

***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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## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### **Thank you for your song of... “Hey Sweetie”!!!**

One unusually-cold morning in mid-March I woke before sunrise and decided to go for a walk. I would normally have gone swimming on this particular morning, but I decided to go for a nice, long walk instead. I could tell from the still-star-sparkled-sky that we were in store for a brilliant sunrise. So I got dressed in my parka, warm hats, gloves and clothes, and off I went.

By the time I got out the door, the horizon was just starting to lighten up, with shades of pink and orange. The fresh air, although frosty cold, was refreshing and invigorating. I walked along a waterway where I had ventured many times before but have never lost my appreciation for this life force and what it gives every moment of its existence.

I had not been walking for long and I became aware that I was lost in my thoughts of what was to unfold later in the day; or more to the point, what I thought would unfold later in the day. I was aware that I was worried about a particular interaction that I anticipated would take place; specifically, how that interaction would take place. How is it I was aware I was lost in my thoughts, if I was actually lost in my thoughts?

As I kept walking I reminded myself to let my thoughts of yesterday, and later that day, go. I invited myself to enjoy my walk. But my thoughts would occasionally slip back to worry or some other mind games that distracted me from the unfolding joy right in front of me.

What truly allowed me to be grateful for the moment and the unfolding joy right in front of me was the magnificent sound, song, of a bird that shattered my intellectual table tennis match. At first, I thought... “What is a bird doing out in this cold!?” I laughed at my thought, and kept walking.

I kept hearing the bird sing, however. And by this point I noticed the horizon getting brighter. A beautiful sunrise was unfolding. The bird kept singing...

I was not familiar with this bird’s song. I started looking up into the trees and noticed, first, just how beautiful the trees were. I stopped, in search of the bird, but could not locate him or her. I stopped for a few minutes, but I could not locate the winged-source of the beautifully unfolding melody. I listened attentively for the sound and sensed it was coming from up ahead. So I kept walking...

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The bird's song was getting louder so I figured I was getting closer to the source. The sound felt like it was coming from directly in front of me but I still could not locate its winged-source. I was staring into a large, dense thicket. Then I saw it!!! It was a magnificent, beautiful Chickadee!

I was no more than 6 feet from this adorable creature and again it let out its song. I was full of joy and awe! I was pleasantly surprised to hear this particular song from the chickadee because I had not heard this song before. I was accustomed to the usual, short, high-pitched chirp of these beautiful birds.

I rejoiced in the moment, the beauty of the bird, and the magnificence of its song. I stood there for about a minute, soaking in the beauty of the moment. And then I walked on...

As I walked on I considered, in part, what I was just taught. I had been lost in worry about something that I predicted would unfold later in the day. My worry was preventing me from enjoying the moment. It took a small, precious little bird to catch my attention and bring me back to 'now'—the only place and time there really is. In that 'now' was my joy and peace.

For the remainder of my walk I remained mesmerized by the Chickadee's song, however. And when I got home I looked up the song on the internet. With gratitude and reverence, I found it. Apparently, the song this Chickadee was singing was titled "Hey Sweetie!". I smiled. How delightful! I was lost in my negative thought and a little bird called out to me with "Hey Sweetie!" ...and I was brought to joy and peace.

I think more morning walks are in store for me... 😊

If you are interested in listening to the Chickadee's song of "Hey Sweetie!," click on the YouTube video link below. "Hey Sweetie!" starts 7 seconds into the video. Enjoy!!!

<https://www.youtube.com/watch?v=LfMsUuU9KtQ>

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



## 2. Poem

### The Miracle of The Butterfly

Letting go and forgiveness are one and the same.  
Their function is to let emotional attachment and  
investment in the past dissolve.

Their purpose is to let us experience  
Oneness with God.

When applied to “special relationships”, letting go  
and forgiveness permit us to free ourselves  
from the imprisonment in someone else, under the  
guise that the other person has something we need.

Letting go and forgiveness are like  
transcending the barriers and limitations of the  
cocoon, to become the essence of joy and freedom  
and beauty that we see in the butterfly.

It is the Oneness we see when  
the color and hues of the butterfly’s wings  
blend imperceptibly with a vibrant flower.

It allows us to experience the essence of our own love  
as One with everything in the Universe.

When we let go and forgive  
in a special relationship, we experience  
the miracle of immediately dissolving  
jealousy, possessiveness, exclusiveness,  
and the feelings of “missing”.

The feeling of wanting to  
get something from another person;  
the need to control, manipulate, and  
predict the behavior of another person,  
simply vanishes.

The love/hate of special relationships,  
hating or loving according to whether  
one’s imagined needs are met or not,  
also disappears.

The result of this miracle is that we remember and  
recognize that our only essence is Love,  
and Love needs nothing: its only function is to  
self-create.

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The miracle of the butterfly is symbolically the transformation of a special relationship into a Holy One, through letting go of the chains of our self-imposed imprisonment.

The miracle of the butterfly is the knowledge that we are One with each other and with God forever.

Gerald G. Jampolsky

### 3. Quote or Question

*"As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness weakness."* ~ Henry David Thoreau

## 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 – April 2018

#### Spaces and Being

In the physical universe, there are many spaces which lie between galaxies and dimensions. These spaces can be thought of as holes but that is not the case. It can be acknowledged, however, that many conduits such as vortices, tunnels and the folding of space and time are evident in some universes, including your own. We speak here, rather, of spaces which do not lead anywhere. They simply exist to allow and encourage a greater expansion of your universe. These multi-dimensional spaces, are quiet, resilient and simple “are.”

We would compare these spaces to your own way of living. In your physical body between electrical and magnetic impulses, there is also space. Some of this space, especially that found between the cells, can be travelled and explored. (Please see *The Transformational Nature of Matter — Part Two: Fluidity and Light*). However, in the electromagnetic activity of your brain and body, there is space which simply exists as space. To go even further, we may also state that there are spaces between your thoughts and between the beats of your heart. There is also a relationship between spaces and peace. Peace is found between the heart beats as a moment of quiet space. In truth, all movement that fosters balance holds a time of repose—a quiet and restful space between the movements of physicality.

Why would this be?

To answer this question we would speak to you of equilibrium. Your material world is composed of action, non-action and reaction. Fatigue comes to your body when you ignore the time of non-action. Non-action can be compared to space which “simply is,” quieting down and balancing the movement around it to allow “breathing space” as you would say.

As we have mentioned on other occasions, the nature of time is changing. As you begin to perceive other realities, you understand that linear time is more absent. These spaces of which we speak harbour no movement, have no time and no evolution. As paradoxical as it may seem to you, these spaces, minute as they may appear to you in your world, are very real, yet they contain no mass, no matter. They simply exist to remind you, fine people of this transforming world, that you, too, simply “are.” You are a being and you exist as a vibration in the splendid ocean of divine substance. Each moment you put your attention on sensing and being this divinity, you place yourself in a space of breath—repose, peace, elation and expansion. In that very instant, time is erased and you are whole and complete.

Hence, we ask you to review and, if necessary, readjust your current life-style. Seek and enjoy the spaces of peace and quiet between movement and inaction, sounds and silence. As your world accelerates, kindly remember that the constrained nature of time as you comprehend is transformed.

In becoming familiar with breathing the spaces between thought and action, you easily assume the more advanced and expansive rhythm of your world as it is unfolds into wholeness.



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

## 5. Sam C. Lab – The Voice on the Mountain

Who knows what it is that speaks to us, that directs our steps, that guides us this way or that, moves our feet and our minds to take that particular fork in the road, to choose one option instead of another.

Sometimes it all seems mysterious, impossible to figure out, and the inner voice might say, “*Why bother trying to figure it out, just accept what your intuitive feelings tell you, go with the spiritual flow...*”

And so it was with this palpable feeling that I took that walk in the woods. It was springtime – budding on leaves, fresh air, a chance to get away from cement, cars, and noisy street life.

My walk took me away from my apartment in the Ottawa area to a hiking trail in the Gatineau Mountains that is that wonderful combination of seclusion in a wooded area yet still close to nearby urban life.

To me it was a springtime walk to stretch the legs and let my mind unravel, to change the panorama. But also it was hopefully a way to work on personal growth... I have to admit I was not at peace at this period in my life. I had questions that needed answers, to find ways to sharpen my focus on important issues. My ship of self was adrift, rudderless in a swirling personal current down the flowing river of life.

Yet for all my disquieted self, as I progressed along terrain that was a gentle roller coaster ride in beginning greenery, I felt a slow easing of my personal distress.

*I guess I'm just an old Mountain Boy who needs to get some altitude to flatten out some bad attitudes I playfully rhymed out in reasoning.*

The White Mountains of New Hampshire had been my experience of youth and although our family had moved to Canada when I was yet a teen, the majesty of Appalachia's high peaks had never left my soul.

Even when I lived and worked in all those urban spaces and places – Montréal – Toronto – New York – - the mountains had always stuck to my hide like the proverbial spots on the leopard.

And like that big cat I was pawing my way along that trail, sniffing around for something well...I wasn't quite sure...maybe off the beaten path?



Ah, I spied it, off to my right where a clearing grew into a lovely meadow. It was flatter there, fresher, so invitingly woods-handsome in its carpeting of new green grasses. With flowers of light pastels, and small bursts of bright whites and splashes of yellow that shouted for look-at-me attention.

With a step more buoyant and a lift of the spirit I ventured into the welcoming meadowlands. Immediately on entering this illumined space I felt a new goodness inveigle my being.

The air here was different. Currents of cool mingled with warmer drifts of brackish scents that stirred my sense of smells.

Looking up the slope of the meadow I saw where it rose sharply to a height of land. An urge struck to struggle up its slope and see if I could reach the peak.

*Yes, do that!*

So I engaged the ascent, loping along in damp Winter's forgotten grasses along something of a path that deer or foxes or raccoons must have made.

Where the incline went steeper I struggled and nearly fell. My legs started to ache. My breath was loud in my ears, jealous for the attention of my THUD-A-THUD pounding heart.

*Is this too steep for an out of shape Mountain Boy?*

*"Why give up now!"*

I kept on in spite of a sharper incline near the top that severely burned my calves and thighs.

Oh but when once on the very top of the ridge I turned and my reward was a sight full glorious to behold! The slope of the down-running mountain rose and dipped like a toboggan run to a horizon of faraway treetops. And rising above it, a breathtaking view of Ottawa's skyline.

Some natural urge pulled at my body to just collapse in the grass. Which I did, glad to ease the weight off my knotted legs.

I just lay there taking it all in. Then something like a bathing of light grew into my misty vision. It was gentle and slow, coming like a happy veil of whitish gray. And I recognized it, my source of spirituality.

It dwelt here on the mountaintop, clean, clear, true.

I don't know why but some game of dialogue suggested itself. I took out the small pocket notepad I always bring along on walks and the stubby pencil. And began to write.

I wrote Q – to indicate a question.

And below it A – for answer.

Instinctively I began to write out questions that begged answers. As if I were speaking to someone who was right there beside me as my spiritual muse. Like an angel or prophet or manifestation of God who had answer for me.

I realized as I was doing this that my hope of answers was at the very edge of Doubt, towards Hope itself, and of its sister, Faith.



How quietly exhilarating was that moment of slightest hesitation, so ripe with suspense. And to see how Faith won the contest!

The first question was said and written down.

Slowly there came an answer. I wrote it down like an obedient scribe.

As I asked question after question, answers came, more surely, sometimes with their slight pauses, but always with an authority and sensibleness that astounded me.

Later when I reread what I'd taken down in this dictation from on high, I truly felt I had tapped the source of a divine Voice.

Not only the source but a *method* to connect with the Voice. .



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Sam C. Lab is a journalist, author, guitarist, scriptwriter and songwriter. Blessed with multi-talents he is a modern day Renaissance Man moving easily from writing, music and visual arts. His spiritually-inspired works include “automatic writing” as he continues to explore the divine nature of the creative process. Sam can be reached by email at [samlab@videotron.ca](mailto:samlab@videotron.ca).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 6. Good News Of The Day

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

"Resilience has taken on many meanings throughout its long history, but scientists who study stress and resilience say it's helpful to think of it as an emotional muscle that can be strengthened at any time. The American Psychological Association defines resilience as, "the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress - such as family and relationship problems, serious health problems or workplace and financial stressors". Resilience is not a trait that is either present or absent, but consists of behaviors, thoughts, and actions that experts agree can be learned and developed by anyone. It's therefore not our exposure to potentially traumatic events that determines later functioning, but how we respond to them." This in-depth article shares more. <http://www.dailygood.org/story/1968/lessons-in-resilience-the-stories-we-tell-and-why-they-matter-emily-rose-barr/> **Be The Change:** Bring to mind someone who's helped you through a hardship - a teacher, a mentor, a friend, a religious leader, or a loved one. Reach out to them with a phone call, email, or letter to express your gratitude.

When the advancing threat of Big Apple, a monoculture heavily sprayed with pesticides, came to Mals, Italy the women took action. In a display of direct democracy, this tiny village in the south Tyrol province of northern Italy has inspired a movement now coursing its way through Europe, the United States, and beyond. <http://www.dailygood.org/story/1936/the-town-that-fought-big-ag-and-won-philip-ackerman-leist/> **Be The Change:** Visit Fair World Project to learn the many ways you can become involved in creating a just and healthy Earth for all her inhabitants. <http://www.dailygood.org/more.php?n=7591a>

In this thoughtful piece, author E.F. Schumacher argues for a set of economic principles that aligns economic progress and growth with the Buddhist ideals of nonviolence and peace. He proposes intriguing perspectives on labor, leisure, consumption, and the use of natural resources that flips modern economics on its head. Read on for fascinating food for thought. <http://www.dailygood.org/story/1747/finding-right-livelihood-e-f-schumacher/> **Be The Change:** Can you see your labor not as something to be minimized but as a vehicle for growth and fulfillment?

Sujatha Baliga serves as the Executive Director of the Restorative Justice Project at Impact Justice, in Alameda County, California. Her background as a survivor of childhood sexual abuse, criminal law attorney, and meditator inform her critical and revolutionary work in restorative justice today. Following a life-changing encounter with His Holiness the Dalai Lama who advised her to meditate and contemplate how she viewed her enemies, Baliga began a mindfulness meditation practice, which led her eventually to forgive her abuser, and then to become one of the leading voices and practitioners of Restorative Justice. In this interview, Baliga shares insights about her personal journey to forgiveness, the criminal legal system, the role of anger and truth-telling, and what restorative justice offers the world. <http://www.dailygood.org/story/1900/the-spirit-of-restorative-justice-an-interview-with-sujatha-baliga-sebastian-robins/> **Be The Change:** Taking the Dalai Lama's advice to heart, contemplate on how you view your "enemies." Can you apply the restorative justice paradigm to your own internal or external enemies?

How far would you go to "live" on a daily basis something you believed in? Would you go over 25,000 miles? Would you spend over twenty-five years on the journey? And what would you need to be able to show for it in order to consider your effort a success? Read this remarkable interview with the woman who zig-zagged across the United States more than six times on foot as a way to embody peace and inspire others to "do

something for peace, in their own way". <http://www.dailygood.org/story/1947/peace-pilgrim-s-last-interview-unknown-yet/> **Be The Change:** This week reflect on one way you can grow peace within yourself; then challenge yourself to express that inner peace in an outward action from a smile, to a hug to something even more courageous.

"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> **Be The Change:** Next time you are tempted to judge someone based on their past, ask yourself instead how you can support their growth.

"Heartfulness seeks to overcome limitations to the kind of mindfulness that is used for the pursuit of profit and pleasure and doesn't challenge materialistic beliefs, values, or practices. Mindfulness can enable other virtues, but if we remain on the purely cognitive level, or stay narrowly focused on stress reduction, we are missing its true power. While the science focus is extremely convincing as to the reality of the power of mindful practice, we also need to maintain and expand the heart's role in mindfulness." Stephen Murphy-Shigematsu shares more in this excerpt from his book "From Mindfulness to Heartfulness" <http://www.dailygood.org/story/1980/from-mindfulness-to-heartfulness-stephen-murphy-shigematsu/>

Plants are intelligent; perform complex mathematical computations; plan for the future; and even interpret meaning. Stephen Harrod Buhner came to this conclusion by opening his understanding up to the many cultures and individuals who have listened to plants in order to learn what they have to say. He learned from the direct stories of indigenous people whose first person accounts all said they learned the medicinal qualities of the plants they used from the plants themselves, or that it came in a vision, or that Creator told them the uses. It was clear then that, in a way that reductive science did not understand, or even acknowledge, there was another way of gathering information about the world, and that in fact, plants were highly intelligent and able to communicate with people. Dive into this mind-opening interview from Moon Magazine to discover the "non-linear intelligence of nature". <http://www.dailygood.org/story/1891/the-intelligence-of-plants-unknown-yet/> **Be The Change:** Try responding with the intelligence of a plant the next situation where you find you must "deal with" rather than run from or avoid whatever is presented.

Pause just long enough in your busy day to sit in a patch of sunlight. Now breathe deeply. Then, in the small space you just opened, read this profound reflection on the quiet graces that make up a day. They might just lead into the larger grace of your whole life. <http://www.dailygood.org/story/1888/small-graces-kent-nerburn/> **Be The Change:** Give your self the gift of listening to this quiet reflection read aloud by clicking the link below. Then rise up and meet the next small grace of your day with wonder and joy. <http://www.awakin.org/read/audio.php?op=play&tid=2259>

It is indigenous communities who often bear the biggest brunt of environmental crisis -- and who continue to put their bodies on the frontline to protect the Earth, and all of us. Samuel Bendeck Sotillos reminds us that as things are getting worse, they are being uncovered. This is where our hope lies. Amidst the death throes of a dysfunctional paradigm on its way out, it is the First Peoples' timeless wisdom, that we are of the earth and of the spirit, that can lead us to restore our belonging in the circle of life. <http://www.dailygood.org/story/1946/spirit-of-the-earth-indian-voices-on-nature-unknown-yet/> **Be The Change:** The Earth is a living being, a teacher and a guide to those who watch and listen. Take a moment to observe her today - what insight and lessons can you draw?

Just when we think we've escaped and found firm ground to stand on in a painful moment, Pema Chodron suggests that we let go into the difficulty of our situation and rest there with an open mind instead. In her book "When Things Fall Apart", Pema Chodron gently guides us through the dark places in our lives and shows us that we are strong enough to live fully in those moments. Rather than running in search of solutions that will make our pain go away, in her book she offers insights to show us that when we befriend ourselves and offer compassion, we will discover an inner awareness that brings freedom, and even relief from suffering. <http://www.dailygood.org/story/1948/when-things-fall-apart-maria-popova/> **Be The Change:** Rather than trying to escape, try staying with something difficult that happens today. Breathe into it and observe the movement of life in that moment.

"Sometimes the nearly unbearable beauty of the world overwhelms me. I tremble with a felt-sense that the magnificence that saturates the cosmos surely reflects the possibility, even now, of human magnificence. And then, as if I've crossed an invisible bridge to a waypoint of despair, I wonder how the mysterious, self-organizing wild Earth can peacefully co-exist with the absurdities and catastrophes of human invention. How do we hold both the magnificence and tragedy of the world, as if we stand at a threshold with Janus, the Roman god of beginnings and endings, looking in two directions?" Author Geneen Marie Haugen shares more in this essay. <http://www.dailygood.org/story/1981/wild-faith-geneen-marie-haugen/> **Be The Change:** Consider an action or a practice you can initiate that honors the magnificence of our world and offers an antidote to its tragedies.

To some, the creative process needs no justification or rationale; yet there are times of upheaval in history that seem to ask the artist: Why are you creating this? What is your purpose? What social change do you hope to achieve with your art? Mirka Knaster is one such artist who has explored the question of how artists use their work to address political concerns. In this post Knaster discusses several artists "who do choose to give public voice to their concerns and resist the wrongs they perceive." Included in the wide array of visual examples is the work of Photographer Henryk Ross and Columbian artist Doris Salcedo, who used art to evoke the horrors of living through genocide and political turmoil. This piece illustrates how diverse artists across the ages have used their gifts to bring attention to oppression and injustice in powerful ways. <http://www.dailygood.org/story/1982/how-do-we-respond-a-question-to-artists-mirka-knaster/> **Be The Change:** Recall an iconic image that changed your understanding of a political or social situation. Were you somehow empowered to act in response to this work of art? Consider how you can be an artist in your own world by making a "studio of your life." Can you enter into the creative process everyday so as to create a new and better world?

At 14 years old, Jonathan Pitre appears to have a superhuman ability to deal with the constant pain of epidermolysis bullosa, the rare disease that has been a part of his life from infancy. In this moving and inspiring video we get a glimpse of his life and that of his devoted mother, as they face daunting challenges with love, strength, courage and the heroic ability to reach out and inspire others in the process. Jonathan's skin may be extremely fragile like the wings of a butterfly, but his spirit knows no bounds. <http://www.karmatube.org/videos.php?id=6358> **Be The Change:** The next time something you have to do seems too difficult, think of Jonathan and let his example help you to move forward.

With elegant rhetoric the great first-century Roman philosopher Seneca examines worry, both real and imaginary, and the mental discipline of overcoming fear. In Letters from a Stoic, he points out to a young friend that, "Some things torment us more than they ought; some torment us before they ought; and some torment us when they ought not to torment us at all. We are in the habit of exaggerating, or imagining, or anticipating, sorrow." <http://www.dailygood.org/story/1913/seneca-on-the-antidote-to-anxiety-maria-popova/> **Be The Change:** How often do you foresee and fear darker outcomes when a more positive attitude could possibly influence the future event? Seneca reminds us of the self-defeating and wearying human habit of bracing ourselves for an imaginary disaster that may never happen.

Henry David Thoreau sings praises of winter, "the wonderful purity of nature ...(when) the dead leaves of autumn, are concealed by a clean napkin of snow... A cold and searching wind drives away all contagion, and nothing can withstand it but what has a virtue in it." In spite of the cold we recognize in this early springtime that "There is a slumbering subterranean fire in nature which never goes out, and which no cold can chill." Delve into his essay on nature in winter, and feel the hope of spring. <http://www.dailygood.org/story/1945/a-winter-walk-an-excerpt-henry-david-thoreau/> **Be The Change:** When in the deepest winter, we know spring will come. Yet sometimes we need to remind ourselves and others when we are feeling cold and desperate that there is a fire in us that no winter can put out.

Sacred acts. This is how Dr. Venu Julapalli would describe the seemingly mundane, at times unglamorous, services performed by a team of caregivers looking after his mother who, after the sudden rupture of an aneurysm in her brain, was largely unable to care for herself. These caregivers saw the human behind the hospital gown, and treated their patient with the tenderness and compassion a loving family member would. In this heartwarming letter of gratitude, Dr. Julapalli reflects on the humanity he witnessed, and the often overlooked acts that bear as much importance as those which save lives. <http://www.dailygood.org/story/1960/the-sacred-ordinary-in-healthcare-dr-venu-julapalli/> **Be The Change:** Find a small way to show someone you care for them today, be it a stranger, family member, or close friend. Perform your act without the expectation of receiving anything in return.

Teach Me to Be WILD is a film that explores the work of Wildlife Associates, a sanctuary in Northern California, where injured, non-releasable wild animals become Wild Teachers and are helping heal generations of hurt children. The traumatic histories of the creatures, who range from an Andean condor to a two-toed sloth, often parallel those of the at-risk youth who visit. Unexpected connections are forged that ripple into stories of transformation. Founded by Steve Karlin, a former park ranger whose greatest mentors were a 330-pound American black bear and a pair of robins, the sanctuary's work recalls us to our true place in Nature's web. With intimate access to the animals, their caregivers, workshop facilitators and their spirited students, this film captures the magic that transpires where wounded children and their Wild Teachers meet. <http://www.karmatube.org/videos.php?id=8051>

Moussa Ag Assarid, an avid and gifted storyteller, was born in the Sahara desert in a nomadic camp of Touaregs in the north of Mali, where for generations his family has lived the simple desert life of herding "camels, goats, sheep, cows and donkeys in a kingdom of infinite and of silence." Describing the desert as the perfect "place to meet yourself," Assarid reminisces that there, "every little thing gives happiness. Every touch is valuable. We feel great joy just by touching each other, being together. There, nobody dreams of becoming, because everybody already is." <http://www.dailygood.org/story/1943/no-better-place-to-meet-yourself-moussa-ag-assarid/> **Be The Change:** Take a few moments of pause to "meet yourself" even amidst the busy-ness of your day.

"Water is Betsy Damon's passion, living water -- water, as the Chinese say, that has gone up and down the mountain ten thousand times. After many years of studying water her question became, "How can we teach people how nature takes care of water?" Fast forward a few years and she's in China, an unattached visitor. But she's talking with everyone she meets about water. And where this story leads, well, I'll just say its mind-blowing." This riveting interview shares more. <http://www.conversations.org/story.php?sid=222> **Be The Change:** What moments with water in your life are indelible memories?

"My parents came to the U.S. in the 1960s, along with the first wave of immigrants from India. My father came to Kansas, which is where he was getting his Ph.D. Six months later, my mother came with the three of us kids -- my sister, my brother, and me. We were just two, four and five years old. It was the very first winter we were in Kansas. It was cold. We didn't yet have heavy coats. We didn't yet have a car or anything like that, and my Dad didn't have a US driver's license yet. Back then, there were few Indians anywhere around." What follows is the story of a neighborly act of kindness that catalyzed a fifty-year friendship between two families.



<http://www.dailygood.org/story/1904/the-kindness-of-a-neighbor-preeta-bansal/> **Be The Change:** Is there someone you can welcome into community today?

Where would you turn to learn about familial love, cooperative community and walking through life with peace and gentleness? Expand your horizons and understanding in this essay on what the desert elephants of northern Namibia reveal about belonging on a cosmic scale. Eleanor O'Hanlon shares what she has learned from these remarkable beings in an article for Parabola magazine.

<http://www.dailygood.org/story/1922/remarkable-beings-eleanor-o-hanlon/> **Be The Change:** Learn more about the important work of helping elephants continue to survive as planetary elders.  
<http://www.dailygood.org/more.php?n=7574a>

"It's about this time in the long stretch of winter that I begin to ache for spring. By March, I tend to become a bit dulled to the beauty of winter. Though my prayer and meditation keep my heart open to seeing the passage of time and seasons with appreciative eyes, mostly I just want the cold days to be over. As the earth begins to thaw, we often want the process to hurry up. I long for bright flowers blowing in a spring breeze and warm summer evenings on the porch. While impatience with winter is only human, I pause and remember the need to move slowly through this time of year." What follows is a lovely meditation on waiting for the thaw, followed by three classic poems that capture aspects of this transitional time.

<http://www.dailygood.org/story/1983/waiting-for-the-thaw-virginia-may-schiros/> **Be The Change:** What is being called forth in your own life at this time?

Judith Simon Prager, PhD, is a writer, teacher, and clinical hypnotherapist. She has lived all over the world working as a novelist, screen writer, and journalist. However, Judith is probably best known for her method of Verbal First Aid, which teaches first responders that how they speak with a patient in an emergency situation can ultimately save that person's life, as well as speed up healing. During her time traveling around teaching Verbal First Aid, Judith had an experience with a dolphin in captivity that changed her life. Through this experience, Judith was reminded that although words matter, the intention and feeling behind those words matter too. And this is where Judith came into alignment with the oneness that connects us all; not just human to human, but human to animal, animal to animal, animal to earth, human to earth, and so on. In this interview with The Moon Magazine, Judith discusses her verbal and non-verbal first aid methods, her experiences with dolphins and other animals and their role in healing, and the connectedness we all share.

<http://www.dailygood.org/story/1984/what-the-dolphin-said-leslee-goodman/> **Be The Change:** Nurture your connection to nature and other living beings this week.

Margaret Wheatley is a writer and management consultant who draws upon systems analysis, chaos theory, and other diverse fields of study to inform her work. In this interview from Sounds True, she writes about how we are in a time of destructive change that will bring a new way of life along with it. Our best path forward is to be warriors for the human spirit as we create "islands of sanity" in the chaos we see around us. As much as we might feel fear and anger, Wheatley says we must avoid engaging in the destructive forces we want to overcome and instead reach out to others in acts of service that bring new life and light to our local communities. <http://www.dailygood.org/story/1925/margaret-wheatley-warriors-for-the-human-spirit-tami-simon/>

**Be The Change:** In times of change, there is a human tendency to withdraw. Instead, reach out in service to others in your local community to help create a new world.

In 2011, Matt Hopwood set forth on a journey through the United Kingdom and beyond to practice heart-led activism and compassion. Seeing love as the source of human connection and genuine social action, Hopwood listened to and shared as many love stories as he could. The experience ended up being incredibly meaningful to him not just because of the moving stories that came out of it but because of the profound beauty and joy of the interactions themselves. In return for deep listening and compassion, people opened up their hearts and homes. Connections were made, bridges crossed, and emotions shared. In this essay, Hopwood shares how everyday exchanges can be transformative, and with loving interactions we can walk a more compassionate path. <http://www.dailygood.org/story/1965/walking-the-path-of-love-matt-hopwood/> **Be**

**The Change:** Tell and listen to love stories today.



## 7. Do A Nice Thing For Your Future Self

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

--by ***Elizabeth Gilbert*** (Mar 05, 2018)

I grew up on a small family farm, with plants and animals needing care in every direction, so vacations were rare. But one summer my parents convinced a neighboring farmer to tend to our goats and chickens while we got to go to the beach for a whole entire week. On the morning we departed, my mother stripped her bed, washed and dried the linens, and remade the bed perfectly, as if she were preparing it for a guest. I was baffled. Nobody was going to be visiting while we were away; why go to so much time and trouble?

"Oh," my mother explained, when I asked why she had bothered, "this is just a little present I'm giving my future self. This way, when she comes home all tired and worn-out at the end of her vacation, she'll have the gift of fresh, clean sheets waiting to welcome her back to her own bed."

"She," my mother had said—not "I." I found it striking that she felt such friendly kindness toward the person she would be. My mother's current self clearly believed that the stranger she'd become over the next week was deserving of love. This gift of a freshly made bed was not an insignificant act: It was a conscious handshake of affection across time, a way of connecting the woman of this moment to the woman of the future.

I have never forgotten this lesson.

We are told to be kind and generous to ourselves, but it's not always easy. Often we don't feel deserving. Often we fail to act in our best interests in the chaos of the present moment, denying ourselves loving tenderness. We look in the mirror and think about every dumb thing we've done or said today, and we decide, *Well, there stands a lousy piece of human garbage*. Then comes the punishment, which can be anything from binge eating to taking other people's abuse to blowing off our taxes. When you hate yourself this much, why would you ever make your bed? You're basically a worthless dog who deserves nothing better than to sleep on a pile of damp rags.

But what about the person you will become in a week? Or a month? Or a year? What about that innocent stranger? What did she ever do that was so wrong? What if you were able to regard your future self as a deserving visitor worthy of affection and sympathy? What if every single day you tried to think of one nice gift you could offer her—something that might make her feel welcome and safe and loved when she finally shows up?

It can be as small a gesture as flossing your teeth (a boring task I can never bring myself to execute unless I begin by saying, "This one's for you, future Liz!"), or as big a gesture as quitting smoking or walking out of a toxic relationship because you don't want your future self to suffer as much as your present self is.

If you can't do a nice thing for you, could you possibly do a nice thing for her? That mysterious and blameless stranger will someday have to live in the world you're creating for her today. In other words, you're the one making the bed, but she's the one who'll be lying in it. So be nice to her today. Be nice to her every day.

Remember: You are the best friend she has.



## 8. What You Do Afterwards

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

--by ***Keith Sawyer*** (Mar 12, 2018)

Creativity is all about what you do afterwards.

I'm thinking about something that Miles Davis said about jazz improvisation: *"It's not the note you play that's the wrong note—it's the note you play afterwards that makes it right or wrong."*

In improvisation, you don't know what an action means until later. The group creates meaning, by responding and building on that action. This happens all the time in improv theater, and it's what gives it such creative power. I call it *retroactive interpretation*. In improv, actors intentionally speak lines of dialogue that are ambiguous, utterances that can be interpreted in multiple ways. Actors do this on purpose—not because they're lazy thinkers, or they're just trying to fill up time. Improvising these ambiguous actions takes a lot of creativity. It's not easy to say something that opens up possibilities for the scene, and doesn't close down possible futures, but something that also provides enough specifics to drive a scene forward, to give other actors something to work with. Actors know that the improvised dialogue that follows their action will soon provide a meaning to what they did.



I think this is so fascinating! Imagine: To act, without knowing what your action means. To act, trusting the group to interpret your action later. To act, while you relinquish control over what your own action means.

This isn't what most of us do in everyday life. When you say something, you own it. You get to say what it means. If someone else interprets it differently, you jump in and correct them. To do improv, you need to completely change the way you approach conversation. You have to give away power and control, to the conversation itself. The conversation creates, not the individual speakers. The conversation takes on a life of its own. Meaning emerges from the collective, sequential, unfolding utterances of each speaker.

In group improvisation, no single person gets to decide what everything means. No single person even gets to decide what their own actions mean. The group creates, not the individual.

## 9. The Difficult People in Your Life

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

—by **Sally Kempton** (Mar 19, 2018)

We don't always know why difficult people show up in our lives. There are some good theories about it, of course. Jungians, along with most contemporary spiritual teachers, tell us that ALL the people in our lives are mirroring what's inside us, and that once we clear our minds and clarify our hearts; we'll stop attracting angry girl friends, prickly co-workers and tyrannical bosses. Then there's the view—not necessarily inconsistent with the first— that life is a school, and that difficult people are our teachers. (In fact, when someone tells you that you're a teacher for him, it's often a good idea to ask yourself exactly what it is about you that he finds abrasive!) One thing is clear, though: at some point in our lives, most of us will have someone around us who is show-stoppingly hard to take. Sometimes, it seems as if everyone we know is giving us trouble.



So, one of the great on-going questions for anyone who wants to live an authentic spiritual life without going into a cave is this: how do you deal with difficult people without being harsh, wimpy, or putting them out of your heart? How can you explain to your friend who keeps trying to enlist you in service of her own dramas, that you don't want to be part of her latest scenario of mistrust and betrayal -- and still remain friends? How do you handle the boss whose tantrums terrorize the whole office, or the co-worker who bursts into tears several times a week and accuses you of being abrupt when all you're trying to do is get down to business?

More to the point, what can you do when the same sorts of difficult people and situations keep showing up again and again in your life? Should you chalk it up to karma? Should you find ways to resolve it through discussion or even pre-emptive action? Or should you take the truly challenging view that the people in your life who seem harsh or clingy or annoying are actually reflections of your own disowned, or shadow tendencies? In other words, is it really true that we project onto other people the qualities in ourselves that we dislike or disallow, and then condemn in someone else the traits we reject in ourselves? Does dealing with difficult people have to begin with finding out what you might need to work on in yourself?

The short yogic answer here is "Yes." Obviously, that doesn't mean you should overlook other people's anti-social behavior. (Owning your own part in a difficult relationship is not the same thing as wimping out of a confrontation!) Moreover, some relationships are so difficult that the best way to change them is to leave. But here's the bottom line: Try as we will, we can't control other people's personality and behavior. Our real power lies in our ability to work on ourselves.

This, of course, is Yoga 101. We all 'know' it, yet when we're in the crunch of relational malfunction, it's often the first thing we forget. So, here it is again: your own inner state is your only platform for dealing successfully with other people. Not even the best interpersonal technique will work if you do it from a fearful, judgmental, or angry state of mind. Your own open and empowered state is the fulcrum, the power point, from which we can begin to move the world.

After all, what makes someone difficult? Essentially, it's their energy. We don't have to be students of quantum field theory or Buddhist metaphysics to sense how much the energies around us affect our moods and feelings. What makes someone tough for you to take? Basically, it has to do with how your energies interact with theirs. Every one of us is at our core an energetic bundle. What we call our personality is actually

made up of many layers of energy -- soft, tender, vulnerable energies as well as powerful, controlling or prickly energies. We have our wild and gnarly energies, our kindly energies, our free energies and our constricted, contracted ones.

These energies, expressing themselves through our bodies, thoughts, and emotions, and minds, manifest as our specific personality signature at any given moment. What we see on the surface, in someone's body language and facial expressions, is the sum of the energies that are operating in them. As we speak, it's the energy behind our words that most deeply impacts others.

The beginning of change, then, is learning how to recognize and modulate our own energy patterns. The more awareness we have -- that is, the more we are able to stand aside and witness our personal energies of thought and feeling and (rather than identifying with them) "the easier it is to work with our own energies. This takes practice. Most people don't start out with a highly developed awareness of their own energy or the way it impacts others -- and even fewer of us know how to change the way our energies work together.

## 10. What Happens When We Wonder?

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

--by ***Katie Steedly*** (Mar 26, 2018)

When I think about wonder I think about waterfalls, newborn babies, and whales. I think about seeds, snowflakes, and rainbows. I think about lightening, skyscrapers, and silk. Wonder defies description. Wonder often leaves me speechless. Wonder does not happen every day.

What happens when we experience wonder?

People get along. When people are struck with wonder, they generally are not yelling, arguing, fighting, or angry. Wonder brings people together. We all agree that flowers are wonderful. We all agree that ducklings are wonderful. We all agree that coral reefs are wonderful. Butterflies? Wonderful. Chocolate? Wonderful. Sunsets? Wonderful. Wonder provides a moment where we can hold hands, (perhaps) tear up, and find common ground.

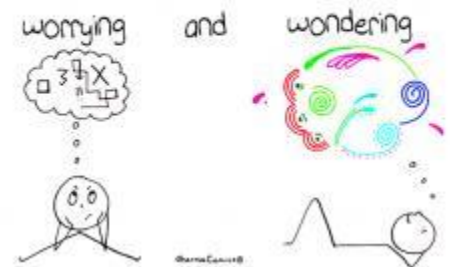
The noise of life fades. A silence akin to speechlessness falls when we experience wonder. A gentle hush that is beyond words eases tension. Reflection paints wonderful moments with reverence. Wonder is calm in the chaos of the world. I learned this on the road to Hana in Maui, when I had to be reminded that my iPhone was not as important as the majesty of a volcano. I had to let the noise go and be present to the wonder of the moment.

The best parts of ourselves guide our thoughts and actions. Gratitude, compassion, and understanding happen during wonderful moments. Our interconnectedness, our stories, our dreams, our histories connect us when we allow ourselves to feel wonder: to really see, to really touch, to really taste, and to really hear. Creating and being present to moments of wonder in our lives builds our best selves. We have less time to be less than our potential when we experience wonder. Our sights are set higher.

We are connected to the natural world. Nature is wonder. Glaciers. Fjords. Mangroves. Mountains. Coral Reefs. Oceans. All animals. All plants. All stars and planets and galaxies. There is wonder when we see beauty in all of that, and feel related and interdependent and grateful. Appreciating and respecting the wonder of the natural world creates an environment of protection and stewardship in which future generations will also know wonder in nature.

Miracles can happen. Wonder makes me believe in miracles. Every day is a miracle. The sun rising. My heart beating. My breath flowing in and out of my lungs. The fact that all that happens with perfection is miraculous. Let me take it a step further. Our capacity to experience awe, for our jaws to drop and for time to stand still, is a miracle. Feeling wonder, and the joy and happiness of it, is a miracle. May we know more, and more, and more wonder.

There is a big difference between



## 11. A Stray Hero

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

The Muslim community in Malaysia predominately sees dogs as being unclean. Pak Mie and his wife Mak Intan see things differently. In 1990 they began sheltering stray dogs and cats using their own funds. While over the years they have garnered support from people such as Nizam, who donates chicken heads, and Yang, who supplies them with rice, the couple have still had to struggle to continue this work. They spend their savings on food and medicine, and put the needs of the animals largely ahead of their own. In the words of Syeikh Ahml, a Kedan Muslim cleric, "The Prophet has said God wants you to do good deeds to every creature." Pak Mie and Mak Intan have made this their life's work. Pak Mie died of a stroke in March of 2015 but Mak Intan continues to care for these animals, at one count over 700 dogs and 200 cats. In 2016 she was awarded the Dignifying A Profession Award by the Rotary Club. Intan says she will continue this work for as long as she can, hopefully inspiring her three children to continue their parents' legacy.

<http://www.karmatube.org/videos.php?id=6990>

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

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

## 13. 10 Ways to Have A Better Conversation

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

When having a conversation, how much are we truly listening? Often, we listen with the intent to reply, not to understand, says Celeste Headlee, writer and radio host. Wisdom abounds on how to appear engaged, but little of it focuses on how to actually take in what the other person is saying. In this insightful TED talk, Headlee shares 10 practical tips on how to have better conversations, from keeping it brief to going with the flow. According to Headlee, even if you just pick one to master, your conversations will begin to improve dramatically. <http://www.karmatube.org/videos.php?id=7056>



## 14. The Butterfly Child

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

At 14 years old, Jonathan Pitre appears to have a superhuman ability to deal with the constant pain of epidermolysis bullosa, the rare disease that has been a part of his life from infancy. In this moving and inspiring video we get a glimpse of his life and that of his devoted mother, as they face daunting challenges with love, strength, courage and the heroic ability to reach out and inspire others in the process. Jonathan's skin may be extremely fragile like the wings of a butterfly, but his spirit knows no bounds.

<http://www.karmatube.org/videos.php?id=6358>

## 15. Teach Me To Be WILD

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

Teach Me to Be WILD explores the work of Wildlife Associates, a sanctuary in Northern California, where injured, non-releasable wild animals become Wild Teachers and are helping heal generations of hurt children. The traumatic histories of the creatures, who range from an Andean condor to a two-toed sloth, often parallel those of the at-risk youth who visit. Unexpected connections are forged that ripple into stories of transformation. Founded by Steve Karlin, a former park ranger whose greatest mentors were a 330-pound American black bear and a pair of robins, the sanctuary's work recalls us to our true place in Nature's web. With intimate access to the animals, their caregivers, workshop facilitators and their spirited students, this film captures the magic that transpires where wounded children and their Wild Teachers meet. The film will be available on KarmaTube in its entirety until March 31st. <http://www.karmatube.org/videos.php?id=8051>

## 16. Three Lessons of Revolutionary Love in A Time of Rage

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

"Revolutionary love is the choice to enter into labor for others who do not look like us, for our opponents who hurt us and for ourselves. In this era of enormous rage, when the fires are burning all around us,...revolutionary love is the call of our times." In this TEDWomen 2017 talk, Valarie Kaur gives us the antidote to rising nationalism, polarization and hate. In her journey from the birthing room to murder site, Kaur shows us how the choice to love is a force for justice: see no stranger, tend the wound of those around us and who have done us harm, breathe together as we push together in our work in the world.

<http://www.karmatube.org/videos.php?id=8014>



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

### 17. Sacred Attention Therapy

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

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

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

### 18. A Course in Miracles Global Community Centre

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

## 19. OM Websites

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

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

**Spiritual Guidance**

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