

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.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Nothing is Beautiful

When I began writing passages for this monthly newsletter almost 10 years ago, I would sometimes get anxious and nervous about what to write about. If something to write about came easy, great! But if I could not think about what to write about, I would get worried. I felt a pressure, a self-imposed expectation, to write about something meaningful and worthwhile.

With each passing year I became more and more relaxed about what to write about. This relaxation often allowed me to stop worrying about what there was to write about. If anything, the relaxation paved the way for 'allowing' the message and words to come through me. There were many times when the passages flowed effortlessly from my mind, through my hands, onto to keyboard. But I would often wonder what would happen, if on any given month, I had nothing to write about.

Last month presented me with such a gift—the gift of having nothing to write about. Granted, all around me there were certainly newsworthy items and experiences being reported by media. The Holiday Season blessed us with its annual presence. I experienced a wonderful month full of joy and spirit-led unfolding. But nothing really inspired me to write about a certain event or experience.

I then realized that I really had nothing I wanted to write about. There was a momentary pang of anxiety. "Oh my God! Nothing to write about????!!! How can that happen????!!! How can I allow that to happen????!!!" But those fleeting thoughts passed quickly and I snuggled in to this 'nothingness' like a serene afternoon nap, under a big fluffy duvet, on a cold winter's afternoon.

I became quite content in the nothingness. I relaxed into it. I allowed it to simply be. It was in the nothingness, as shared with me through nothing to write about, that I welcomed the beauty of 'nothing.'

No-thing truly is beautiful. When there is no expectations, no pressure, no guilt, no emotional attachment to what is, simply 'being' and 'allowing' to be what is. It was truly freeing. It was peace.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Honesty

To be honest is to demonstrate
a total lack of any deception.

It is to omit nothing
because of our own fears
of being attacked or rejected.

To be honest we must be
totally free of guilt and fear,
to recognize that either
we are honest—or we are not;
and there is no in-between.

To be honest is to experience the
perfect harmony of having only
loving thoughts, loving words,
and loving deeds.

It is to take full responsibility
for our own behavior and
to blame no one for anything.

To be honest is to be perfectly free
and unafraid to be exactly
what we are...LOVE.

Gerald G. Jampolsky

3. Quote or Question

"Withholding our love is not the answer. Extending our love is."

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 – January 2018

Take Your Rightful Place

The time has come for the Planet Earth to take its rightful place in the Universe of the Divine Creator. The peoples of this fine planet will shortly have the opportunity to exercise their complete free will without barrier or restraint. This indicates that all the inhabitants of this Earth will chose between the movement of upliftment or the movement of standing where they presently are — no matter the age, cultural context, environment or education of your population. Let us clarify this.

The upliftment of humanity to a greater expression of creation indicates that individuals who decide to follow this path will find themselves in the gracious situation of witnessing greater development of their beings. When we employ the word “beings” we speak of both the physical element and beyond the physical element which has sometimes been termed the “para-physical” element. Here such individuals will enjoy a greater freedom and an increased joy in the realization that they are moving towards completeness. Because of their love for the Creator and gratitude and reverence towards all life everywhere, these individuals will find tremendous fellowship with those living in higher spheres of development which lie within the very essence of the Creator. This fellowship, so truly merited, will be witnessed between those Earth individuals and those from within the Earth, other planets within your solar system and far beyond your third-dimensional systems and multidimensional realities.

It is of great importance that all peoples of Earth spend time understanding their deepest nature. For truly their deepest nature is not animal-based as some would believe, but anchored in the Divine. The slightest natural movement upon your Earth planet is caused by a breath of the Divine. In acknowledging this, humankind can move forward in that same breath to greater fulfillment.

We have been observing and monitoring your world for so many years even before the earth itself was fully formed. The movements of its creation and collapse have been witnessed by us all and yet we continue to hope that your Earth and its people will also learn that true creation never collapses. Quite on the contrary. True creation expands and encourages even greater creation.

We of the many planetary systems and intergalactic blending of various dimensions (of which there are so many more to discover, for learning is eternal) are with you in your consciousness and in your heart to be of assistance in this time of great transitioning. Everything in the universe is in movement and in change and in transformation.

How can we best assist you? The answer is truly another question: How can you best assist yourself? Is it not through love and compassion? Is it not through openness and service? Is it not through understanding and fulfillment? Is it not through respect and goodness? Is it not through cooperation and encouragement?

In contemplating the answer to these questions you are beginning to build the bridge between your world and ours. The moment you demonstrate your willingness to live within the laws of the Creator, you announce your readiness to receive our assistance. And we are with you. Do not fall victim to those who speak of negation and fear. Choose and cultivate all that is noble within yourselves. There may be only one flower left in the field and yet that one flower can sow its seeds throughout the entire land. It simply needs the wind to spread its creations.

You are that Divine wind. You are that flower. Never underestimate who you are and where you are going. Remain always in the very Truth of Life for Life is given by the Creator as the supreme gift to all civilizations .

You have a fine Earth. Open yourselves up to its beauty, for therein you will find the hand of the Creator. We will be with you as you move into a sacred and fuller expression of who you are. Truly, we are with you.



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

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

5. Good News Of The Day

The stories below are reprinted from www.dailygood.org.

Facing a row of heavy sodden soil to be turned by hand, and looking up at the wider project of other rows; these moments come up in so many ways over and over in our lives. "How will this all get done?" we wonder. The choices to procrastinate, to look for a quicker or easier method, or to give up and walk away declaring "It can't be done!" are all possibilities. The approach we take in each of these moments has meanings and answers that go deep into the underground of our lives. Alanda Greene turns these reflections over one forkful at a time in her essay about the annual task of turning dirt. <http://www.dailygood.org/story/1849/stone-by-stone-alanda-greene/> **Be The Change:** The next time you face a daunting task, pause and ask yourself one or more of these questions from Alandra's essay. Use your answers to guide how you proceed. What am I choosing to express in my life? What qualities do I want to strengthen? What values do I choose to live by?

It's a tradition in Japan: suiseki are natural stones that suggest natural scenes or animal and human figures. The stones should not be modified and are displayed as found (a single cut is allowed). When someone finds a stone that embodies such a quality, it's collected and a display base, usually wooden, is crafted for the stone to sit upon. The tradition arrived from China where scholar's stones had been collected and appreciated as early as the Tang Dynasty in the 7th century. In this interview, Masahiro Nakajima and Janet Roth, president of the San Francisco Suiseki Kai, discuss the depth and meaning in this ancient art.

<http://www.dailygood.org/story/1796/suiseki-the-japanese-art-of-stone-appreciation-richard-whittaker/> **Be The Change:** Take a minute and select a stone to ponder. Can you feel its depth and quiet simplicity?

According to cultural astronomer Anthony Aveni at Colgate University, the moon and the sun are in a cosmic dance that defines our very relationship to life. Yet in modern western culture, we barely know the moon's cycles, nor pay attention to the effect it has upon us. Aveni has explored the meanings attributed to the sun and the moon in cultures around the world and contrasted that with our own. What he has discovered sheds light on our own understanding of the meaning of existence. He says, "The celestial players re-enact for us the human drama, with implications for our understanding of male and female, light and dark, good and evil, night and day." Consider Aveni's research as you look at the moon and its relationship with the sun. It may open the mind to the power of the universe and your part in it. <http://www.dailygood.org/story/1814/lunar-wisdom-an-interview-with-anthony-aveni-the-moon-magazine/> **Be The Change:** Take the time to notice the moon in the sky for the next 28 days...Where it is, when it rises and sets, what you feel in your relationship to it. What lessons does the moon have to teach you about life?

Close your eyes and imagine this moment, right now, as the tip of an arrow called eternity. What do you see? What do you imagine? What do you sense but have no words for? Dive into this meditation on time by Nicos Hadjicostis and look through his eyes into the infinity of time and what implications it has for how you live this very day. <http://www.dailygood.org/story/1867/at-the-tip-of-time-s-arrow-nicos-hadjicostis/> **Be The Change:** Close your eyes and imagine yourself at this "tip of time's arrow". Let that understanding settle into your innermost self. Express your gratitude for the miracle of the present moment in whatever way bubbles up.

Studies show that communing with nature is beneficial for your health and your life socially, psychologically, and emotionally. The article in Yes Magazine discusses what these research studies have found regarding the benefits nature provides. <http://www.dailygood.org/story/1569/how-nature-makes-us-healthier-and-happier-kristophe-green-and-dacher-keltner/> **Be The Change:** Spend some time with nature this week, whether it is

going for a walk, visiting a nature preserve, or smelling wildflowers, and observe how nature begins to make you feel.

There have been other historical times that were volatile, uncertain, complex, and ambiguous, and leaders arose to guide people through them. We are again in one such time. Margaret Wheatley calls on each of us to step forward to serve, rather than withdraw into denial and self-protection. She implores us to become leaders who create islands of sanity where good work still gets done and people enjoy healthy relationships in the midst of chaotic conditions, fierce opposition, and heart-breaking defeats. Wheatley describes the sane leader as someone who has unshakable faith in people's capacity to be generous, creative and kind and who creates the conditions for these capacities to blossom. She believes that even if we fail, we can be satisfied that we did the work well. She asks if we are ready to serve. Answer her questions to find out.

<http://www.dailygood.org/story/1827/who-do-you-choose-to-be-an-invitation-to-the-nobility-of-leadership-margaret-wheatley/> **Be The Change:** Reflect on the questions Wheatley poses in her article and discuss them with colleagues, friends or family this week. <http://www.dailygood.org/more.php?n=7479a>

"Thich Nhat Hanh was asked, "what do we most need to do to save our world?" His answer was this: "What we most need to do is to hear within us the sounds of the Earth crying."...What disintegrates in periods of rapid transformation is not the self, but its defenses and assumptions. Self-protection restricts vision and movement like a suit of armor, making it harder to adapt. Going to pieces, however uncomfortable, can open us up to new perceptions, new data, and new responses." Joanna Macy shares more in this powerful essay.

<http://www.dailygood.org/story/1821/the-greatest-danger-joanna-macy/> **Be The Change:** What breaks your heart in this current time? How can you interface with this experience in a way that fosters transformation and insight?

In the hustle and bustle of daily life, it's easy to forget about our homeless population. In the United States alone, in just one night there are over half a million homeless people, a quarter of whom are children. Worldwide, an estimated 100 million people are homeless, with a total of 1.6 billion are lacking adequate housing. Scottish entrepreneur Josh Littlejohn wanted to make a difference in these statistics by starting a social business, which is a business invested in a particular cause, where the profits go to paying off business costs, charity, and bettering the community. To find out more about Social Bite, Littlejohn, and social businesses, read on. <http://www.dailygood.org/story/1870/social-bite-cafes-helping-people-out-of-homelessness-lee-williams/> **Be The Change:** Many organizations who work with the homeless are looking for volunteers, and soup kitchens tend to need extra help over the holidays. If you live in a city where you frequently cross paths with those less fortunate, consider offering them a sandwich, cup of coffee, or even five minutes of your time. You never know the powerful impacts you can have on other people. For more ideas visit the Mother Nature Network. <http://www.dailygood.org/more.php?n=7521a>

Inspired by Nobel laureate Rabindranath Tagore's vision, Schumacher College uses head, heart, and hands to teach its student body not only knowledge but wisdom by encouraging creativity and service. Set in the grounds of the historic Dartington Hall in rural south west England, the college has gained an international reputation as much for its pioneering approach to student life as for its innovative courses. Students experience what is described by some as 'deep immersion' as they explore themes around ecology, economics and spirituality, while sharing the responsibilities and the struggles of living together as a community. <http://www.dailygood.org/story/1872/head-heart-and-hands-25-years-of-schumacher-college-andrea-kuhn/> **Be The Change:** Learn more about Schumacher College and its approach to teaching and learning here. <http://www.dailygood.org/more.php?n=7523a>

Sometimes life seems like a never-ending battle between doing and being. If I wish to be present, I need to turn my attention toward myself, but most of us lose our connection with ourselves as soon as we go into movement. Yet as we watch great dancers, great athletes and great actors move, we can't help but see how deeply connected they are with themselves, seemingly listening to themselves while giving a superlative performance. What's their secret? It clearly has to do with attention, with focus. They offer hope that it's

possible to do and be at the same time. <http://www.dailygood.org/story/1841/being-and-doing-patty-de-llosa/>

Be The Change: Experiment with Being-in-Action by choosing to wait a moment before you act. Let the phone ring three times before answering or take three deep breaths before meeting someone or something that you know will be difficult for you. Or try out one of Patty's other suggestions.

In our louder and louder world, says sound expert Julian Treasure, "We are losing our listening." In this short, fascinating talk, Treasure shares five ways to re-tune your ears for conscious listening -- to other people and the world around you. <http://www.dailygood.org/story/1844/julian-treasure-on-5-ways-to-listen-better-julian-treasure/> **Be The Change:** Take a few minutes today to do nothing except tune into the sounds all around you. Try to isolate and identify them. Notice something you didn't before?

This year, the unique C3 A/C Coach or the "Adarsh" ("ideal" in Hindi) Coach on the Panchavati Express, a train running between Mumbai and Nashik, India observed its 10th anniversary. This is no ordinary coach, however. Its passengers follow a voluntary code of conduct that includes not consuming liquor and chewing tobacco on the train, adhering to cleanliness guidelines, switching off lights during the daytime, changing seat covers and curtains, conducting regular pest control and taking care of small maintenance needs. Find out what prompted ordinary citizens to come together to create an ideal commute, and how this commute has enriched their lives. <http://www.dailygood.org/story/1802/the-remarkable-c3-coach-of-panchavati-express-sanchari-pal/> **Be The Change:** Spend some time lovingly and meticulously caring for something that doesn't belong to you as if it did!

In this piece, Alanda Greene explores our connectedness to the world around us through the simplicity of gardening and practicing yoga. In our daily lives, it's easy to get caught up in the hustle and bustle, to feel overwhelmed and isolated, but nothing could be further from the truth. The lines that divide us from each other, from animals, and from nature are largely of our own making. In reality the definition of 'you' and 'me' is much blurrier than we may realize. This is not some romantic ideal, but rather a simple daily observation of how things flow from one phase to another. Life is made from existing life and when it ends, we return to the earth in one way or another, only to be combined with the make up of dirt or grass or bugs. All things flow into each other. We are all connected. <http://www.dailygood.org/story/1850/the-impermanence-of-broccoli-alanda-greene/> **Be The Change:** We can all benefit from reconnecting with the earth (and therefore, also with each other). This site offers up 5 Ways To Reconnect With Nature. <http://www.dailygood.org/more.php?n=7502a>

"One of the world's foremost thinkers on business and social science, Daniel Pink is the author of several bestselling books on business, work, and behavior. He joined Ryan Hawk, the creator and host of The Learning Leader Show, to talk about the critical components of sustaining excellence, what it was like writing speeches for Al Gore, and how Dan left his comfort zone to bring his side hustle front and center." Read on to learn more about how curiosity, generosity, conscientiousness, and small wins can be the key to phenomenal growth. <http://www.dailygood.org/story/1856/dan-pink-on-the-science-of-staying-motivated-heleo-editors/> **Be The Change:** What small thing can you do tomorrow to make life a little better? Start there!

Artist and thinker Jeanne de Salzman writes: "The question is not what to do but how to see. Seeing is the most important thing the act of seeing ... 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." <http://www.dailygood.org/story/1878/seeing-is-not-thinking-jeanne-de-salzman/> **Be The Change:** Have you experienced a state of "I do not know" without seeking an answer? What insights have you experienced from being in such a state?

Michael Singer is a spiritual teacher, entrepreneur, and the bestselling author of the spiritual classic The Untethered Soul. In this conversation, Michael speaks about the core idea of his teachings: that it is only through complete surrender to the essence of the moment that we experience life's full potential. The discussion is rich, detailed, and pragmatic, including what this sense of surrender actually means when it comes to decision-making and day-to-day activities, as well as how to recognize when we are still clinging to

resistance. <http://www.dailygood.org/story/1876/michael-singer-living-from-a-place-of-surrender-tami-simon/>
Be The Change: As Michael Singer suggests, see if you can practice using "the very thing that is keeping you from the ascent... for your spiritual growth" by relaxing in the midst of the blockage?

When the seasons turn, snowfall whispers to you to stay warm and cozy - to go a little more inward. The cycle of seasons impact our own inner lives. So how does this cooler season express the balance between our own sense of stillness and busy-ness? How much of our lives do we spend filling our days with activity without purpose? Or ruminating on our own inner voices that tell us we aren't 'busy' or 'productive' enough? How do we find that natural harmony to know when to rest and be still... just like the life of greenery that is blanketed under the white snow. The natural balance of life and rest? Alanda Greene contemplates this sense of stillness and rejuvenation from her Canadian home. <http://www.dailygood.org/story/1772/lessons-from-the-garden-winter-garden-alanda-greene/> **Be The Change:** When you feel overwhelmed, confused, or a little stressed... look outside. Find a tree to contemplate. Let it be the reminder to be still.

What does it mean to see beyond thinking; to keep the eyes of the soul open past one's ability to understand? Jeanne de Salzmann provides one way to sit with this question, staying with the asking rather than striving toward the answering. Jeanne was a musician, dance instructor and pupil of G.I Gurdjieff for over 30 years. She continued his work, leading the Gurdjieff Institute in Paris until she died at 101 years old in 1990. In this article from Parabola, Jeanne reflects on how to keep the brain open in an attitude of respect toward what one cannot understand with the intellect. <http://www.dailygood.org/story/1812/seeing-is-an-act-jeanne-de-salzmann/> **Be The Change:** The next time you feel a sense of urgency to search for an answer, try pausing, and instead sit with "seeing" a little longer.

What unfolds when you listen and see without the distortion of judgment? What diamonds are hidden an inch beyond one's judgment? Here, you see the first impressions of Juan Carlos, Director of Rehabilitation in the Guatemalan Prison System, of seemingly hardened incarcerated prisoners, faces tattooed with symbols and words, insignia of dangerous gang affiliations -- Juan Carlos feels fear, uncertainty. But when he peels back the layers of judgment, he discovers the human story each prisoner holds. This video and its reflections invite us to hold space for an opportunity that exists between any two souls to delve into clarity and understanding without judgment. <http://www.karmatube.org/videos.php?id=6595> **Be The Change:** Spend some time engaging with someone you wouldn't ordinarily interact with, perhaps getting to know someone who may not have the same privileges you do, with awareness of the barriers of judgment within.

How often do we add items to our lengthy to-do lists, squeeze an extra meeting into an already packed day, or find ourselves focused on the task before us, only to be repeatedly interrupted? In a world of constant movement, it's easy to neglect to give ourselves the care, attention, and leisure time we deserve. "What if we applied the same principles we use for mastering our workdays to become masters of self-care?" In this insightful essay, writer Emily Barr weaves together the latest findings around time management and productivity, and the sacred art of slowing down in a world that regularly demands otherwise. <http://www.dailygood.org/story/1908/the-empty-promise-of-productivity-and-the-art-of-slowing-down-emily-rose-barr/> **Be The Change:** How can you set an example for your friends, colleagues, and loved ones by slowing down to take care of yourself this week?

In June of 1983, world-renowned theoretical physicist David Bohm and globally acclaimed philosopher J. Krishnamurti sat down for a conversation on the future of humankind. With Bohm at 66 years of age and Krishnamurti at 88 years of age, both men brought a lifetime of thought and wisdom to the table. Enjoy this deep conversation that touches on the evolution of thought and consciousness, the reality of time, and the trap of illusion. <http://www.dailygood.org/story/1825/what-future-does-man-have-david-bohm-and-j-krishnamurti/>
Be The Change: What can you do this week to encourage the evolution of your spirit?

"Our goal is not to convince people what we're doing is right and what they're doing is wrong," she says. "Our goal is just to create a more welcoming environment for refugees to call home." This is the goal of Soft landing, a non-profit organization in Missoula Montana. When seeing the now famous photo of Aylan Kurdi, the three year old boy who drowned during his family's attempt to flee Syria, required something deeper than emotional reactions; Mary Poole began a dialog, with herself and others, that has helped her community become more welcoming to and informed about international refugees. Read more about that journey in this article by Gabriel Furshong from YES magazine. <http://www.dailygood.org/story/1745/the-montana-moms-who-decided-refugees-will-be-welcome-in-their-city-gabriel-furshong/> **Be The Change:** Consider the last image you witnessed that made you weep with emotion - then begin a dialog, within yourself and out loud with at least one other person, to explore the deeper actions those emotions are calling you to.

6. Small Graces

Reprinted from www.awakin.org.

—by ***Kent Neburn*** (Dec 04, 2017)

Night is closing in. It is time for sleep.

I have walked a quiet path today. I have done no great good, no great harm. I might have wished for more — some dramatic occurrence, something memorable. But there was no more. This was the day I was given, and I have tried to meet it with a humble heart.

How little it seems. We seek perfection in our days, always wanting more for ourselves and our lives, and striving for goals unattainable. We live between the vast infinities of past and future in the thin shaft of light we call 'today.' And yet today is never enough.

Where does it come from, this strange unquenchable human urge for 'more' that is both our blessing and our curse? It has caused us to lift our eyes to the heavens and thread together pieces of the universe until we can glimpse a shadow of the divine creation. Yet to gain this knowledge, we have sometimes lost the mystery of a cloud, the beauty of a garden, the joy of a single step.

We must learn to value the small as well as the great.

"Confucius told his followers, 'Bring peace to the old, have trust in your friends, and cherish the young.'

"Do we really need much more than this? To honor the dawn. To visit a garden. To talk to a friend. To contemplate a cloud. To cherish a meal. To bow our heads before the mystery of the day. Are these not enough?

The world we shape is the world we touch — with our words, our actions, our dreams.

If we should be so lucky as to touch the lives of many, so be it. But if our lot is no more than the setting of a



table, or the tending of a garden, or showing in a child a path in a wood, our lives are no less worthy.

I crawl into my bed, feel the growing warmth of the covers, hear the quiet rhythms of my wife's gentle breathing.

Outside, the wind blows softly, brushing a branch from the birch against the house.

To do justice. To love mercy. To walk humbly with our God.

To bring peace to the old. To have trust in our friends. To cherish the young.

Sometimes, it seems, we ask too much. Sometimes we forget that the small graces are enough.

7. The Gift of Threshold Moments

Reprinted from www.awakin.org.

--by ***Sam Keen*** (Dec 18, 2017)

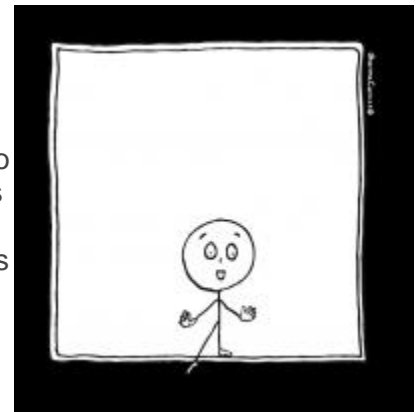
The thrush's song belongs to a family of experiences that usher us into a threshold where sound trails off into silence, time disappears into timelessness, and the known world is engulfed by the great mystery.

The family includes the reverberating echo of a temple bell that dwindles off into the void; the polyphonic chanting of Tibetan monks that merges into an endless communal chorus; the electric interval between the crash of thunder and the flash of lightning; the awful emptiness when the exhalation of a dying person is not followed by an inspiration; the deep sigh and profound calm that comes in meditation when the mind finally stops chattering; the timeless moment, before sleep or after awakening, when we enter a dream world in which it seems perfectly reasonable that we should fly, change gender, or simultaneously be ourselves and our parents.

In these threshold moments, the spirit slips between the synapses of the mind. The normal illusion that there is nothing beyond the tyrannical march of profane time (*chronos*) is dispelled, and we have a brief intimation of eternity, an awareness of sacred time (*kairos*). In these pregnant voids we come to understand the limit of our comprehension. We gain a tacit knowledge that our modes of experiencing time and the world are nothing more than the mechanisms, categories, and paradigms created by our limited minds.

Like monarch butterflies confined on their migrations to low altitudes, our wings will not carry us into the vast regions of outer space.

The proper name for the experience of unknowing is not mysticism but wisdom. When Socrates was told that the Oracle of Delphi said he was the wisest man in Greece, he replied that it could only mean he knew what he did not know. Wisdom comes from the certain knowledge of our ignorance, and it teaches us that we dwell within a small circle of light surrounded by an immense mystery. According to tradition, the owl--- the symbol of Athena, the goddess of wisdom--- spreads its wings only with the arrival of dusk. Wisdom is the paradoxical art of seeing.



There are no Wood Thrushes in the sparsely wooded area of California where I live now. But there are Great Horned Owls aplenty, and when they begin their low, uncanny hooting just after dusk, I am transported back to an earlier time when I stood quietly at the threshold, listening to the thrush's invitation to evensong, and heard a faint echo of the silent music of the spheres. Over the years, the thrush's shaman song has gradually transformed me into an agnostic. Unknowing. Amazed.

8. Where We Are Is Our Temple

Reprinted from www.awakin.org.

--by **Jack Kornfield** (Dec 25, 2017)

Expanding our spiritual practice is actually a process of expanding our heart, of widening our circle of insight and compassion to gradually include the whole of our life. Being on earth here in human bodies, this year, this day, is our spiritual practice.

It used to be that most of Eastern spiritual practice was preserved by monks and nuns in monasteries and temples. For centuries much of Western contemplative practice in Europe took place in cloisters as well. In our modern times, the monastery and temple have expanded to include the world itself. Most of us are not going to live as monks and nuns, and yet as lay people we seek a genuine and profound spiritual life. This is possible when we recognize that where we are is our temple, that just here in the life we are leading we can bring our practice alive.



My old guru in (Mumbai) would teach us in this way. He would let students stay just long enough to come to some genuine understanding of life and love and how to be free in the midst of it all. Then he would send them home, saying, "Marry the boy or girl next door, get a job in your own community, live your life as your practice." On the opposite coast of India, Mother Teresa (would send) home the hundreds of volunteers who come to help in (Kolkata), saying, "Now that you have learned to see Christ in the poor of India, go home and serve him in your family, on your street, in your neighborhood."

We are all one family. This can be felt most directly in the silence of an undivided heart. When the mind is still and the heart open, the world is undivided for us. As Chief Seattle reminded our ancestors when he surrendered his land:

"This earth is our mother. Whatever befalls the earth befalls the sons and daughters of the earth. This we know. All things are connected like the blood which unites one family. [...] We did not weave the web of life, we are merely a strand in it. Whatever we do to the web we do to ourselves."

When the heart is undivided, whatever we encounter is our practice.

9. The Buy Nothing Project Gift Economies

Reprinted from www.KarmaTube.org.

Liesl Clark and her family traveled to Nepal on a "quest to find answers." They returned home with a new perspective on community and a better way of living. Clark saw how the Nepalese cared for each other, insisting on sharing gifts equally upon the populace and taking responsibility for the aging, fragile, and infirm without regard to family ties. She believed these principles could be applied to their area and possibly beyond. With help from her friend Rebecca Rockefeller, Clark began The Buy Nothing Project with a Facebook page and a list of ideals. Their hope was to focus more on community and connections and less on stuff, thereby removing physical wealth from the equation. The project encourages the feeling that we are all connected and that everyone has something to offer. Some cook meals for others. Some collect food growing on trees and vines in public places, food that may often be left to rot. The movement, started from one collective on Bainbridge Island, Washington, now has 450,000 members and counting. Watch this video to learn more of the backstory behind the local gift economies of this experimental social movement sweeping across the globe.

<http://www.karmatube.org/videos.php?id=7739>

10. Fly by Light: The Movement

Reprinted from www.KarmaTube.org.

In the shadow of our nation's capital, high school students face more than just the challenges of schoolwork. They have to deal with inner-city gangs, drug dealers, drive-by shootings, a lack of role models, and little parental support. It can be a struggle just to stay alive -- which is why many D.C. teenagers never graduate. The Fly By Light program seeks to break this cycle with a series of after-school workshops culminating in an 8-day nature retreat. For many of them, it is their first time leaving the city, hiking in the woods, cooling off in a creek, uncovering difficult emotions, or expressing their feelings through art. Let this music video from the program wash over you like a cool stream, move you with raw emotion, energize you with the beat of drums. It is the sound of transformation, self-acceptance, friendship, and hope for a brighter future.

<http://www.karmatube.org/videos.php?id=6444>

11. Douglas Tompkins: A Wild Legacy

Reprinted from www.KarmaTube.org.

Douglas Tompkins, conservationist and co-founder of North Face and Esprit, preserved millions of acres of beautiful land from human exploitation. This moving tribute to Tompkins shows us his inspiring legacy of conservation and his passion for the wild earth. His love of exploring the outdoors led him to become an advocate for the land. A successful businessman in early adulthood, he sold his share of North Face and used this money to purchase wild tracts of land throughout South America, preserving this land for generations to come. <http://www.karmatube.org/videos.php?id=7830>

12. The Train Maker

Reprinted from www.KarmaTube.org.

As a child, retired carpenter, Will of California, always wanted a toy train. But, he never got one. Now, he works eight to ten hours at a time to make wooden trains for the neighborhood kids, even those that have moved away. He's made and given away more than 1,000 trains, modeling kindness for the children who receive the trains. But who gets more joy out of this exchange? <http://www.karmatube.org/videos.php?id=6790>

13. Recovering the Diamonds

Reprinted from www.KarmaTube.org.

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

14. What Future Are You Living Into Being?

Reprinted from www.KarmaTube.org.

This short video is a call to face the unpleasant truth of climate change and global warming. It is a story of hope and a story of loss, the narrator explains, adding that "we don't create this story by telling it. We create it by living it. So to live a story that combines hope and doom is to walk courageously into the pain of loss, knowing that there's something worth doing afterward." He invites us to find that 'something' we love enough to walk toward even without knowing the outcome, whether saving the planet because nature is worth saving, or preparing a decent future for our children and their children. <http://www.karmatube.org/videos.php?id=7823>

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.

15. 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).

16. 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>.

17. 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.

18. 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...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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