

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

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

In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:.....	2
1. Personal Story of Spiritual Lessons.....	2
2. Poem	3
3. Quote or Question.....	4
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	5
4. Regina Heringa – Notes from the Light – March 2018.....	5
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	7
5. Good News Of The Day	7
6. What Breaks Your Heart?	10
7. Deep Ecological Awareness Is Spiritual Awareness.....	12
8. Living in the Freshest Chamber of the Heart	13
9. Wisdom of Grieving.....	14
10. A Life Without Limits.....	15
11. Your 'No Big Deal' Gesture Can Save A Life	15
12. What If We Believed That No Lives Matter Less Than Other Lives?	15
HEART AND SOUL ADVERTISEMENTS:.....	16
13. Sacred Attention Therapy	16
14. A Course in Miracles Global Community Centre.....	16
15. OM Websites.....	17
16. The Enlightened Moment - Ottawa	18

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



Just let it all go!

During January and February I had a blessed experience that allowed me to practice the art of 'letting go.' I was having an experience with another person that was not looking like or feeling collaborative. My perception of the situation caused me some irritation, sometimes minor, sometimes major. For the most part I was confused. I could not understand why the other person was reacting, behaving, and communicating with me in the manner they were.

About mid-way through January my disbelief in what was unfolding gave way to the acceptance that not only did I not understand why the other person was reacting, behaving, and communicating with me in the manner they were, but that I could not understand. Oh sure, I could easily hypothesize what was going on. And I could speak to the person and ask what was 'really' going on. But my acceptance was due, in part, to a realization that it was arrogant of me to think I could understand what was happening. I realized that it simply was not possible to fully understand all that was transpiring in the other person's life to have them behave the way they were behaving. It was likely the other person was not aware either.

What this acceptance allowed me to do was to not get caught up in the building emotional aspect to the unfolding. I simply 'let it all go.' All of it! My perceptions. My judgements. My belief in what was right or wrong. I simply decided I was not going to allow myself to get drawn into any continued unrest, dis-ease, or conflict. As I stepped back and simply observed what was transpiring, I was given the precious exercise and practice of not responding in anger to what were sometimes loud and blasphemous outbursts from the other person. My choice to not respond back with anger met with further invitations from the other person to engage in the unfolding battle. The emotional energy kept rising.

I realized, however, that the minor and major irritations I had felt early in the unfolding were veiled attempts to mask and suppress my own anger. You see...irritation, whether minor or major, is merely a flavor of anger. It's all anger. Very simply, if we are not in a state of love, we are in a state of fear that most commonly manifests and expresses itself as anger, or less blatant flavors of anger, like irritation. But make no mistake about it—irritation is as much anger as all-out rage!

So I took my minor and major irritations into my meditation each day and allowed my forgiveness mantras and prayers to cleanse and heal my irritations and anger. This daily cleansing was



such an important step in allowing myself to forgive both the other and myself. It was only through this forgiveness process that I could finally arrive at the place where there was no other person that I was experiencing. There was only a mirror showing me my own irritation and anger. This ultimate awareness was only possible by first acknowledging my dis-ease, but then to choose to let it go. The choice to let it all go gave me the little willingness I needed to heal through forgiveness.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Beyond Suffering

Remind me that when I am in
the Heart of God, there is
no suffering. There is no pain.

Help me to be compassionate and
identify with the dignity of Love
in all whom my eyes would behold.

Remind me that the gift
of peace and unconditional love
is the most valuable thing
I can give to anyone.

Let me look past the pain that
human suffering would tempt me
to identify with
and to see only the Light of Love
enveloping and emanating from
all living forms.

Help me to know that Your Love
is my only reality
and to know that what is true and real
can never be hurt or harmed.

Let me be the beacon of Your Light
that heals all pain, suffering,
and separation.

Let me feel the beating of Your Heart
within me, that I may shine
Your Love and Light on all
and know that the Light I see

Spiritual Guidance

Serving your personal journey toward enlightenment...

March 2018 e-Newsletter

Page | 4

is but a reflection of Your Light
and my Light joined as One.

Remind me to be grateful for Your Love
and for the opportunity to be
helpful and loving to all others.

Gerald G. Jampolsky

3. Quote or Question

The grace of God is a wind which is always blowing. ~ Ramakrishna

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 – March 2018

Playing with Spheres of Light

(Suggested preliminary reading: *Geometric Forms—Spheres of Light*)

From our worlds we observe that much of your time is spent in serious thought and action. Therefore, with this message we invite you to spend a time in play. In this manner, your minds and hearts are open to greater possibility of creation and joyful expression. Creative and constructive imagination are often necessary to deepen an understanding of life.

As you are now becoming increasingly aware of these spheres of light in your world, let us happily explore their presences with you.

The orbs of light which have been visiting your planet for many, many years, have a myriad of reasons for existence. They represent a technological and educational order; they contain other dimensions and environments expressing higher consciousness and communities of light. What is essential to understand is that these spheres of light, which issue from beyond your time and space, are here to assist your inhabitants and your planet in their spiritual upliftment. They accompany those whose heart-felt desire is to return to the inner light of divinity. As your world becomes increasingly suffused with divine consciousness, the presence of these exquisite spheres will increase.

Let us then play together.

As you sit quietly with your eyes closed, imagine that there is a sphere of light in front of you. Observe your feeling towards this sphere. Have you an inner sense of friendship? Are you conscious of love radiating from the sphere and from yourself? Remaining anchored in soul and sensing the opening of your heart and mind, surrender to this feeling of mutual kinship. Gently allow your human thoughts to dissipate. Remain with or within a sphere of light of friendship. Pretend if necessary and give yourself up to this goodness.

The more you explore in this fashion, the more you will feel contact. As this is play, should you become strained or increasingly serious with effort, simply return to the feeling of joy and nearness. With time and patience, you will become familiar with these fine presences and you will deepen contact. Learning and understanding will ensue. As you grow in sacred resonance with all life your friendship with these spheres will strengthen. Becoming more comfortable with higher frequency worlds and vast possibilities will delight you.

In truth, all light pulsates within you, for your very being is light. However, as your world is uplifted into a purer vibrational dimension, you begin to witness “divine anomaly”—patterns of geometric form, sound, colour and other varied communication from revered worlds which do not fit into the present language of your planet. Therefore, taking time to lovingly play with spheres of light will assist you in opening up to more comprehensive

Spiritual Guidance

Serving your personal journey toward enlightenment...

March 2018 e-Newsletter

Page | 6

ways of communication—tools of dialogue which are now being given to you to assist in the upward movement of your world.



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

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

5. Good News Of The Day

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

In "The Exquisite Risk: Daring to Live an Authentic Life", best-selling author Mark Nepo focuses on the relationships between people who share experiences and create bonds of love. Nepo himself is a cancer survivor, and the philosophy in his book delves into some of the experiences he has shared with caregivers and doctors during his treatment and recovery, focusing on the blur in lines between those being treated and those doing the treating. The beauty of his writing shows the interconnectedness and repetition in nature and biology, and how important it is to take time to hear those around you, as well as to be heard.

<http://www.dailygood.org/story/1848/the-exquisite-risk-daring-to-live-an-authentic-life-mark-nepo/> **Be The Change:** Listening is not always easy. Our daily lives can be incredibly distracting, and sometimes we are more concerned with sharing our own experiences and feelings, we miss the signals that someone else needs us to hear them too. Practice listening. Whether it is your grandparents sharing stories of their youth, the sounds of nature on a walk outside, or listening to your own thoughts, take 5 minutes to stop and listen. Notice things like body language, tone, volume, words being used, or what animals or man-made items are adding to the atmosphere. For more guidance, visit the Spirituality and Practice website.

<http://www.dailygood.org/more.php?n=7500a>

In this beguiling essay, writer Snigdha Manickavel brings to life the experience of taking driving lessons in small town South India. "I'm learning to drive. I am grasping terror in my hands and tossing it aside. I wake up early in the morning, earlier than I have for years. It is cool and grey outside and my room is filled with dark shapes and hungry mosquitoes. I wear my sister's abandoned clothes and dress in the dark because 6 a.m. is when our daily three-hour power cut starts." Her vivid prose goes on to paint a picture of her particular corner of the world, and the specific people who inhabit it -- including her wonderfully eccentric driving teacher. Woven into the local detail of her story, are universal themes - struggle and triumph, fear and compassion, self-doubt and empathy. <http://www.dailygood.org/story/1640/driving-lessons-snigdha-manickavel/> **Be The Change:** Encourage someone and yourself in taking a chance, in learning something difficult, in reaching beyond the every day and status quo.

Cameron Stauth believes that the world is in the worst crisis of trust that we have ever seen, and that it manifests in almost every aspect of life: business, politics, media, friendships, and families. "We all need a big dose of a healthy degree of trust, and we need to learn how." Cameron teamed up with counterintelligence expert Robin Dreeke to write a book on how to build trust that draws on Robin's extensive experience in counterintelligence. In this interview, they share the five rules on how to bring trust back into relationships. From suspending your ego to honoring reason, the rules shed light on this vital aspect of our lives.

<http://www.dailygood.org/story/1871/how-to-build-trust-and-lead-effectively-knowledge-wharton/> **Be The Change:** Next time you are in dialogue with someone else, practice suspending your ego and seeking to understand and see what that does to the sense of trust between you two.

After being fired at age 64, Paul Tasner spent the next two years consulting in the same business he had worked continuously for the past 40 years. Although dissatisfied with the work, he was unable to retire. So, when he had an idea that matched his concern for the environment, he decided to become an entrepreneur. In the five years since he started his own business, his revenues have doubled every year, his business is out of debt, he has several marquee clients, he has a patent, and his company has won 20 awards. More importantly, he is doing the most rewarding and meaningful work of his life. In this Ted Talk, he describes his journey, his

struggles, and his vision that there will be more senior entrepreneurs like him.

http://www.dailygood.org/more.php?op=get&url=https://www.ted.com/talks/paul_tasner_how_i_became_an_entrepreneur_at_66/transcript?utm_source=newsletter_weekly_2017-10-21&utm_campaign=newsletter_weekly&utm_medium=email&utm_content=top_left_button **Be The Change:**

Can you imagine doing work that is so personally gratifying that you would never consider retiring? Spend an hour, a day, or a weekend with that idea. What good would you be able to serve if you were to match your passion with your work? <http://www.dailygood.org/more.php?n=7509a>

From biblical times to now, gratitude and humility have made appearances. In this article, Robert Emmons discusses how society can transition from ingratitude to gratitude in everyday life.

<http://www.dailygood.org/story/1858/what-gets-in-the-way-of-gratitude-robert-emmons/> **Be The Change:** What is one thing you can do this week to demonstrate your gratitude?

Nancy Colier is a psychotherapist, interfaith minister, author, and veteran meditator. In this interview she delves into the importance of human connection, and the detrimental effects of our large-scale modern addiction to cell phones, email, and social media. She offers insights on how to recognize and break out of addictive behavior, and touches on the realities of parenting in the digital age and the need for appropriate boundaries, as well as the space for restorative silence. <http://www.dailygood.org/story/1857/nancy-colier-waking-up-from-our-addiction-to-technology-tami-simon/> **Be The Change:** Spend one day this week being off the grid, and tune into what effect it has on your mind and body.

Maria Popova tells us that our experience of time has a central social component -- an internal clock inheres in our capacity for inter-subjectivity, intuitively governing our social interactions and the interpersonal mirroring that undergirds the human capacity for empathy. This social-synchronistic function of time is what New Yorker staff writer Alan Burdick examines in *Why Time Flies: A Mostly Scientific Investigation* -- a layered, rigorously researched, lyrically narrated inquiry into the most befuddling dimension of existence. Read what Burdick and several philosophers say about time <http://www.dailygood.org/story/1817/empathy-is-a-clock-that-ticks-in-the-consciousness-of-another-the-science-of-how-our-social-interactions-shape-our-experience-of-time-maria-popova/> **Be The Change:** Notice in your day when time moves slowly, when quickly. Can you make it go faster by listening to others more carefully, or following your breathing?

"When someone asked me my profession, I tried to come up with an elaborate, elevated word for seamstress. And when I tried to describe what I did, people's eyes glazed over and I experienced a sad, lonely feeling. Well, you are what you are. Eventually, I discovered that the whole point of life is to know yourself. This long process has been, and is, much more interesting than trying to find myself in someone else's eyes." In this short piece Susan Vorbeck offers a riveting behind-the-scenes glimpse of a vanishing profession. <http://www.conversations.org/story.php?sid=534> **Be The Change:** Think about what you really want. Where does doing something you love fit it?

Some people in public service make changes and start organizations on a large scale, affecting many lives. All of this is good, but so is change made on a smaller scale. Mary Ellen Graham's life is testament to this. She is the founder and first executive director of My Place Germantown - a community-based permanent housing residence for homeless men in the City of Philadelphia. It is a small scale effort to care for a maximum of twelve men. Graham is over 80 years old now, but still helps out at the community she founded. Like the care she now gives to her small, unassuming garden, her support to the homeless men gave new life. Though abandoned by others, she took in the homeless and gave hope where others had given up.

<http://www.dailygood.org/story/1918/never-too-late-to-grow-a-garden-rev-dr-charles-howard-charissa-faith-howard/> **Be The Change:** Take time to reflect on what you can do to change a moment for one other living being today.

"Research shows that teens and young adults that seek purpose report higher life satisfaction and levels of happiness. New research even suggests that a feeling of purpose in young people is associated with better

physical health." In this piece Patrick Cook-Deegan explores the power of transformative experiences in helping teenagers find their purpose. <http://www.dailygood.org/story/1949/how-to-help-teens-find-purpose-patrick-cook-deegan/> **Be The Change:** What is your life's purpose and how did you discover it? Share your story with a young person in your life.

Elif Shafak is a Turkish author, columnist and speaker who writes stories of women, minorities, immigrants, subcultures, and youth in both Turkish and English. In this Ted Talk, she exposes the unprecedented challenges facing the world today, the attraction to and fallacy of following demagogues, and how these same problems will show us the way forward: the indispensability of democracy, the need for global solidarity, the beauty of cosmopolitanism and diversity, the portability of homeland, and the telling of stories that evoke the taste of freedom. <http://www.dailygood.org/story/1852/the-revolutionary-power-of-diverse-thought-elif-shafak/> **Be The Change:** When does finding one's tribe become engaging in tribalism? Choose one or more of these suggestions and expand your tribe: cover new ground by going to areas unfamiliar whether near or far from your home, take in a festival and celebrate food and art that are not of your tribe, try something new by joining a club or starting a hobby or attending a museum or cultural group, volunteer in communities (including countries) that are not part of your tribe, be open to new friendships (adapted from Doing Good Together).

Their appearance has been described as "glittering fragments of rainbows, flamingo comets, and living gems," but equally fascinating and beautiful is what hummingbirds are physically able to do and how they are able to do it. Their bodies, bones, and feathers are filled with air -- which makes them little more than "bubbles wrapped in feathers" -- yet an adult hummingbird visits an average of 1,500 flowers a day. Its resting heart rate is 500 beats per minute, and it breathes 250 times a minute. In this delightful and fascinating excerpt of "Tamed and Untamed: Close Encounters of the Animal Kind," Sy Montgomery and Elizabeth Marshall Thomas share lessons and lore learned from hummingbird experts. "Reasoning that surely a bird so tiny with feathers so brilliant must be born anew each day, the Spaniards who first encountered South America's hummingbirds called them 'resurrection birds.' ... They force us to see the world made new each time, and teach us to believe in ordinary miracles." <http://www.dailygood.org/story/1934/bubbles-wrapped-in-feathers-sy-montgomery-elizabeth-marshall-thomas/> **Be The Change:** Open your eyes to the ordinary miracles around you. To learn more about how to attract and protect hummingbirds in your yard visit the Hummingbird Society website. <http://www.dailygood.org/more.php?n=7588a>

Not all of us will reach old age. The lucky among us who aren't lost to disease, accident, or other unforeseen circumstances will have decades of adjustments to make as we age. We slow down, lines etch our faces, grey finds its way into our hair. At a certain point, it's likely that some of us will end up in care facilities -- whether due to the lack of surviving relatives to help, or simply because our care requires professional intervention. The aging process and all that it entails is often looked upon with fear or disdain. Lauren Grace Weldon takes a different perspective. In this piece she seeks out and finds, powerful stories, metaphors and messages in people who are approaching the sunset of their lives. <http://www.dailygood.org/story/1957/poet-s-and-sages-behind-closed-doors-laura-grace-weldon/> **Be The Change:** Make time to visit or chat with an older neighbor, relative, or friend. Get to know the essence of who they are and what matters to them in a way that goes beyond surface pleasantries.

Despite the many differences in what constitutes happiness in countries around the world, there are some common threads. The most notable has to do with material wealth: Few, if any, people around the globe find happiness through personal possessions and financial success. Rather, they tend to attain it by appreciating the little things in life and, more importantly, the people in their lives. Here are some of the secrets to happiness, from a variety of countries around the world, and the research behind why they work for the people who practice them. So read on, and find a multicultural approach to happiness! <http://www.dailygood.org/story/1935/the-secret-to-happiness-around-the-world-hometogo/> **Be The Change:** Spend some of your time and energy this week exploring one of the practices or perspectives from the article. Reflect on how your feelings and emotions change.

Jean Vanier's life demonstrates tenderness. A philosopher, a Catholic social innovator, and the founder of The L'Arche movement, which is centered around people with mental disabilities, he has devoted his life to the practical application of Christianity's most paradoxical teachings: that there's power in humility, strength in weakness, and light in the darkness of human existence. The 147 L'Arche communities are in 35 countries and have become places of pilgrimage and transformation for those involved and the world around them. They create a culture of welcoming, where tenderness and touch are important, where the disabled teach what it means to be human. In this interview, Vanier describes his work with the disabled and predicts that the future of the world will be one in which the little lights of love will spread and be places where people love each other.

<http://www.dailygood.org/story/1893/jean-vanier-the-wisdom-of-tenderness-unknown-yet/> **Be The Change:** Vanier recalls that Mother Teresa fought feelings of anguish and advised us to stop thinking about the anguish and start loving people, "We will be healed by the poor so let's get down to it." Examine your feelings of anguish, then demonstrate your love - perhaps by volunteering with a local organization that works with the poor and/or disabled.

How can we find comfort for ourselves and bring it to others, amidst sadness, stress, or loss? We need not look beyond our capacity to lend an open ear, share a warm smile, offer a hug, or voice a simple thank you. In this insightful article, author Colette Lafia shares 7 ways we can be messengers of comfort, bringing peace and compassion to ourselves, families, friends, communities, and the world around us. "Real comfort can be found in the context of daily living. It is a grace. We just need to open our arms and receive it."

<http://www.dailygood.org/story/1829/7-simple-ways-to-cultivate-comfort-colette-lafia/> **Be The Change:** Choose one of the 7 suggestions and practice it this week. What was it like for you and the receiver? Share about your experience in the comments section below.

"You can't hate someone whose story you know". This motto highlights the work of Meg Wheatley, a well-respected writer, teacher, and speaker. In this informative piece, she reflects on the creative potential that emerges when we begin to treat organizations as living systems, rather than machines, and remain open to the possibility of adaptation and change. Drawing from 6 paradigms, Wheatley explores what happens when we dissolve our stereotypes and preconceived notions, and work together to welcome and support the ideas and experiences of those around us. No two of us see the world the same, Wheatley argues. Yet it's our diversity that drives ingenuity, invention, and possibility. <http://www.dailygood.org/story/1931/innovation-means-relying-on-everyone-s-creativity-margaret-wheatley/> **Be The Change:** Find a way to connect with someone who's different from you this week. What was the experience like for you? Reflect on similarities that arose that might have surprised you.

We live in a world where news stories are riddled with negativity; wars, crashes, political and social strife fill our living rooms and enter our most personal of space, our homes. What are the implications on our neurological and physical health? And what are the effects when this is turned around and people are exposed to positive news, see acts of kindness and learn of human goodness? This was the question that Dr. David Fryburg asked himself after experiencing what he calls a "sort of news-induced depression". His exploration led to the founding of Envision Kindness. More about David's uplifting work and journey in this interview.

<http://www.dailygood.org/story/1959/you-are-what-you-see-inspiring-kindness-through-images-awakin-call-editors/> **Be The Change:** What is one small thing you can do today to spread kindness?

6. What Breaks Your Heart?

Reprinted from www.awakin.org.

—by *Maria Shriver* (Feb 05, 2018)

What breaks your heart? What does your soul long for? And, how is that connected to how you are living your life now?

I love this question because it's made me think about my passion and purpose in a whole new way. I wanted to share it with you today because I believe this is a question that applies to all of us. And, I also believe that the answer lies deep within each and every one of us.

I deeply believe that each of us is here to move humanity forward. I deeply believe that each and every one of us longs to be of service to others, and also to live our lives in a way that matters.

"What breaks your heart?" is about the best question I've ever heard to help you get closer to your soul's longing and closer to your life's passion and purpose. But, I think before you can even answer that question, you must first acknowledge that your heart is broken, or has been broken.

I think we often think heartbreak is the result of lost love. Of course, it can be, but heartbreak also happens when what you value isn't valued by society, by your community, or by others.

For example, what broke my mother's heart was the way that society treated those with intellectual disabilities, and so she created the Special Olympics. One of the things that broke my father's heart was poverty — financial poverty and spiritual poverty — and so he created the War on Poverty. My daughter's heart breaks when animals are abused and left by the side of the road, and so she wrote a book about it, "Maverick and Me." My other daughter's heart breaks when she witnesses how indifferent and insensitive people are to those struggling with mental health, and so she writes articles that promote understanding of these issues. And so it goes...

There are several things that break my heart today. It's broken by the fact that we still don't have a cure for Alzheimer's. It's broken by the injustice so many work so hard, yet still live paycheck to paycheck. It's broken by the state of our criminal justice system. It's broken listening to women speak out against the abuse they endured for far too long.

But, what really breaks my heart right now is how divided we are. How mean we are to one another. How critical we are of one another. How judgmental we are of each other and how angry we are at each other. Also, how lonely we all seem to be.

Yet, what moves me is the deep belief that we are all longing for the same things. We are all longing to be accepted, to be seen and understood, and to be invited into the space that unites us.

This space, I believe, is a big open field filled with dreamers and explorers. It's filled with teachers and doctors, with mothers and fathers, and with the young and the old.

What breaks my heart is also what simultaneously fills and fuels my heart. It is a deep belief that we are more alike than we are different. It is the belief that we long to be more united than separate. It is the belief that we ache and break and want to put the pieces back together again, and that we want to do it together.

I'm not saying the anger that many of us feel today is not justified. But, let's parlay our anger into action and allow it to fuel our purpose. I envision all of us with broken hearts coming together to heal and get to work,



"I envision all of us with broken hearts coming together to heal and get to work, mending the crack in our divide."
— Maria Shriver

mending the crack in our divide.

This is what breaks my heart, but what breaks yours? I'd love to know.

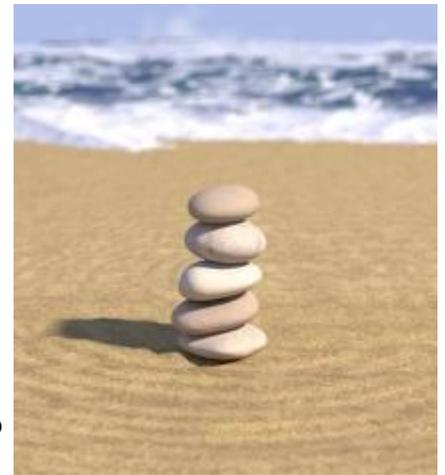
7. Deep Ecological Awareness Is Spiritual Awareness

Reprinted from www.awakin.org.

--by *Fritjof Capra and Pier Luigi Luisi (Feb 12, 2018)*

The sense in which we use the term "ecological" is associated with a specific philosophical school, founded in the early 1970s by the Norwegian philosopher Arne Naess (1912-2009) with the distinction between "shallow" and "deep" ecology. Since then, this distinction has been widely accepted as a very useful term for referring to a major division within contemporary environmental thought.

Shallow ecology is anthropocentric, or human-centered. It views humans as above or outside of nature, as the source of all value, and ascribes only instrumental, or "use," value to nature. Deep ecology does not separate humans — nor anything else — from the natural environment. It does see the world not as a collection of isolated objects but as a network of phenomena that are fundamentally interconnected and interdependent. Deep ecology recognizes the intrinsic value of all living beings and views humans as just one particular strand in the web of life.



Ultimately, deep ecological awareness is spiritual awareness. When the concept of the human spirit is understood as the mode of consciousness in which the individual feels a sense of belonging, of connectedness, to the cosmos as a whole, it becomes clear that ecological awareness is spiritual in its deepest essence. Hence, the emerging new vision of reality, based on deep ecological awareness, is consistent with the so-called "perennial philosophy" of spiritual traditions.

There is another way in which Arne Naess characterized deep ecology. "The essence of deep ecology," he wrote, "is to ask deeper questions." This is also the essence of a paradigm shift. We need to be prepared to question every single aspect of the old paradigm. Eventually, we will not need to abandon all our old concepts and ideas, but before we know that we need to be willing to question everything. So, deep ecology asks profound questions about the very foundations of our modern, scientific, industrial, growth-oriented, materialistic worldview and way of life. It questions this entire paradigm from an ecological perspective: from the perspective of our relationships to one another, to future generations, and to the web of life of which we are part.

8. Living in the Freshest Chamber of the Heart

Reprinted from www.awakin.org.

--by **Mark Nepo** (Feb 19, 2018)

Our ability to find something to love, and to love again for the first time depends greatly on how we resolve and integrate where we've been before. A great model for us exists in the chambered nautilus, an exquisite shell creature that lives along the ocean floor. The nautilus is a deep-sea form of life that inches like a soft man in a hard shell finding his prayers along the bottom. Over time it builds a spiral shell, but always lives in the newest chamber.

The other chambers, they say, contain a gas or liquid that helps the nautilus control its buoyancy. Even here, a mute lesson in how to use the past: live in the most recent chamber and use the others to stay afloat.

Can we, in this way, build strong chambers for our traumas: not living there, but breaking our past down till it is fluid enough to lose most of its weight? Can we internalize where we've been enough to know that we are no longer living there? When we can, life will seem lighter.

It is not by accident that the nautilus turns its slow digestion of the bottom into a body that can float. It tells us that only time can put the past in perspective, and only when the past is behind us, and not before us, can we open enough and empty enough to truly feel what is about to happen. Only by living in the freshest chamber of the heart can we love again and again for the first time.



9. Wisdom of Grieving

Reprinted from www.awakin.org.

--by ***Terry Patten*** (Feb 26, 2018)

Not only is grieving a stage of the spiritual activist's journey, but the grieving process *itself* often unfolds in stages, which can be described using Elizabeth Kubler-Ross's famous five stages of grief. These five stages—*denial*, *anger*, *bargaining*, *depression*, and *acceptance*—describe the process of psychologically responding to the prospect and reality of any catastrophic loss.

Denial can be said to be a defense against suffering and grieving. If reality is too painful, don't face it. Maintain equilibrium and good humor by closing the metaphorical eyes, or the mind. Turn off the news, doubt its veracity, change the channel.

While we can certainly criticize people's motivations for disengagement, it is also true that the attitudes communicated in media are often reactive and draining. So there are good reasons to practice skillful, selective disengagement from the 24/7 news cycle. Making intelligent and economical use of media and politics disciplines tendencies toward both mindless addiction and reactive avoidance.

Anger easily becomes a habitual defense against feeling loss, sadness, and fear. There are very good reasons to be angry. Anger is the energy to change what needs to be changed. But healthy anger rises and falls, rather than becoming a chronic state, and it stays in touch with grief.

The next stage is *bargaining*, an attempt to regain lost equanimity, perhaps by imagining alternative scenarios that mitigate the sense of loss. Whereas true equanimity is based on opening up to all of reality, including its darkness, bargaining seeks to keep painful realities at bay. It is a more sophisticated form of denial.

The fourth stage is *depression*. When it is clear that heartbreaking loss cannot be avoided, the being is at least temporarily shattered. We begin to fear losing something we have always depended upon and taken for granted—such as the company of a loved one, the restorative and healing grace of Mother Earth, or the ability to live in prosperous, secure, open liberal society without doing anything to protect or defend it.

Mature, responsible adults are charged with staying intelligently related to the realities of our lives. But that requires us to pass through all the harrowing stages of grief into acceptance.

True *acceptance* recognizes the reality of our situation and accepts responsibility to arrive in basic equanimity and a capacity to act. We find a way to choose life, even in a world that includes horrific losses. We choose engagement with reality, including the gritty and not always pleasant involvements with people we may not like and in situations we would prefer to avoid. We know we have arrived in acceptance when we are in motion, doing what we can to make a positive difference. We find deep equanimity.



10. A Life Without Limits

Reprinted from www.KarmaTube.org.

We all have down days and moments where we feel we can't do something, or achieve a goal. But people like Manuel Yojcom Mendoza from Nicaragua teach us that anything is possible if you put your mind to it. Despite having physical limitations from birth, Manuel actively participates in his education, art, and community. Remember the next time you feel like something is out of your reach or abilities, the only limits in life are those you impose upon yourself. Ordinary people are doing extraordinary things every day. And you can too.

<http://www.karmatube.org/videos.php?id=6921>

11. Your 'No Big Deal' Gesture Can Save A Life

Reprinted from www.KarmaTube.org.

Wilson donated bone marrow to Alice, who was dying of leukemia. "I like to use the same phrase that all donors use – no big deal. One day only, no big deal." Many of his friends and family advised against it, believing it not to be worth the risk. He decided to disregard their opinions and found that it really wasn't so bad - it was no big deal. In fact, Wilson found it to be such a positive experience that he wound up working for the Bone Marrow Donation Programme. Two years later, Wilson and Alice met for the first time. "It's really something, you know," says Alice. "It gives me a new outlook of life; what life means."

<http://www.karmatube.org/videos.php?id=6860>

12. What If We Believed That No Lives Matter Less Than Other Lives?

Reprinted from www.KarmaTube.org.

"Homeboy Industries provides hope, training, and support to formerly gang-involved and previously incarcerated men and women allowing them to redirect their lives and become contributing members of our community. Each year over 10,000 former gang members from across Los Angeles come through Homeboy Industries' doors in an effort to make a positive change. They are welcomed into a community of mutual kinship [and] love...Full-time employment is offered for more than 200 men and women at a time through an 18-month program that helps them re-identify who they are in the world, offers job training so they can move on from Homeboy Industries and become contributing members of the community - knowing they count!"

<http://www.karmatube.org/videos.php?id=6942>

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.

13. Sacred Attention Therapy

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

<http://www.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).

14. A Course in Miracles Global Community Centre

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

15. OM Websites

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

16. The 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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Page | 19

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

newsletter@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

Twitter: [rmeaghertweet](https://twitter.com/rmeaghertweet)

Linked In: ca.linkedin.com/in/robertmeagher

Facebook: www.facebook.com/Servingyourjourney