

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@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Laughter as a practice in acceptance and letting go

I had a rather blissful time during the 'Holiday Season' that recently passed. And the bliss just kept flowing into and throughout January. Oh sure...there were plenty of minor and major disturbances that were calling out to me, but I found they did not 'stick' around for any extended period.

I was aware of my heightened peace and serenity. I was aware of my joy. I was aware of the simplicity that life can offer us. I was aware how my thoughts affected my perceptions and how they manifested in the outside world.

Something else was also conscious to me. I was laughing a lot. I was laughing at most everything. When I would make mistakes, or drop things, or interact with people...I would find something to laugh about. Most times it would be just a giggle. But often I would have a good old fashioned, belly-aching laugh.

Over the preceding year I have noticed that my frequency of laughter has increased substantially. But the period during the Holiday Season just passed was particularly covered in laughter, like glitter on a birthday cake!

Normal upsets would be met with giggling or outright laughter. Dropping things was met with laughter. Stubbing my toe, for example, was met with laughter. Hitting my head was met with laughter. Spilling something on the floor was met with laughter. Bumping into things was met with laughter. Walking out into a beautiful sunshiny day was met with laughter. Doing my weekly chores around the house was met with laughter. Greeting my friends was accompanied with laughter. Surprising someone with a kind gesture was accompanied by laughter. More things than usual were being met with laughter. I recall one exchange I had with someone whereby they were expressing upset with/at me; even that was met with laughter on my part (I might say, to the chagrin of the other person; but then that made me laugh too!).

The laughter would not always come right away. Sometimes the disturbance would take hold, initially. But often the cycle of negative or fearful thoughts would be interrupted with a smile. The smile would grow to a giggle, then laughter. I noticed that the laughter was a sign that I was accepting whatever 'it' was and



letting it go. And in letting ‘it’ go, I was able to see the folly in my previous judgements that resulted in my negative or fearful thoughts.

The laughter became a ‘practice’ in acceptance and letting go. I recognized that my laughter was an outward expression of my inner acceptance of life and letting go of any disturbance that would rob me of my peace.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Commitment

To be peaceful and joyful, there is but
one commitment to make.

It is to live life, one second at a time,
as if it is an eternal moment.

It is to make the decision,
regardless of the behavior we observe,
no matter where we are,
nor whom we are with,

To be a vehicle of God’s Perfect Love,
To be totally accepting and defenseless,
To give all of ourselves away in Love,
To give total, maximal, and unconditional Love
to everyone, excluding no one.

It is to make the commitment
with every thought,
with every breath,
with every heartbeat,

To be helpful to those in need,
who are crying out for help and
are suffering because of lack of love.

It is to make the decision
to have the fire of compassion in our hearts,
to love the universe and all that is in it
with tender loving care.

It is to make the decision to trust and
accept God’s boundless Love for ourselves,
and thereby, become a messenger of God’s Love.

It is to demonstrate and teach only Love,
for that is what we are.

~ Gerald G. Jampolsky

3. Quote or Question

“Peace we achieve when we do not expect anything from the world but only give, give and give unconditionally what we have and what we are.” ~ Sri Chinmoy

CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

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

4. Regiena Heringa – Notes from the Light – February 2018

The Flooding in of Divine Consciousness

As we have stated before, the physical body is a receptacle of Light. It holds Light as a manifestation of cosmic energy, this energy which gives birth to the bodily cells. Let us illustrate in this manner.

Imagine that you have a perfectly formed pearl sitting in the palm of your hand. As you look closer, you realize that this pearl exudes a luminescence which seems other-worldly. With your imagination travel inside this pearl and enter vast, illuminated and infinite space. Here you sense immensity. Yet, within that vastness all seems contained by tremendous forces of perfect love and intelligence. As you release your imaginary travelling, you once again view this lovely pearl sitting quietly in the palm of your hand.

Each cell and other smaller revolving particles of matter which compose your body are similar to the pearl. If, in your imagination you voyage inside a vibrating particle within your body you will observe Light, infinite existence and perfection. Here you are travelling towards the core—the birthplace—of your material body.

The very moment you feel compassion, create thoughts of goodness and demonstrate actions of kindness, you are living from your divine core. You are transformed and you are uplifted. You become a member of a higher frequency community and easily absorb the flooding in of divine consciousness.

What is occurring upon your planet at this time?

If you observe closely you will witness in humanity a profound inner turning to Light. The people of your planet are being lovingly imbued with a tremendous energy of divine origin which intensifies the Light of every cell of every individual body. How your inhabitants react to this inflow is based on how they wish to employ their free-will. This intensification of Light within your body cells, magnifies the divine consciousness always present within the individual. Thus it is here you witness the beginnings of individual and planetary upliftment. As your earth voluntarily and joyfully recognizes its initial and permanent position within holy creation, it makes ready for this upliftment. We, of other planets, systems and dimension who enjoy the environments of love and progress in all aspects of living, observe your planetary movement as a great wave, moving upwards to join us.

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Hence, we ask you to reflect upon the following: Kindly understand that your physical bodies are suffused with divine Light which radiates both outwards and inwards. The more you remain in high mind and in wide heart, the more comfortable you will be in receiving the exquisite flooding in of divine consciousness now becoming more apparent within your world. Remain poised in peace, in harmony and in goodness to easily absorb this exquisite pouring through of Godly energies. Herein lies your precious contact with us, with the Great Ones and with each other. Hold true to your inner Light and you will be lifted up into the vast and eternal spaces of understanding, of loving fellowship and of greater learning.



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.dailymotion.org.

In today's world most of us are obsessed with forging purpose in life. The impact that standardized tests can have on the entire trajectory of one's life has parents molding the future of their children before they even know what freedom of choice they are giving up. Fear of missing the boat has many jumping into the safest, closest one around. Almost a century ago one adventurous spirit embarked upon an "experiment" of self-discovery for seven years only to find that by letting go of the drive to create a preconceived version of reality could one experience genuine spontaneity, meaning, and happiness in life. Cultural curator and curious mind at large Maria Popova masterfully weaves the experience and revelations of Marion Milner as recorded in her journals and published in her "A Life of One's Own" into a tapestry of wonder and discovery.

<http://www.dailymotion.org/story/1851/a-life-of-one-s-own-maria-popova/> **Be The Change:** Today, go outside and expand your awareness for a few minutes. See how your mind and body react.

In Habits of the Heart, Parker Palmer describes ways of seeing, being, and responding to life that involve our minds, our emotions, our self-images, our concepts of meaning and purpose that are critical to sustaining society. These five habits are: an understanding that we are all in this together; an appreciation of the value of "otherness"; an ability to hold tension in life-giving ways; a sense of personal voice and agency; and a capacity to create community. For each, he provides a brief description relating the significance of cultivating these habits into our lives. He delves deeper into these habits in his book, Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit (2011). <http://www.dailymotion.org/story/1842/five-habits-of-the-heart-parker-palmer/> **Be The Change:** In Palmer's Healing the Heart of Democracy (2011), Terry Tempest Williams states: "The human heart is the first home of democracy. It is where we embrace our questions. Can we be equitable? Can we be generous? Can we listen with our whole beings, not just our minds, and offer our attention rather than our opinions? And do we have enough resolve in our hearts to act courageously, relentlessly, without giving up ever trusting our fellow citizens to join with us in our determined pursuit of a living democracy?" Reflect on these questions and if inspired share your thoughts with others.

With the dawn of each new year, we vow to make changes, usually little things--lose a few pounds, eat better, exercise more, be more patient. Sometimes those changes stick; sometimes by February we are wondering where our resolutions have gone. But what of the big changes--atoning for a life of crime, or giving up destructive or selfish pursuits, for instance? Are those sorts of big changes possible? Do we have the potential to stop in our tracks, consider our lives, and turn another way if we find ourselves far down the wrong path? In this Daily Good Spotlight on Redemption we look back through old columns to revisit stories of people who have reversed a destructive course in favor of positive, life-affirming choices, resulting in a fruitful blessing to others <http://www.dailymotion.org/story/1910/spotlight-on-redemption-shari-swanson/> **Be The Change:** Are you on the right path, or is it time to make a turn or reversal? How can you help others find their paths to freedom?

We look at trees every day. What if we paused long enough to "listen"? Could you hear a song if you put your ear to the bark? If one tree can sing a solo; what kind of symphony would come forth from a forest of trees? Dive into these questions on a long cold day with a warm cup and Maria Popova's review of the book "The Songs of Trees" by David George Haskell. Give yourself the gift of lingering slowly over Maria's collage of beautiful words and images. Savor Haskell's unique approach of scientific study explained with lyrical vocabulary. Envision "the masterful, magical way in which nature weaves the warp thread of individual

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organisms and the weft thread of relationships into the fabric of life". <http://www.dailygood.org/story/1898/the-songs-of-trees-maria-popova/> **Be The Change:** Go outside today and sit quietly with a tree or two. Listen for what the song of life has to say.

Lorna Crane is an artist, but more importantly she is an explorer. Combing the Australian beach, Crane hunts for feathers, leaves, fishing wire-- any items that she can fashion into painting brushes. As she paints with these found objects, she finds joy in the unexpected: "The freshness and spontaneity you can't get with anything else." Her creations are both "of the landscape as well as from the landscape."

<http://www.karmatube.org/videos.php?id=7706> **Be The Change:** Look at the landscape about you. What treasures are hiding in plain sight?

Cheryl Angel is an indigenous leader, wise (Sioux) Lakota elder woman, mother of five children, and lifelong devoted water protector who helped initiate and maintain the Standing Rock camp since April 2016, and who was vital in the nonviolent resistance to the Dakota Access and Keystone XL pipelines. Her voice among the water protectors is one of integrating deep prayer with nonviolent direct action, guiding two women-led actions at Standing Rock. A spiritual activist from the Sicangu (Rosebud) tribe -- one of the seven tribes that conform the Lakota/Nakota/Dakota People in the Great Plains of North America -- Cheryl moves from a deep space of love and nonviolence as guided by her ancestors and Lakota traditions and ways of being. This interview shares more from her journey. <http://www.dailygood.org/story/1907/water-is-life-an-interview-with-cheryl-angel-awakin-call-editors/> **Be The Change:** Take a few moments to say a few words of thanks to the nature around you. Gather others, if you feel comfortable doing so, and recognize all that the Earth gives us: the air we breathe, the sun on our skin, the beauty of the seasons, the food we eat, the ground we go back to. Take time also, to connect with one another. Chant, sing, write a poem, or simply sit in quiet meditation and be grateful for the gifts around us.

In the face of pressure to conform, expressing oneself is not only an art, but an act of bravery. "To be nobody-but-yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting," wrote poet e.e. cummings, who eschewed literary form, bunked tradition, and created his own style of poetry and art. In this tribute to his creative bravery, Maria Popova of Brain Pickings discusses how cummings didn't find it easy, as an artist's challenge is twofold the first is to feel, and the second to express one's true self. She examines what it is to be a poet, an artist, a human being and how cummings flourished at all three.

<http://www.dailygood.org/story/1839/the-courage-to-feel-e-e-cummings-on-art-life-and-being-unafraid-to-feel-maria-popova/> **Be The Change:** Today, express your true self. Write a poem or heartfelt note, make a difficult phone call, or sing a song out loud.

If you look the sales person in the eye and express genuine gratitude for the service you have just received, where will that ripple of gratitude go? Can the words we use towards and about others in our small day-to-day interactions really matter on the planetary scale of world peace? Read this article from gratefulness.org to learn just how far your next "thank you" might travel. <http://www.dailygood.org/story/1868/how-can-our-gratitude-contribute-to-world-peace-kerry-howells/> **Be The Change:** Today focus on expressing genuine gratitude for what you are given in each encounter you have. Notice the words you use toward and about others this week. See if you can use more words acknowledging your interconnectedness.

In 2013, Gilbert Tuhabonye spoke with Celeste Headlee on National Public Radio about running, forgiving, and healing. On the 20th anniversary of the genocide of the Tutsis, he recalls how he, his classmates, and teachers were beaten, locked in a burning building and left to die. He was the only survivor. An Olympic class runner before this tragedy, running became his physical and emotional therapy as a path to healing. His story and his life are an inspiration to many, a reminder that we can overcome injustice, and proof that one person can make a difference. His message is one of triumph, faith, courage, forgiveness and joy.

<http://www.dailygood.org/more.php?n=7414> **Be The Change:** Who or what do you need to forgive? Take a courageous inventory, then find ways to release those grudges, regrets, and negative emotions. Like

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Tuhabonye, find a way to contribute to others' lives and embrace healing.

<http://www.dailygood.org/more.php?n=7414a>

Atul Gawande practices general and endocrine surgery in Boston, is a professor at Harvard Medical School, a writer for the New Yorker, and author of "Being Mortal." Through his work Dr. Gawande opens a new conversation about what dying has to do with living, and his role as a medical doctor in ensuring not only health and survival, but enabling his patients' well-being. In this interview, Dr. Gawande explores what it means to be human - a physical and spiritual being - noting, "being mortal is about the struggle to cope with the constraints of our biology, with the limits set by genes and cells and flesh and bone."

<http://www.dailygood.org/story/1862/atul-gawande-what-matters-in-the-end-on-being/> **Be The Change:**

What does a good day look like to you? Despite any physical, mental or spiritual ailments you may be having, how can you live your good day?

One woman, hundreds of goats, 365 days of the year equals innovation in the realm of environmental care. Lani Malmberg is an inspiration for eco-action, with her work focused on non-toxic land care in the form of herding goats to pastures that would otherwise use health and environmentally harmful pesticides. Drawing from her multiple degrees in weed science, biology, botany and environmental restoration, she came to this innovative alternative to pesticides in weed management, utilizing the natural behavior of goats. Goats clear the vegetation and recycle these weeds through their gut to offer nutrition for the soil. In this video, Lani candidly shares her work on Maui, and expresses the energy of earth compassion and innovation to inspire us all. Her main motivation? To be a model and set an example for others to follow.

<http://www.karmatube.org/videos.php?id=7652> **Be The Change:** Where in your life could you use an eco-friendly alternative? Using natural cleaning alternatives? Finding your own pesticide-free gardening regime?

Marsha Onderstijn is a Dutch animator who studied at St. Joost Kunstacademie, a fine arts university in the Netherlands, specializing in 2D animation. In her hand-drawn piece, "Life of Death," Marsha follows a day with Death, who paradoxically learns to fall in love with life. This moving short animation paints Death as a warm character, interested in the goings on of the living, and even feeling remorse for accidentally killing a flower. Marsha invites the viewer to question any fear of death, with old age happily giving into the release and quiet of the next phase of existence. After all, what is death, but the next phase of life?

<http://www.karmatube.org/videos.php?id=7604> **Be The Change:** Reflect on your own relationship to death and how it informs your life. For more food for thought read "Top 5 Regrets of the Dying".

<http://www.karmatube.org/videos.php?id=7604>

There is a difference between using nonviolent tactics and having nonviolent principles. That difference matters even more today. Kazu Haga, a Kingian Nonviolence trainer based in Oakland, California and founder and coordinator of East Point Peace Academy, explains that nonviolent tactics have victory as the goal and define people as opponents. Nonviolent principles have reconciliation as the goal and define people as being in relationship and part of a beloved community. The core of principled nonviolent action is the unwavering faith in the goodness of human nature. People are not the enemy. Violence and injustice are. A nonviolent revolution binds strategies in principle. <http://www.dailygood.org/story/1895/why-the-moral-argument-for-non-violence-matters-kazu-haga/> **Be The Change:** Eastpoint Peace Academy has a 250 year work-plan for building a world without war, a society where everyone's needs are met, a future where peace is the norm and the violence of today is a thing of the past. Could you commit to working on such a "humbling and audacious" plan? What is your vision for peace that extends for seven generations?

<http://www.dailygood.org/more.php?n=7548a>

Have you ever wondered what makes it easier for some folks to bounce back from difficulties than others? Resilience, or the ability to overcome adversity, includes 5 core components: resourcefulness, help-seeking, the belief that they can do something to help manage their feelings and to cope, availability of social support, and connections with others. But there's more to the stories of those who cultivate Wholehearted lives despite the stress, anxiety, and trauma they face. In this article, psychologist Brene Brown discusses how spirituality

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ultimately shapes our ability to bounce back from life's greatest challenges. "Without exception, spirituality the belief in connection, a power greater than self, and interconnections grounded in love and compassion emerged as a component of resilience." <http://www.dailystrength.org/story/1820/the-gifts-of-imperfection-brene-brown/> **Be The Change:** Which component of resilience most resonates with you? Share your thoughts in the comments section below.

In this interview from "Insights from the Edge," grief counselor Patrick O'Malley discusses "closure," his journey, and his approach to grief, which diverges from the traditional five-stage grief model created by Elizabeth Kubler-Ross. <http://www.dailystrength.org/story/1768/patrick-o-malley-getting-grief-right-tami-simon/> **Be The Change:** What is one way you can listen to someone with compassion this week?

When we give, we receive. Altruism is something that humans feel the benefit of. We can be incredibly empathetic. But what about the times when we aren't? Science has the answer. The brain actually puts certain limits - boundaries - on our expressions of good-natured giving. Learn about these 5 heart blocking brain responses. Awareness of these limits may allow us to stretch beyond them, and outside of ourselves, to deepen our capacity for generosity. <http://www.dailystrength.org/story/1815/five-limits-your-brain-puts-on-generosity-summer-allen/> **Be The Change:** Next time you catch yourself pulled between focusing on you or another person, pin point which of these 5 brain mechanisms are at play. Notice whether your awareness helps shift your response.

What is the one common attribute that's consistently found among wildly successful people? Money? High education? Lucky breaks? According to Adam Grant, a psychology professor, best-selling author, and researcher in the realm of originality, a love of learning is the key to finding success. It all starts with curiosity. To challenge what is already the norm. To go against the grain and put our energy toward invention and discovery, requires a fascination with the unknown. It requires trying again and again, until originality in a world full of conformity can be found. What about risk-taking? Should we also teeter on the edge of uncertainty and instability? Some interesting evidence suggests otherwise. Success and creativity don't have to mean huge risks. For the full conversation on non-conformity, creativity and success, read on.

<http://www.dailystrength.org/story/1855/the-myth-of-the-risk-taker-you-don-t-have-to-be-bold-to-succeed-heleo-editors/> **Be The Change:** Is there something in your life - any system or way of doing things - that you're only doing because that's the norm? Have you wondered about another way? And what you may be able to create if you step away from normality, into originality?

In 2008, Ecuador's leadership rewrote its constitution to include the rights of nature, effectively awarding legal rights to the environment. Indigenous communities have recognized the rights of nature for thousands of years, but Ecuador was the first country to make it a constitutional right by awarding ecosystems legal rights to protect the environment and its people. It was a seminal moment for the fast-growing environmental movement. The Community Environmental Legal Defense Fund (CELDF), based in Mercersburg Pennsylvania, has been at the forefront of the rights of nature movement since its inception. In 2006, the group worked with the Pennsylvania community of Tamaqua Borough to pass a rights of nature law to protect against toxic sludge being dumped on local farmland. The group has been involved in dozens of grassroots campaigns till date, including in Ecuador. <http://www.dailystrength.org/story/1807/community-led-initiatives-that-are-protecting-the-natural-world-kevin-stark/> **Be The Change:** Do one small act in the coming week that acknowledges and respects the rights of a piece of nature where you live, such as collect trash from the roadside during one of your morning walks or leaving a strip of grass in your yard uncut.

Robert Gupta has played the violin all his life, studying at Juilliard and joining the LA Philharmonic at 19, but he also holds a very special interest in neurobiology and mental health. Throughout his adult life, Robert has walked a bridge between medicine and music, but the journey to get there was a long one. In his TED Talk, Robert talks about the effects music has on the brain, telling stories about his interactions with the homeless and more. He even started a street symphony to offer the homeless, veterans with PTSD, and others musical support to help them heal -- even if it's just for a little bit. <http://www.dailystrength.org/story/1797/between->

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medicine-and-music-ted-com/ **Be The Change:** How can you use music to bring light to somebody else's life this week? Share one way that music has helped you through a situation in your life. What is one way you can show compassion for someone else this week?

It's easy to despair at all the bad news and horrific pictures that come at us daily. But Zen teacher and medical anthropologist Roshi Joan Halifax says this is a form of empathy that works against us. There's such a thing as pathological altruism. She offers nourishing wisdom to help all of us overwhelmed by the suffering in the world. <http://www.dailystory.org/story/1864/join-halifax-buoyancy-rather-than-burnout-in-our-lives-on-being/> **Be The Change:** Roshi Halifax has said, "I am not a 'nice' Buddhist. I'm much more interested in a kind of plain rice, get-down-in-the-street Buddhism." Practice a deeper form of kindness this week, less everyday niceness and more open tolerance and helpfulness to those in need. Practice a deeper form of kindness this week, less everyday niceness and more open tolerance and helpfulness to those in need.

Maya Angelou eloquently describes how her mother taught her through her actions that love liberates, it does not bind. When she had a child at age 17 and moved out of her mother's home, her mother advised her to always be true to herself and made it abundantly clear that she was always welcome home. By allowing her to go, and to come back whenever she needed to, her mother's love liberated her to live her own life. Her mother's recognition that she, Maya, was special and had something extraordinary to offer to the world, helped her to live her gifts. When her mother was dying Maya remembered how she had liberated her and was able to love her mother by letting her go. Her life is a powerful example of how love liberates.

<http://www.karmatube.org/videos.php?id=6725> **Be The Change:** How can you liberate someone you love, today, insuring that your love is a validation of that person, whoever and wherever he or she needs to be?

"Something interesting has been happening in recent years. Meaning has regained a foothold in our universities, and especially in an unexpected place the sciences. Many of the "meaning" researchers are working in a field called positive psychology -- a discipline that grounds its findings in empirical studies, but also draws on the rich tradition of the humanities. Positive psychology was founded by the University of Pennsylvania's Martin Seligman, who, after decades of working as a research psychologist, had come to believe that his field was in crisis. He and his colleagues had made great progress with depression, helplessness, and anxiety, but, he realized, helping people overcome their demons is not the same thing as helping them live well." <http://www.dailystory.org/story/1695/why-worry-find-meaning-emily-esfahani-smith/> **Be The Change:** What is one thing you can do this week to help you live a more meaningful life?

Frank Ostaseski is a teacher, international lecturer and a leading voice in contemplative end-of-life care. He is also author of "The Five Invitations: What the Living Can Learn From the Dying". What follows is an-depth interview with him on the five invitations and more. <http://www.dailystory.org/story/1813/frank-ostaseski-lessions-to-the-living-from-the-dying-awakin-call-editors/> **Be The Change:** The Five Invitations begins with the suggestion that we "welcome everything, push away nothing." According to Ostaseski, "to welcome everything means to be willing to be open to the experience." Can you find the way to open to the experience of the death of a friend or family member, no matter how recent or long ago? What can facing this truth teach you? How can you meet the challenges of daily life with the same openness to reality?

Over one hundred years ago, Scottish writer Kenneth Grahame, author of The Wind in the Willows, penned an essay entitled, "The Fellow that Goes Alone" about the simplest of activities that can yield the most creative thoughts: walking. In this ode to ambulating, Maria Popova weaves together quotes and excerpts from literature's big proponents of the timeless exercise, creating a piece that celebrates a walk's ability to awaken mind and spirit: "Here and now, the mind has shaken off its harness, is snorting and kicking up heels like a colt in a meadow." Imagination comes alive while walking alone. With no one to talk to, no one to share, it can run wild in the "country of the mind." Enjoy this tribute to a simple pastime with many benefits that most people can enjoy. <http://www.dailystory.org/story/1911/walking-as-creative-fuel-maria-popova/> **Be The Change:** Walk solo after lunch today and see what ideas spring forth.

We live in stressful times. Even when things are going our way, the smallest speed bumps can wreak havoc on our inner and outer worlds, causing us to freeze or panic. In those moments, our greatest intentions of acting with love and kindness can go out the window. Gently preparing ourselves for setbacks and stress can be the best thing not just for ourselves but for others. "The greatest gift we can give our world is our presence, awake and attentive." In this practical piece with big-picture perspective, Joanna Macy draws from ancient religions and Earth wisdom traditions to offer five ways to keep a cool head and warm heart in times of crisis.

<http://www.dailystory.org/story/1822/spiritual-practices-for-times-of-crisis-joanna-macy/> **Be The Change:**

Today, use your heart to deal with a sticky situation, no matter how challenging it may be.

"One time, I was walking along Main Street with my son, Adam, who at that time was about 12 or 13 years old. He was just beginning to get interested in drums. He said, 'Dad, I want to show you one of my drum teachers.' I said, 'Sure.' So he takes me under the bridge, where Ken is. And he said, 'I'm learning drumming from Ken.' I said, 'What?! You're learning drumming from this homeless guy who lives under the bridge?' What follows is a beautifully told real-life story that compels us to drop our assumptions, and examine our lives through the profound simplicity of a heartbeat. <http://www.dailystory.org/story/1905/the-heartbeat-of-a-drum-aryae-coopersmith/> **Be The Change:** Find out who the homeless are in your community and get to know them. You may find they are like Ken, a teacher who can still positively influence our youth.

<http://www.dailystory.org/more.php?n=7558a>

6. Universality Is Not An Idea, It Is Reality

Reprinted from www.awakin.org.

--by ***Sadhguru Jaggi Vasudev (Jan 01, 2018)***

The word “yoga” essentially means, “that which brings you to reality”. Literally, it means “union.” Union means it brings you to the ultimate reality, where individual manifestations of life are surface bubbles in the process of creation. Right now, a coconut tree and a mango tree have popped up from the same earth. From the same earth, the human body and so many creatures have popped up. It is all the same earth.

Yoga means to move towards an experiential reality where one knows the ultimate nature of the existence, the way it is made.

Yoga refers to union not as an idea, a philosophy or as a concept that you imbibe. As an intellectual idea, if you vouch by the commonness of the universe, it may make you popular in a tea party, it may give you a certain social status, but it does not serve any other purpose. You will see, when things come down to even money – it does not even have to boil down to life and death – even for money, “This is me, that is you.” The boundary is clear; there is no question of you and me being one.

It actually causes damage to the individual if you intellectually see everything is one. People do all kinds of silly things because they (get) this idea that everybody is one, before somebody teaches them a good lesson and then they see, “This is me, that is you. No way to be one.”

If it becomes an experiential reality, it will not bring forth any immature action. It will bring forth a tremendous experience of life. Individuality is an idea. Universality is *not* an idea, it is a reality. In other words, yoga means you bury all your ideas.



7. Becoming Master Artists

Reprinted from www.awakin.org.

--by **Eknath Easwaran** (*Jan 08, 2018*)

We do not have to accept ourselves as we are. Genetic code or brain biochemistry, astrological configurations or Tarot readings, early traumas or upbringing- none of these can ever limit our potential. The Buddha explains, "All that we are is the result of what we have thought." By changing the very mode of our thinking, we can remake ourselves completely.

Then we become master artists. It is no small thing to compose a sonata or write a perceptive novel; we are indebted to the great composers and writers who have given us beauty and insight into human nature. But I am most moved by the beauty of the perfectly crafted life, where every bit of selfishness has been carved away and what is thought, felt, said, and done are brought into harmony.

It takes time and sustained effort to fashion such a life. That is the challenge of it (meditation)- and that is why it (meditation) can appeal so deeply to people with a skeptical streak, who simply cannot take seriously the claims for instant transformation put forth today. They know you cannot reverse long-standing attitudes and habits by signing up for an "enlightenment weekend," any more than you can sit down at a piano and play Beethoven or Chopin after learning to locate middle C.

For most of us, conditioning habits of thinking, feeling, and acting- flows through our days like a powerful river. Understandably, we usually lie back and float downstream. When a river of anger rises, for example, it is so easy, so apparently satisfying, to let it carry us along. Just try swimming against it! Your teeth will chatter, your breathing will become labored, your legs will grow weak. But the spiritual life requires that we do just that: reverse our conditioning and swim upstream, like salmon returning home.

In India, when the monsoons come, the clouds gush torrents of rain for days, causing the rivers to flood and swell. Many of the boys of my village were strong swimmers and daring too. We tested ourselves by leaping into the churning waters and trying to swim straight across to the far shore. It might take an hour or more to fight one's way across, and even then only a few heroes made it to the precise spot; most of us ended up hundreds of yards below. But everyone loved the challenge.

You may be saying, "I am not sure I can do this." Everyone can do this. It is in our nature; it is what we were born for. By virtue of being human, all of us have the capacity to choose, to change, to grow.



8. You Are Being Saved By Your Love

Reprinted from www.awakin.org.

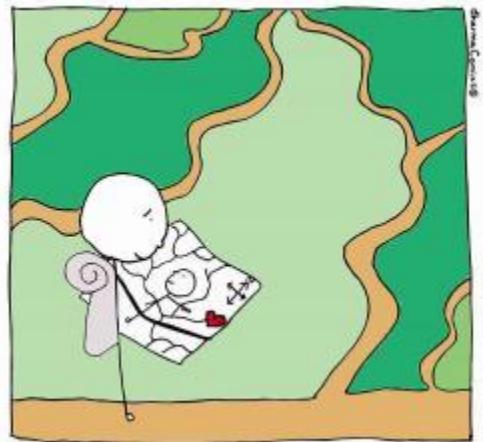
-by Michael Damian (Jan 15, 2018)

Love is the power that reveals truth and drives our search for it. You may have noticed that if you study something deeply - an animal, a face, a piece of music - you begin to love it. You become one with it. This felt sense of oneness is the highest expression of love. When you love like this you transcend the selfish distortions and ambitions that once tainted your study. A true study and mastery of anything both demands and evokes this real love.

In the study of existence you realize your oneness with it. As the artificial divide between you and the world dissolves, the whole of existence is found to be good and worthy of love. All sense of separation is gone. There is an open, lucid awareness that manifests the joy of being. When we are joyful we do not think to go and find God. In joy we feel light as a feather, and to that lightness we know God and all that is worth knowing.

The spiritual search is for this undivided condition. In this search, as in all things, you need understanding and you need love. The way is to lovingly work with your present understanding, knowing that love directs the work and already contains the goal.

It is love that drives you to seek understanding, and each new step in understanding brings more love. When you lack understanding in any given moment, you are saved by your love, even if that love cries out in despair. Love ensures that revelation will eventually come like lightning, and love itself will be the light in it. So welcome the wind, the storm and the rain as you inquire into your true nature. They bring the lightning of self-knowledge. And in a flash you will behold a new heaven and earth, and know yourself as you have always been.



9. Does Life Have A Purpose?

Reprinted from www.awakin.org.

--by **J. Krishnamurti** (Jan 22, 2018)

Questioner:

Why do you maintain that Life has no purpose? If Life has no purpose, the individual life, even in pure being, can have no purpose either; because individual perfection can have a meaning only when there is a purpose in creation.

KRISHNAMURTI:

Life by which I mean, that life which is truth, in which there is no division, in which all things consummate, on which all things depend, in which all things exist that life has no purpose, because it is.

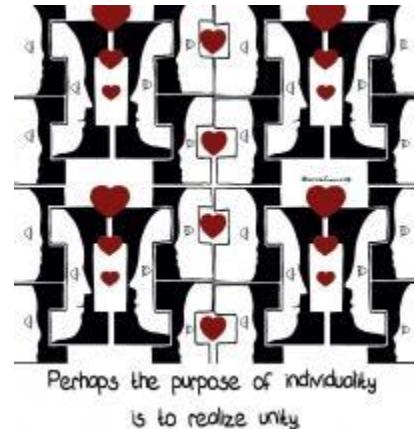
For that which is, there cannot be a purpose, because it is all inclusive. In that exist both time and space, and individual existence; but individual existence, in which totality is not yet realized, has a purpose. That purpose is the realization of this totality.

Individuality is not an end in itself because individuality is imperfection. It is burdened with incompleteness; and so the magnification of that individuality, to however great a degree, will still remain individuality. That which is imperfect cannot by magnification or multiplication be made perfect.

So the true purpose of individual existence is to realize this unity of things, this reality, in which there is no sense of object and subject, "you" and "I", in which there are no reactions, but only the sense of pure being which is positive, dynamic. (When I use the word "positive", I do not exclude the negative). This life is in all things in this table, as in the most highly cultured (hu)man.

But the individual in whom there is separation, in whom there is distinction of object and subject, in whom there is division, because of his limitation, his imperfection, must fulfill himself in perfection, in incorruptibility.

Therefore individual existence has a purpose, but life has no purpose.



10. Spiritual Activism

Reprinted from www.awakin.org.

--by **Michael Singer** (Jan 29, 2018)

I'm an environmentalist and I'm very much into cars that get high mileage and don't pollute, and I see that somebody's driving a Hummer. It's a classic example, somebody's driving a Hummer, and I'm radicalized and I blow it up. Well, you have just caused more damage to the environment blowing up that Hummer than any pollution it will ever cause by its burning gas. Do you understand that? What you did is you reacted to your own anger, your own inability to handle a situation.



What do you mean? There are people who don't care about the environment. There are people who don't care about the gas mileage they get. There are people who don't care about a lot of different things that you care about, all right? When it came in, when that event came into you, it hit your stuff. And what came up was not clarity, was not a constructive reaction. What came up was anger, what came up was fear, what came up was hatred, right? What came up inside of you is hate and you expressed it, right?

That is not proper activism. Proper activism altogether, which is spiritual activism, is you first let go of your own reaction; you let go of the personal part of your being that is reacting because of the personal part of another person's being, because all that creates is war. So you let it go. Now, you are faced with clarity that I care about—I didn't stop caring about the environment. I just stopped reacting in a way that was destructive, in a way that was not constructive and was just a personal reaction that made me feel—why (don't) you blow up that Hummer? It made me feel better. Well, that's not what this is about, making you feel better. This is about purifying and helping the environment.

So you start letting go of this part of you, the same part we've talked about in the entire conversation. You let it go. Don't justify this righteous anger. There's no such thing. You let it go. Now you're clear. The one who's clear will see solutions. They may be small steps, but at least they're steps in the right direction. Maybe there's nothing you can do about the fact that something's happening on the other side of the world that is not right and not comfortable, right? But there is something you can do within your family. There is something you can do within your workplace to bring love and bring caring, and that spreads and maybe that's all you can do right now.

11. The Unexpected Beauty of Everyday Sounds

Reprinted from www.KarmaTube.org.

Using examples from birdsong, the natural lilt of emphatic language and even a cooking pan lid, singer-songwriter and TED Fellow Meklit Hadero shows how the everyday soundscape, even silence, makes music. "The world is alive with musical expression," she says. "We are already immersed."

<http://www.karmatube.org/videos.php?id=6863>

12. The Brush Maker

Reprinted from www.KarmaTube.org.

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

<http://www.karmatube.org/videos.php?id=7706>

13. ARK Club's Flash Mob!

Reprinted from www.KarmaTube.org.

Founder of ARK (Acts of Random Kindness) Club, Sabrina Ma transformed her school with small acts of kindness. The club regularly performs creative random acts of kindness, including a kindness flash mob of smiles, hugs and connection. She started ARK with only ten fellow students but these kind acts soon inspired over 300 students to join in on the fun. The club even rippled beyond her school; soon after, 27 other schools started their own ARK clubs. Tagging each other with compliments, surprising fellow students with generosity, ARK imbues the school with positivity and joy. <http://www.karmatube.org/videos.php?id=6786>

14. The Gypsy Goat Herder

Reprinted from www.KarmaTube.org.

One woman, hundreds of goats, 365 days of the year equals innovation in the realm of environmental care. Lani Malmberg is an inspiration for eco-action, with her work focused on non-toxic land care in the form of herding goats to pastures that would otherwise use health and environmentally harmful pesticides. Drawing from her multiple degrees in weed science, biology, botany and environmental restoration, she came to this innovative alternative to pesticides in weed management, utilizing the natural behavior of goats. Goats clear the vegetation and recycle these weeds through their gut to offer nutrition for the soil. In this video, Lani candidly shares her work on Maui, and expresses the energy of earth compassion and innovation to inspire us all. Her main motivation? To be a model and set an example for others to follow.

<http://www.karmatube.org/videos.php?id=7652>

15. The Life of Death

Reprinted from www.KarmaTube.org.

Marsha Onderstijn is a Dutch animator who studied at St. Joost Kunstacademie, a fine arts university in the Netherlands, specializing in 2D animation. In her hand-drawn piece, "Life of Death," Marsha follows a day with Death, who paradoxically learns to fall in love with life. This moving short animation paints Death as a warm character, interested in the goings on of the living, and even feeling remorse for accidentally killing a flower. Marsha invites the viewer to question any fear of death, with old age happily giving into the release and quiet of the next phase of existence. After all, what is death, but the next phase of life?

<http://www.karmatube.org/videos.php?id=7604>

16. Love Liberates – Words to Live by from Dr. Maya Angelou

Reprinted from www.KarmaTube.org.

Maya Angelou eloquently describes how her mother taught her through her actions that love liberates, it does not bind. When she had a child at age 17 and moved out of her mother's home, her mother advised her to always be true to herself and made it abundantly clear that she was always welcome home. By allowing her to go, and to come back whenever she needed to, her mother's love liberated her to live her own life. Her mother's recognition that she, Maya, was special and had something extraordinary to offer to the world, helped her to live her gifts. When her mother was dying Maya remembered how she had liberated her and was able to love her mother by letting her go. Her life is a powerful example of how love liberates.

<http://www.karmatube.org/videos.php?id=6725>

17. Faces of Joy

Reprinted from www.KarmaTube.org.

Often, the stories we hear about the United States (US) and the Middle East are full of tension. However, students and teachers in the US are working to change this narrative. Through the Memory Project, art teachers in the US receive photos of children from around the world who have faced substantial challenges. The teachers work with their students to create portraits of the youth, either through painting, drawing, or other forms of media. The portraits are then hand-delivered when finished. The joy that is expressed by the recipients is priceless. In 2017, 3,000 students in the US created portraits for Syrian children living in a refugee camp. <http://www.karmatube.org/videos.php?id=7551>

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.

18. 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).

19. 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>.

20. 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](#) 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.

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

Spiritual Guidance

Serving your personal journey toward enlightenment...

Rev. Robert Meagher

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