

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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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](mailto:newsletter@servinyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### **We can change our ways**

Last month I was blessed to be gifted a ticket to a live theatre production that was produced, staged, and performed by a local, amateur troupe. Of all the performing arts, live theatre may be my favorite. But, curiously, I have not always enjoyed the theatre productions I attended.

Roll the clock back a few decades and I would find myself going to live theatre a couple of times each month. I enjoyed going to everything from major, professional productions to local, amateur shows put on by high school kids. I would gladly go to almost anything, but I would often not enjoy the productions.

And my enjoyment of the production had little, if anything to do, with the actors being professional or amateur.

I came to recognize that my enjoyment, or not, of any given production was based almost entirely on if I felt the actor or actress was comfortable or nervous. If the actor or actress was comfortable, I was comfortable and would almost always enjoy the production. But if the actor or actress was nervous, then I would be nervous and almost always not enjoy the production.

I will spare you the pathological analysis of why I felt comfortable if the actor or actress was comfortable, or why I felt nervous if I sensed the actor or actress was nervous. What I taught myself was that my enjoyment of the play was predicated on whether the actor or actress was comfortable or nervous. I placed my enjoyment, or not, in the hands of another.

I had not been to a live play in many years—are you surprised! So when I was gifted the ticket to attend the production last month, my body immediately started to bring back the feelings and emotions associated with my enjoyment, or not, of a play based on the actor or actress' comfortableness or nervousness. I brought these feelings and emotions into my meditation and inner work and knew I had to drop the underlying issues if I was going to change my ways.

The play I attended had a cast of nine actors. Eight of the nine actors were present in the first two scenes of the play. Some of the actors seemed quite comfortable, others looked unsure, and still others did not look like they wanted to be there. There was certainly plenty of mixed emotions playing itself out on stage, no pun intended.

As the play unfolded I increasingly became aware of my enjoyment of the production. Remember, it was an amateur production. This meant, for this production, the stage lighting, sound, and sets were minimalistic and basic, at best. There were a few foibles when actors entered and exited the stage and scenes. But the show went on.

And as the show went on, I enjoyed the production more and more, regardless of what was playing itself out on stage; again, no pun intended. I grew in my appreciation for the actors' abilities, efforts, and dedication to their task at hand. I grew in appreciation of the actors' courage and willingness to put themselves 'out there' and be willing to be judged.

And it was in THAT moment, the moment of awareness and insight around my judgement that I realized why I was enjoying this particular production so much. I wasn't judging. I had dropped my judgements. I simply allowed to unfold what was unfolding. I didn't want it to be something else. I didn't want the actors to be something or someone else. I didn't want the actors to be a better or worse rendition of themselves. I wanted the actors to be just who they were, acting out the scenes as they wanted to, interpreting things as they wanted to. It didn't matter to me if they were believable or not. It didn't matter to me if the lighting, sound, or sets worked. All that mattered was that I allowed the play to unfold as it unfolded and to accept it for what it was, instead of what I thought it could or should be.

I walked out of the theatre on a bit of a high. In this instance anyways, going to the theatre, I had changed my ways. Back to the theatre I say! The next production awaits!

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Patience

The impatient are always  
in a hurry.  
They are trapped in the future  
attached to fear and time.  
The impatient follow self-made  
goals that go nowhere.

The patient are never  
in a hurry.  
They are totally in the present,  
bathed in timeless loving.  
The patient have no need for goals,  
except to be Home  
in the Heart of God.

The patient are patient  
because they know  
they are already there.

Gerald G. Jampolsky

## 3. Quote or Question

*“If you are irritated by every rub, how will your mirror be polished?”*

~ Djalal ad-Din Rumi

## 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 – November 2017

#### Sound

The cells and the spaces between the cells in your bodies exude a sound which can be heard at higher levels of consciousness. The relay of this sound from your cells to the outer world exists for several reasons. The principle reason is to ensure an intercellular communication with your body and your material universe. It is to be remembered that your universe and beyond emit a sound which can be observed as the language of birth. Let us explain.

If you observe your cells at a finer, microscopic level, you witness that beyond the finest particles which compose your subatomic world, there is Light. This we have mentioned on many occasions. Within this Light is sound which emanates from the pure Love of God-Creator. Thus sound which emanates from your physical forms is anchored in the universal and the cosmic for they, too, as material creations are suffused with sound.

There is an important link between sound and harmony which we ask you to contemplate. As means of explanation, we invite you to experience the following exercise.

Close your eyes and become quiet inside your body and mind. Bring forth your loving nature and allow it to intensify. In the expansion of this love, you will begin to experience a resonance which increases and perhaps a humming sensation within the light of your cellular body. With a little practice you will become quite an expert in this field! You then realize that not only your own physical body but others of your earth and other higher frequency dimensions and worlds also enjoy the same sound. This is so, for all of life resonates to an identical frequency of pure Divine Love. This is cosmic harmony.

From space, we observe that your planet continues to wobble, as earth events continue to demonstrate a pull to planetary harmony and a pull to planetary discord. However, kindly recall that life is harmonious in nature and that all which is uprooted is planted once again.

Your dedication to leading lives filled with good intention and generous heart is essential in nurturing the wondrous matrices of light, of sound and of love around your planet. It may surprise you to know that these magnificent matrices of God-Sound-Light have always surrounded your globe, and indeed, they are a part of your planet. This is so, for your very earth was created from these matrices and they have been maintained and expanded by many of us in other worlds, those of us who walk among you and by your own citizens. These formations ensure a harmonious linking between your inhabitants' sacredness and their advancement in the universe. These matrices exude the identical sound heard in your own bodies, this sound of eternal and infinite creation of which you are a part.

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Hence, we ask you to explore the holy sound which vibrates within you. Every moment you are aware of and immersed in your loving nature, you are within the birthplace of this sacred sound which links you to your divine self, to your neighbour, to your world and to ours.



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

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 5. Good News Of The Day

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

Many viewers of the latest solar eclipse chose to watch a "live stream" of the event on their televisions. This short Awakin Reading provides a profound thought experiment that can help us "wake up" to what might be really going on when we turn on the television. <http://www.dailygood.org/story/1759/zen-tv-bernard-mcgrane/>

**Be The Change:** See if you can cultivate "beginner's mind" awareness by watching TV for 15 minutes with the sound off. Walk into your living room with the new awareness suggested, observe what is being communicated by how the room is arranged, and then consider what you might change.

In this intimate conversation, individuals who have spent much of their lives exploring the depths of our relationship with money share their perspectives, vulnerable moments, and truths around the topic. Jacob Needleman is a philosopher who's written 20 books on the inner life, including one called "Money and the Meaning of Life." Min Xuan Lee chimes in from her perspective as founder of PlayMoolah, which helps youth develop a mindful and empowering relationship with money. Mark Finser participates in the conversation from his experience as chair of RSF Social Finance, a company that envisions "a world in which money serves the highest intentions of the human spirit and contributes to an economy based on generosity and interconnectedness." Finally, Barbara Sargent is the founder of Kalliopeia Foundation, which supports projects rooted in the values of compassion, respect, dignity, and care for each other and the Earth. Read on to learn from their wealth of insight and experience. <http://www.dailygood.org/story/1712/money-and-my-relationship-with-it-richard-whittaker/> **Be The Change:** How can you use money in a way that expresses your values this week?

At a time when some feel resistance is inevitable and many are frustrated in effecting the change they seek, non-violence remains the best course of action. Michael Nagler, author of *The Nonviolence Handbook*, provides six guidelines for engaging with others more safely and effectively. Drawing on the works and wisdom of Gandhi and Martin Luther King, Jr., Nagler describes the underlying attitudes and specific actions to take for those wanting to resist any large or small injustice that one seeks to address. His guidelines are challenging, but empowering; however, he cautions those choosing non-violence. While non-violent action always works, it can also disrupt the social order, threaten power structures, and even lead to the death of the resister. Despite those risks, non-violent action will transform our relationships and the future.

<http://www.dailygood.org/story/1773/six-principles-of-non-violence-michael-nagler/> **Be The Change:**

Consider the ways in which you may be engaging in violence: thoughts, ideas, language or small actions.

Commit to changing one thing. For inspiration and support, explore The Metta Center website.

<http://www.dailygood.org/more.php?n=7438a>

It was after losing the sight in his right eye that David Ulrich began photographing the Hawai'in Islands. As he struggled to capture the intense beauty and the terrifying destruction of Kaho'olawe he learned "right seeing." In this article, he describes how he was tested by the island. He took a step back and listened. He began seeing the dark sacredness of the land, the higher energies that cannot be used for personal, even if creative, needs. He learned to move beyond his ego's desire and his habitual practiced ways of photography, and to stand humbly in service of a larger purpose, to act as a vehicle for creativity. In the deep, volcanic contrasts he saw the possibilities inherent in destruction for renewal and regeneration and the similarities between the wounding of the land, the wounding of the earth, and the wounding of a person.

<http://www.dailygood.org/story/1760/to-honor-the-sacred-david-ulrich/> **Be The Change:** It isn't necessary to travel to exotic places to find the sacred. You can create your own in a meditative space. Envision your own sacred environment (walled garden, patio by the sea, on top of a stone tower, forest meadow, old library, art studio, desert hilltop at sunset, house of worship) where you can be transformed.

<http://www.dailygood.org/more.php?n=7359a>

People who successfully tackle big social, environmental, and economic problems are driven by what Lara Galinsky of Echoing Green calls a moment of obligation -- a specific time in their life when they felt compelled to act. These moments become their North Star and keep them going in a positive direction when everything seems dark. Activists or social entrepreneurs aren't the only ones who are moved this way. We all have experiences that deeply inform who we are and what we are supposed to do, but only if we allow them to flower into action. Don't let such moments pass by and lose out on creating meaningful careers and lives. Here are tips that can help you recognize your own moments of obligation...

<http://www.dailygood.org/story/1845/finding-your-moment-of-obligation-lara-galinsky/> **Be The Change:** Be on the alert this week for an experience that teaches you more about who you are.

According to writer Seth Godin, there are two ways to live in the world: with a "have to" attitude or a "get to" attitude. The latter mindset opens up the world and all the possibility of goodness therein and the former shuts down the heart and closes the door on the world. So the question is, how do we want to live? Too often, we have taken the gifts around us for granted and end up feeling entitled. We can begin to find gratitude by looking at our lives with open eyes and take steps toward being grateful, even in the hard times. We may not always know where this will take this, but -as Seth Godin says no one gets "to Cleveland by knowing every turn from here to Cleveland. You start driving and get directions as you go." This is the essence of living a life of gratitude. <http://www.dailygood.org/story/1756/getting-to-cleveland-seth-godin-on-gratitude-katie-steadly/> **Be The Change:** This morning, as you encounter something unpleasant that you feel you "have to" do, try changing your perspective and say that you "get to" do this. How does this change of attitude affect your experience of the moment?

An ordinary day can turn extraordinary at any given moment. For Tracy Cochran, it happened while walking the dog one colorful autumn morning. She paused for a second, looked up at the lake. . . and then it struck. A flash of insight and heart-opening so profound it swept her away. It was like lightning. But her good fortune didn't end there, as an opportunity to visit vineyards in France presented itself the very same day. In this richly rewarding essay, Cochran describes the journey she took with open mind and heart, and shares the lessons she learned about vineyards -- and life. <http://www.dailygood.org/story/1809/french-lessons-tracy-cochran/> **Be The Change:** Let your day be guided by intuition and inspiration. Listen to your heart.

In this interview, Richard Whittaker sits down with Meredith May, author of "I, Who Did Not Die," a true story of hope and humanity, beginning with an event on a battlefield during the Iran-Iraq war. There, an Iranian boy soldier named Zahed takes mercy on an Iraqi soldier, Najah, after seeing a picture of his loved ones that dropped out of his Quran. Realizing their commonalities, he decides to save his life. Says May, "As humans, if we could just remember [to] stop chasing money and power and start chasing kindness -- that's what this book says in a very dramatic, compelling story." Astonishingly, the story gets better, as they meet by chance twenty years later in Vancouver, Canada. Here, May shares details and insight from her meetings with the men and their tales of war, prison, immigration, love, and survival. <http://www.dailygood.org/story/1709/a-conversation-with-meredith-may-i-who-did-not-die-richard-whittaker/> **Be The Change:** Be kind to those whom you don't normally perceive as your friends today.

"Look around you. How many devices are bidding for your attention? If someone came into your dwelling space, could they tell what year it was by the technology that immediately surrounded you, or would they have to dig a little deeper?" Writer Emily Barr poses these questions, and others in this reflective essay that weaves together the latest findings around how our minds and our lives are being shaped by the technologies we use, and the steps we can take to make our interactions more conscious. <http://www.dailygood.org/story/1847/mind->

[the-stream-where-mindfulness-and-technology-meet-emily-rose-barr/](#) **Be The Change:** Choose one of the recommended mindfulness practices as you engage with technology this week, and share your experiences in the comments section.

Awakin Circles started two decades ago when a family in California decided to open their living room on a weekly basis for people to, practice stillness, participate in a circle of sharing, and partake of a meal together. Today there are dozens of Awakin Circles held in homes that span the globe. In these ordinary settings, extraordinary stories unfold. Such as this one from an Awakin Circle held earlier this year in India: "As the talking stick passes, each one shares for a little bit. Until the stick arrives at the hands of first-time guest, who seems to be about 25 years old." After confessing to a life ridden with crime and trauma the young man is astonished at the warmth of the circle. He wonders out loud "I wonder what makes you all trust and open doors for a person like me at this gathering?" Read on to learn how the welcome and acceptance he received profoundly impacted this first-timer. <http://www.dailygood.org/story/1735/an-unexpected-friend-at-our-awakin-circle-neeti-s-w/> **Be The Change:** How can you reach out today to someone who might be feeling unworthy or unwelcome?

What can the simplicity of a small home garden teach us about the complexities of the world? Perhaps that life is about finding harmony within ever-changing conditions. Recognizing how balance can be created, and when to act (or not act) according to the needs of the environment. In witnessing the dance of snakes and strawberries in her garden, the author of this piece arrives at the quiet insight that when we attempt to improve situations without looking deeper into the effects of our actions, our deeds can lead to more imbalance. Perhaps earth balance, conservation and peace is less about forcing change, and more about finding the harmony in all life. Finding the sweet spot where snakes and strawberries can both find their home on this earth. <http://www.dailygood.org/story/1771/lessons-from-the-garden-snakes-and-strawberries-alanda-greene/> **Be The Change:** Think of a way to harmonize yours, or another's life today. To offer support, balance and assistance where it is needed. Before you act, consider all of the effects your actions will have. Notice how you can keep the harmony in your offering.

How do parents raise children in this digital age? In this TEDx talk, Mary Rothschild suggests that what children most need is a parent's loving attention. Concerned that media saturation intrudes on a child's imagination, she urges parents to consider the types of media their children are consuming and to make sure they also have plenty of free play, alone time, quiet, and attention. <http://www.dailygood.org/story/1832/the-myth-of-the-digital-gene-mary-rothschild/> **Be The Change:** Take time with your family at the end of the day to share stories together. Repurpose empty time--perhaps waiting in a grocery line can be used to tell your children how their grandparents met. Give your full attention to your child.

This thought-provoking piece highlights the problems that can occur when we let what we measure tell us what to value. "Whether you are in business, government, non-profit or academics, the metrics that surround you drive your action. The purpose of all these metrics is to drive productive action, and if you instead interpret these metrics as a measure of value, a very different set of counter-productive actions can emanate. This realization is an invitation to make an audacious attempt to first understand what productive action is in your context: that action which helps your work come alive and connects you to the rest of humanity through your unique contribution." <http://www.dailygood.org/story/1737/what-does-brushing-twice-a-day-have-to-do-with-profits-and-impact-somik-raha/> **Be The Change:** Think of something you wish to accomplish by the end of the year. Now, come up with one small productive action you can take every day from now until then to help you achieve it.

It is so easy to stir the stew, to add your own spice and heat to it until it boils over rendering anything inside charred and devoid of nutrition. How much more difficult it is to soothe an angry temper, to see from another's point of view, to broker peace? In this Spotlight on Peacemakers, we take a look back at DailyGood features on remarkable people who have brought peace to tense situations and made peace a priority both in their own

lives and in the world around them. <http://www.dailygood.org/story/1854/spotlight-on-peacemakers-shari-swanson/> **Be The Change:** What is something you can do today to further peace?

Over two million women bow down countless times each night as they pick up waste and refuse in Indian cities, working through unhygienic conditions to keep India clean, earning a meager pay while their efforts go unnoticed. In this short film by actor and filmmaker Divyang Thakkar, we follow the story of children living in the slums in Ahmedabad, India and their acts of kindness and service as they recognize the selfless work done by these women. The film explores the thread linking the virtue of bowing in humility and the routine of bowing which these women undergo countless times while rag-picking. <http://www.dailygood.org/story/1777/bowing-in-service-a-short-film-with-unlikely-stars-dailygood-editors/> **Be The Change:** Reflect on folks in your daily life who perform invisible selfless acts of service that usually go unrecognized -- the custodian who cleans your office bathrooms, the person who drives the truck to collect trash, the postman, etc. How can you honor their service?

Human memory is a sensory experience, says psychiatrist Bessel van der Kolk. Through his longtime research and innovation in trauma treatment, he shares what he's learning about how bodywork like yoga or eye movement therapy can restore a sense of goodness and safety. What he's learning speaks to a resilience we can all cultivate in the face of overwhelming events -- which, after all, make up the drama of culture, of news, and of life. <http://www.dailygood.org/story/1789/how-trauma-lodges-in-the-body-krista-tippett/> **Be The Change:** Tune into your inner experience today. Particularly in moments of unpleasantness or difficulty. Notice what happens when you simply observe your experience instead of pushing it away.

Despite being published almost 10 years ago, "Authentic Conversations: Moving from Manipulation to Truth and Commitment" by Jamie and Maren Showkeir is still relevant. It's message is a timely reminder that changing the culture requires changing our conversations. While they are addressing workplace conversations specifically, their strategies can be applied to any situation. An excerpt from the Introduction provides an example of their work through case histories, their analysis of situations, and their strategies for dealing with problems in a more responsible, constructive way. From the beginning of the book, we are challenged to "create a more mature, resilient organization with a capacity for creativity, innovation, and transformation in the face of unyielding marketplace demands." One could easily substitute the word 'family' for 'organization' and 'parenting' or 'marriage' for 'marketplace' and apply their strategies with little or no modification. For example, their suggestions for accomplishing the first case history are: acknowledge the problem and name the issue, own your contribution to the problem, state the risks and acknowledge the possibility of things not working out, and present others with a choice. Quite simply, they recommend telling the truth, fostering adult-to-adult relationships, and consciously changing the workplace (or home place) environment by choosing to have authentic conversations. <http://www.dailygood.org/story/1790/authentic-conversations-moving-from-manipulation-to-truth-and-commitment-james-d-showkeir-jamie-showkeir-and-maren-showkeir/> **Be The Change:** Engaging in authentic conversations requires having emotional intelligence.

Across the world, grandmothers are keepers of tradition and leaders of change. In families and communities battling discrimination, poverty, disease and death, grandmothers stand and rise as providers, healers, insurgents. They are storytellers who bridge the past and the future with wisdom and bold, creative action. This is why photojournalist Paola Gianturco has dedicated her life to documenting and advocating for women around the globe. This inspiring story tells of Gianturco's work that celebrates the life-saving activism and strength of female elders, fueled by witnessing a world that is not good enough for their grandchildren. These are the stories that we need to hear. <http://www.dailygood.org/story/1823/grandmother-power-jessica-theroux/> **Be The Change:** Reach out to an elderly woman today. Ask her to share a story from her life. Seek her guidance. Listen and be present. Share some joy. Let her know that you appreciate her.

Animals hold a special place in every child's life, but for Steve Karlin, his childhood experiences with animals later formed his resolve to help animals and people in the process of healing. In 1980, he founded Wildlife Associates in northern California. Wildlife Associates still operates today to provide a safe haven for injured

animals and to teach children in the San Francisco Bay Area, many of whom also carry trauma. 'Teach Me To Be Wild' is a recent documentary about Steve's work at the sanctuary. In this interview learn more about how nature can create avenues for healing. <http://www.dailygood.org/story/1755/the-wisdom-of-the-animals-phil-borges/> **Be The Change:** Today, notice how an animal in your life is teaching you about healing. Even if you don't have a pet, what do wild birds or animals around you have to tell you about living a life of healing?

Two friends from Northern China are not letting their handicaps hold them back. Jia Wenqi, a double amputee, and Jia Haixa, who is completely blind, have been working together to plant trees along a riverbank in Yeli Village, planting an astounding 10,000 trees over the last decade. Finding it difficult to gain employment, the pair approached the local government with their idea. They hope that their efforts will pay off for generations to come. They each use their unique skills and capabilities to achieve their mission, at times carrying each other across the river and using their feet to hold and pass objects. "I am his hands. He is my eyes," says Haixa. Read on to learn more about the incredible work of this fearless duo. <http://www.dailygood.org/story/1758/the-blind-man-and-double-amputee-who-planted-10-000-trees-kindness-blog/> **Be The Change:** What do you find most inspiring about the work of these two friends? How can you bring the spirit of their service-hearted collaboration into your own life and relationships?

Mindful communication encompasses a number of qualities in both listening and responding. From entering conversations free from our fixed opinions and perceptions, to communicating in such a way that allows another to feel heard, Diane Musho Hamilton shares what mindful dialogue is (and is not). She explains that mindful dialogue is of particular importance in today's society in which polarized views compete for space from our kitchen tables to conference rooms. As a mediator, group facilitator, and contemporary spiritual teacher, Hamilton shares her insights about how the way we communicate with one another affects our nervous system, identity, and relationships. "When we talk about mindful communication, what we're really saying is that we have the capacity to become aware [of], to witness, or to watch our communication style and its impacts." Read on, or listen to the full interview to learn more. <http://www.dailygood.org/story/1806/the-evolutionary-power-of-mindful-communication-tami-simon/> **Be The Change:** What barriers do you face that might get in the way of mindful communication?

It's natural to reflect on the past with a sense of longing - a desire to return to the way things used to be. In fact, our memories of positive events tend to be more crystallized in our minds than those of negative or neutral ones. But does nostalgia come at a cost? While some research suggests that nostalgia can interfere with one's attempts to cope with the present, it has also been found to provide a sense of stability and even promote personal growth during times of adversity. There's a fine line between perpetual longing to return to a simpler time, and drawing on fond memories or relationships to remind us of who we are and our capacity to navigate uncertainty and change. <http://www.dailygood.org/story/1715/nostalgia-isn-t-just-an-escape-science-says-it-s-important-for-coping-too-krystine-batcho/> **Be The Change:** How have fond memories helped you cope during difficult times? Share your thoughts in the comments section below.

How can one find connection and meaning through an experience as isolating and dark as depression? In "Darkness Before Dawn: Redefining the Journey through Depression," Parker Palmer is among sixteen teachers who share their insights, perspectives, and even some positives after having experienced depression first hand. Despite that going through depression is difficult and disheartening beyond words, the experience can end up making people more courageous, compassionate, and ultimately more connected to the human race. If you know someone who is suffering, Palmer suggests, "Be present to them in a way that expresses faith and confidence that they have what it takes to make it through." With rates of depression alarmingly high while people still suffer in silence, it is time for a conversation about depression. Here, Palmer opens up about his own experiences in the hope of helping others. <http://www.dailygood.org/story/1762/welcome-to-the-human-race-parker-j-palmer/> **Be The Change:** Today, tell someone who might be lonely that you care about them.

## 6. Habits of the Heart

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

—by *Parker Palmer* (Oct 02, 2017)

“Habits of the heart” (a phrase coined by Alexis de Tocqueville) are deeply ingrained ways of seeing, being, and responding to life that involve our minds, our emotions, our self-images, our concepts of meaning and purpose. I believe that these five interlocked habits are critical to sustaining a [society].

1. An understanding that we are all in this together. Biologists, ecologists, economists, ethicists and leaders of the great wisdom traditions have all given voice to this theme. Despite our illusions of individualism and national superiority, we humans are a profoundly interconnected species—entwined with one another and with all forms of life, as the global economic and ecological crises reveal in vivid and frightening detail. We must embrace the simple fact that we are dependent upon and accountable to one another, and that includes the stranger, the “alien other.” At the same time, we must save the notion of interdependence from the idealistic excesses that make it an impossible dream. Exhorting people to hold a continual awareness of global, national, or even local interconnectedness is a counsel of perfection that is achievable (if at all) only by the rare saint, one that can only result in self-delusion or defeat. Which leads to a second key habit of the heart...



2. An appreciation of the value of “otherness.” It is true that we are all in this together. It is equally true that we spend most of our lives in “tribes” or lifestyle enclaves—and that thinking of the world in terms of “us” and “them” is one of the many limitations of the human mind. The good news is that “us and them” does not have to mean “us versus them.” Instead, it can remind us of the ancient tradition of hospitality to the stranger and give us a chance to translate it into twenty-first century terms. Hospitality rightly understood is premised on the notion that the stranger has much to teach us. It actively invites “otherness” into our lives to make them more expansive, including forms of otherness that seem utterly alien to us. Of course, we will not practice deep hospitality if we do not embrace the creative possibilities inherent in our differences. Which leads to a third key habit of the heart...

3. An ability to hold tension in life-giving ways. Our lives are filled with contradictions—from the gap between our aspirations and our behavior, to observations and insights we cannot abide because they run counter to our convictions. If we fail to hold them creatively, these contradictions will shut us down and take us out of the action. But when we allow their tensions to expand our hearts, they can open us to new understandings of ourselves and our world, enhancing our lives and allowing us to enhance the lives of others. We are imperfect and broken beings who inhabit an imperfect and broken world. The genius of the human heart lies in its capacity to use these tensions to generate insight, energy, and new life. Making the most of those gifts requires a fourth key habit of the heart...

4. A sense of personal voice and agency. Insight and energy give rise to new life as we speak out and act out our own version of truth, while checking and correcting it against the truths of others. But many of us lack confidence in our own voices and in our power to make a difference. We grow up in educational and religious institutions that treat us as members of an audience instead of actors in a drama, and as a result we become adults who treat politics as a spectator sport. And yet it remains possible for us, young and old alike, to find our

voices, learn how to speak them, and know the satisfaction that comes from contributing to positive change—if we have the support of a community. Which leads to a fifth and final habit of the heart...

5. A capacity to create community. Without a community, it is nearly impossible to achieve voice: it takes a village to raise a Rosa Parks. Without a community, it is nearly impossible to exercise the “power of one” in a way that allows power to multiply: it took a village to translate Parks’s act of personal integrity into social change. In a mass society like ours, community rarely comes ready-made. But creating community in the places where we live and work does not mean abandoning other parts of our lives to become full-time organizers. The steady companionship of two or three kindred spirits can help us find the courage we need to speak and act as citizens. There are many ways to plant and cultivate the seeds of community in our personal and local lives. We must all become gardeners of community if we want [society] to flourish.

## 7. One Has No Self to Love

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

—by [Alan Watts](#) (Oct 09, 2017)

Love that expresses itself in creative action is something much more than an emotion. It is not something which you can “feel” and “know,” remember and define. Love is the organizing and unifying principle which makes the world a universe and the disintegrated mass a community. It is the very essence and character of mind, and becomes manifest in action when the mind is whole. For the mind must be interested or absorbed in something, just as a mirror must always be reflecting something. When it is not trying to be interested in itself—as if a mirror would reflect itself—it must be interested, or absorbed, in other people and things. There is no problem of how to love. We love. We are love, and the only problem is the direction of love, whether it is to go straight out like sunlight, or to try to turn back on itself like a “candle under a bushel.”



Where there is to be creative action, it is quite beside the point to discuss what we should or should not do in order to be right or good. A mind that is single and sincere is not interested in being good, in conducting relations with other people so as to live up to a rule. Nor, on the other hand, is it interested in being free, in acting perversely just to prove its independence. Its interest is not in itself, but in the people and problems of which it is aware; these are “itself.” It acts, not according to the rules, but according to the circumstances of the moment, and the “well” it wishes to others is not security but liberty.

Nothing is really more inhuman than human relations based on morals. When a man gives bread in order to be charitable, lives with a woman in order to be faithful, eats with (someone from another race) in order to be unprejudiced, and refuses to kill in order to be peaceful, he is as cold as a clam. He does not actually see the other person. Only a little less chilly is the benevolence springing from pity, which acts to remove suffering because it finds the sight of it disgusting.

But there is no formula for generating the authentic warmth of love. It cannot be copied. You cannot talk

yourself into it or rouse it by straining at the emotions or by dedicating yourself solemnly to the service of mankind. Everyone has love, but it can only come out when (people are) convinced of the impossibility and the frustration of trying to love (themselves). This conviction will not come through condemnations, through hating oneself, through calling self-love all the bad names in the universe. It comes only in the awareness that one has no self to love.

## 8. Planting Twin Trees

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

—by [Robin Wall Kimmerer](#) (Oct 16, 2017)

There was a custom in the mid-eighteen hundreds of planting twin trees to celebrate a marriage and the starting of a home. The stance of these two, just ten feet apart, recalls a couple standing together on the porch steps, holding hands. The reach of their shade links the front porch with the barn across the road, creating a shady path of back and forth for that young family.



I realize that those first homesteaders were not the beneficiaries of that shade, at least not as a young couple. They must have meant for their people to stay here. Surely those two were sleeping up on Cemetery Road long before the shade arched across the road. I am living today in the shady future they imagined, drinking sap from trees planted with their wedding vows. They could not have imagined me, many generations later, and yet I live in the gift of their care. Could they have imagined that when my daughter Linden was married, she would choose leaves of maple sugar for the wedding giveaway?

Such a responsibility I have to these people and these trees, left to me, an unknown come to live under the guardianship of the twins, with a bond physical, emotional, and spiritual. I have no way to pay them back. Their gift to me is far greater than I have ability to reciprocate. They're so huge as to be nearly beyond my care, although I could scatter granules of fertilizer at their feet and turn the hose on them in summer drought. Perhaps all I can do is love them. All I know to do is to leave another gift, for them and for the future, those next unknowns who will live here.

## 9. Seeing is not Thinking

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

—by *Jeanne de Salzmann* (Oct 23, 2017)

The question is not what to do but how to see. Seeing is the most important thing—the act of seeing. I need to realize that it is truly an act, an action that brings something entirely new, a new possibility of vision, certainty and knowledge. This possibility appears during the act itself and disappears as soon as the seeing stops. It is only in this act of seeing that I will find a certain freedom.

So long as I have not seen the nature and movement of the mind, there is little sense in believing that I could be free of it. I am a slave to my mechanical thoughts. This is a fact. It is not the thoughts - themselves that enslave me but my attachment to them. In order to understand this, I must not seek to free myself before having known what the slavery is. I need to see the illusion of words and ideas, and the fear of my thinking mind to be alone and empty without the support of anything known. It is necessary to live this slavery as a fact, moment after moment, without escaping from it. Then I will begin to perceive a new way of seeing. Can I accept not knowing who I am, being hidden behind an imposter? Can I accept not knowing my name? Seeing does not come from thinking.

It comes from the shock at the moment when, feeling an urgency to know what is true, I suddenly realize that my thinking mind cannot perceive reality. To understand what I really am at this moment, I need sincerity and humility, and an unmasked exposure that I do not know. This would mean to refuse nothing, exclude nothing, and enter into the experience of discovering what I think, what I sense, what I wish, all at this very moment.

Our conditioned thought always wants an answer. What is important is to develop another thinking, a vision. For this we have to liberate a certain energy that is beyond our usual thought. I need to experience “I do not know” without seeking an answer, to abandon everything to enter the unknown. Then it is no longer the same mind. My mind engages in a new way. I see without any preconceived idea, without choice. In relaxing, for example, I no longer choose to relax before knowing why. I learn to purify my power of vision, not by turning away from the undesirable or toward what is agreeable. I learn to stay in front and see clearly. All things have the same importance, and I become fixed on nothing. Everything depends on this vision, on a look that comes not from any command of my thought but from a feeling of urgency to know.

Perception, real vision, comes in the interval between the old response and the new response to the reception of an impression. The old response is based on material inscribed in our memory. With the new response, free from the past, the brain remains open, receptive, in an attitude of respect. It is a new brain which functions, that is, different cells and a new intelligence. When I see that my thought is incapable of understanding, that its movement brings nothing, I am open to the sense of the cosmic, beyond the realm of human perception.



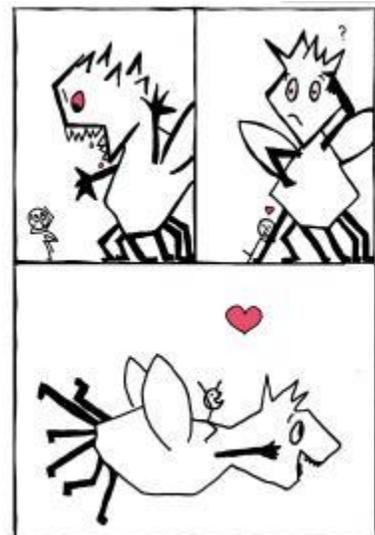
## 10. Welcoming Fear As A Friend

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

—by [Gerald G. May](#) (Oct 30, 2017)

The basic lesson is this: Fear is not an enemy but a friend. Fear is something good, something alive, alert, and wild in us. Fear may be a response to danger, but fear itself is not dangerous. On the contrary, it is nothing other than life-spirit standing on its toes right here, right now with clear attention, sharp senses, ready body, flared nostrils, bristled hair, poised muscles, pumping heart, clean breath.

The immense gratitude I experienced when I was most afraid was for feeling so incredibly alive. In untamed fear there is a profound sense of something that is *me* going through the experience. It is personhood without definition, identity without identification, selfhood without attributes. And it has an immense steadiness to it, an almost eternal quality. Here is this life, this being that is deeply myself, having this experience, being in it as I have been through every moment of the past, as I will be in every moment, to come, no matter what. In this strange way, fear brought me an ultimate reassurance.



I understand how people can become addicted to fear. I have known some who were hooked on their own adrenaline, compelled toward danger, driven to dancing with death at the edges of life. I doubt that will ever happen to me, for I have no desire to seek fear. But neither am I interested in protecting myself from it. When fear does come, I no longer want to cope with it. Let me neither tighten myself against what I'm feeling, nor become paralyzed by it, but let me live into the bright, sane responsiveness that fear makes possible. Let me welcome fear for the friend it is, for what it teaches and how it serves. When I feel the hairs on the back of my neck bristling for no reason, when I sense an unexplainable tremulousness, I never again want to deny it or call it neurotic. Instead, I want to welcome it, go into it, see what it is trying to show me.

People who have been assaulted sometimes say they had a premonition of danger but dismissed it. They judged their fear as unrealistic, denied or coped with it, and forged ahead. They were afraid of being afraid, and they got hurt. I have to disagree with Franklin Roosevelt and so many others who have said that the only thing we have to fear is fear itself. I would turn the phrase on its head and maintain that the only thing we have to fear is our fear of fear.

## 11. Welcome to the Forest

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

When we think of early education, we often default to visions of desks and rote memorization. We don't think of schooling as an outdoor activity. Enter the Forest School, which takes children outside to learn through experience, enabling children to develop physical skills, self-confidence, self-esteem and a love for the environment they may otherwise never gain. Forest Schools' early roots are based in Scandinavia, but now there are practitioners across the world. This video shows the benefits of independent, child-led activities in the richness of an outdoor environment, rain or shine. <http://www.karmatube.org/videos.php?id=7247>

## 12. Speaking Loudly for A Quiet Place

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

While small acts of love and kindness can make a huge difference in the world, some decide to go the extra mile for causes they are passionate about, dedicating large sums of time and resources to raise awareness. "Bear Witness," chronicles the year (September 23, 2015 to September 23, 2016) Dave and Amy Freeman spent in the Boundary Waters Canoe Area (BWCA) Wilderness to bring awareness to the threats posed by a proposed sulfide-ore copper mining on the wilderness edge. The video is divided up into four seasons and documents the beauty of the BWCA during each season through video and journal-like audio. It tells their story through their words and perspective, adding a personal touch and a descriptive connection to an area that many may never see. Not only are they advocating for BWCA, but are advocating for standing up for all of the wilderness places around the world. In December 2016, U.S. Federal Agencies denied the mining lease and began an environmental review of the Boundary Waters to determine potential impacts from mining.

<http://www.karmatube.org/videos.php?id=7749>

## HEART AND SOUL ADVERTISEMENTS:

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

### 13. Sacred Attention Therapy

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

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

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

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

### 14. 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>.

## 15. 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.

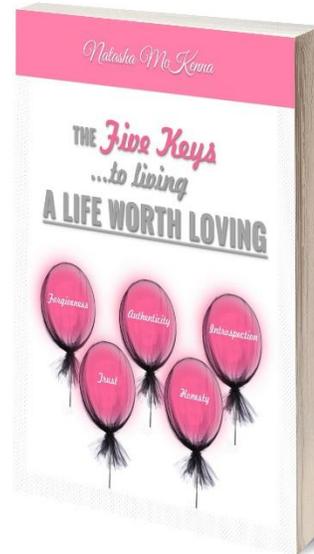
## 16. The Five Keys to Living A Life Worth Loving

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](http://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.

## 17. The Enlightened Moment - Ottawa

# The Enlightened Moment

**St. Paul's University  
Ottawa, ON, CANADA  
~ May 4 – 6, 2018 ~**

Calling all spiritual seekers / students, psychotherapists, psychiatrists, psychologists, psychoanalysts, spiritual teachers, and healing practitioners!

**THE ENLIGHTENED MOMENT** provides a physical, emotional, mental, energetic, and spiritual exploration of your personal and spiritual growth and development with the aim of freeing your body, mind, and spirit and furthering your personal evolution in true consciousness. This event comprises a process of uncovering and revealing your deepest truth with psycho-spiritual teacher **Richard Harvey** as your guide.



**Richard Harvey** is a psychotherapist, spiritual teacher, and the author of many books and articles. He is the Founder / Director of The Center for Human Awakening and the creator of The Way of Sacred Attention, a comprehensive psycho-spiritual approach to the complete development of human beings.

**To register...**

[info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com)

613-204-0299

[www.centerforhumanawakening.com/Enlightened-Moment.html](http://www.centerforhumanawakening.com/Enlightened-Moment.html)

# Spiritual Guidance

Serving your personal journey toward enlightenment...

November 2017 e-Newsletter

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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