private/NGO sectors) helps to keep us grounded in reality, and develop "efficiency tools". The service/volunteer work helps us remember the ultimate purpose of life, and develop "heart tools". They complement each other.

Ultimately, the practice is to serve from wherever we are. No one form of service is superior and holier than another. We are all placed in the grand scheme for a reason.

8. The Grandest Vision for Humanity

Reprinted from www.awakin.org.

--by ***Riva Melissa Taz*** (Jul 17, 2017)

The universe is complex and beautiful.

When we listen to stories of humanity, life and death, we can't fathom the complexity of the narratives of all those who have lived before us, of all those who will live after us, the vast unimportance of ourselves in the sequence of the eternal everything. The universe doesn't and won't ever really know who we are, merely just one of many dots in this vast space-time spectrum. A vast space-time spectrum that we should protect. But protect for what purpose? How many of us actually daydream about the goal of humanity in the universe? What does it look like?

Sometimes I think about humanity in the same way I regard a painting by Georges Seurat. His use of pointillism, which is the artistic technique of painting thousands of microdots on a canvas, that contrast and compliment each other in a multitude of colours. From up close these dots seem nonsensical, even plain wrong- a blue dot next to a yellow dot, that from further away appears white. From a distant viewpoint these individual dots combine to make an intricate scene. An analogy of all the things in the universe. Each life, idea, love simply a tiny colourful dot, complimenting and contrasting with those neighboring, but from further away these blend to contribute towards a bigger picture, a bigger goal.

How big is this overall picture? Well, it's huge. The distance of the known universe is 900 billion light years in diameter, where each light year is 5.87 trillion miles. The full scale is unfathomable to us. And it's old too. 13.75 billion years old. Our human-like ancestors have only inhabited this universe, this planet on which we stand, for around 6 million years, a ridiculously short time-slice compared to the true scale of the context. How lucky we are, right here, right now, to have such an opportunity, to have the agency to shape the planet to a manifestation that represents the human race.

We've come a long way, and we can go a long way too. We could quite literally inherit the universe, to make it ours, not for the sake of possession, but for the sake of protection. For the sake of universal flourishing. Every human so far has died a martyr for evolution. What is the end goal for all this creation and loss? We must fight that humanity's purpose was not just about sustenance and survival.



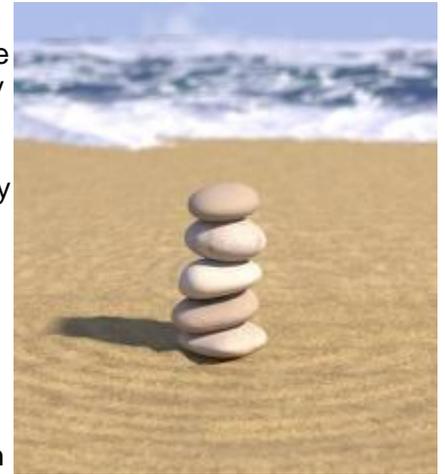
9. The Boss and The Attendants

Reprinted from www.awakin.org.

--by ***TKV Desikachar (Jul 24, 2017)***

The great masters, in ancient times, not only had visions of the Higher Force, they were also very practical. Their teachings are simple: They encourage the development of a great mind, but warn us that this is not an end in itself. Only sustained by a great heart, leading us in action, will such a mind be useful. Nowadays, it would seem that the heart doesn't even warrant second place, let alone first. When the heart prevails, our actions are different from how they were before. Our motivations and the results of our actions change form through discrimination.

A great mind is one where the intelligence is able to differentiate between cause and effect, the conscious and the non-conscious and particularly between the 'boss' and the 'attendants'. Creation has somehow ensured that we undertake this journey towards discrimination in order to appreciate that the heart is the boss. The body and the senses are directed by the mind- with its different departments, levels of activity and ways of reacting: - these are the attendants. The boss in a mysterious way is feeding all these complex structures. He is holding everything together from beyond the mind, but can only see and act through this instrument. Discrimination grows through meditation and paves a way for the heart to prevail. Then our works are undertaken in another manner.



Heart comes within our vision during meditation, and we should be ready for this. The very techniques which have led us to this extraordinary capacity of the mind can prevent us from experiencing the heart. We can bypass the most precious part if we are too busy with our mind, and our intellect, and with the techniques to direct them. We miss the message in our experience of meditation.

"What is most beautiful is always hidden" says the proverb. This essential part of meditation always leads us, when we are open enough to receive it, to a deeper relationship with our heart. If we really look at life, we will see that every moment something extraordinary happens, and to do this we must be open to the unknown. This attitude and the developed capacity to meditate will reveal apparently uninteresting events as instructive. These experiences will enrich our heart as much as the intellect, and give us a new understanding.

When two people who understand from both these sources meet, things are simple and problems are resolved quickly. On the other hand when two people who understand only via their intelligence meet things can be very complicated and problems last for years. Meditation should make us happier, bring us closer to our heart and make life simpler.

When the heart prevails, something radiates from us and affects the results of our actions. We seem to expand and influence the things around us and the people that we meet. Although we are still seeking, something mysteriously acts through us and determines the influence of our actions upon our environment. A spirit of service fills our being and overflows. What we were seeking begins to find us.

10. Take Care of Each Other

Reprinted from www.KarmaTube.org.

This one-minute video by the Norwegian Directorate of Children, Youth and Family Affairs has gone viral, touching the hearts of over 650,000 viewers in the first three hours of its release. Take a look at just how easy it is to make a difference. <http://www.karmatube.org/videos.php?id=7641>

11. Alike: A Father-Son Story

Reprinted from www.KarmaTube.org.

What happens when an animator becomes a father? He makes a film. Directors Daniel Martínez Lara and Rafa Cano Méndez, along with former students of the animation school Pepe-School-Land and animators from other well-known studios in Spain, spent more than four years on this crowd animated labour of love. The award-winning short film, "Alike," follows Copi and his son, Paste, who he is trying to raise "right." "Children turn your world upside down," Lara says in a making-of video. "When you are a father, you often wonder what the best thing is for your children. This short movie intends to be a reflection in that sense." There is not one word of dialogue in the film, but the message is loud and clear. <http://www.karmatube.org/videos.php?id=7609>

12. Neema Village: A Place of Hope

Reprinted from www.KarmaTube.org.

In Tanzania, East Africa, a baby rescue center called Neema Village has saved over 100 abandoned, orphaned, and at-risk infants in just 5 years. The list is long of places the infants have been found -- by the roadside, in a yard, a gravel pit, a hotel, a latrine... Mostly they are the babies of mothers who have died or were unable to care for them. Doris Fortson, co-founder of Neema Village says, "My husband and I were moved to do something about it for many reasons, including that we were retired and that I had been raised in an orphanage from age four to 18." "You're never too old to make a difference," she adds.

<http://www.karmatube.org/videos.php?id=7545>

13. The Birdman of Chennai

Reprinted from www.KarmaTube.org.

In the bustling metropolis of Chennai, in South India, a humble camera mechanic named Sekar demonstrates that "a love-based life is the real way of life". For over a decade Sekar has woken up at the crack of dawn to prepare cooked rice to lay out on the terrace of his building for the thousands upon thousands of parrots who visit him each day. 40% of his income goes towards feeding his feathered friends, and he even has specially designed rice racks that allow them to feed together more easily. Sekar may have missed a few meals of his own in the past ten years, but the parrots have never gone unfed. To this remarkable man, love is universal.

Spiritual Guidance

Serving your personal journey toward enlightenment...

August 2017 e-Newsletter

Page | 17

When we love unconditionally, service naturally flows through our lives. This beautifully shot video (and all those parrots!) bring his rare spirit and deep wisdom to life. <http://www.karmatube.org/videos.php?id=6885>

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 by the 25th of the month, for distribution in the following month's e-newsletter.

14. Sacred Attention Therapy

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

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

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

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

15. A Course in Miracles Global Community Centre

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

16. OM Websites

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

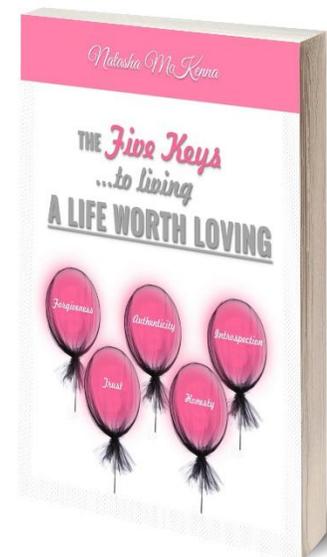
17. The Five Keys to Living A Life Worth Loving

The Five Keys to Living a Life Worth Loving is a roadmap to finding the true treasure of love within. As you switch thinking from judgment to forgiveness, get ready to watch the miracles unfold. For this is what happens when we become accountable for that which we are experiencing and stop with the blame game. When you are willing to forgive, you allow yourself to be connected to the all, love, which will provide you with everything from within, no longer keeping you searching without.

Living a life worth loving is built around the acronym of FAITH:

- Forgiveness:
- Authenticity
- Introspection
- Trust
- Honesty

We must first make a choice to forgive, so this is where we start. For every act of forgiveness commences with the decision to do so. Then we get real, by deciding to be accountable for that which we are seeing, by withdrawing our perception. Once we decide to withdraw the perception, we must go within to find the true cause of the attack. For what we are willing to bring to the light, will merely dissolve. We then trust that the Holy Spirit will heal what we had buried. Finally, we arrive at honesty and when the next judgmental thought arises, we again make the decision to forgive. FAITH will gift you that which you seek, for where FAITH goes, love is found.



If you would like a free copy of The Five Keys to Living a Life Worth Loving, then head to my website at www.natashamckenna.com and subscribe. Instantly, you will be gifted this eBook. Here you can also read a little bit about who I am. However, if you would prefer to purchase on Kindle, the link can be found at <https://www.amazon.com/dp/B071KDGTJ9>.

Alternatively, I can be reached at <https://www.instagram.com/iamnatashamckenna> or <https://www.facebook.com/iamnatashamckenna>. I would love for you to stop by and say hello.

Spiritual Guidance

Serving your personal journey toward enlightenment...

August 2017 e-Newsletter

Page | 20

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

newsletter@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

Twitter: [rmeaghertweet](https://twitter.com/rmeaghertweet)

Linked In: ca.linkedin.com/in/robertmeagher

Facebook: www.facebook.com/Servingyourjourney