

***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



#### Renewed sense of purpose and commitment

Last month my beloved dog, Muggins, passed through the veil of death. Muggins had lived with me in this realm for 16 years. Over the past 4-5 years Muggins mobility slowly declined, due mostly to a neurological condition that created instability and lessened his ability to walk. Over the past year Muggins required increasing assistance to move around, to void and defecate, and with most every aspect of his life that was so easily taken for granted when he was younger.

Other conditions were slowly creeping into the picture of Muggins' overall health. One of those conditions was seizures. While the seizures were few and far between, I knew that another one would surely mark a turning point in Muggins' physical embodiment and be a definitive signal that it was time to let go. As with everything temporal, that time came.

It was one night last month that an unprecedented series of seizures kept Muggins and I awake most of the night. Over the years I had educated myself in ways to effectively minimize the ravages of seizures-in-progress, reduce the stress for Muggins, and even stop the seizures. But on this night the seizures were relentless and severe. I did what I could to keep him calm and knew that, should he make it through the night, the sunrise would bring with it the beautiful opportunity to bring some ceremonial closure to this blessed life that had given everyone so much.

At some point during the night, due in part to exhaustion no doubt, both Muggins and I fell asleep. We were both woken by a brilliant sunrise and the lullaby of birds chirping outside out window. Muggins had made it through the night and seemed wanting to start a new day. We rose and proceeded with morning ablutions, walk, and breakfast. Muggins was 'on edge' but relatively calm.

At a reasonable hour I called the vet I had been in touch with over the preceding months with ongoing updates of Muggins health. I arranged for the vet to come to our home later in the day to perform the euthanasia. Shortly before the vet arrived, friends and loved ones gathered to say their goodbyes to Muggins. Some stayed for the ceremony, some did not. Shortly after the vet arrived, Muggins was peacefully euthanized. The predominant feeling was peace, and the predominant emotion was relief.



When one chooses to take care for an aging person or animal, the amount of time you devote to this blessed task increases in proportion to the amount of care given and/or needed. And when that caregiving ceases to be needed, a void emerges. Reality sets in and you realize, among a myriad of feelings and emotions, that you now have a lot more time on your hands. It can almost feel like freedom. I asked myself... "Well...what am I going to do with this new freedom?"

I thought about how I might honor Muggins' memory. What legacy did he leave? What did he give me? What did he teach me? What would be fitting to pass on to others? What might Muggins want me to do?

I thought about how Muggins taught me unconditional love. I thought about how Muggins taught me peace, especially in the end. I thought about how he treated all other beings. I thought about the harmony he created. I thought about the unending compassion he demonstrated and offered. I thought about the joy he gave to the world.

It was through these blessed memories and awareness that I discovered a renewed sense of purpose and commitment with and for my ministry work. I thought.. "What better way to honor a life that had given me so much...than to extend this new sense of freedom to serve, teach, and heal a world in transformation." It was then that the following dedication poured out of me:

### ***In Muggins Memorio***

*I honor each day to be of service to humanity.*

*I will not squander the opportunity to bring love, light, and peace to the world.*

*I will not miss the opportunity to teach and heal a world in transformation.*

*Through devoted service I honor each brother and sister who comes into and through my life.*

*May the spirit of Muggins serve as my inspiration to be love, to be peace, to be harmony, to be compassion, to be joy.*

*And so it is...*

*Namaste*

May you be inspired to walk your truth. May you be inspired to bring love, light, and peace to this world. May you be inspired to serve and honor your brothers and sisters in whatever form that may take. May you be inspired to be love, to be peace, to be harmony, to be compassion, to be joy.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Inner Voice

How do I know when I hear Your Voice?  
How do I know that my ego  
is not masquerading in a costume  
to deceive me once again?

“You will feel the extension  
of My love  
in the harmony of  
what you think,  
say and do.

You will see only value  
in listening to My Voice  
and having the single goal  
of peace of mind, peace of God.

You will experience the peace of this moment  
as you symbolically ride the crest  
of the wave, effortlessly,  
feeling no sense of time;

Looking neither backwards nor  
forward,  
knowing that you are the essence  
of the wave, forever extending.

You will have the willingness  
to experience the knowledge of Love  
that all of your brothers,  
sisters and you and I  
are One Self.”

Gerald G. Jampolsky

## 3. Quote or Question

*“The secret of success is to be in harmony with existence, to be always calm to let each wave of life wash us a little farther up the shore.”*

~ Cyril Connolly

## 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 – June 2018

Soul and Home

(Suggested preliminary reading: *The Coming Together of Worlds*, August 2016)

In the bringing together of worlds, kindly understand that a kinship of energy, loving attitude and gentle benevolence must continue to resonate within the inhabitants of your planet. Many of your citizens have understood this as they turn towards a wider possibility of expansive and infinite living patterns. In a manner of speaking, many of you upon this transforming planet have left behind emotional, mental and physical disturbances to consciously meld into this great divine Light of Love and Creation. You have melded your soul to the Great Spirit. You have found home.

In finding once again your ultimate and innate destiny—being the radiance of divinity—you are now so imbued with sacred love and intelligence that every smallest particle of vibrating matter within your physical body, mind and emotions has been transformed and moved upwards and inwards towards an eternal communion with sacred perfection.

This, in truth, is the destiny of your earth and all of its citizens: To be uplifted and, by the free will of your inhabitants, to be brought home.

Within all creation, be it material, less so or even without density, exists love and intelligence. You may call this duo the cornerstone of a building. As intelligence and love, forever together and in equilibrium, expand, intention, direction and Light is birthed. Hence, it is from this Light, based on this pure love and holy intelligence that vibration, frequency, consciousness and matter are created. However, the soul of each individual is not created here or in this fashion. The individual soul emanates directly from the perfect outpouring of the Source's love and intelligence. Soul remains infinitely pure, untouched and uninfluenced.

Let us illustrate these concepts to you in the following manner.

Imagine that you are standing on the shore of a large and calm lake. There is no wind; all is still. Feel that you are an integral part of this scene, so that no separation is felt. Here you experience a texture of divinity—quiet, beauty, strength, oneness, love and intelligence. Now, gently a soft wind begins to blow towards you from the water. Feel that you have been awakened, that you have been breathed into. This awakening carries you to a profound realization that you are intimately connected to a place of holiness. The moment you experience this connectedness you are experiencing your soul. It is not the wind that has awakened you. *It is your willingness to stand quietly by the lake to receive and absorb this creator-wind, and, in so doing, to open yourself up to a more significant and insightful world.*

It is to be remembered that each individual upon your earth is a soul. Some of your citizens continue to ignore their souls. Yet numerous others have felt the warm wind of welcome and are moving forwards and upwards with eager step and open heart. These are the leaders of your tomorrow. In truth these are your leaders now.

As we have mentioned upon other occasions, the destiny of your world is a great one. Your Planet Earth is already a member of an association of star nations wherein it is warmly welcomed. This illustrates that the current of upliftment is strengthening. Your citizens will also witness the coming together of minds, hearts, and creative energies and frequencies which reside in places, dimensions and vastness which intermingle and intertwine within the atmosphere of your own planet. At this moment this may still seem invisible and untouchable, but gently the sacred invisible and untouchable are being revealed to the delight of many of your progressive inhabitants.

We, from the many systems and dimensions of God's universe, continue to live and create and render joyful service to all those upon your earth who extend their minds and hearts upwards and who are encouraging others to participate in this same upwardly movement.

Kindly remember that we are all the same, no matter the dimension or universe for we are all from the same home. Hence, continue on with your dedication to all that is Goodness and Light, for therein lies our home and yours.

In our next message we will speak more to you of ourselves and the similarities between our worlds and yours.



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).



## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 5. Good News Of The Day

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

The Indian spiritual leader Vinoba Bhave began the Bhoodan (Land-Gift) Movement, walking for 20 years through the length and breadth of India persuading land owners and landlords to give land to their poor, totaling four million acres of land. He tells us: "Our real strength lies in the fact that we are servants. The divinity in each and every person can be witnessed and reached, only when you approach them as a faithful servant...When we will all see our role in society as servants, we will all light up the sky together like countless stars on a dark night." More in this moving passage. <http://www.dailygood.org/story/1970/to-light-up-the-sky-together-vinoba-bhave/> **Be The Change:** Meditate on how you can serve the highest potential in the lives around you.

Mick Cochrane was invited to give a lecture as part of a series based on Randy Pausch's book, The Last Lecture. Not someone who enjoys the act of lecturing, he chose to tell four stories from his life. From them, you are invited to come to your own conclusions and draw from them your own lessons. They are extraordinarily simple and deep with themes that resonate through time and hearts: trust in the sustaining power of imagination; knock on a stranger's door; shake someone's hand, and even if it's against the rules, click on unconditional love. <http://www.dailygood.org/story/1992/last-lecture-mick-cochrane/> **Be The Change:** Do you have four stories that define your life? Commit to sharing them with someone verbally or in writing. <http://www.dailygood.org/more.php?n=7655a>

According to Nobel Peace Prize winner Muhammad Yunus, a world without poverty or environmental devastation does not have to be just a utopian dream. Yunus believes that building a kinder, gentler planet "starts with recognizing what he describes as the inherent cruelty of capitalism, the need to value the abilities of every human being, and understanding that saving the environment must be a collective effort. Yunus, who won the Nobel for his work in microfinance, encourages us to see the world not through the lens of profit, but of social impact." He speaks about his work and his vision in this interview with the Wharton School. <http://www.dailygood.org/story/1938/muhammad-yunus-a-world-of-three-zeroes-knowledge-wharton/> **Be The Change:** What kind of world do you want to live in? Spend some time today searching the internet for people in your community who want the same thing. If their efforts inspire you, consider getting involved!

In an inventive and transformative program for teens, kids not only learn how to nourish and nurture their inherent goodness, they act as secret agents of kindness. Using undercover names like Whip, Neigh Neigh, and G Baby Believe, teens perform anonymous acts of kindness and support others doing the same. Founder Ferial Pearson believes that by doing so, the secret agents "become more ... aware of, and grateful for, their capacity to positively change themselves and their world." In this inspirational and funny interview, Pearson gets personal as she talks about gratitude, the program, her kids, and High Low Hero, a reflective exercise anyone can do at home. <http://www.dailygood.org/story/1919/feeding-the-good-wolf-a-gratitude-conversation-with-ferial-pearson-katie-steadily-curling/> **Be The Change:** Today, take notice when someone does something nice for you and make a point to thank them.

The brain is a work of art beyond our understanding and, in many way, is a miracle of organization out of chaos. Greg Dunn has made it his life's work to share that miracle with us in the art he creates from micro etchings of the brain. With a PhD in neuroscience that might have led to a career in research or a professorship, Greg has turned his talents in science to the world of art. His art is enhanced by the meditation

he does, allowing him to focus in on the patterns found in the neural connections of the brain. He is full of wonder that this organ which we all share is so little appreciated yet guides our every decision and perception. <http://www.dailygood.org/story/2007/elucidating-human-consciousness-through-art-linda-codega/> **Be The Change:** For a moment, try to observe what is happening in your brain as you experience the next moment. Can you perceive with appreciation how your mind moves with lightening speed from one connection to another?

"As a respected educational writer, teacher and activist, Parker J. Palmer shares some powerful thoughts on the current landscape of higher education with regard to pedagogy and practice. Through his personal and professional experiences with teaching and learning...Palmer argues that, at the present time, we no longer can ignore the 'inner drivers' that connect to the very core of humanity and the central mission of higher education, and advocates for the intentional integration of meaning, purpose, and spirituality within our institutions." <http://www.dailygood.org/story/1914/transforming-teaching-and-learning-in-higher-education-parker-j-palmer/> **Be The Change:** Next time you have to teach someone something, how can you touch on an "inner driver that connect to the very core of humanity?"

While studying the history of medicine and practicing for over twenty years, Dr. Victoria Sweet discovered approaches to healing that today would be considered inefficient--but put into practice, are just the opposite. One such lesson was from 12th century abbess Hildegard of Bingen, who felt that "the body is more like a plant than a machine . . . the difference being that someone has to fix a broken machine but a plant can heal itself." The trick is to allow for and encourage the verititos or life force to work its magic--which sometimes involves removing obstacles to it, or personal attention from the doctor, which is seldom allowed today. In this TED talk, Dr. Sweet shares revelations from her research and practice, and invites us to think again about modern medicine and the best ways to heal. <http://www.karmatube.org/videos.php?id=8110> **Be The Change:** Read this interview with Dr. Sweet on the subject of Slow Medicine. <http://www.conversations.org/story.php?sid=399>

"There is a fundamentalist mindset that is manifesting all over the world, and the fundamental mind says, "There are no questions. There are only answers, and they are in the book" (whatever book they believe in and are referring to). So, anybody who has questions is a mystery to them... I've never been one of those people...I got called to my son's junior high school, and his teacher said, "You have to tell him not to wear that button." And I said, "Which button?" He had a jacket that was covered with buttons - it was a thing for kids his age. The teacher said, "The one that says 'question authority.'" And I said, "I gave it to him." That was the end of that conversation." Ann Medlock, founder of the Giraffe Heroes Project shares more from her spirited journey in this in-depth interview. <http://www.dailygood.org/story/2018/ann-medlock-sticking-her-neck-out-for-our-common-humanity-awakin-call-editors/> **Be The Change:** The Giraffe Heroes Project is an inspiring platform that houses real-life stories of people who are sticking their necks out for the common good. Learn more about it here. <http://www.dailygood.org/more.php?n=7688a>

Pico Iyer has spent much of his life traveling. He's described himself as "something of a global creature" having been born in England to Indian parents and then raised in California, later moving to New York and now living in Japan and sought out places as a travel writer and explorer that piece together, much like his own inner world, disparate cultures and identities "to make a stained-glass whole." However, an article he wrote published in the New York Times, was about a different kind of travel journey an inner one. Settle in to stillness and savor this interview with Pico Iyer, "to remember that our happiness, our clarity, our ability to be attentive and of benefit to ourselves and the world really is dependent on building that stillness into our days to slow down a little and travel in". <http://www.dailygood.org/story/1987/pico-iyer-chooses-stillness-nathan-scolaro/> **Be The Change:** During this week, when you catch yourself rushing to keep pace with the in-human pace of technology, stop; then take one hour off to move slowly toward stillness. Give yourself permission to live life at human-speed.



Lynne Twist is the founder of The Soul of Money Institute. She has talked to more than 100,000 people across the world about creating a healthy relationship with money. Here she answers the questions: What common obstacles do we all share? How can we align our values with finances? What does changing our relationship with money have to do with spirituality? What are the myths around money that keep us from feeling satisfied? How can the power of taking a stand transform lives? <http://www.dailygood.org/story/1917/5-questions-for-lynne-twist-alma-tassi/> **Be The Change:** What is one thing you can do this week to help develop a healthy relationship with money?

In this moving piece, gastroenterologist Venu Julapalli shares what it is like for a doctor when a life-threatening condition touches one of their own family members. He shares the devastation of his own family after his mother suffered from a ruptured brain aneurysm and how a doctor simply holding space for them helped them pull through. <http://www.dailygood.org/story/1962/if-this-was-your-mom-what-would-you-do-venu-julapalli/> **Be The Change:** How can you hold space for those in your life who are going through tough times?

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 talks 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, Margaret 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/1940/warriors-for-the-human-spirit-tami-simon/> **Be The Change:** When you encounter the darkness of someone's anger today, look instead at how you can allow this moment to open your eyes to see into that person's deepest need.

By not giving ourselves the minutes -- or hours -- free of devices and distractions, we risk losing our ability to know who we are and what's important to us, says physicist and writer Alan Lightman. In this piece he outlines the direness of the problem and offers ideas for how it can be addressed. <http://www.dailygood.org/story/2025/the-importance-of-quiet-time-alan-lightman/> **Be The Change:** Carve out time for quietude in your day, every day.

"Last fall Alan Jacobs published a slim book with a bold title: How to Think: A Survival Guide for a World at Odds. Jacobs is a professor of English literature, but in this book he joins a growing chorus of social psychologists who warn that enlightenment anthropology -- what Jamie Smith memorably calls the "brains-on-a-stick" model of human persons -- falls woefully short of reality. Rather, as people like Daniel Kahneman and Jonathan Haidt have shown, our bodies -- our senses, emotions, and intuitions -- shape and direct our reasoning." <http://www.dailygood.org/story/2011/learning-how-to-think-with-alan-jacobs-jeffrey-bilbro/> **Be The Change:** Consider what could help make you a better thinker. Learn more about the origins of "How to Think" in Alan Jacob's post here. <http://www.dailygood.org/more.php?n=7677a>

Charlotte Du Cann is part of the core editorial team behind The Dark Mountain Project. In this essay, she describes The Dark Mountain Project and their new offering, Walking on Lava. The Dark Mountain Project is a collective body of work by recovering journalists who have faced the reality of our current ecological crisis and are producing narratives that look at things differently than the mainstream. It is a creative network that digs beneath the surface of capitalism to reclaim the voice and body that has been suppressed. The writers and artists who make up this group have produced a new work called Walking on Lava. It showcases contrasting voices and genres structured around "the wild places" where artists and writers, awake to the questions faced in catastrophe, are "forging another story," one of depth, wild places, and struggling hearts.

<http://www.dailygood.org/story/1977/under-the-volcano-charlotte-du-cann/>

**Be The Change:** Write, paint, photograph, make music, create to make change happen. Use your talents and abilities to inspire, bear witness, and create art on behalf of others as a truth-teller, record keeper and agent of change. <http://www.dailygood.org/more.php?n=7636a>

"Terance Perine, Austins father, said his son decided to help the homeless on a weekly basis after watching a show on Animal Planet in which a panda left her cubs alone. "And I said, 'Well, I guess it's going to be homeless for a while,'" Perine told local station WPML. "And he said, 'Are people homeless?' and I said, 'Yeah, some of them.' And he asked me to take him to see a homeless person." Father and son then bought food for some homeless people, and Austin enjoyed it so much that he made it a regular thing, spending his weekly allowance on food for people on the street." <http://www.dailygood.org/story/2026/alabama-s-four-year-old-superhero-david-moye/> **Be The Change:** Take time to help ease someone's load today.

In this reflection, an anti-war activist reveals what he thinks is missing from the heart of many of today's nonviolent movements. "Amidst the day's exhilaration it was plain to me that something essential was missing - that there was, in fact, a gaping void at the very heart of it all...During the march, my eyes were invariably drawn by particular phrases scrawled on several of the signs and banners. And I couldn't help but think of the person behind those catchy one-liners: Gandhi." <http://www.dailygood.org/story/1794/walking-with-gandhi-chris-moore-backman/> **Be The Change:** Next time something triggers you to react in anger or pain, experiment with pausing to notice the sensation instead of first reacting to it. How does your experience change?

In this episode of Insights at the Edge, Peter Levine and Maggie Phillips discuss the prevalence of chronic pain in modern society and how physical pain may relate to past trauma. They describe the stages that pain sufferers commonly experience and bracing patterns that progress into the pain trap. Their program provides strategies for self-regulation to deal with pain based on real-world examples of patients they have helped. Finally, they explain the primary keys to solving the puzzle of pain that allow every person to heal and live pain-free. <http://www.dailygood.org/story/2002/peter-levine-on-freedom-from-pain-tami-simon/>

"The sudden passionate happiness which the natural world can occasionally trigger in us," Michael McCarthy writes, "may well be the most serious business of all." He is a naturalist and journalist, and this is his delightful and galvanizing call that we can stop relying on the immobilizing language of statistics and take up our joy in the natural world as our civilizational defense of it. With a perspective equally infused by science, reportage, and poetry, he reminds us that the natural world is where we evolved, where we found our metaphors and similes, and it is the resting place for our psyches. <http://www.dailygood.org/story/2015/nature-joy-and-human-becoming-on-being/> **Be The Change:** Step outside today and contemplate that what you lay eyes on is "who" you are in a deep way. Live the rest of your day as "wildlife".

"How do creative people come up with great ideas? Organizational psychologist Adam Grant studies 'originals': thinkers who dream up new ideas and take action to put them into the world. In this talk, learn three unexpected habits of originals -- including embracing failure. "The greatest originals are the ones who fail the most, because they're the ones who try the most," Grant says. 'You need a lot of bad ideas in order to get a few good ones.' " <http://www.karmatube.org/videos.php?id=7111> **Be The Change:** Put an idea you've had in motion this week, and give yourself permission to fail!

Eco-philosopher, activist, and Buddhist scholar Joanna Macy has been at the forefront of movements for social justice and environmentalism for more than five decades. This interview with her is about hope in times of chaos and dissolution. Is apathy a refusal to face the inevitability of suffering? Why is the state of the environment heartbreaking? Joanna also talks about our relationship with the earth as a natural birthright-- one that is actually the source of all our energy and joy. <http://www.dailygood.org/story/2027/joanna-macy-we-belong-tami-simon/> **Be The Change:** Joanna says hope is something we do rather than just feel. Explore how you could turn the feeling of what you hope for into an action that actually makes a difference in someone's life, or improves our environment.

The Venerable Dhyani Ywahoo is Chief of the Green Mountain, Ani Yun Wiwa, the 27th generation holder of the ancestral Ywahoo lineage of the Tsalagi/Eastern Cherokee tradition and a well-respected teacher of Vajrayana in the Drikung Kagyu and Nyingma traditions of Tibetan Buddhism. She founded the Vajra Dakini

Nunnery and is Director of the Sunray Meditation Society, an international spiritual organization dedicated to world peace and reconciliation. It is here that she shares the wisdom of the Ywahoo lineage with non-native people and has created a healing sanctuary, spiritual training ground, and community center. In this interview with Elissa Melaragno, she speaks about her heritage, her spiritual journey, the memory of water and creating a peace village. <http://www.dailygood.org/story/2001/the-sunray-peace-village-elissa-melaragno/> **Be The**

**Change:** What is your wisdom tradition? How can you connect your wisdom tradition to a place of sanctuary and healing? What is or will be your role as an Elder to pass on that wisdom?

<http://www.dailygood.org/more.php?n=7668a>

## 6. Dropping Out, Like the Buddha

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

--by **Jane Brunette** (Apr 30, 2018)

In an age where being super busy is a badge of honor and accomplishing tasks the greatest virtue, where some activists promote rallies by quoting Martin Luther King saying, "For evil to succeed, all it needs is for good people to do nothing," I did the unthinkable. I dropped out.

I didn't like fighting, and I was getting depressed. One day it dawned on me: if I wanted peace, I had to stop making enemies. So I quit.

I'm in good company. The Buddha dropped out, too. He was the original hippie.

The Buddha was a prince who had it all: power, prestige, money, sensual pleasure, but all of these coveted things of the world seemed insignificant when he finally faced the reality of suffering, death, and impermanence. So he threw away his fabulous clothes and wandered off into the forest in search of deeper meaning.

I'm sure there were those in his kingdom who judged him, who thought his dropping out was selfish. Couldn't he do more good as a king than as a wandering yogi? What a waste. But the Buddha was looking for something more radical than helping the people in his kingdom achieve temporary prosperity. Like me, he wanted to end suffering.

So he dropped out and wandered. He tried all kinds of things to discover the truth. He was so passionate in his search, he even tried extreme austerities, fasting until he was skeletal, hoping it would push him to realization. Finally, when he was nearly starved and delirious, a milkmaid came by and said the obvious: "You're making yourself sick. Have some porridge."

I wonder if the milkmaid knew that her simple offer of comfort food provided the means to the Buddha's key insight. Maybe she promptly forgot about it -- just did a little kindness for a stranger, then went back to her cows. I don't think she gets enough credit. If the milkmaid hadn't stood firmly in her perspective and offered her humble truth, then the Buddha, in his dogged pursuit of the highest truth, might have ended up just another strung-out hippie, dead from his excesses.

But lucky for us, the Buddha had some self-doubt. He listened deeply when she spoke, open to the possibility that she might know something he didn't. And then he ate the porridge. In doing so, he had a deep insight on which he based his philosophy of The Middle Way: it doesn't help to go to extremes. Better to cultivate balance.

I don't enjoy self-doubt, but I think it's probably a good thing because it keeps the inquiry alive: I know that I might be wrong. That alone is an achievement, considering how convinced I used to be that my perspective was always morally right and the most true. In fact, [now] I'm pretty sure that deep down, none of us really knows if what we are doing will ultimately help or hurt. Can we admit that and still do our best with what we have?



## 7. Who Do We Choose To Be?

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

--by ***Margaret Wheatley*** (May 07, 2018)

The powerful always defend the status quo because it is the source of their power and privilege. Any change that benefits others would destroy their position. And their position is all they care about defending.

As a lifelong activist focused on changing leadership in large systems, as one still inside those large systems as a consultant, advisor, and friend, I realized years ago that large-scale change was not possible. Leaders were grasping for control, overreacting to crises rather than thinking systemically, treating people as 'units' rather than as humans. Yet I also met and worked with extraordinary leaders who were creating islands of sanity where good work still got done and where people enjoyed healthy relationships in the midst of chaotic conditions, fierce opposition, heartbreaking defeats, lack of support, isolation, loneliness, and slander. I have been with them in circumstances that caused most other leaders to give up and walk away, yet still they kept going. [...]



Several years ago, in the face of irreversible global problems and the devolution of leadership, I began to challenge every leader I met with these questions: Who do you choose to be for this time? Are you willing to use whatever power and influence you have to create islands of sanity that evoke and rely on our best human qualities to create, produce, and persevere?

Now I'm asking you.



## 8. Death Connects Us to Life

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

--by ***Somik Raha*** (May 14, 2018)

Growing up with monastic teachings around the impermanence of life, I got the opportunity to apply them when my grandmother passed on, followed by my grandfather in quick succession. I told myself that it was only the body that had died. Their souls were eternal and therefore, there was nothing to grieve for.

Only years later would I realize that I had short-circuited my feelings of love toward my grandparents. That I had to allow those feelings to find their expression in an authentic way. By not giving myself that space, I had numbed myself to my own feelings.

It would take many years of heavy lifting for me to realize that death connects us to life. Our own life. It is an opportunity not just to remember the impermanence of our lives and reflect on our purpose of living. It is also an opportunity to ***feel*** the well-spring of love and gratitude in its fullness through the process of grieving.

Perhaps it is for this reason that ancient cultures prescribed a cessation of normal work for a period of time that was proportional to the depth of our relationship with the departed one. In this time, we would receive the full support of our communities in creating a space where we could safely connect to the fullness of our feelings. We were thus allowed an opportunity to get to true acceptance, and not just intellectual acceptance of the transition of our loved one.

A sign of the kind of acceptance we have arrived at is whether we are feeling wholeness or fragmentation by the loss. Wholeness comes from true acceptance of every feeling that emerges within us in relation to the one who is no longer with us. Fragmentation is what results when we are afraid to feel the sadness that has resulted from the departure. Fragmentation traps us into searching for that love in every space except where it can be truly found -- in our own hearts.

Wholeness, on the other hand, allows us to absorb the essence of the love we felt for the departed one and make it a permanent part of our being. That absorption frees us from fearing our feelings and roots us in joy and gratitude for having been touched, however briefly, by another life.





## 9. The Nomadic Community Gardens

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

In big cities, the streets that people live on are "avenues of anonymity." Modern metropolises breed isolation and tend to alienate people from one another. Nomadic Community Gardens offers a solution for two common problems at once--utilizing empty space in a city and bringing its citizens together. A community garden leads people to learn and grow together. Where once there was chaos, violence, and despair, there is now peace, harmony, and togetherness. <http://www.karmatube.org/videos.php?id=7037>

## 10. The Efficiency of Inefficiency

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

While studying the history of medicine and practicing for over twenty years, Dr. Victoria Sweet discovered approaches to healing that today would be considered inefficient--but put into practice, are just the opposite. One such lesson was from 12th century abbess Hildegard of Bingen, who felt that "the body is more like a plant than a machine . . . the difference being that someone has to fix a broken machine but a plant can heal itself." The trick is to allow for and encourage the verititos or life force to work its magic--which sometimes involves removing obstacles to it, or personal attention from the doctor, which is seldom allowed today. In this TED talk, Dr. Sweet shares revelations from her research and practice, and invites us to think again about modern medicine and the best ways to heal. <http://www.karmatube.org/videos.php?id=8110>

## 11. The Surprising Habits of Original Thinkers

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

"How do creative people come up with great ideas? Organizational psychologist Adam Grant studies 'originals': thinkers who dream up new ideas and take action to put them into the world. In this talk, learn three unexpected habits of originals -- including embracing failure. "The greatest originals are the ones who fail the most, because they're the ones who try the most," Grant says. 'You need a lot of bad ideas in order to get a few good ones.' " <http://www.karmatube.org/videos.php?id=7111>

## 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](mailto:newsletter@servingyourjourney.com) by the 25<sup>th</sup> of the month, for distribution in the following month's e-newsletter.*

### 12. 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)).

### 13. 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>.

# Spiritual Guidance

Serving your personal journey toward enlightenment...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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