

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.

In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	2
1. Personal Story of Spiritual Lessons	2
2. Poem	3
3. Quote or Question	4
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	5
4. Regina Heringa – Notes from the Light – December 2017	5
OTHER GIFTS AND E-NEOSWORTHY ITEMS:	6
5. Good News Of The Day	6
6. Space to Heal	11
7. The Sun is the Perfect Example	12
8. Laziness As Our Personal Teacher	12
9. The Messiah Is One Of Us	13
10. The Song of Rain	14
11. The Imagination of Stonefox – Where Creativity Comes from Love	14
12. The Kindness School	14
13. Hiking for Emails	15
14. Holly Near's Anthem to 'A Planet Called Home'	15
15. Nipun Mehta on What It Means to Serve	15
16. Portrait of an Artist – Milan Rai	16
HEART AND SOUL ADVERTISEMENTS:	17
17. Sacred Attention Therapy	17
18. A Course in Miracles Global Community Centre	17
19. OM Websites	18
20. The Five Keys to Living A Life Worth Loving	18
21. The Enlightened Moment - Ottawa	19

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

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Was this forgiveness in action?

It may come as a surprise, or no surprise at all, that I spend a lot of time at my computer. When I am not using it for work / ministry purposes, I may use it to communicate with friends and family, conduct online banking, or do some personal research on any myriad of subjects. So when my computer becomes inoperable, for any reason, I can feel like I am stranded on a tropical, deserted island with no food and water. It can feel rather nice to be on the island, but I quickly become hungry and thirsty!

Last month I was stranded on the beautiful, tropical island called "NO computer!" for almost two days. It was a mixture of elation (Oh Boy!...a day off!!!) and unrest (uh oh!...what was that next appointment????). The longer I sat on the pearly white, sandy beach of "NO computer!", the more hungry and thirsty I got. I found some empty bottles (clearly someone had been here before) and a notepad and pen...so I wrote some notes, stuck them in the bottle, and threw them out to sea, trusting the currents would whisk my HELP!!! messages to someone who could save me!

Guess what!? It worked! Sort of...

The first person who arrived was very pleasant, and they expressed their joy in getting my message and how happy they were to help me. We hugged and greeted each other and after a short chat we got set to leave the tropical paradise of "NO computer!". Oops... Houston, we have a problem. The small boat the rescuer brought had sprung a leak and sank while we were reveling in our joy of being rescued from the tropical paradise of "NO computer!". Wait a minute!...the rescuer had a cell phone and was able to place a call to headquarters to ask for another boat to come pick us up. No problem...except we had to wait until the next day.



The next day!!! You have got to be kidding me, I thought! It's a nice island and all but I have no food or water here! What the #\$\$%^& am I supposed to do????!!! Well...

I did the only thing I could. I began my forgiveness process. For the rest of the day, overnight, and in the morning leading up to the imminent arrival of the new boat to rescue me, I recounted my learnings about forgiveness. I sat on the beach in the hours preceding the arrival of the new boat and meditated. With each passing moment, the tension in my body began to dissipate. I became more relaxed and felt my chest open. I

could feel the forgiveness working. I no longer held any ill will toward myself, the first rescuer, or the team enroute to the tropical island of "NO computer!".

The rescue team arrived and helped me board the beautiful boat to take me back home. I looked back at the beautiful tropical paradise of "No computer!" and waved goodbye. The crew of the boat pampered me and doubted on me. They even made a brand new computer available to me for the ride back home...so I could catch up on my work. And guess what????!!! The computer worked great! (Wink! Wink!)

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Let us Take Each Other's Hands

Let us take each other's hands
and walk toward the light of God.

Let us stay in the presence of God
and in the nowness of Joy.

Let us be free from separation
of all kinds.

Let us resist the temptation
to judge each other's behavior.

Let us stop our suffering.

Let us, together, once and for all,
let go of all our past hurts,
and unmet desires.

Let us put our total trust in God and
then see only the God-Self in each other
and feel God's never-ending Love
filling us to be the brim and over.

Let us let go of all our self-doubts
that we have projected to each other.

Let us join our wills as one
and be directed only by God's Plan.

Let us join in Love

Let us join in Joy

Let us join in Peace

Let us LOVE, LOVE, LOVE...

Gerald G. Jampolsky

3. Quote or Question

"Don't compare your life to others. You have no idea what their journey is all about."

~ 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 – December 2017

You are not Alone

You have never been alone, not on this planet nor within other planets, dimensions or universes. You have never been alone whether you have experienced lives in physicality or non-physicality. This is important to comprehend now as your earth becomes increasingly alerted to its passage through more comprehensive, non-linear time and space.

There are several means by which we may explain this truth that you are never alone. As advanced thinkers in your societies have brought forward, sub-atomic particles in your material world as well as infinitesimal particles which shift endlessly from a material world to an immaterial one, are linked not only to other particles in your physicality, but also to the minutest vibrating particles found in multiple, material dimensions and universes. All physicality and non-physicality everywhere is linked.

In the non-material worlds of vibration, frequency and spiritual sound and light, there is a common thread which holds all non-physicality together. This common thread is Sacred Creation which is infinite and eternal. This Creation, through its Creator, ensures that life is impregnated with an impulse of pure and perfect origin. This impulse is identical in all life whether or not you can sense it, see it, smell it, touch it or taste it.

Furthermore, we, of higher frequency worlds of vibration, have within us the identical sacred impulse as you have within you. There is no separation for life is Life. Consequently, you are never alone; you are always accompanied by others, be they in your dimension or an other.

Hence, we ask you to let go of the idea you are isolated, that you are misunderstood or that you have been abandoned. These errant thoughts are simply “mind-play” and do not touch the true centre which is your soul. It is your soul which is the connector and the connection to this divine impulse found in life ever-lasting.

As the boundary between your earth and other dimensions and worlds dissipates, you recognize a wonderful opening of communication between your high consciousness and other existences. The visitations you now enjoy from refined frequency worlds are easier for you as you open in mind and in heart to the realization that you have never been alone. In truth, you have been guided since your very birth to live once again within an intergalactic, universal and cosmic family which has always known that you are part of a vast community of loving intelligence and progress.

As the time approaches for greater meetings between your earth family and our family which straddles various planets, galaxies and dimensions, we ask you to continue with your daily endeavour to remain true to the very essence of your spiritual self. Cultivate your soul's expression of Love and inner Truth. Expand. Boundaries are simply ideas of separation. Yet, when ideas are rooted in the common ground of Love, separation vanishes and we all rejoice in the thrill of union and reunion.



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 this Awakin Call interview, Edmund Benson discusses his life from his difficult childhood through retirement when he began the ARISE Foundation, a program teaching global skills to at-risk youth. After feeling like the black sheep of the family, Benson joined the military in his teens where he was exposed to people struggling with alcohol, anger, and other problems, teaching him to live in a more positive way. After working hard sixteen-hour days, seven days a week for thirty years, Benson was fortunate to retire early. Using connections he had gained while doing environmental work in the community, Benson and his wife turned to outreach and education for local troubled youth. After creating, educating, and distributing materials across the world for the ARISE Foundation, Benson retired again, only to start a program for the elderly. Part of this program was to help the aging remain relevant to and connected with the youth in their families and communities, coming full circle. Now in his late 80's, there is no sign of Benson slowing down anytime soon.

<http://www.dailygood.org/story/1720/edmund-benson-constructive-aging-positivity-cards-and-more-awakin-call-editors/> **Be The Change:** We can all give back in our own ways. Make a list of 3-5 skills you have that can be used to give back to those in your life or community. It could be anything from being a good listener, to helping build homes, and anywhere in between. Choose one of those items and pledge to spend the next month volunteering your time in your own special way.

Author Colin Beavan discusses a memoir by Drew Philip called "A \$500 House In Detroit" in which the author meets and befriends his new neighbors. The article chronicles Drew's journey, revealing that in his quest to do the right thing, he focused on friendship and worked to transcend and accept differences between him and others. <http://www.dailygood.org/story/1724/he-bought-a-500-house-in-detroit-but-it-was-never-about-the-house-colin-beavan/> **Be The Change:** Read a book, listen to music, talk to someone. Do something this week that provides access to different ideas and experiences, and allow yourself to transcend differences with others.

When the news is flooded with stories of conflict happening around the world, it can be easy to forget the efforts being made to create peaceful communities, relationships, classrooms, and businesses. Here's an invitation to take a different view, and focus on the good being done by 10 young peacemakers, from Afghanistan to Australia. You'll likely recognize a few! <http://www.dailygood.org/story/1767/10-young-leaders->

[building-peace-peace-news-network-staff/](#) **Be The Change:** What are some ways you can bring peace to your own home, school, or community? Find one to try this week!

In this joyful video, journey into the Imaginarium of Stonefox (artist Chuck Galvin) and his sidekick T-Ball. Stonefox reminds us that imagination is one of the most useful allies in life and that the heart is connected to everything in the body, especially the mouth. You can't help but smile as you gaze upon some of Stonefox's creations and absorb his wisdom. <http://www.karmatube.org/videos.php?id=6341> **Be The Change:** Take some time today to engage your imagination and let your creativity flow.

Knowing that there will be sadness, there will be challenges, that things aren't always smooth sailing, do you find yourself saying 'yes' to life? When we accept the uncomfortable experiences, we realize that joy and sadness can coexist, and by choosing our focus, we change the direction of our lives. The foundation of 'yes' to all that occurs does not mean we relinquish our strength and boundaries. Rather, it builds the confidence within us to have an unwavering resolve when 'no' is needed. We readily say 'no' to all that doesn't serve us when we are our paths serving the world. This is where we shift from being driven by negative motivations to being drawn by the positive source of soul awareness within. <http://www.dailygood.org/story/1816/from-being-driven-to-being-drawn-richard-rohr/> **Be The Change:** Deepen your life's work, mission, and purpose like they're your prayer to the world. What could you do today to say 'yes' to the optimal future you want to create in your life? And what might you need to say 'no' to in order to make this happen?

A paradigm shift is what might move us and the world beyond the Age of Separation and into the Age of We Need Each Other. After Charles Eisenstein suffered a big failure, something told him he needed to drop the thought that he would get any recognition or credit for his work. Then he really questioned what lies at the heart of what we do and why. "Our culture validates and celebrates those who are out there with big platforms speaking to millions of people, while ignoring those who do humble, quiet work, taking care of just one sick person, one child, or one small place on this earth." He praises those who serve and those who are generous, who strengthen the field of love with words and deeds. In this thoughtful essay, Eisenstein shares his vision for a better world after he commits to a new way of living. <http://www.dailygood.org/story/1704/the-age-of-we-need-each-other-charles-eisenstein/> **Be The Change:** Today, let go of your need for recognition.

A Baltimore school has come up with a brilliant way to curb kids from acting out in class. Instead of sending children to detention, they send kids to a Mindful Moment Room for meditation. In partnership with the Holistic Life Foundation, a non-profit organization that promotes wellness, Robert W. Coleman Elementary School introduced a meditation room to help its students "calm down and re-centre." Results so far have been impressive. Read on to learn more. <http://www.dailygood.org/story/1703/genius-school-replaces-detention-with-meditation-isabelle-khoo/> **Be The Change:** Share this article with someone at your neighborhood school, or consider where else a "Mindful Moment Room" could help individuals in your community learn skills for centering and calming (i.e. public library, community center, assisted living center). Then start a conversation about making it happen. <http://www.dailygood.org/more.php?n=7336a>

Lamenting is an ancient way of releasing emotions through a type of singing when one is feeling overwhelmed by grief, sadness, pain, anger, or other negative emotions. Before laments were sung at times of loss and upheaval, the practice was about connecting to one's ancestors, and was often focused on helping move people from one world to another. In Finland, lamenting is rife with symbolism and rarely uses straightforward descriptions of the lament, which itself is sweet, positive, light, and bright, unless referring directly to the lamenter. But while Finland is experiencing a revival in the practice of lament singing, the rest of the world is seeing a steady decline, often due to competing religious beliefs and modernization. While previous generations of lamenters have died out, a new generation has arisen in Finland, keen on both preserving the traditions of old, and adapting them to suit modern issues. <http://www.dailygood.org/story/1769/how-an-ancient-singing-tradition-helps-people-cope-with-trauma-in-the-modern-world-tristan-ahtone/> **Be The Change:** What in your life are you struggling with emotionally? Write your own lament, and sing it out

mournfully. Feel your grief, pain, or transition in life, and let those feelings go. If you feel comfortable, get a group of friends, family, or like-minded people together and share your laments.

A philosopher's questioning and a scientist's eye shape Enrique Martinez Celaya's original approach to art and to life. A world-renowned painter who trained as a physicist, he's fascinated by the deeper order that "whispers" beneath the surface of things. Works of art that endure, he says, possess their own form of consciousness. And a quiet life of purpose is a particular form of prophecy. Learn more about what he has to say in this interview. <http://www.dailygood.org/story/1705/the-whisper-of-the-order-of-things-on-being/> **Be The Change:** Martinez Celaya tells us that when he begins a new project, "rather than building upon the successes of the past or what I have done before, I go back to the holes of my process, the things that I didn't understand well." The next time you begin something, look for the holes in the way you've done it before and see if it can be done better next time.

Ever been told to 'just be happy' or, to 'lighten up'? Does that really make you feel happier? For many, this advice leads to the opposite effect. Author of Emotional Agility and leading Harvard Medical School psychologist Susan David recently teamed up with award-winning journalist and author Maria Shriver for a unique conversation on why positivity doesn't necessarily lead to happiness. Read more to understand how our obsession with positivity undermines the truth of our authentic expressions, and is an untrue display of our experience in the world. Sometimes, we need to just admit that we are having a bad day. Both experts offer steps on how to achieve this authentic expression in your own life. Research focused on what creates resilience, empathy and joy reveals that expanding our emotional vocabulary and how we express our authentic feelings, is what allows us to transcend these emotions, and find more peace. <http://www.dailygood.org/story/1696/embrace-authenticity-how-to-break-free-from-the-tyranny-of-positivity-heleo-editors/> **Be The Change:** Next time someone asks you how you are doing, instead of a rote answer try checking in with yourself and responding from a more authentic place. Notice how it feels to do this.

The saying "we are all connected as one" is a seeming platitude we have all heard, yet this piece shares fascinating evidence to confirm the truth that we are indeed connected on an atomic level. "Long story short, it turns out that no matter where you go in the world -- Antarctica, North Pole, Africa, you name it -- every meter sphere of air around you contains 50 carbon atoms from each one of your exhales over the last year. That's worth a pause. 50 carbon atoms from each one of your exhales over the last year will greet you no matter where you go on Planet Earth." Fabrizio Alberico shares more in this beautiful reflection that includes a recording and the lyrics to a beautiful song titled, "Pass It Along" that poignantly reminds us of the transience of our lives, our deep interconnection, and the power of generosity. <http://www.dailygood.org/story/1779/pass-it-along-a-luthier-shares-a-song-fabrizio-alberico/> **Be The Change:** The next time you are in a group of other people, no matter how different they may appear, feel the connection you have with them as you breathe and extend silent kindness to each person.

Mushim Patricia Ikeda is a teacher, artist and activist. She's worked tirelessly for the upliftment of the marginalized. Through her work, Ikeda realized that the major danger for activists is burnout. "We need tools to address and prevent burnout and we need to go to the root of it," she said. It was in her earlier years during activist work that she recognized an acceptance, if not cultivation, of a mindset that understood being an activist meant martyring oneself to whatever cause they chose to work for. Burnout was expected. Everyone was expected to work themselves into the ground and always be unable to make rent." she said. Ikeda urges social activists to take steps to fight that bias and actively work to avoid burnout in order to be able to ultimately do the most good. <http://www.dailygood.org/story/1674/one-activist-s-oath-first-vow-not-to-burn-out-mj-vieweg/> **Be The Change:** Take some time to consider the questions Ikeda suggests for those working on behalf of social justice: "How can you make your life sustainable—physically, emotionally, financially, intellectually, spiritually? Are you helping create communities rooted in values of sustainability, including environmental and cultural sustainability? Do you feel that you have enough time and space to take in thoughts and images and experiences of things that are joyful and nourishing? What are your resources when you feel isolated or powerless?"

"For our ancestors, winter was a test of survival," writes Fabiana Fondevila, a journalist, children's book author and ritual maker from Buenos Aires, Argentina. She remarks that "although ... many of us ... have heated homes, transportation and warm clothing, the season of bare trees takes us back to the experience of that first vulnerability." In this poignant essay on winter, Fondevila encourages us to reflect on what gifts winter brings us. "If we could for a moment disconnect from screens and lights, we would feel winter's whisperings calling us like it calls the seeds, the leaves, the sap descending, the animals changing coat, the grass that stops in its tracks and saves its strength for spring." <http://www.dailygood.org/story/1763/the-gift-of-cold-fabiana-fondevila/>

Be The Change: Take a moment to see the gift in a winter-like situation, person, or time in your life - one that leaves you feeling bare and vulnerable, and yet, more open-hearted.

"I think he [Robert Lax] understood the difference between hearing and listening, and he really emphasized the listening. In fact, one of the things he'd say when we walked along the Patmos shoreline was, 'Well, I'm going to go back up to my place now. There's a lot of listening I have to get to.' And listening for what? I think for all the cosmic sounds, his own heart, his own soul.." A long-time friend of Trappist monk Thomas Merton, and an accomplished poet in his own right, Robert Lax spent the latter part of his life on a Greek island where he practiced his art, and exercised a profound influence on those who knew him. This interview with one of his close friends shares more. <http://www.dailygood.org/story/1836/in-the-beginning-was-love-richard-whittaker/>

Be The Change: As you touch the simple objects in your day, try to see the light within them at the point where their essence is beyond names, identities or categorization.

When it comes to formal education in schools and colleges, sustainability is too often boiled down to the technical study of environmental science in a classroom setting. But how do we teach our students to actually practice sustainable living? In the wake of the loosening environmental regulations in the United States, read about the efforts of these five colleges and universities which are committed not only to cultivating sustainable campuses and future environmental leaders, but also impacting the world in a deeper way.

<http://www.dailygood.org/story/1787/5-schools-moving-the-needle-on-sustainability-hallie-steiner/> **Be The**

Change: What can you do today to take a step towards sustainable, ecologically responsible living? Perhaps opt to walk, bike, or take public transit during your commute, or grow edibles in your garden, or take the stairs instead of the elevator, or get to know and support your local businesses.

This delicious essay is a paean to a mother who nourishes and nurtures, is selfless, gracious, and wise. . . even when a domestic ritual changed forever. The source of many happy memories for the writer as a teen was watching her mother make fresh roti (Indian bread). There was a process she followed -- one that was methodical, careful, and slow, that included plenty of leisurely talk while calmly juggling several tasks at once. An essential instrument in this process was her chokla, the round, marble surface on which she shaped the dough. This particular chokla was a special piece with a long history. Its surface helped shape nourishment that over the years filled many souls and lifted many spirits...Read on to learn the fate of the chokla and the insights it revealed. <http://www.dailygood.org/story/1672/a-lesson-in-letting-go-from-my-mother-guri-mehta/>

Be The Change: Don't wait until Mother's Day to thank your mom for all the wonderful things she's taught you.

Ani Choying Drolma never expected to be a Rockstar Nun. She only wanted to be of benefit to others in her life and has done so in many ways. She suffered abuse as a child, yet her heart is full of compassion, not resentment. She went on to adopt a child and eventually inspired a foundation to support others in helping orphans. Her gift of singing was eventually shared not out of ego, but out of a wish to share wisdom with anyone who might be inspired by her songs. Reading about her remarkable life here and listening to her songs may inspire all to find the path of peace in their own lives, whatever sufferings they may have encountered.

<http://www.dailygood.org/story/1757/ani-choying-gratitude-and-service-nipun-mehta/> **Be The Change:** Do you have a talent or something that you enjoy doing, that you can offer in service to others? See where your joys can be offered as a way to lift others up.

Often, empathetic people build up emotional barriers to prevent stress and burnout from their interactions from others. However, Kelly McGonigal believes in the opposite. In the article, Kelly discusses the reasons to double down on positive empathy and provides ways for you to foster joy to combat stress.

<http://www.dailygood.org/story/1725/how-to-overcome-stress-by-seeing-other-people-s-joy-kelly-mcgonigal/>

Be The Change: Think about what makes you smile, and experience that at least once this week.

What exactly is gratitude and what does it mean to be grateful? Does gratitude require an exchange between people or can one be grateful to something more amorphous like nature? Can an anonymous gift be received with the same gratitude as one where the giver is known and acknowledged? While many of us believe we understand gratitude, Brother David Steindl Rast challenges us to consider its complexity. Read this article from the website of the organization he co-founded to learn more. <http://www.dailygood.org/story/1785/brother-david-steindl-rast-a-deep-bow-brother-david-steindl-rast/> **Be The Change:** This Thanksgiving, take one of the thought-provoking ideas from Brother Steindl Rast's essay and explore with someone you know. Or explore the art of living with gratitude by visiting [gratefulness.org](http://www.dailygood.org/more.php?n=7449a). <http://www.dailygood.org/more.php?n=7449a>

When negative thinking becomes habit, take heart. With compassion, mindfulness, and gratitude, it's possible to retrain our neural pathways for the better. To start, we become mindful of what's going on inside our heads. Thoughts and feelings come and go -- they don't stick with or own us. Realizing this gives us the space we need to observe them without letting them carry us away. By treating them with compassion and without judgment, they eventually lose their power. However, like a muscle, the mind still wants to work to fill in the space where the negativity resided. This is where gratitude comes in. Instead of looking for evidence and ideas to support our negative thoughts, we use our minds to look for things that are going right, to be grateful for. In this article, Kristi Nelson describes how she transformed her own negative thinking patterns into a healthy habit of gratitude. <http://www.dailygood.org/story/1784/training-our-trains-of-thought-kristi-nelson/> **Be The Change:** Catch yourself in a pattern of negative thinking today and replace it with feelings of gratitude.

In this interview at the Sun Valley Wellness Festival, Nipun Mehta, the founder of ServiceSpace, explores the nuances of what it means to serve. His talk affords a glimpse of various ServiceSpace projects like KarmaTube, DailyGood, Karma Kitchen, and more. Karma Kitchen works on an intriguing pay-it-forward basis. When patrons are done eating, the bill arrives with a total of \$0.00, and a brief explanation of how someone beforehand has made a gift of this meal; patrons are trusted to keep the chain of kindness going and continue to pay it forward for future diners. Nipun maintains that in this era rather than putting heroes on pedestals, it's vital that everyone become 'everyday Gandhis.' Service doesn't have to be some big, grandiose thing - you can hold open a door, pay someone's toll, or just be a good listener. All these small, every day activities come from a place of love, and ultimately serve humanity as a whole by breaking down boundaries, and inspiring faith in the goodness of others. <http://www.karmatube.org/videos.php?id=4193> **Be The Change:** Pick one act of service you can practice doing this month on a daily basis. Learn more about ServiceSpace's different projects and initiatives here. <http://www.dailygood.org/>

With great care and attention, make a hot cup of tea. Take it to a room with a window. Sit down, take off your glasses and exhale slowly. Listen to this hauntingly beautiful recording of Jane Kenyon's poem read aloud by Amanda Palmer. Listen again. Let the understanding, pain and relief wash over you. Then, after a moment, explore the rich context of Maria Popova's introduction to this Brain Pickings article. <http://www.dailygood.org/story/1840/having-it-out-with-melancholy-maria-popova/> **Be The Change:** Share this recording with someone you know who needs to know they are not alone in their own struggles.

"Cultivate the discipline of listening" for your genuine self. This is the advice that Howard Thurman gave in 1980 during his commencement address at Spelman College. How many of us ever take the time to do that? We spend our days in many pointless pursuits that distract us from our essential truth. Thurman says the world is waiting for this truth to pour out of us, it is of our own creation and can't be dictated by anyone else or mimicked from others. Whether grand or simple, it is what we need to give to the world if we are to find ourselves or make the contribution that only we can make. Read more of Thurman's profound address here

and cultivate the discipline of hearing that still small voice within to be yourself.

<http://www.dailygood.org/story/1846/the-sound-of-the-genuine-howard-thurman/> **Be The Change:** The inner voice of wisdom within each of us is a guide to the genuine self. It takes time and discipline to discern internal noise from the inner self, but with time and testing, one begins to hear with the intuition of the heart. Today, listen for that inner call to be true to your genuine self.

6. Space to Heal

Reprinted from www.awakin.org.

—by [Thuy Nguyen](#) (Nov 06, 2017)

Healing requires space. As we plow through day to day life, we dream about finding a time when there will be space to heal, rejuvenate and refuel. Some of us are holding off until the weekend, while for others the breaks are fewer and farther in between. When we can't find that space in time, we fall sick. Then we are forced to have some bed rest, some space, some time to heal. Sometimes it is just a few days we are in bed, sometimes it is much longer than that.

We think of space as if it were a far-off destination or something we create. But really, space is ever present and everywhere. A room crammed full of stuff doesn't have less space than an empty room, It just has more stuff in it. We are not creating space when we take stuff out, space is already there. There is nothing but space.

Inside us is space as well. Like our external space, our internal space can become crowded with stuff that might impede our ability to move around and do things efficiently. Our internal space becomes more and more crowded with thoughts, beliefs, and judgments that keep us from healing, movement, and growth. Much like a hoarder who crowds his life with material things because he fears he may someday need them for survival and well-being, we hoard and crowd ourselves with unnecessary beliefs and judgments.

“Should” thoughts and “can't” thoughts and “have to” thoughts and “never/ always” thoughts are dis-empowering and create impossible conditions for our healing, depleting us of our energy. Thoughts like “I will never have enough time, space or resources to fulfill my needs.” Or thoughts like “the only way to feel better is to have or do x, y and z” set us up for failure time and again. These thoughts crowd our internal space and become externalized in the form of judgments of others and the world.

We have the internal space to heal. We only need to be willing to let go of some of the discordant clutter and noise of our minds. We need to trust and accept ourselves enough to let go of the stockpile of unnecessary thought weapons and defenses that are weighing us down every day, every moment. This acceptance in and of itself creates space and expansion. A spacious and trusting internal world can positively affect both internal and external environments in subtle and miraculous ways. De-clutter some outdated thoughts right now. Replace them with: I have the space to heal, I have the capacity to heal, this very moment.



7. The Sun is the Perfect Example

Reprinted from www.awakin.org.

—by *Vinoba Bhave* (Nov 13, 2017)

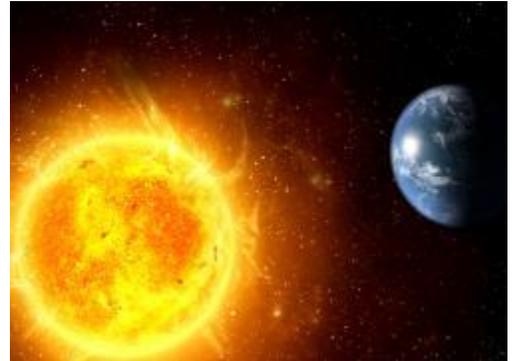
The sun is the perfect example of acting without desire. When the sun rises does the idea enter its mind to say, 'I shall banish the darkness, I shall urge the birds to fly, and I will set people working'? No, the sun always stays still, and yet its stillness makes the world go around.

If we were to thank the sun by saying, 'Your help is infinite, you have dispelled so much darkness' that would be absurd. The sun might say 'What are you talking about? Does darkness exist? Bring a little of it to show me, then I will know whether I have dispelled it. Then I shall accept that I am the doer; the maker of light.'

The sun is totally neutral and detached. It does not control or dictate. It just is. In the light of the sun, one person may read a fulfilling book and another a trivial one. One may help a neighbor, another may commit murder. The sun is not responsible for the good or the evil of these acts; therefore, the sun does not accumulate any consequences. The sun would say, 'Light is my nature. For me, to be is to shine.'

Even when we have night, the sun acts and shines on the other side of the Earth. The sun shines all the time, and yet no one notices that it is working. The sun sets everyone to act. It makes cows graze, birds sing, merchants open their shops, farmers plow their fields, and yet if someone does not wake up and draw the curtains, the sun will not force them to do so. It is enough that it exists.

The sun is the perfect state of being rather than doing. The sun does not have light; it is light. The sun does not do good; it is good.



8. Laziness As Our Personal Teacher

Reprinted from www.awakin.org.

--by *Pema Chodron* (Nov 20, 2017)

The path of awakening is a process. It's a process of gradually learning to become intimate with our so-called obstacles. So rather than feeling discouraged by laziness, we could look into our laziness, become curious about laziness. We could get to know laziness profoundly.

We can unite with laziness, be our laziness, know its smell and taste, feel it fully in our bodies. The spiritual path is a process of relaxing into this very moment of being. We touch in with this moment of lethargy or loss of heart, this moment of pain, of avoidance, of couldn't care less. We touch in and then we go forward. This is the training. Whether in formal meditation or throughout our days and nights, we can train in



letting go of our commentary and contacting the felt quality of our experience. We can touch our experience without getting hooked by the story line. We can touch this very moment of being and then move on.

We are sitting in meditation or going about our usual routine, and it occurs to us to listen to what we're saying. What we hear is, Oy vey, oy vey! Woe is me. I'm a failure. There's no hope. We look at what we do to ourselves, what we say to ourselves, how we lose heart or try to distract ourselves. Then we let those words go and touch the heart of this moment. We touch the very center of this moment of being and then we let go. This is how we train. Again and again, this is our practice.

We join our loss of heart with honesty and kindness. Instead of pulling back from the pain of laziness, we move closer. We lean into the wave. We swim into the wave.

Somewhere in the process of staying with the moment, it might occur to us that there are a lot of unhappy brothers and sisters out there, suffering as we are suffering. In becoming intimate with our own pain, with our own laziness, we are touching in with all of them, understanding them, knowing our kinship with all of them.

[...]Instead of continuing to zone out and shut down and close off, we lean in and relax. This is how we practice.

So maybe we open the window or go out for a walk, or maybe we sit silently, but whatever we do, it occurs to us to stay with ourselves, to go behind the words, behind the ignoring, and to feel the quality of this moment of being, in our hearts, in our stomachs, for ourselves, and for all of the millions of others in the same boat. We start to train in openness and compassion toward this very moment. This very moment of laziness becomes our personal teacher. This precious moment becomes our profound and healing practice.

9. The Messiah Is One Of Us

Reprinted from www.awakin.org.

--by **Megan McKenna** (Nov 27, 2017)

Once upon a time there was a wise abbot of a monastery who was the friend of an equally wise rabbi. This was in the old country, long ago, when times were always hard, but just then they were even worse. The abbot's community was dwindling, and the faith life of his monks was fearful, weak and anxious. He went to his friend and wept. His friend, the Rabbi, comforted him, and said "there is something you need to know, my brother. We have long known in the Jewish community that the Messiah is one of you."

"What," exclaimed the abbot, "the Messiah is one of us? How can this be?"

But the Rabbi insisted that it was so, and the abbot went back to his monastery wondering and praying, comforted and excited. Once back in the monastery, he would pass by a monk and wonder if he was the one. Sitting in chapel, praying, he would hear a voice and look intently at a face and wonder, is he the one. The abbot had



always been kind, but now began to treat all of his brothers with profound kindness and awe, ever deeper respect, even reverence. Soon everyone noticed. One of the other brothers came to him and asked him what had happened to him.

After some coaxing, the abbot told him what the rabbi had said. Soon the other monk was looking at his brothers differently, with deeper respect and wondering. Word spread quickly: the Messiah is one of us. The monastery was suddenly full of life, worship, love and grace. The prayer life was rich and passionate, devoted, [...] and services were alive and vibrant. Soon the surrounding villagers came to the services, listening and watching intently, and many joined the community of monks. After their novitiate, when they took their vows, they were told the mystery, the truth that their life was based upon, the source of their strength, the richness of their life together: The Messiah is one of us.

The monastery grew and expanded into house after house, and the monks grew in wisdom and grace before each other and in the eyes of God. And they say still, that if you stumble across this place where there is life and hope and kindness and graciousness, that the secret is the same: The Messiah is one of us.

10. The Song of Rain

Reprinted from www.KarmaTube.org.

This animated story about a young boy and his unlikely new friend is the graduation work of MFA student Yawen Zheng, who wants to bring peace and positive energy to this world through her animation. This lovely tale, set to the rhythm of the rain, will touch your heart with its sweetness. Enjoy!

<http://www.karmatube.org/videos.php?id=6807>

11. The Imagination of Stonefox – Where Creativity Comes from Love

Reprinted from www.KarmaTube.org.

In this joyful video, journey into the Imaginarium of Stonefox (artist Chuck Galvin) and his sidekick T-Ball. Stonefox reminds us that imagination is one of the most useful allies in life and that the heart is connected to everything in the body, especially the mouth. You can't help but smile as you gaze upon some of Stonefox's creations and absorb his wisdom. <http://www.karmatube.org/videos.php?id=6341>

12. The Kindness School

Reprinted from www.KarmaTube.org.

Most schools have academics as a part of a core curriculum and focus on developing character as a secondary motive. However, the Kindness School has a different approach to student learning. The Puget Sound Community School in Seattle, Washington is a 5-day-a-week school rooted in helping kids from grades 6-10 build character and learn to be kind. There are no required academic classes, but classes where students take subjects that interest them. When you concentrate on building character, academic learning takes place

naturally. Students get to go into their community to help spread love and kindness to learn how to put their passions into action. <http://www.karmatube.org/videos.php?id=6789>

13. Hiking for Emails

Reprinted from www.KarmaTube.org.

Dr. Mahabir Pun first dreamed of connecting his small mountain village of Nangi to the internet after spending 6 years trekking 4 days every month to check his email. In 2001, he began a tireless campaign to connect his remote region in the Himalayas to the world. What served initially as a communications tool for these isolated communities has gone on to improve their quality of life in ways they never imagined. He now dreams of creating better educational opportunities and additional income-generating projects for rural Nepal.

<http://www.karmatube.org/videos.php?id=7082>

14. Holly Near's Anthem to 'A Planet Called Home'

Reprinted from www.KarmaTube.org.

"I do not separate my music from my heart nor do I separate my ideas from my daily life. I open myself up to learning as much as I can about humanity and this mysterious life experience... Moment by moment, I integrate what I learn into my personal life, personalizing my politics. It is from this personal place that I write my songs." Holly Near is an activist, singer-song writer who uses her voice to remind us that we are truly one. In "Souls are Coming Back," a gorgeous anthem to our planet and those working to save it, Holly leads us on the journey of millennia – our journey. With each small act, word, touch and thought – she reminds us we co-create our world and lyrically invites us to, "Put in the fantastical, wonderful, magical, add the romantic, the brave and the wild." <http://www.karmatube.org/videos.php?id=5947>

15. Nipun Mehta on What It Means to Serve

Reprinted from www.KarmaTube.org.

In this interview at the Sun Valley Wellness Festival, Nipun Mehta, the founder of ServiceSpace, explores the nuances of what it means to serve. His talk affords a glimpse of various ServiceSpace projects like KarmaTube, DailyGood, Karma Kitchen, and more. Karma Kitchen works on an intriguing pay-it-forward basis. When patrons are done eating, the bill arrives with a total of \$0.00, and a brief explanation of how someone beforehand has made a gift of this meal; patrons are trusted to keep the chain of kindness going and continue to pay it forward for future diners. Nipun maintains that in this era rather than putting heroes on pedestals, its vital that everyone become 'everyday Gandhis.' Service doesn't have to be some big, grandiose thing – you can hold open a door, pay someone's toll, or just be a good listener. All these small, every day activities come from a place of love, and ultimately serve humanity as a whole by breaking down the boundaries between one another, and having faith in the goodness of others. If we all reach out with acts of kindness, the world will be a much better place. <http://www.karmatube.org/videos.php?id=4193>

16. Portrait of an Artist – Milan Rai

Reprinted from www.KarmaTube.org.

"White butterflies are a process, not an event," says artist Milan Rai of the simple shapes he places in unexpected and sometimes neglected areas to surprise and delight and transform objects as well as people. Rather than creating art for a gallery, Rai brings his art installations to the city, where people can get close to it, interact with it, allow it to move them. The result is remarkable -- the butterflies have spread from Nepal to Scotland to over 15 countries. "Maybe the butterflies remind the people of the little things, maybe it revives their senses that enjoy little things, that is why they connected so well. Likewise, for me, butterflies are love. . . and for others, it's a part of their story." Watch this brief interview with Rai and see for yourself what the butterflies mean to you. <http://www.karmatube.org/videos.php?id=7640>

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.

17. 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).

18. 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>.

19. 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.

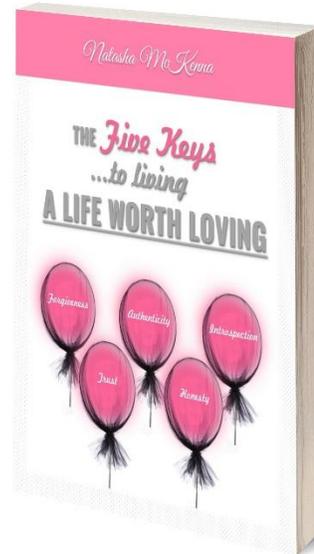
20. The Five Keys to Living A Life Worth Loving

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.

21. 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

613-204-0299

www.centerforhumanawakening.com/Enlightened-Moment.html

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Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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