

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

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

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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



You ARE worth the effort

I have an orientation toward commitment and discipline. It does not come easy, but I have demonstrated to myself throughout my life that commitment and discipline are possible in the face of adversity, external influences, and temptation. So when I decided to change my life a decade ago, I knew the direction I wanted to go in would require great commitment and discipline. But nothing could have prepared me for the level of commitment and discipline I would need. I needed to experience it first-hand in order to understand commitment and discipline on a deeper level.

Almost immediately upon leaving corporate Canada, I began a meditation practice. Soon after that prayer and yoga joined forces with my meditation to form the foundation of my daily practice. New teachings and study were added to that base and soon life itself became my daily practice. Perhaps this last point deserves its own article one month. But back to the focus on commitment and discipline...

Along the way there were never any shortage of distractions to vie for my attention. It would range from the seemingly practical necessities of life (e.g., earning money, paying the rent, etc.), to enticing calls to entertain myself, to egoic macerations aimed at tempting me with pleasure and fulfilling desires, to the cornucopia of distractions in the outside world, not to mention all the versions and forms of the preceding brought on by every single person around me.

As life has unfolded for me, I have been blessed to share life with many other students and teachers. Their journeys through their spiritual practice has been a splendid canvas of masterpiece after masterpiece in the process of being painted. Some begin the journey of spiritual practice but quickly see it dissipate. Fewer stay with it for a short period of time (e.g., a year) before letting it go. Fewer still stay with it for an extended period of time (e.g., a few years) before allowing it to drop away. And even fewer allow the practice to become the foundation of their waking breath and the life force that sustains them for the rest of their days.

One of the more interesting things I have observed across the spectrum of varied efforts, is that the sooner the person allows their spiritual practice to drop away, the sooner they are to return to it in some form. For example, if a person begins a practice and after a month allows it to fall away, that person will typically want to come back to a practice (most likely a different one) within a month of stopping; versus the person who has been



practicing for a few months, or a year, taking about that amount of time to come back to another practice. Without exception, when students and teachers speak to me about the reason they have an on-and-off-again approach to their spiritual practice is that their commitment and discipline is weak. They talk about and often ask how they can improve their commitment and discipline, not just to their spiritual practice but any aspect of their lives that requires commitment and discipline.

There is a non-dualistic teaching that speaks directly to this conundrum. The teaching informs us that the issue is not one of commitment or discipline. The issue is that we do not believe we are worth the effort. And under that realization is the ultimate awareness that the reason we do not believe we are worth the effort is because we do not love ourselves.

So I have a message for you...you ARE worth the effort! I love you!! And so do you (love yourself)!!! You just don't realize it yet. But one day you will. One day you will.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Loving

May your loving
 be like your breathing,
Smooth and easy,
 free flowing,
 effortless,
 continual,
 with no interruptions,
Breathing in God's limitless Love
And breathing out
 the boundless love
 that is in your heart.

Gerald G. Jampolsky

3. Quote or Question

"Everything in heaven and earth breathes. Breath is the thread that ties creation together." ~ 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 – October 2017

Tendencies and Patterns

There lies within every human upon your earth a mark of destiny which is directed from the soul—the inner Self of an individual. This destiny can be seen as a “spiritual program” which alerts individuals of their life purpose and guides the direction of their daily lives. At times this direction can be observed as tendencies from other lifetimes understood in your linear time as past experiences.

It is important to examine the role and the characteristics of your personal tendencies. Through these tendencies and their patterns, you glean your life’s path and comprehend how this pathway helps clarify your life’s purpose upon your planet.

There are personal tendencies and universal tendencies. Let us explain.

In assuming a personal identity when you are born, you also bring with you a universal and cosmic identity which is founded on the supreme creative principle of Love. This quintessential Love demonstrates inclusiveness and oneness and gathers all worlds and universes into the singular expression of the God-Force. Thus, it is from this naturally expanded state that you are placed into human form. Here you assume a physical state which you perceive as limited. Little by little you become mesmerized by the physicality of your body, of your earth, time and space. You begin to lead lives of material tendencies and patterns only, forgetting the foremost realization that your origins are divine.

Increasingly, your Planet Earth and its people are unfolding to a greater and more inclusive reality of being and doing. You and your world are opening up to the initial and true destiny of existence. You are consciously reclaiming, with enthusiasm and open heart, the profound awareness that, above all else, you are divinely created, not restricted to a material world. In acknowledging this truth, you gain access once again to your universal destiny. You thus begin to cultivate tendencies and patterns which reflect this sacred destiny and you joyfully experience your holy nature in all aspects of your material and non-material existence.

It is here you begin to observe a fine unity of thought, word, and feeling which underscores all your actions and creativity. You, your soul, your tendencies, your destiny, your world and universe and the cosmos itself now come together as one.

Hence, we ask you to contemplate the following: as your world and planet become whole and unfold to the splendour of their essence, inviting other worlds and dimensions to gather, so are you graciously and intelligently unfolding to the very splendour of your own beings. Kindly remember that you and your world are moving from a personal and restrictive identity to one of universality and expansion.

All life continually spirals upwards to communicate more harmonious and nobler ideas and actions for that is the inherent language of creation. We ask you, thus, to review the tendencies and patterns in your everyday

life and, if necessary, re-adjust your life's path to bring forth this exquisite enlightenment which lies before you and within you.



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.

In 2011, Joi Ito, Director of the MIT Media Lab, had a need to understand what was happening with an earthquake in Japan, so he created a way to find that information. He lived and acted in the present. With the world moving so rapidly, a new approach to innovation was needed. Joi calls the people changing the method now-ists for living and working from the ground up. His TED Talk features his journey and what we as human beings can do to join the movement. <http://www.dailygood.org/story/1798/want-to-innovate-become-a-joi-ito/> **Be The Change:** Practice being open and alert to your environment for a week. What is one thing you saw with new awareness each day?

In this deeply divided culture, how can we honor people in such a way as to weave with them our common narrative and show each other respect? How do we find common ground? Simon Hodges believes that respectful relationships are a prior condition for persuasion and argues that we have the power to shape a narrative, giving voice to the voiceless and respect to all, that can bring about positive social change. <http://www.dailygood.org/story/1663/sharing-stories-in-a-broken-culture-simon-hodges/> **Be The Change:** How can you engage with people with opposing views while keeping your focus more on building a relationship than on proving you are right?

Robin Wall Kimmerer notes, "In the teachings of my Potawatomi ancestors, responsibilities and gifts are understood as two sides of the same coin. The possession of a gift is coupled with a duty to use it for the benefit of all. A thrush is given the gift of song and so has a responsibility to greet the day with music. Salmon have the gift of travel, so they accept the duty of carrying food upriver. So when we ask ourselves, what is our responsibility to the Earth, we are also asking, "What is our gift?" <http://www.dailygood.org/story/1662/returning-the-gift-robin-wall-kimmerer/> **Be The Change:** What can you do to share your gifts with the world?

Writer Melissa Hellmann discusses 5 ways to take your love of the outdoors to the next level, including activities such as volunteer work and activism. In order to increase our positive experiences with the outdoors, she recommends we fix the trails, count animals, restore history, take activism outside, and ditch the car. <http://www.dailygood.org/story/1746/5-ways-to-take-your-love-of-the-outdoors-to-the-next-level-melissa-hellman/> **Be The Change:** Find an organization in your area that let's you soak up the sun and make a difference.

In this interview international expert on developmental psychopathy Stephen Hinshaw discusses his book "Another Kind of Madness: A Journey through the Stigma and Hope of Mental Illness". Dr. Hinshaw grew up in a family where his father suffered from severe bouts of psychosis, sometimes requiring hospitalization, in turn affecting his own mental health. Having experience on both sides of the issue of mental health, Hinshaw has come to recognize that there is a stigma still attached to mental illness, which not only affects a patient's ability to seek help, but also prevents sufficient training for mental health professionals, and makes treatments less frequently available. Although we have come a very long way in the last two centuries, there is still a stigma in society that encourages an "us vs. them" mentality -- rather than seeing each other as human beings who all struggle sometimes. "I believe that humanization is the ultimate 'cure' for stigma," says Hinshaw. <http://www.dailygood.org/story/1658/how-to-turn-stigma-about-mental-illness-into-compassion-jill-suttie/> **Be**

The Change: Treatment can be very effective in both children and adults who suffer from mental illness. But equally important is knowing that they have the support and understanding of friends, family, and co-workers. If you or someone you know struggling with anxiety, depression, or any other mental health issue, help is available through the National Alliance on Mental Illness website.

What counts as prayer? What counts as spirituality for that matter? Are there ways into the mystery of the divine other than traditional religion? This article, from Maria Popova's website Brain Pickings, explores some intriguing answers to these questions centered around Diane Ackerman's poem "School Prayer".

<http://www.dailygood.org/story/1714/school-prayer-diane-ackerman-s-poetic-invitation-to-attentive-presence-as-a-means-of-transcendence-and-secular-spirituality-maria-popova/> **Be The Change:** Use the links in the article to begin an exploration of life's mystery and magnificence through a lens of attention to the natural world, and start a conversation about prayerful presence with someone who sees through a different lens.

Social capital, or the benefits we get from relationships with family, friends, coworkers, and others, is an important measure of how we give and receive. From online exchanges to intimate gatherings, our connections span a wide range of closeness, each offering different challenges and rewards. Are some relationships better for us than others? Perhaps, but research suggests that having relationships in a variety of different contexts may be most beneficial for our well-being. Rather than dismissing certain types of relationships as trivial or even harmful, it's helpful to examine their advantages and shortcomings in the context of what it is we're seeking. Continue reading to learn more about online contacts, professional networks, close friends, and significant others, and how each can offer meaningful ways of providing for our own needs as well as others'.

<http://www.dailygood.org/story/1661/are-some-social-ties-better-than-others-juliana-breines/> **Be The Change:** How have your social ties empowered you or helped you feel supported? Share your thoughts in the comments section below.

What would you do to remember a deep wrong? Would you ride over 300 miles, through the Dakotas and Minnesota on horseback, in the middle of winter as a ceremonial act of forgiveness and reconciliation? And, if asked, would you be willing to accompany the journey to document the healing as an act of service? Read this interview from Parabola with Silas Hagerty. Silas describes his experience filming the journey of Jim Miller, Native American elder as he and others called to enact a dream given him. The dream of a ride on horseback, to honor and heal the spirits of 38 Native Americans hanged in 1862, in the largest mass execution in American history. Learn how the bold decision to give freely, whether your talents or your forgiveness, bring forth all manner healing gifts. <http://www.dailygood.org/story/1748/to-try-to-have-some-healing-a-conversation-with-silas-hagerty-richard-whittaker/>

Understanding the emotional connections underlying our deeply held beliefs and ideas can help us learn to listen and talk to others in ways that open up possibilities for change minds; ours as well as others. This article from Greater Good Magazine by Elizabeth Svoboda explores how dialog between people can be a "fertile exchange" where each person's thinking evolves in unexpected ways.

<http://www.dailygood.org/story/1694/why-is-it-so-hard-to-change-people-s-minds-elizabeth-svoboda/> **Be The Change:** The next time you find yourself heatedly trying to convince someone to see something from your point of view - pause - then begin listening and asking with the goal of learning. Wait to see what happens next.

What would you do if today was your last day alive? There's nothing more compelling than the thought of living, breathing and experiencing the playground of life when we consider that all of what we know and are may one day come to an end. Connecting with this powerful reminder will connect you to life in a way where you move from auto-pilot living to a curious, excited energy for what life can bring. In acknowledging the changing nature of reality, the value that each day can hold for you, and the gift that is our life, we live from an inspired place of conscious joy. <http://www.dailygood.org/story/1726/ready-to-start-living-first-consider-your-death-roman-krznaric/> **Be The Change:** Write down how you would spend your last day of life, and then make a pact with yourself to complete one of these actions in this coming week (if you can)!

As a neurosurgeon, Paul Kalanithi felt he'd be prepared to face his own mortality. After all, he'd helped so many of his patients before. But after receiving a lung cancer diagnosis, he found little of it helpful in deciding what makes life worth living in the face of death. In this TED talk, Lucy Kalanithi talks about her husband's last two years and the choices they made to improve his quality of life. They learned that living fully meant working with clinicians to meet Paul's specific needs and wishes. And that often people don't realize they have choices in medical treatment, which can start with voicing their deepest feelings. Finally, they learned "to uncover beauty and purpose both despite and because we are all born and we all die. And for all the sadness and sleepless nights. . . there is joy." <http://www.dailygood.org/story/1791/what-makes-life-worth-living-in-the-face-of-death-ted-com/> **Be The Change:** Take notice of the choices you make today. Are they aligned with your principles and priorities?

Cheryl Lee Rice will never forget the warm feelings she had when she was handed a business-sized card two years ago that had two simple words printed on them. Its message made her feel seen, deeply seen. "We're living in a world filled with selfies, professional branding, Facebook likes. We believe that by seeking validation we receive it. Actually the opposite is true: We receive validation when we validate others. . . . [These] 'micro-moments of positivity resonance build bonds, weave the social fabric that creates our community, promote health and can create micro-utopias in our day-to-day lives.'" By giving out cards, like the one she received Rice has touched the lives of more than 14,000 people and encouraged them to spread the love. Here, she shares some of the best things that have happened when she's surprised people with cards. Read on to find out what those two words were. <http://www.dailygood.org/story/1782/two-words-that-change-lives-cheryl-rice/> **Be The Change:** If you are inspired by this story, you can join the 2017 You Matter Marathon and order some of these special cards here. They are being made available as a gift -- to be given away. <http://www.dailygood.org/more.php?n=7446a>

What makes you, you or I, I? That is the age-old question science journalist Anil Ananthaswamy tackles in his book, 'The Man Who Wasn't There: Tales from the Edge of the Self'. He examines the nature of selfhood from all angles, turning to philosophy, neuroscience and in-person interviews with people afflicted with neurological conditions that in some way rob them of some aspect of their selfhood. This fascinating interview with Anil shares more. <http://www.dailygood.org/story/1818/the-man-who-wasn-t-there-tales-from-the-edge-of-the-self-donna-jackel/> **Be The Change:** What comes up for you when you ask the question, "Who am I?"

"When I look at babies, I see how worthy we all are. I see that each individual is an artist, ready to paint something soul-fulfilling on the palette of existence. I see how we start out completely innocent and deserving of love. Then we begin to grow, finding our way in a sometimes challenging world. Navigating life's difficulties sometimes alters our perception of self-worth." In this short, eloquent piece, writer and minister Bonnie Rose shares personal stories and practices that return us to an awareness of our inherent worthiness. <http://www.dailygood.org/story/1730/as-worthy-as-you-are-bonnie-rose/> **Be The Change:** For more inspiration read this passage by Mikhail Naimy, "Keep No Accounts with Love". What would your life look like if you embodied this approach? <http://www.awakin.org/read/view.php?tid=531>

As Mark Massimino shuttled through space to the Hubble Telescope, 350 miles above Earth, our planet looked like "a gigantic, bright blue marble set against the blackness of space...Everything had a clarity and a crispness to it. It was like I was seeing things in their purest form, like I was seeing true color for the first time." Read this riveting excerpt from his book, 'Spaceman'. <http://www.dailygood.org/story/1732/an-excerpt-from-spaceman-mark-massimino-s-first-spacewalk-mark-massimino/> **Be The Change:** When we step far enough back from our daily busyness, we can see life in a new way. Experiment with looking at the people you encounter as if each of them is a new world to discover.

"I remember writing somewhere that art took me over before life did. I think of myself, and other artists, as the growing edge of a 30,000-year old body of people who made the drawings in the caves, the Pompeii murals, Sumi-e paintings, Rembrandt, Picasso, Grandma Moses. The artists before us were helping to keep the world

alive, as working artists are today. We just happen to be occupying the universe at this moment. It's humbling. It gives me courage and pleasure, and some perspective" <http://www.conversations.org/story.php?sid=79> **Be The Change:** Take a chance and do something creative. Who is holding you back? It doesn't have to be a big thing. And the possibilities are endless.

Tending to your garden is said to be good for your soul, but what if you tended to your life as you do your garden? In this piece, writer Alanda Greene discusses the lessons her garden weeds have taught her about paying attention to her inner weeds; those habits, behaviors, and tendencies we all have, and often ignore until they are out of hand. Much like weeds obstruct the fullest potential of a garden, these behaviors can block us from reaching our own potential. However, instead of placing the blame on ourselves for these habits and tendencies, we can use non-loaded terms such as, 'obstacles, hindrances, transformation, and choice,' says Greene, to release the emotional ties to these habits, and instead transform them into positive goals. <http://www.dailygood.org/story/1761/tending-to-your-inner-weeds-alanda-greene/> **Be The Change:** Choose a habit or behavior that has become an obstacle in your life that you would like to work on. This week, try 'weeding' it out with the attitude of someone tending to their garden.

Judith Scott was born deaf and with Down Syndrome. She never spoke a word. Beginning at 7 years old, she spent much of her life in state institutions, up until 1986 when her sister Joyce was awarded legal guardianship. While living with Joyce, Judith discovered Creative Growth, and her love of creating art. She spent the rest of her life, up until her death in 2005, creating remarkable art that offered a window into her soul. Here, Joyce opens up about her sister's life and journey. <http://www.dailygood.org/story/1702/the-beautiful-story-of-an-artist-with-down-syndrome-who-never-spoke-a-word-priscilla-frank/> **Be The Change:** What is one thing you can do to spread positivity, love, and joy in a less than ideal situation?

We all have fears, some of which can be quite vivid for those with active imaginations. As children, we're encouraged to think of fear as a weakness, something we must conquer, fight, or overcome. In this TED Talk, Karen Thompson Walker invites listeners to conceptualize their fears in a different way: as stories. Fear is an unintentional form of storytelling, she argues, with characters, plots, imagery, and elements of suspense. Drawing on the story of the men from the whaleship Essex, Walker challenges us to view ourselves as the authors and readers of our fears, and shares how this perspective can have a profound impact on our lives. <http://www.dailygood.org/story/1805/what-fear-can-teach-us-karen-thompson-walker/> **Be The Change:** Choose one of your fears and craft a story around it. How does this shift your perception? Share your thoughts in the comments section below!

When he was just 6 years old, J.G. Larochette felt a deep calling to bring love and awareness to communities overwrought by racism, oppression, and inequality. While teaching in Richmond, CA, he recognized a significant gap between providing academic instruction and maintaining a sense of nurturance and compassion. "Reading is fundamental, but if we create a stressful environment, we counteract education. Education should be character and content. If we forget about the social-emotional aspect, it's going to create stress and chaos." Larochette addressed this void by founding the Mindful Life Project, a program geared toward the most at-risk students that incorporates mindfulness and stillness practices, along with yoga, expressive arts, and hip-hop. In this Awakin Call, Larochette shares how awakening self-compassion within himself enabled him to bring it to those most in need. <http://www.dailygood.org/story/1718/healing-children-one-community-and-one-breath-at-a-time-awakin-call-editors/> **Be The Change:** How can you deepen your own mindfulness practice to bring more awareness and presence to your daily life?

What can a simple pair of garden gloves teach us? In delving deep into her gardening practice, Alanda Greene found a profound insight in her experience of being pulled between the need to wear them for protection, and the desire to feel all the sensations of the earth. Gloves give us protection and safety. Much like when we choose to wear mental gloves to protect ourselves in life from overwhelming sensations and experiences. Sometimes this tunes out the finer experiences of our everyday world. How can we learn to 'take our gloves off' and feel all the textures of what it means to be alive? <http://www.dailygood.org/story/1687/garden-gloves->

Serving your personal journey toward enlightenment...

[alanda-greene/](#) **Be The Change:** Ask yourself: 'Do I only take off my attention gloves when it hurts? Where could you tune more into subtle sensations? Eating? Walking? Brushing your teeth?'

"American Buddhist artist, Moyo, studies the image of the Buddha using a multitude of mediums. Purposeful strokes of prison-issued watercolor paint, jewel-toned ink, colored pencil, and crayon all come together to manifest his unique vision of the Buddha almost always depicted with a delicate smile. He does this from his cell in solitary confinement, smaller than the average parking space, where he has sat on death row for the last sixteen years. Despite the 5,000 miles between them, Moyo and pen pal Maria Jain have come together to showcase his series of portraits in the exhibition Buddhas on Death Row." She shares more about their remarkable collaboration and brings Moyo's words, art, and the spirit behind them to light here.

<http://www.dailygood.org/story/1834/on-death-row-creating-art-from-pain-lilly-greenblatt/>

Be The Change: Reach out to someone whose voice currently may not be heard. Take time to listen to their story. If so inspired, you can send Maria and Moyo a message of appreciation here.

<http://www.dailygood.org/?pg=contact&mid=177997>

Bob Votruba lives in converted bus, a response to a mass shooting at Virginia Tech in 2007. Instead of falling into fear and hate, Bob decided to fight hate with kindness. He bought an old school bus, sold everything, and hit the road. His goal? To commit one million acts of kindness in his lifetime. Bob's particular focus is on ending bullying and associated adolescent suicides, but he encourages everyone to take up whatever cause matters to them. He believes that sending out positive energy changes the world around us. It doesn't matter the type of kindness someone puts out into the world - anything from a smile at a stranger, to donating time and money, to building homes. No gift is too big or too small. <http://www.dailygood.org/story/1811/the-kindness-bus-robert-f-walsh/>

Be The Change: One million acts of kindness may seem overwhelming. Start with choosing three. Spend the rest of the month finding three ways to put more kindness into the world. For more information on Bob and his organization, visit his website. <http://www.dailygood.org/more.php?n=7452a>

6. Happy Birthday, Dear Sister

Reprinted from www.awakin.org.

—by *Parag Shah* (Sep 04, 2017)

*Happy Birthday, Dear Sister.
Welcome to the festival of this world.*

*I pray in silence on this day,
That you are bestowed with the gift of Nothingness!*

*That Nothingness which is full of space,
Like the universe that holds this cosmic life.*

*That Nothingness which resides without an address,
amidst a world otherwise full of visiting cards.*

*That Nothingness which knows no identity,
but whose presence is enough to be a present.*

*Where every stride is a grace,
Every smile is a blessing.*

That Nothingness.

*Nothingness, whose action doesn't flow from completeness,
but is wholeness in itself.*

*Nothingness, whose essence is not something to be respected,
but is reverence in itself.*

*Nothingness, whose love isn't racing towards a destination,
but is service in itself.*

*Nothingness, whose movement isn't in want of peace,
But is stillness in itself.*

*That Nothingness, which is not in relationship with others,
But a connection without any sense of another.*

*This Nothingness is what the world needs today.
For the gift of Nothing is the love of everything,
And the love of everything is a gift of Nothing.*

Happy Birthday, Dear Sister.

*I pray in silence on this day,
That you be bestowed with the gift of Nothingness!*



7. Emptiness and Compassion Go Hand in Hand

Reprinted from www.awakin.org.

—by Norman Fischer (Sep 11, 2017)

The word “emptiness” is a fair translation of *shunyata*, but it has the drawback of sounding negative, even despairing. The Chinese, searching for a word that might translate *shunyata*, used the character for “sky.” All dharmas are empty like the sky -- blue, beautiful, expansive, and always ready to receive a bird, a wind, a cloud, the sun, the moon, or an airplane. It’s the emptiness of all limitation and boundary. It is open, released.

When I am bound inside my own skin and others are bound inside theirs, I have to defend and protect myself from them. And when I do place myself among them, I must do it carefully, which is hard work, because I am often hurt, opposed, and thwarted by others. But when there’s openness, no boundary between myself and others -- when it turns out that I literally am others and others literally are me -- then love and connection is easy and natural.



Emptiness and compassion go hand in hand. Compassion as transaction -- me over here, being compassionate to you over there -- is simply too clunky and difficult. If I am going to be responsible to receive your suffering and do something about it, and if I am going to make this kind of compassion the cornerstone of my religious life, I will soon be exhausted. But if I see the boundaryless-ness of me and you, and recognize that my suffering and your suffering are one suffering, and that that suffering is empty of any separation, weightiness, or ultimate tragedy, then I can do it. I can be boundlessly compassionate and loving, without limit. To be sure, living this teaching takes time and effort, and maybe we never entirely arrive at it. But it’s a joyful, heartfelt path worth treading.

In Mahayana Buddhism, compassion is often discussed in terms of absolute and relative compassion. Absolute compassion is compassion in the light of emptiness: all beings are empty; all beings are, by virtue of their empty nature, already liberated and pure. As the sutra says, suffering is empty, and relief from suffering is also empty.

But this would be one-sided and distorted. Relative compassion—human warmth and practical emotional support—completes the picture. Absolute compassion makes it possible for us to sustain, joyfully, the endless work of supporting and helping; relative compassion grounds our broad view of life’s empty nature in heart connection and engagement. Either view by itself would be impossible, but both together make for a wonderfully connected and sustainable life.

8. Keep No Accounts With Love

Reprinted from www.awakin.org.

--by **Mikhail Naimy** (Sep 17, 2007)

You are the tree of Life. Beware of fractioning yourselves. Never set fruit against fruit, a leaf against a leaf, or a bough against a bough, the stem against the roots, or the tree against the mother - the soil. But that is what you do when you love one part more than the rest, or worse yet, to the exclusion of the rest.

You are the Tree of Life. Your roots are everywhere. Your boughs and leaves are everywhere. Your fruits are in every mouth. Whatever the fruits on that tree may be ... whatever its boughs and leaves may be ... whatever the roots may be ... they are your fruits; they are your leaves and boughs; they are your roots.



If you want the tree to bear sweet and fragrant fruit, and if you want it to be strong and green, pay attention to the resin -- the life-blood of the tree. Love is the resin of Life. Love is the blood that must circulate unhindered in the veins. If you repress the blood, it becomes a plague. Hate is Love repressed or Love withheld. [...]

You do not know the Joy of Love if there is any hatred in your hearts. That which you hate is bound up inseparably with that which you love, like the head and tail of the same coin. If you are truly honest with yourself, then you must Love what you hate and what hates you before you can Love what you love and what loves you.

Love is not a virtue ... it's a necessity of greater importance than bread and water, and more important than even light or air. Let no-one have pride in their loving. Inhale and exhale Love just as unconsciously as you breathe in and breathe out air. Love needs no-one to exalt it. Love will only exalt the heart that it finds worthy of itself. Don't seek out rewards for Love. Love is rewarded sufficiently with Love, just as hate is a sufficient punishment for hatred. Love accounts to no-one but itself. Love neither lends nor borrows; Love doesn't buy or sell.

But when Love gives, it gives all; when it takes, it takes all. Its very taking is giving. Its very giving is taking. Therefore is it the same to-day, to-morrow and forevermore.

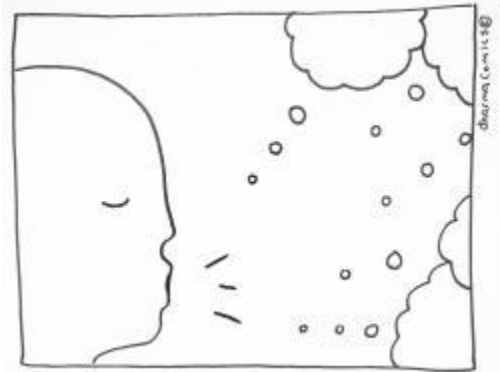
--Mikhail Naimy, From "Book of Mirdad"

9. Beyond Content of Thought

Reprinted from www.awakin.org.

--by **Ram Dass** (Sep 18, 2017)

Instead of trying so hard to get out of the shadow, the dark, which I think actually reinforces the shadow and its reality, just do your practices. See, if somebody says, "I'm having these terrible thoughts, and I don't know why, will you help me understand why?" I'd tell them that I'd rather sit with them and help them to follow their breath. The breath has no content to it at all. It's just breath. It's better to strengthen their centering, the quieting, the presence, than to keep strengthening the problem, which keeps being reinforced when you work on it directly. It's a very delicate situation. I don't want to undercut times when it's really appropriate to work on thoughts as content, but for the most part, the focusing on the content of thoughts is, to me, a last strategy.



Back to the breath.

It is a much better strategy to focus on the mechanics of thought, rather than the content of thought. Do you hear that distinction?

Now I can go to a therapist, and they can say "Let's talk about your childhood and where did it all come from..." That's dealing with the content of the thoughts. Or, instead, I could choose to just see them as thoughts, not focusing on the content so much, looking for answers. They're just thoughts! Put them in the category of thoughts, not what they're about, they're just thoughts, and it's my major game in meditation to extricate awareness from identification with thought or with clinging to it. In order to do that you go into your meditation practice, which in some cases might be taking one thought, like following the breath.

What will then come up is, "But what am I gonna do about this relationship?" Thought appears, and I hear the teacher say, "Return to your breath." Go back to breathing in, breathing out, then another one comes and says, "God my life is a mess!" Now at that point, you can leave, call a therapist, and say, "Let's deal with why my life is a mess," or you say, "Ok, go back to the breath. Sure your life is a mess. Go back to the breath."

It's just rising-falling, rising-falling, and now, in other words, you can use the meditative practice to extricate yourself from identification with thoughts, whatever they are, shadowy or not. There are some thoughts that you won't get rid of that way, because they're sort of in a nest or web of stuff. Then, you'll approach them in terms of content, but my strategy is to go for the mechanics first, and then go to the content later on, when it's really ripe for the picking.

Spiritual Guidance

Serving your personal journey toward enlightenment...

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10. Advice for A Tree

Reprinted from www.awakin.org.

--by *Ilan Shamir* (Sep 25, 2017)

Dear Friend,

Stand Tall and Proud
Sink your roots deeply into the Earth
Reflect the light of a greater source
Think long term
Go out on a limb
Remember your place among all living beings
Embrace with joy the changing seasons
For each yields its own abundance
The Energy and Birth of Spring
The Growth and Contentment of Summer
The Wisdom to let go of leaves in the Fall
The Rest and Quiet Renewal of Winter
Feel the wind and the sun
And delight in their presence
Look up at the moon that shines down upon you
And the mystery of the stars at night.
Seek nourishment from the good things in life
Simple pleasures
Earth, fresh air, light
Be content with your natural beauty
Drink plenty of water
Let your limbs sway and dance in the breezes
Be flexible
Remember your roots
Enjoy the view!



11. Recovering the Diamonds

Reprinted from www.KarmaTube.org.

What unfolds when you listen and see without the distortion of judgment? What diamonds are hidden an inch beyond one's judgment? Here, you see the first impressions of Juan Carlos Molina, Director of Rehabilitation in the Guatemalan Penitentiary System, of seemingly hardened incarcerated prisoners, faces tattooed with symbols and words, insignia of dangerous gang affiliations -- Juan Carlos feels fear, uncertainty. But when he peels back the layers of judgment, he discovers the human story each prisoner holds. This video and its reflections invite us to hold space for an opportunity that exists between any two souls to delve into clarity and understanding without judgment. <http://www.karmatube.org/videos.php?id=6595>

12. An Incredible Story of Friendship Keeps Young Boy's Memory Alive

Reprinted from www.KarmaTube.org.

Will Manganis lost his best friend Joey at 6 years old to cardiomyopathy. "I wish that Joey hadn't died", he says. Few eight-year olds have ever uttered such words about a friend. The two had been inseparable since they met. "We'd have to separate them a lot at lunchtime because they wouldn't stop talking", Scott Middlemiss, Joey's father, says with a laugh. "I wanted to sell lemonade at the farmer's market, but we couldn't do that, so I came up with kindness rocks", says Will. Kindness rocks are colorful rocks painted with kind designs. Will sells the rocks (with assistance from his mom) at fairs and events, and even has a few retail outlets that carry his product. He has used much of the proceeds to donate to the foundation established in the name of his best friend, and also to buy "buddy benches" for local schools. <http://www.karmatube.org/videos.php?id=6716>

13. Naija Girls: Bridging the Religious Divide in Nigeria

Reprinted from www.KarmaTube.org.

Religious and sectarian violence occurs throughout the world and is particularly prevalent in Northern Nigeria. But the seeds of change may emerge from the next generation that can work to end senseless sectarian violence. Watch this video to learn about a program that brings together Muslim and Christian adolescent girls to bridge the divide and advocate for peace. <http://www.karmatube.org/videos.php?id=6340>

14. The Crossroads Project

Reprinted from www.KarmaTube.org.

An inspirational collaboration of scientists and performance artists brings home the urgent need for action on climate change and sustainability. The performances engage our emotions as well as our intellects, weaving together a story of natural rhythms with our human rhythms. The work of world class photographers, sculptors,

painters, composers and musicians combine with science education in a call to act now on behalf of sustaining our planet. <http://www.karmatube.org/videos.php?id=6118>

15. Seeing Through the Lens of Good

Reprinted from www.KarmaTube.org.

Jeanine Lim has been working with villagers in Vietnam for more than 20 years. Starting as a personal endeavor with her mother, Project Give Pray Love has grown to become a community effort that helps children in the Mekong Delta region stay in school through tuition grants, books, stationery and bicycles to get to school. Now the filmmaker and lecturer is helping introduce students to overseas community projects with a twist: by teaching them how to capture the villagers' stories through documentary filmmaking. This video follows the journey of one of the students as he wrestles with the challenge of being behind the camera but wanting to be in the thick of helping the villagers. <http://www.karmatube.org/videos.php?id=6815>

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.

16. Sacred Attention Therapy

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

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

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

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

17. A Course in Miracles Global Community Centre

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

18. OM Websites

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

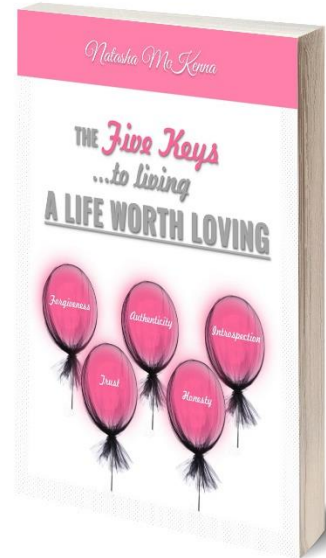
19. The Five Keys to Living A Life Worth Loving

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/B071KDGJTJ9>.

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...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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