

Serving your personal journey toward enlightenment...

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

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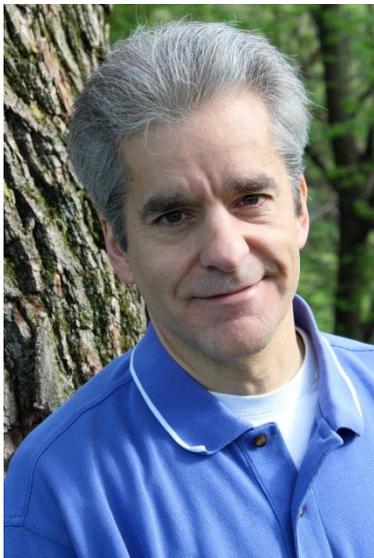
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Sometimes humor can make a difference

I live in the urban center of a major city. Last month, every night for more than a week, a car alarm would go off outside my bedroom window. This intermittent assault to the ears and sleep would repeatedly bless me throughout the entire night, every night for more than a week. I came to recognize the unique cadence of this siren blessing—sort of like every violin in the entire philharmonic orchestra was playing with one less string, and out of tune!

After more than a week of disrupted sleep, I decided to go out in the middle of the night to identify the car that was having some difficulty knowing when it was safe and when it needed to scream bloody murder!

It turns out the intermittent car alarm was being sounded by a beautiful, little SMART car. I can remember thinking, “This one ain’t so smart!!!”

I went back inside wondering how this car owner could not also be hearing this disruption, every night, throughout the entire night. I also wondered how other residents were holding back from taking their frustrations out on the car!

I decided I would write the owner of the car a note and leave it on their windshield, so that they would see the note the next time they stepped into their car. I wanted the note to communicate the nightly disruption caused by the siren and a request to get the alarm system fixed. Here is the note I wrote and placed on the car windshield...

Dear Owner,

This car’s alarm has been going off repeatedly and intermittently throughout the night and early morning for more than a week. I trust you can appreciate this is very disruptive to the sleep of people in the neighborhood. Is it possible to have the car alarm fixed so that there is no further disturbance during the night?

You are welcome to call me at (telephone number provided) to discuss this matter further.

Sincerely,

Robert

Later that day the car owner called me. In summary, they were upset about my letter above and summarily, and in words tempered for this publication, told me to “Buzz Off!!!”

Another night passed with the repeated but intermittent car alarm keeping me awake. I realized another approach was needed. I thought of simply having the car towed away (at the owners expense), but I decided against it in favor of one more attempt to ask the owner of the car to have the car alarm fixed. This time I thought that using a little humor may be the most effective approach in this situation to get the message across. After a few minutes of deliberation, here is the note I wrote and placed on the car windshield...

HELP! HELP!! HELP!!!

Dear owner,

You just have to help me! It's awful!! Please take me to our local dealership for repair, QUICK!!!

I am having an "ID-10-T car alarm" error! My security system alarm is going off repeatedly and intermittently throughout the night and early morning. And this has been going on for over a week now. Do you know how humiliating it is for a SMART car to be having an ID10T error! I have a reputation to uphold here! Please, get me to a repair shop IMMEDIATELY!!!

The neighbors are coming by and kicking me. Some have threatened to use baseball bats if I don't get this ID10T car alarm error fixed soon! At minimum the neighbors say they will have me towed away to a compound with other ID10Ts!!! I don't want to die!!! You just have to help me!!!

Your beloved SMART car (going mad!)

The epilogue? No more car alarm during the night. Perhaps a little humor now and then can make a difference.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

In Gratitude to You

My whole being pulsates
with the fire of desire
for our everlasting union.
My very breath is but Yours.
My heart is a limitless beacon
of Your Love.

My Spirit, being Yours, is the light of the world.
My eyes but radiate and reflect
our Perfect Love.

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My very essence vibrates with You as the
harmony of music not yet heard.

My vision is but Your Love
flowing through me,
seeing only its own reflection.

My only fulfillment is following Your
Directions and Guidance.

My voice, being Yours, can only bless.
My prayer is but an eternal song of gratitude,
That you are in me, and I am in You,
And that I live in Your Grace forever.

Gerald G. Jampolsky

3. Quote or Question

“Peace is the manifestation of our inseparable oneness with all.”

~ Sri Chinmoy

CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

Spiritual Guidance is honored to collaborate with other Spiritual Guides and Teachers to serve your personal journey toward enlightenment. If you would like to be a contributing Spiritual Guide and Teacher to this e-newsletter, please contact Spiritual Guidance (our contact information is at the very bottom of this e-newsletter).

4. Regiena Heringa – Notes from the Light – September 2017

We Express our Gratitude

Within the myriad of worlds in various states of being, exists a magnificent unifying Force which links world to world, heart to heart, atom to atom and light particle to spiritual Light particle. No matter the dimensions, be they in your space and time or beyond, this eternal and marvellous Force of Love is the common denominator which binds all life.

When you open your eyes in the morning to see the light fall upon a tree or witness the bird on the wing or the sweet silence of your inner sacredness, you consciously realize that all life, visible and invisible to the human eye, is bonded to the magnificent power of pure Love.

We acknowledge that your world is trembling and transforming, for its very foundation is in profound change. This planetary time is now witnessing historical changes from the very core of your Planet Earth to the very core of your own consciousness. These transformations are being observed, monitored and reviewed by many of us from various planets, worlds, galaxies and dimensions.

Yet, throughout these continuous changes in philosophies, ideologies, technologies, economics and environments, you have remained sincere to your inner divine essence. In truth, you have increased your determination and commitment to living and demonstrating the goodness in all life. Thus you remain true to the sacred Source which vibrates so eloquently within you. For this we express our gratitude and happily increase our contact.

Kindly recall that your Planet Earth, as it throws off its covering of darkness and mis-alignment, is becoming physically, energetically and spiritually a great meeting place of universal peace. Let us explain.

Within your immediate solar system, its “Milky Way” as you name it, and its neighbouring galaxies, are communities of beings such as ourselves, who are in some measure similar to your own human forms. We have existed for a very long time, travelling, joyfully exploring and intelligently playing within universes of Light. For many centuries we have been waiting for an era when your Planet Earth is once again resurrected—uplifted—and brought into a vast fraternity of Light. It has been known for a very long time that your earth’s destiny is to become a sacred meeting place for the myriad of worlds which inhabit your space and other space beyond your present comprehension.

Thus you have been observed, loved and counselled for thousands of years of your time. Now we witness the fruit of your fine and sacred intention, dedication and action as your world gently turns towards us.

Hence, we wish to thank you for your tenacity to remain in the universal truth which is Love. Kindly remember that where there is Love there is truth and where there is truth there is forever Love.

Within that perfect point of Divine vibration wherein all exists, lies also our gratitude for your valiant and clear efforts to ensure that your exquisite Planet Earth becomes the meeting place for other worlds to further knowledge, learning and sacred fellowship.



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.

Jonny Hickey is a young boy with autism who had trouble making connections with other people and interacting with the family's pets, had limited vocabulary, and would isolate himself, even with family members sometimes. That is, until Xena walked into his life on her four paws, and brought him out of his shell. The Hickeys adopted Xena, a rescue dog who had been previously so severely abused for months that by the time she was rescued, it wasn't certain she would survive. When Xena and Jonny met, magic ensued. This heartwarming video captures the journey of both the boy and the dog who are flourishing in each other's companionship. <http://www.karmatube.org/videos.php?id=6163> **Be The Change:** Consider connecting with an animal or bird -- perhaps your pet, or even a spider or bug in the garden. What can you learn from it today?

For more than 30 years, one man planted trees in a remote, northeastern region of India. As a teenager, Jadav Payeng noticed the effect the environment was having on Majuli Island, which is home to about 170,000 people and has lost 70 percent of its landmass over the last century. He decided to plant trees, creating a forest in the process. But after a while, Jadav also realized he had to protect the trees. Now, Jadav's story is available to watch in a 2013 documentary called "Forest Man." <http://www.dailygood.org/story/1659/one-man-single-handedly-plants-forest-bigger-than-central-park-zi-ann-lum/> **Be The Change:** Plant a tree, reuse water bottles, or more. What is one thing you can do this week to help protect the environment?

Jasminko Halilovic grew up as a 'war child' in Sarajevo, Bosnia-Herzegovina. Even though the war ended years ago, its effects linger in the atmosphere, the buildings, and the people. Between 2010 and 2013, Halilovic interviewed people online and in person about their experiences being children of war, and in 2013 published his book *War Childhood: Sarajevo 1992-1995*. From this book, Halilovic's interest in war children grew, and in 2015 he began researching and further interviewing to form the foundations of what would become the War Childhood Museum. Although the stories gathered both for the book and the museum are often centered around horrific life events (e.g., the murder of loved ones, lack of food, the inability to go outside for months at a time, etc.), there is also an undercurrent of hope, love, and the bonds that tie us all together.

<http://www.dailygood.org/story/1679/war-childhood-the-paradox-of-gratitude-lexi-hartley/> **Be The Change:** Finding light in the darkest of times can be a challenge, particularly when faced with overwhelming odds such as war, poverty, and disease. Think of 5 ways you can bring some light into the lives of those who are struggling over the next month. It could be something as little as giving your spare change to someone begging on the street, or something as large as moving abroad to volunteer with those who need help the most. Leave your ideas here, and let us know how your efforts go. In the meantime, visit the War Childhood website below to learn more about Halilovic's projects. <http://www.dailygood.org/more.php?n=7200a>

Over the course of thirty years, those who were at the end of their lives shared their insights with Frank Ostaseski, the co-founder of the Zen Hospice Project, a holistic residential care facility. In his article, 'Five Invitations: What Death Can Teach about Living' Frank shares the five 'invitations' to connect with death in order to live a more full life. The five invitations he has gleaned from these end-of-life conversations are Don't Wait; Welcome Everything, Push Away Nothing; Bring Your Whole Self to the Experience; Find a Place of Rest in the Middle of Things; and Cultivate a "Don't Know" Mind. Being open-minded and accepting of the world and those around you, finding the ability to rest and recuperate in the midst of daily activities, recognizing that time is precious, and accepting every part of yourself will allow anyone to live more fully and without regret. <http://www.dailygood.org/story/1657/five-invitations-what-death-can-teach-about-living-frank-ostaseski/> **Be The Change:** Which of these five invitations could you focus on more? In what ways can you improve the invitation you struggle with the most?

A physician's assistant and former doctor learns about the essence of serving patients not from medical school, but from a job at an arts-and-crafts store deeply listening to people and connecting with the humanity in others. A pediatric doctor in a large HMO was burned out and dejected because she was not living up to her vision of saving lives -- until motherhood and fresh eyes of seeing the value her patients add to her life, rather than the other way around, transformed her practice and life. A nurse who initially "thought healing meant that we're going to fix everybody" learns about what healing really means from a dying patient. These reflections and others were shared in a Healing + Transformation circle in April 2017. Three profound stories from the circle follow. <http://www.dailygood.org/story/1595/three-stories-of-healing-transformation-servicespace-volunteers/> **Be The Change:** Reflect on a time you have experienced growth and transformation from "disease".

"The mind is not, I know, a highway, but a temple, and its doors should not be carelessly left open", wrote Margaret Fuller, an American journalist and women's rights activist. In her first book, "Summer on the Lakes, in 1843" Fuller examines the idea of 4 perspectives, Old Church, Good Sense, Self-Poise, and Free Hope. Free Hope, she writes, results from an attentiveness toward everyday life and our surroundings, from which a sense of wonder can be derived. Good Sense on the other hand, merely examines the surface level of things, without consideration given to the supernatural. Poetic observation, says Fuller, comes about when one practices critical thinking with a receptivity to wonder. Read on to learn more about how "We need only look on the miracle of every day, to sate ourselves with thought and admiration every day." <http://www.dailygood.org/story/1716/reaping-wonder-from-everyday-reality-maria-popova/> **Be The Change:** Where do you find wonder in your everyday surroundings? Share your thoughts in the comments section below.

Zen monk and tea master Wu De shares his insights on the timeless ritual of drinking tea. Believing that tea is a 'powerful carrier' of the message of presence and loving kindness, Wu De explains tea drinking as a non-verbal transmission of sharing, listening and communicating without words, to connect all peoples -- no matter their beliefs, cultures, ages, or world-views. His tea centers, all run by donation, aim to cultivate sustainability and facilitate inner growth. Learn more about the profound meaning behind tea rituals, and how you might use them in your own life. <http://www.dailygood.org/story/1668/wu-de-tea-as-the-great-connector-bela-shah/> **Be The Change:** Next time you have a cup of tea, share it with someone in silence. Savor the taste, sensations and the joy of being with another person, sharing without words.

Doctors had given Anita Moorjani just hours to live when she arrived at the hospital on the morning of February 2nd, 2006. Unable to move as a result of the cancer that had ravaged her body for almost four years, Anita went into a coma where she experienced great clarity about her life and purpose here on earth. She was given a choice of whether to return to life or not, and chose to return when she realized that "heaven" is a state and not a place. This resulted in a remarkable and complete recovery of her health within five weeks. Anita's riveting talk will inspire you to transform your life by living more authentically, discovering your greatest passions, transcending your deepest fears, and living from a place of pure joy.

<http://www.karmatube.org/videos.php?id=7626> **Be The Change:** Take a break from work today and do something you find fun and joyful!

Ironically, in an age where we seem to be more connected than ever, research shows that we are lonelier than ever. Inspired by the writings of Thoreau, Steinbeck, and the teamwork of his community garden, David Levins decided to break down the barriers of isolation, one conversation at a time. In 2012, he initiated A Kind Voice, a nationwide, volunteer-run phone line where people call in anytime for one-on-one conversation. Simply for the sake of sharing and being kind to one another. Filled with volunteers eager to talk about a multitude of subjects such as books, movies, travel, and philosophy, A Kind Voice is, as David says, "very much a journey to get from one place to the next. We want to make the world a kind of more connected place, one conversation at a time. So each time we have a good conversation, we win and we kind of fulfill our mission."

<http://www.dailygood.org/story/1669/david-levins-a-weaver-of-kind-voices-audrey-lin/> **Be The Change:** How might you reach out to others today to engage in kind conversation?

Localization has become a force around the world, but what is it exactly and why are people disgruntled with globalization? The Economics of Happiness conference in Bangalore, India explored localization and the pressures moving the world from global to local economies and ways of living. The short video introduction provides a succinct overview that leads directly into the full presentations of international experts and links to the documentary, "The Economics of Happiness." Whether you are interested in or currently participate in the local movement, there is much more to discover. These presentations provide in-depth knowledge of where we are, where we need to go, and how we can move to a more locally based lifestyle.

<http://www.karmatube.org/videos.php?id=6209> **Be The Change:** Support your local farmers market and businesses.

Brother David Steindl-Rast has a vision for the world. One where people's attitude is changed by whatever is given, and whatever the circumstance, whatever is given is seen as a gift. And then of course, the appropriate response to a gift is gratitude. The gift hidden in our unprecedented world crisis is an equally unprecedented opportunity. The opportunity to wake up to the madness of violence. The opportunity to look deeply into our own hearts to see and be with the roots of this violence. Here in my heart I can turn fear into courageous trust, agitation to stillness and confusion into clarity. What a gift! Following the creative intelligence of gratitude to light up the unique path for each one of us. This will change much more than a mood, it can change a world.

<http://www.dailygood.org/story/1698/a-vision-for-the-world-br-david-steindl-rast-osb/> **Be The Change:** Ask the question, "Where are the roots of violence in me?" Take time to notice the sensations in your body -- what is there? For more inspiration check out the Gratefulness website.

<http://www.dailygood.org/more.php?n=7187a>

Activist Caroline Casey tells the story of her extraordinary life, starting with a jaw-dropping revelation (no spoilers). In a talk that challenges perceptions, Casey asks us all to move beyond the limits we may think we have. At age 34 she realized the three dreams she held as a teenager: to become an elephant handler, to work for herself, and to drive a race car at 185 km/h. She went on to start the Aisling Foundation, which looks deeply at disability, its attendant loneliness and its inherent positive aspects. Follow her incredible, inspiring journey here. <http://www.dailygood.org/story/1731/looking-past-limits-the-remarkable-story-of-caroline-casey-ted-com/>

Be The Change: Reflect on your daily routine from a "differently-abled" vantage point, and to take small steps towards greater accessibility in the communities and environments around you.

In this interview Elizabet Sahtouris shares how society must unite to work toward the common goal of creating a better future for our planet. In order to overcome our tendency toward destruction, we must put aside our competitive nature to work in global harmony. Ecosophy, or "the household which is wise", she describes, is one that does not separate ecology from economy. "The old and the new worlds are living side by side or within each other right now. If we want to have a better future, all we have to do is start to create it now by living it now". Elizabet beautifully describes the phases through which our planet has gone, and how we can improve upon the next. <http://www.dailygood.org/story/1660/elisabet-sahtouris-on-ecosophy-awakin-call-editors/> **Be The Change:** Even as a child Elizabet was asking the big, philosophical questions: "Who are we, where did we come from, and where are we headed?" Take a little time, perhaps over a cup of coffee, to ask them of yourself, or better still, meet with a few good friends to discuss them.

Most of us live far from truly wild places that could give us comfort from the troubles of this world, yet we badly need this healing found in nature. The Japanese recognize this need for connection to nature and have a custom they call "shinrin-yoku," which means forest bathing. In this piece, Lucia Bettler recommends that we each take time to rest our minds and hearts in the quiet greenness of Mother Earth. "This wild world brings us solace, peace and grace." Knowing that most of us don't live near forests or mountains, she suggests developing simple relationships with nature to restore our spirits -- things like taking a walk with a pet, watching the insects in the grass or sitting in the herb garden to rejuvenate ourselves. She reminds the reader that the medicine we all need is found in connection to the earth. <http://www.dailygood.org/story/1619/the-solace-of-wild-places-in-nature-and-ourselves-lucia-ferrara-bettler/> **Be The Change:** Walk in the silence of nature where wildness can be felt and make room for yourself to be free for a little while each day.

"Being a ServiceSpace summer intern in these past months, I have been guided into a circle of genuine friends and mentors. As part of my internship I interviewed various people in the community about their relationship to pain and suffering. One of the lessons I received is that if we hold space for each other, open our hearts, listen deeply with our full presence, detach from any projections or judgements, then authentic connections blossom. The individuals I talked to were willing to reflect on pain and suffering, unfold decades of their lives and share insights with a young stranger whom they had never met before; and vice versa, I was able to be honest and vulnerable. In the end, "I/you" transformed to "we", and "my/your" story became "our" stories." This poignant article by seeker and college student Sophie Wu, shares more. <http://www.dailygood.org/story/1728/let-compassion-heal-us-an-intern-explores-our-relationship-to-suffering-sophie-wu/> **Be The Change:** Ask someone in your life about their experience with and insights on suffering. Listen with your whole heart to what they share.

Retirement is a time finally away from bosses and schedules, stress and assignments. Yet, once retired, many miss the sense of purpose and community their jobs provided. Where retirement once called to mind visions of rocking chairs and mid-day snoozes, many in the Baby Boomer generation are shaking things up, turning their focus in retirement to encore careers and volunteerism. In this Spotlight on Seniors Who are Changing the World, we take a look at some extraordinary individuals who have used their 'retirement' as an opportunity to give back to the world and their communities in remarkable ways, finding along the path both passion and purpose in their golden years. <http://www.dailygood.org/story/1721/spotlight-on-seniors-who-are-changing-the-world-shari-swanson/> **Be The Change:** What steps can you take today to leave behind a legacy of kindness?

Audrey Lin is a volunteer extraordinaire with ServiceSpace. With a degree in Peace and Conflict Studies, Lin has volunteered at the Gandhi Ashram in Ahmedabad, India; at Karma Kitchen in Berkeley, California; and has served as an educator on both the east and west coasts of the United States. While not everyone has the ability to travel abroad to volunteer, Lin's life and perspectives remind us that anyone can participate in acts of kindness. In today's busy world we are all 'connected' on social media, but often fail to connect in real life. Taking time out to really see and acknowledge people can have profound effects on both the person doing the kind act, and the person receiving it. In this talk she shares stories about the powerful ripple effects of kindness

within and without. <http://www.karmatube.org/videos.php?id=5696> **Be The Change:** Step outside of your usual patterns by finding a new way to express kindness today.

The work of artist Enrique Martinez Celaya speaks for the dignity of interiority in a world absorbed by the external. Having essentially earned a PhD in quantum electronics, widely read in philosophy, a poet and writer, few are more qualified. He observes, "I don't think the last century will be remembered as the age of computing or nuclear power, but the age when entertainment finally took over our consciousness. Authentic art-making is a journey. To discover one's self is also to discover one's connection to the world. As one recognizes these connections, a prison sometimes becomes apparent; the prison of what we've established or imagined ourselves to be." <http://www.dailygood.org/story/1736/interview-enrique-martinez-celaya-self-and-beyond-self-richard-whittaker/> **Be The Change:** Do you always take the same route home? Get coffee at the same place? When a habit is noticed, experiment and do something non-habitual. It can be a small thing.

"The data we can extract, the data we handily give up for the sake of short-term convenience or simply out of ignorance, is of monumental proportions. But we extract all this data to what end?" In a recent talk, ServiceSpace founder Nipun Mehta paints a vivid picture of today's world -- a world where algorithms powered by big data undergird almost every field of human endeavor, and have brought us to the brink of unprecedented change. While the benefits are undeniable, they come at a cost, to our freedom, creativity and more. What are our options? Mehta outlines two alternatives, to go from big data to bigger data -- or to move instead towards deep data. "Big data is understood by silicon machines whereas deep data is processed by carbon-based life, humans. Big data is algorithmic, deep data is intuitive. Big data powers today's Internet, but it is deep data that has powered the web of our connection -- the innernet -- for millennia." Packed with sobering present-day examples, and stirring personal stories, this talk speaks to the possibilities that dance on the arc between algorithms -- and love. <http://www.dailygood.org/story/1711/algorithms-and-love-dancing-with-the-creative-tension-of-our-times-nipun-mehta/> **Be The Change:** Question your current habitual uses of technology. How can you infuse your values into how you approach the digital world?

In a prelude to her reading of Adrienne Rich's poetic tribute to Marie Curie, Roseanne Cash discusses the insights she gained as she battled to find a cure to her debilitating headaches. She realized the source of her creativity 'comes from the same room as her deepest pain' and argued that we have to listen deeply to our inner truth: "Persist and verify... The power that we abdicate to others out of our insecurity to others who insult us with their faux-intuition or their authoritarian smugness that comes back to hurt us so deeply... But the power we wrest from our own certitude that saves us." <http://www.dailygood.org/story/1652/rosanne-cash-on-how-science-saved-her-life-the-source-of-every-artist-s-power-and-her-beautiful-reading-of-adrienne-rich-s-tribute-to-marie-curie-maria-popova/> **Be The Change:** How can you use your moments of pain and darkness to be a source of light for others? Be still and listen to your own certitude.

Disconcerted by the dramatic changes underway in Earth's climate systems, Climate scientist and father Peter Kalmus set out on a quest to change his life and the world. A quest that led him ultimately to cut his climate impact to less than a tenth of the US average, while simultaneously increasing his sense of joy and fulfillment. What follows are two excerpts from his new book "Being the Change: Live Well and Spark a Climate Revolution". <http://www.dailygood.org/story/1727/the-three-sacred-tasks-a-climate-scientist-and-father-reflects-peter-kalmus/> **Be The Change:** For more on Peter Kalmus' journey check out this in-depth interview. <http://www.conversations.org/story.php?sid=438>

Even after the most traumatic events, we can still find contentment. One way to achieve this is through gratitude. When Cynthia Mee lost everything in a house fire, instead of looking at it as something destructive, she saw it as educational -- grateful for the life lessons she never would have encountered had it not happened. She was grateful for being alive; the fire hadn't killed her. The Red Cross and firefighters were a huge help -- how grateful she was for them, too. In fact, it was gratitude that sustained her throughout the challenges that came after the fire, allowing her to view the experience as less of a loss and more of an opportunity for growth. In times of trouble and even in our everyday lives, gratitude can become like a bridge to

contentment, helping us realize and appreciate how much we have. Here is a perfect example of how it's done. <http://www.dailygood.org/story/1708/to-be-content-is-to-be-grateful-cynthia-mee/> **Be The Change:** Today, counter every complaint you have with a statement of gratitude.

What do leadership and loneliness have in common? What is the difference between solitude and isolation? How might we live through to the other side the intense feelings of being alone that can come upon us? Maria Popova explores these rich and subtle questions in this Brain Pickings article. She delves into a rare essay, "The Loneliness of Leadership" written by holocaust survivor Elie Wiesel. <http://www.dailygood.org/story/1684/elie-wiesel-on-the-loneliness-of-leadership-how-our-questions-unite-us-and-how-our-answers-divide-us-maria-popova/> **Be The Change:** Reflect on the difference between solitude and isolation. Reach out today, to someone who may be isolated. It could be someone you know or the next stranger you see. Make a connection; with a phone call, a hug, a smile, or simply a look in the eyes.

An emergency search for a room in a town where all hotels were full brought the author and his jet-lagged wife at midnight to a new Marriot-in-construction, as yet seemingly manned by only one or two staffers. A whole line of room-seekers vied for their attention with customers with unmade beds. In a tense, strained situation, the author begins to admire the young staffers doing their best, and a cosmic shift takes place. From being overworked staff dealing with irate customers, they become companions as they make the bed together. The ending may surprise you. <http://www.dailygood.org/story/1699/nightshift-at-the-marriott-richard-w/> **Be The Change:** Be observant of states of tension and emotional pressure in anyone trying to help you today, and "walk a mile in their shoes." We are all in this world, and this life, together.

Trees are interwoven into our existence in so many ways. They give us air to breathe, shade from sun, beautiful colors in the autumn, timber to build our homes, food to eat, paper to write on, and so much more. In this ode to our wooded friends, the team at Gratefulness.org have compiled a series of quotes, stories, poems, and photographs that delve deeper into our connection to trees. Going beyond the practical gifts they afford us, these reflections speak to the spiritual connection that has long existed between humans and trees. <http://www.dailygood.org/story/1678/how-do-i-love-trees-let-me-count-the-ways-the-gratefulness-team/> **Be The Change:** Find a way to say thank you for all you love about trees. Volunteer at a local arboretum, donate to a national park, plant a tree in your own backyard, or add your own photographs, poetry, or thoughts on how trees have impacted your life.

Picture this: A substitute teacher wearing a kimono and speaking Japanese to inner city students. Surprising? That was exactly the intention of Stephen Murphy-Shigematsu as he attempted to cultivate a "beginners mind" in his students. He asserts that the moment the unexpected is encountered, mindfulness begins without training. The attention is completely focused on the unknown, senses alert in the uncertainty of the moment, and the mind open. He says of the experience of teaching mindfulness to students, "I also want students to experience vulnerability because I believe that it is a key to education as a lifelong commitment to self-reflection rather than a detached mastery of a finite body of knowledge. Vulnerability means appreciating mystery as much as mastery, and being comfortable with not-knowing, ambiguity, uncertainty, and complexity, cultivating awe and wonder that deepen our knowledge." Read on to understand how allowing for the unexpected can foster a beginner's mind in oneself. <http://www.dailygood.org/story/1650/stanford-university-mindfulness-classroom-stephen-murphy-shigematsu/> **Be The Change:** The next time something unexpected occurs, observe how awake you become in that moment and notice how fresh the world looks from a beginner's mind. How can you practice being awake more often?

What if the goal of education becomes making visible and lifting up the souls of all those involved in the process? How might this way of reclaiming and re-grounding the learning-teaching relationship transform both the individual souls involved and the institutional souls of the systems themselves? Parker Palmer reflects on these and other profound questions with respect and grace in an article adapted from a keynote address he delivered on Spirituality in Education sponsored by the Naropa Institute. Weaving together rich and varied stories of Merlin the Magician, Rosa Parks and the poet Ranier Maria Rilke with those of Nobel prize winning

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scientist Barbara McClintock and the discoverers of the DNA molecule; Parker describes "education at its best these profound human transactions called knowing, teaching, and learning".

<http://www.dailygood.org/story/1685/the-grace-of-great-things-reclaiming-the-sacred-in-knowing-teaching-and-learning-parker-j-palmer/> **Be The Change:** Download the PDF version of Parker Palmer's keynote address and share it with educators and with young adults in your life as the fall semester begins. { [more](#) }

In the aftermath of a building collapse in East Delhi, India, that left some dead and more suffering, Omkar Nath Sharma felt helpless. Before his very eyes, people in pain, some dying, needed medicine but had no money. And the local hospital could not help. Then it struck him: maybe people had medicine in their homes that they no longer needed. Though he was 80 years old, he could walk, he could talk, he could collect medicine for the needy. So he started calling out to people in their homes from the street, "Do you have any medicines that are not of use to you?" And he collected castoffs to give to those who needed the medicine. Then, the movement grew. This short video tells the story of Medicine Baba, whose successful operation with humble beginnings has saved countless lives. <http://www.karmatube.org/videos.php?id=7707> **Be The Change:** Visit Medicine Baba's website for more information on this remarkable man. <http://www.dailygood.org/more.php?n=7326a>

Human beings have a tendency to remain silent regardless of whether they need to utilize their voices. Rebecca Solnit sees how that tendency has harmed the women's movement. She quotes poets, inspirations, authors and more, including Ella Wheeler Wilcox, Audre Lorde, Elie Wiesel, Hannah Arendt and Laura Jackson. Rebecca believes and acknowledges that the quickest fix is to use our voices, noting that there's a difference between a meditative silence and a silence where we choose not to speak up when we knew it would make a difference. <http://www.dailygood.org/story/1681/rebecca-solnit-on-breaking-silence-as-our-mightiest-weapon-against-oppression-maria-popova/> **Be The Change:** What is one thing you can use your voice to make a difference with this week?

In 2012, photographer Carolyn Jones was commissioned to create The American Nurse Project, interviewing, filming, and photographing over 100 nurses across the U.S., after her own fight with breast cancer. She was inspired by her chemo nurse, Joanne Staha, who not only made her feel more normal during treatment, but reminded her that eventually she would heal and her life would go back to normal. Over the course of five years' worth of these interviews, Carolyn created a book and a feature documentary focusing on the extraordinary work nurses are doing across the country. Her work celebrates both the diversity of people in the profession of nursing, as well as the common bonds they share in the care of their patients.

<http://www.karmatube.org/videos.php?id=7623> **Be The Change:** All kinds of people influence your life. Pick one way to show your appreciation and follow through - it could be something as simple as a thank you note, baked goods, or paying it forward with a random act of kindness. For more information on this project, or to watch the documentary, visit the American Nurses Project webpage. <http://www.dailygood.org/more.php?n=7253a>

We long to find more joy in our daily pursuits even though life has taught us it's not so easy. New discoveries in neuroscience offer insight into how we can develop a brighter state of heart and mind. Our choices are more than a temporary glitch in the brain, it turns out. Learn why it's better to sometimes allow love for the fractured and suffering humanity around and inside us to enter our busy field of action, as we work our way toward happiness. <http://www.dailygood.org/story/1691/finding-joy-the-science-of-happiness-by-patty-de-illosa-patty-de-illosa/> **Be The Change:** This article offers a series of suggestions on how to change your mindset, and learn to see the world with new eyes. Try experimenting with one of them each day this week.

Gratitude has been repeatedly shown to improve our happiness, health, and relationships. Yet some critics suggest that it may lead to attitudes of selfishness and self-indulgence. Researchers from UC Riverside recently examined the evidence and found that gratitude in fact not only helps us feel good, but may even motivate us to pursue our goals and engage more with the world around us. Identifying four key elements, connectedness, elevation, humility, and indebtedness, they found that these play a significant role in how a simple act of gratitude can have a much larger impact on our efforts toward self-improvement, and even shape

how we respond to others. <http://www.dailygood.org/story/1686/how-gratitude-motivates-us-to-become-better-people-christina-n-armenta-sonja-lyubomirsky/> **Be The Change:** What are you grateful for today? Share your thoughts in the comments section below, and think about starting your own daily gratitude journal.

6. From Being Driven to Being Drawn

Reprinted from www.awakin.org.

—by *Richard Rohr* (Jul 31, 2017)

When I was a young man, I liked ideas and books quite a lot, and I still read a great deal. But each time I come back from a long hermitage retreat, I have no desire to read a book for the next few weeks or even months. For a while I know there is nothing in any book that is going to be better, more truthful, or more solid than what I have just experienced on the cellular, heart, and soul level.

If you asked me what it is I know, I would be hard pressed to tell you. All I know is that there is a deep “okayness” to life—despite all the contradictions—which has become even more evident in the silence. Even when much is terrible, seemingly contradictory, unjust, and inconsistent, somehow sadness and joy are able to coexist at the same time. The negative value of things no longer cancels out the positive, nor does the positive deny the negative.

Whatever your personal calling or your delivery system for the world, it must proceed from a foundational “yes” to life. Your necessary “no” to injustice and all forms of un-love will actually become even clearer and more urgent in the silence, but now your work has a chance of being pure healing instead of impure anger and agenda. You can feel the difference in people who are working for causes; so many works of social justice have been undone by people who do all the fighting from their small or angry selves.

If your prayer goes deep, your whole view of the world will change from fear and reaction to deep and positive connection—because you don’t live inside a fragile and encapsulated self anymore. In meditation, you are moving from ego consciousness to soul awareness, from being driven by negative motivations to being drawn from a positive source within.

Through a consistent practice of contemplative prayer you will find yourself thinking much more in terms of both/and rather than either/or. This is what enables mystics and saints to forgive, to let go of hurts, to be compassionate, and even to love their enemies.



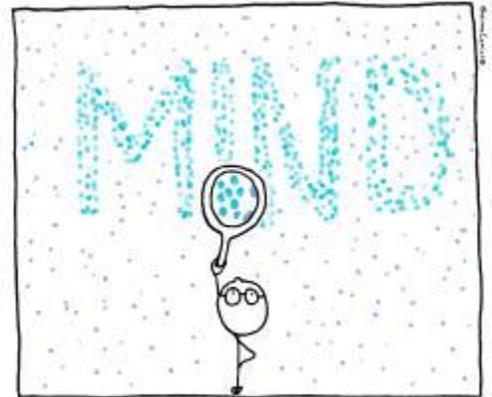
7. To Know Your Mind, Pay Close Attention To It

Reprinted from www.awakin.org.

--by **Sam Harris** (Aug 07, 2017)

Certain rare and wonderful experiences are possible. But this is all we need, to take “spirituality” (the unavoidable term for this project of self-transcendence) seriously.

We spend our lives lost in thought. The feeling that we call “I” — the sense of being a subject inside the body — is what it feels like to be thinking without knowing that you are thinking. The moment that you truly break the spell of thought, you can notice what consciousness is like between thoughts — that is, prior to the arising of the next one. And consciousness does not feel like a self. It does not feel like “I.” In fact, the feeling of being a self is just another appearance in consciousness (how else could you feel it?).



I argue that spirituality need not rest on any faith-based assumptions about what exists outside of our own experience. And it arises from the same spirit of honest inquiry that motivates science itself.

Consciousness exists (whatever its relationship to the physical world happens to be), and it is the experiential basis of both the examined and the unexamined life. If you turn consciousness upon itself in this moment, you will discover that your mind tends to wander into thought. If you look closely at thoughts themselves, you will notice that they continually arise and pass away. If you look for the thinker of these thoughts, you will not find one. And the sense that you have — “What the hell is Harris talking about? I’m the thinker!”— is just another thought, arising in consciousness.

If you repeatedly turn consciousness upon itself in this way, you will discover that the feeling of being a self disappears. There is nothing [religious or specifically] Buddhist about such inquiry, and nothing need be believed on insufficient evidence to pursue it. One need only accept the following premise: If you want to know what your mind is really like, it makes sense to pay close attention to it.

8. Each Thing's Way

Reprinted from www.awakin.org.

--by **Ray Grigg** (Aug 14, 2017)

Trouble is caused by people who think they are smart enough to improve things. First they try. When there is resistance, they push. Then they push harder until their intentions are lost in struggle and discord. Cunning and ingenuity make things worse.

Go softly in the world. Place the smallness of what is known beside the greatness of what is not known. Understand with humility. Honor what is known. Honor even more what is not known. Trust the natural way of things. Ordinary simplicity is infallible.

Let everyone find their own way. Teach reluctantly. The same secret is different for everyone. Tell no one but keep no secrets.

There is a limit to a lifetime but not to the mystery in a lifetime. What foolishness then trying to catch the unlimited in the limited. How presumptuous to understand! Understanding, therefore, should not get in the way of each thing's way.



9. Heart and Soul Bonds

Reprinted from www.awakin.org.

--by **Michelle** (Aug 21, 2017)

Our lives are greeted by different types of relationships. Some fun, some cozy and intimate, some crazy and adventurous, some inseparable. Nevertheless, there are also other type of connections, which transcend these. These are the heart and soul bonds. One does not need to talk or exchange messages but still there is a knowing or a feeling of the other person. Here the channels of heart and soul connection are alive.

We have all experienced this at some moments in life. Like when you are wishing to eat a special dish and without saying a word your mother/father/housemate makes it for you. When you have suddenly thought of a friend and felt as though she was not ok and you call to say hi, you discover she is going through a tough patch. The electricity you feel running through your body when you connect with someone so profoundly. The time when you meet someone in your dreams and it feels so real. When you look deeply into someone's eyes and you just know their true essence. When your spouse has a stomachache and you can feel the sympathy pain. When you



think of someone and then suddenly they call you unexpectedly and you say “Hey! I was just thinking of you!” When you are thinking about something and the next moment your friend talks about the same thing - almost completing your statements.

We share them with a few people in our lives; we can actually share them with more. It sounds ridiculous. However, it exists for each one of us.

We often use methods to communicate like talking, texting, writing etc. and this is great but it is also amazing to connect at another level too. The heart and soul level. Here connection is effortless and consciousness is aligned. Being more awake to the present moment helps tune into each other. Intuition comes alive. Truly feel each other's heart spaces. It is transcendental and so beautiful. You can send love across miles; it will be felt and received. The next time you meet with a friend or a loved one; sit for a few minutes together simply being in silence. Feel the sparkling connections that emerge.

These type of relationships can exist with everyone we know! That is the beauty of it. It connects all of us together in love and harmony. Much love to all of you this month! May many such heart and soul bonds grow and enrich all of the days of our lives. They are so meaningful.

10. Loving Your Enemy

Reprinted from www.awakin.org.

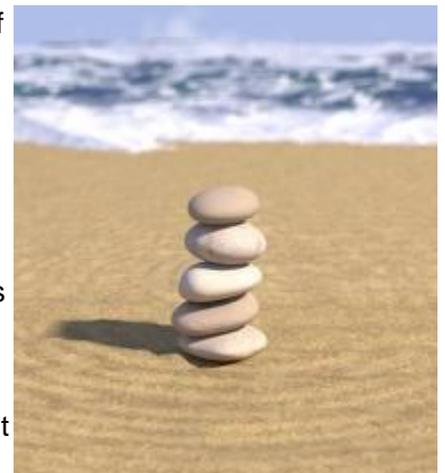
--by ***Brother David Steindl-Rast*** (Aug 28, 2017)

To love our enemies does not mean that we suddenly become their friends. If it is our enemies we are to love, they must remain enemies. Unless you have enemies, you cannot love them. And if you have no enemies, I wonder if you have any friends. The moment you choose your friends, their enemies become your own enemies. By having convictions, we make ourselves the enemies of those who oppose these convictions. But let's be sure we agree on what we mean by terms like Friend, Enemy, Hatred, or Love.

The mutual intimacy we share with our best friends is one of the greatest gifts of life, but it is not always given when we call someone a friend. Friendship need not even be mutual. How about organizations like Friends of Our Local Library? Friends of Elephants and of other endangered species? Friendship allows for many degrees of closeness and takes many different forms. What it always implies is active support of those whom we befriend, engagement to help them reach their goals.

With enemies it is the exact opposite. After all, the very word “enemy” comes from the Latin “inimicus”, and means simply “not a friend”. Of course, not everyone who is not a friend is therefore an enemy. Enemies are opponents – not opponents for play, as in sports or games, but in mutual opposition with us in matters of deep concern. Their goals are opposed to our own highest aspirations. Thus, out of conviction we must actively try to prevent them from reaching their goals. We can do this lovingly, or not – and thus we find ourselves head-on confronted with the possibility to love our enemies.

Love in every one of its forms is a lived “yes” to belonging. I call it a “lived yes”, because the very way loving



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people live and act says loudly and clearly: "Yes, I affirm and respect you and I wish you well. As members of the cosmic family we belong together, and this belonging goes far deeper than anything that can ever divide us." In an upside-down way, a "Yes" to belonging is even present in hatred. While love says this yes joyfully and with fondness, hatred says it grudgingly with animosity, gall. Still, even one who hates acknowledges mutual belonging. Have there not been moments in your life when you couldn't say whether you loved or hated someone close to your heart? This shows that hatred is not the opposite of love. The opposite of love (and of hatred) is indifference.

Loving our enemies is an ideal for human beings of any spiritual tradition. Mahatma Gandhi practiced it no less inspiringly than St. Francis. But it calls to mind the saying of Jesus: "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you." (Mt. 3:43f) And this, in turn, calls to mind what G. K. Chesterton said: "The Christian ideal has not been tried and found wanting. It has been found difficult; and left untried."— Difficult, yes, but eminently worth trying, especially in a world torn by enmity.

11. How Kids See Differences

Reprinted from www.KarmaTube.org.

How do children see differences? In this video (part of the British Broadcasting Corporation's campaign celebrating diversity called "Everybody's Welcome"), pairs of best friends from across the United Kingdom are asked: "What makes you different from each other?" Watch their heartwarming, unscripted and natural responses, which reveal an inspiring truth about acceptance and inclusion among kids.

<http://www.karmatube.org/videos.php?id=7698>

12. The Boy and Dog Who Changes Each Other's Lives Forever

Reprinted from www.KarmaTube.org.

Jonny Hickey is a young boy with autism who had trouble making connections with other people and interacting with the family's pets, had limited vocabulary, and would isolate himself, sometimes even with family members. That is, until Xena walked into his life on her four paws, and brought him out of his shell. The Hickeys adopted Xena, a rescue dog who had been so severely abused for months that by the time she was rescued, it wasn't certain she would survive. When Xena and Jonny met, magic ensued. This heartwarming video captures the journey of both the boy and the dog who are flourishing in each other's companionship.

<http://www.karmatube.org/videos.php?id=6163>

13. Dying To Be Me

Reprinted from www.KarmaTube.org.

Doctors had given Anita Moorjani just hours to live when she arrived at the hospital on the morning of February 2nd, 2006. Unable to move as a result of the cancer that had ravaged her body for almost four years, Anita

went into a coma where she experienced great clarity about her life and purpose here on earth. She was given a choice of whether to return to life or not, and chose to return when she realized that "heaven" is a state and not a place. This resulted in a remarkable and complete recovery of her health within five weeks. Anita's riveting talk will inspire you to transform your life by living more authentically, discovering your greatest passions, transcending your deepest fears, and living from a place of pure joy.

<http://www.karmatube.org/videos.php?id=7626>

14. Localization: for People and the Earth

Reprinted from www.KarmaTube.org.

Localization has become a force around the world, but what is it exactly and why are people disgruntled with globalization? The Economics of Happiness conference in Bangalore, India explored localization and the pressures moving the world from global to local economies and ways of living. The short video introduction provides a succinct overview that leads directly into the full presentations of international experts and links to the documentary, "The Economics of Happiness." Whether you are interested in or currently participate in the local movement, there is much more to discover. These presentations provide in-depth knowledge of where we are, where we need to go, and how we can move to a more locally based lifestyle.

<http://www.karmatube.org/videos.php?id=6209>

15. Tattoo Artist Leaves A Positive Mark for Those With Alopecia

Reprinted from www.KarmaTube.org.

When Joy was young, she didn't know what was happening to her, but she was getting teased for losing her hair. She became insecure, and didn't want to go outside or play with others. By the time Joy got married, she had lost all the hair on her body, including her eyebrows. One day, Joy met Edwin, a tattoo artist who gives free services to people with Alopecia. "The following day when I woke up, it was like me being reborn." And Edwin? When people ask him what they can do in exchange for his services, he says: "Just pay it forward."

<http://www.karmatube.org/videos.php?id=7741>

16. Experiments in Kindness

Reprinted from www.KarmaTube.org.

Audrey Lin is a volunteer extraordinaire with ServiceSpace. With a degree in Peace and Conflict Studies, Lin has volunteered at the Gandhi Ashram in Ahmedabad, India; at Karma Kitchen in Berkeley, California; and has served as an educator on both the east and west coasts of the United States. While not everyone has the ability to travel abroad to volunteer, Lin's life and perspectives remind us that anyone can participate in acts of kindness. In today's busy world we are all 'connected' on social media, but often fail to connect in real life. Taking time out to really see and acknowledge people can have profound effects on both the person doing the

kind act, and the person receiving it. In this talk she shares stories about the powerful ripple effects of kindness within and without. <http://www.karmatube.org/videos.php?id=5696>

17. The Foster Father Who Cares for Terminally Ill Children

Reprinted from www.KarmaTube.org.

"I know they are sick. I know they are going to die." Mohamed Bzeek has spent the past twenty years caring for terminally ill foster children, taking them to doctors' visits, tending to special needs, celebrating birthdays, and sacrificing sleep. When the Los Angeles county Department of Children and Family Services has a child who is not going to make it, he's the man they call. No one else will take them. But Bzeek doesn't just care for them; he loves them. Fearlessly. With all his heart. Knowing it will end in pain and loss. Of his current foster child, he says, "I know she can't hear, can't see, but I always talk to her. I'm always holding her, playing with her ... She has feelings. She has a soul. She's a human being." For Bzeek, these aren't just words; they're his life. <http://www.karmatube.org/videos.php?id=7700>

18. The Brush Maker

Reprinted from www.KarmaTube.org.

Lorna Crane is an artist, but she is also an explorer with a deep connection to the land. Combing the Australian beach, Crane hunts for feathers, leaves, fishing wire-- any items that she can fashion into painting brushes. As she paints with these found objects, she finds joy in the unexpected: "The freshness and spontaneity you can't get with anything else." Her creations are both "of the landscape as well as from the landscape." <http://www.karmatube.org/videos.php?id=7706>

19. Medicine Baba: When A Man Becomes A Movement

Reprinted from www.KarmaTube.org.

In the aftermath of a building collapse in East Delhi, India, that left some dead and more suffering, Omkar Nath Sharma felt helpless. Before his very eyes, people in pain, some dying, needed medicine but had no money. And the local hospital could not help. Then it struck him: maybe people had medicine in their homes that they no longer needed. Though he was 80 years old, he could walk, he could talk, he could collect medicine for the needy. So he started calling out to people in their homes from the street, "Do you have any medicines that are not of use to you?" And he collected castoffs to give to those who needed the medicine. Then, the movement grew. This short video tells the story of Medicine Baba, whose successful operation with humble beginnings has saved countless lives. <http://www.karmatube.org/videos.php?id=7707>

20. Defining Hope: A Tribute to Nurses

Reprinted from www.KarmaTube.org.

In 2012, photographer Carolyn Jones was commissioned to create The American Nurse Project, interviewing, filming, and photographing over 100 nurses across the U.S., after her own fight with breast cancer. She was inspired by her chemo nurse, Joanne Staha, who not only made her feel more normal during treatment, but reminded her that eventually she would heal and her life would go back to normal. Over the course of five years' worth of these interviews, Carolyn created a book and a feature documentary focusing on the extraordinary work nurses are doing across the country. Her work celebrates both the diversity of people in the profession of nursing, as well as the common bonds they share in the care of their patients.

<http://www.karmatube.org/videos.php?id=7623>

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.

21. 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).

22. 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>.

23. 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.

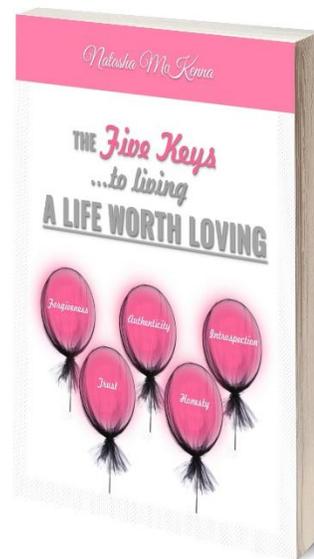
24. The Five Keys to Living A Life Worth Loving

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...

September 2017 e-Newsletter

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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