

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

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

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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servinyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



A Call for Love: You Get Angry, I Get Curious

I used to avoid conflict. Sometimes I would go to great effort to avoid conflict. Conflict was a very uncomfortable space and place for me to be in, so I would often do whatever was needed to avoid it. This avoidance could have manifest in a variety of forms, but my two favorite ways to avoid conflict were to either remove myself from the conflict or try and placate the situation to calm the waters.

Removing myself from the perceived conflict would often manifest as saying nothing and physically walking away from any perceived conflict in progress.

Another example is I would physically cross the street or change my direction, chart a new course, if I perceived any form of conflict up ahead. This was merely another symbolic form of removing myself from, or avoiding, the perceived conflict.

Placating the situation to calm the waters was a favorite strategy of mine to avoid conflict. Not only was I trying to avoid the conflict, but I would get an egoic rush when I thought I had successfully stopped someone else from fighting. I thought I was being successful and / or useful when I stopped others from fighting. This was born out of my early childhood conditioning to try and fix others and to make things better.

Conflict is still not the most comfortable environment for me to be in. I certainly do not consciously seek out conflict. But I no longer avoid conflict or conflictual situations. When my perception of conflict arises, something quite different unfolds now.

Present in any conflictual situation I encounter, is anger. I have come to recognize and observe two immutable laws of anger. First, I am never angry at what I think I am. Second, anger is simply my ego's way of trying to make someone else feel guilty for my own inner pain and grief. So when dealing with anger, my first line of inquiry may always be: "What am I really angry at?" and "What am I covering up?"

Anger is also my ego's default mechanism for trying to control people and situations. Think about it; when I get angry, I am trying to change the outcome of whatever is being presented to me. My anger may be a way of trying to overpower, distract, persuade, manipulate, or change another person or situation—all thinly veiled attempts to control other people and other situations.

Ultimately my anger, as a tool for control, is my window and mirror on my fears. What is it I am trying to control exactly? Someone else? A situation? Why can I not accept someone as they are? Why can I not accept a situation as it is? Why do I need to control others and other situations? Very simply, because I fear losing control. I fear the feeling of not being *in* control. I fear letting go. I fear not knowing. I fear the unknown. I fear my own demise. I fear my death.

So when I am present in a conflictual situation, of which anger is rooted, I am aware that whatever seems to be the source of my anger is not the real source of my anger; I am merely projecting my anger out on to whatever

is presenting itself to me. And I am aware that I am merely trying to get rid of my anger and avoid taking responsibility for what it is I am experiencing—thinking, seeing, doing, and feeling.

This awareness allows me to start to get curious. What is at the root of the anger? What is this person (myself perhaps) trying to project? What is this person trying to get rid of? The inquiry allows me to create some space between the situation, the events, and my response to it. This is as natural to do as when I observe others in conflictual situations, as it is when someone appears to be angry at me or when I am tempted to be angry at someone else.

On a deeper, spiritual level, perhaps, I know that I am only ever being shown love or a 'call for love.' A 'call for love' may come in many different forms. But it's all the same 'call.' Conflict and anger are very common forms of 'a call for love.' So when I receive a 'call for love,' I know there is something for me to learn. Again, I get curious.

These 'calls for love' are a wonderful opportunity to learn about the person calling out. But I know, ultimately, that there is only ever an opportunity to learn about myself. The person I am seemingly angry at, or who is angry at me, is merely reflecting back to me my own anger and my own attempts to avoid looking at myself. The 'other' is only ever 'me' and the other is showing me what it is I am angry at.

So when someone else gets angry, I get curious. It is the only way to heal my separated mind. For in the awareness that the other is merely a reflection of me, I see the other in me and myself in the other—I am given an opportunity to experience oneness.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Letting Go

Help me to let go of my preoccupations
with the future.

Give me the strength to stop
my futile attempts
to predict and control the future.

Let me see no value in my plan
of what the future should be.

Rid me of my senseless questions
about tomorrow

And of all my desires to manipulate
and control others.

Remind me that my fears and uncertainties
of tomorrow are only related to
my unfounded fear of You.

Help me be still,
help me listen and love.

Awaken me to the truth of Your Presence
being only in the now of this moment.

Life me up into Your Arms and
remind me that I am Your Creation,
and that I am the Perfection of Love.

Help me to acknowledge that I am Your Messenger
of Love, and free me to shine
Your Light everywhere.

Let me feel Your Freedom within me, and
let me laugh at the illusions
that my ego once made
me feel were so real.

Let me be light; let me be joy; let me know that I am
the reflection of You wherever I am,
and wherever I go.

Gerald G. Jampolsky

3. Quote or Question

“If you reach deeply into your own heart and the heart of other, understanding will arise. If there is understanding, acceptance and love will follow, and suffering will be eased.” ~ Thich Nhat Hanh

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 – July 2018

Star Friends— Part One

Dear and gentle people of earth, we speak to you sincerely on the wonderful fellowship that lies between your citizens and ours. Our societies and yours have much in common.

As you, we, from the various star systems and dimensions, base our lives on the elegant intelligence of the God-Creator of all life. We, as you, are an integral part of the Creator and, as such, we lead lives from which sacred love, light, reverence and consequent accomplishments shine through. Although we may be more advanced in understanding and applying the principles of the universe, you, as a people growing in harmony and greater comprehension, are also now being given the opportunity to explore these marvellous laws which lie far beyond what is presently being recognized by your authorities. These principles promote, among other aspects of developing societies, scientific and technological ideas for learning, developing and sharing: all in the precious name of service.

For many of your people and institutions, there is presently a boundary which has been established to limit the advancement of science and technology in your world. “Why?” you may ask. Kindly remember that there is an intimate link between consciousness and scientific advancement. When consciousness is rooted in love, it widens and naturally absorbs greater understanding of all things, intrinsically wishing to share this comprehension for the good and advancement of all. If consciousness is limited to personal gain and dominion over others, scientific research, its development and employment, will be limited and ultimately will undo itself. This we have witnessed on numerous occasions upon your planet.

However, as we have mentioned in other messages, your Planet Earth is moving towards a greater destiny. With the great waves of divine frequency now permeating the most elementary particles of your physical bodies and stimulating the very frequency of your consciousness, your world is moving upwards towards reunion.

We live in worlds which are less dense than yours. You may think it mysterious that we are able to materialize and modify our bodies, our space vehicles—not always necessary for travel—and other matter. Yet, in truth, these abilities follow this essential principle of the universe:

The greater the love, the more expansive the human mind. As this human mind is freed up, it flows naturally into pure divine consciousness and “meets up” with its own soul. Together as one, anchored in the pure frequency of divinity, the marvellous possibility of creation, exploration, learning and service for universal good is offered.

We are as close as the air around your face. There are indeed worlds between and inside other worlds, for much of the universe is a composition of intermingling and intersecting. All materiality holds frequency. As your

citizens become more elegant in thought, they too, begin to see us and others from the higher more refined worlds of love and intelligence. Even those who do not see us, may indeed sense us and know that we are together for a common purpose: world, universal and cosmic service.

In our worlds and in our own way, we have families, communities and dwellings and give much loving attention and action to the advancement of scientific principles, of harmonious living in all its forms and individual and collective learning and progress. Our greatest pleasure is living from within the very radiance of sacredness to create, grow, learn, explore, share and advise. We are especially interested and deeply implicated in the historical, upward movement of your Planet Earth and your citizens. We witness your world emulating our world as you increasingly assume and live in virtue to enjoy the sublime genius of creation. We shall meet again soon.

Part Two of *Star Friends* will be presented in *Messages from the Light* August 2018



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

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

5. Good News Of The Day

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

Rest, especially sleep, is a powerful and necessary process of our lives. It is also one of the least honored activities of our days, lives and societies. Matthew Edlund explains both the why and the musical how of resting in this piece. <http://www.dailygood.org/story/2017/the-rejuvenating-power-of-rest-matthew-edlund-m-d/>
Be The Change: Choose one form of rest (physical, mental, social, spiritual) and engage with it as a musical rhythmic activity for 20 minutes.

In the beautiful land of New Zealand flows a river that now has a voice to protect it. The voice is not like ours, but in every other way the Whanganui River has been given the same legal protections accorded to any person living in New Zealand. The river now "owns itself" and has the law to speak up for it when the river's rights are being violated. This growing global movement for Rights of Nature-- or the Rights of Mother Earth as some cultures prefer to call it -- seeks to pass laws that give legal standing to ecosystems. In a world that heedlessly exploits nature for profit, here is a story that shows how a longing for respectful relationship with Mother Earth can be restored for the good of all. As the River People say, "I am the river and the river is me." <http://www.dailygood.org/story/2035/when-rivers-hold-legal-rights-shannon-biggs/> **Be The Change:** Though it might feel a little awkward at first, try using pronouns for things in the natural world. Call a beautiful flower "she" or a rock "he." Notice how you feel. Does your perspective change from one who uses nature to one who relates with nature?

Ann Sieben, better known as the Winter Pilgrim, has journeyed on foot across 44 countries over 40,000 kilometers along paths walked by seekers from years ago, and she doesn't carry any money, camera, or phone during her journeys. This particular moving account shares Sieben's pilgrimage in 2010 from Denver, USA to Our Lady of Guadalupe's church in Mexico City, via the treacherous Chihuahua Desert, infamous for its narcotraficantes, the heavily armed, ruthless, lawless men who control the drug trade in Mexico and across the border. When Sieben is stopped by 8 men pointing assault weapons at her during this pilgrimage, she says to them: 'I'm a pilgrim heading to the Basilica of Our Lady of Guadalupe. Either my pilgrimage ends in Guadalupe or my pilgrimage ends in heaven. For me, it's equal. You decide.' <http://www.dailygood.org/story/1906/fear-not-the-narcotraficantes-nicole-huquenin/> **Be The Change:** Reflect on a time when you have stayed strong in your conviction and courage and acted from that place, not paying attention to the outcome. For more inspiration read or listen to this interview with Ann Sieben. <http://www.dailygood.org/story/1416/the-winter-pilgrim-an-interview-with-ann-sieben-awakin-call-transcript/>

Can you remember being a child, lost in the wonders of the natural world around you? Revisit that wonder and joy. Lang Elliot provides the biography to his on-going work celebrating nature. Then, he treats you to a recording of his spoken-word and soundscape creation. <http://www.dailygood.org/story/2005/my-song-to-nature-lang-elliott/> **Be The Change:** Find a photograph of yourself as a young child. Spend the rest of your day experiencing the world from that child's sense of wonder.

A month before her husband died, Kristin Meekhof drove her husband to cancer treatment as usual. It was a month after his diagnosis. While it was painful for her husband, it was also difficult for her. She tried to put on a brave face and hide her tears, but the sight of a sick child made her lose it. She ran to the bathroom to cry. The floodgates opened and she felt as if her heart was literally breaking open. What her husband said to her next was the moment she knew gratitude is the answer to every question. This heartrending story ends on a helpful

and hopeful note about loss and grief. "I am here to share with you that healing is possible. It happens in small micro-moments, but those moments add up," Meekof offers. Read on for more.

<http://www.dailygood.org/story/2006/the-moment-i-knew-gratitude-is-the-answer-to-every-question-kristin-meekhof/> **Be The Change:** Today, try using gratitude to deal with a stressful situation. Look for the positive.

In 2016, artist Filiz Emma Soyak became a mother: "My heart expanded, my life changed, and I changed. But as I transitioned into motherhood, I felt more chaos than clarity as the days and nights blurred by with dizzying speed. I observed myself handling everything with less grace and more discomfort than I had anticipated. Intuition had always been my guide, but I couldn't hear my own thoughts clearly and I lost faith in my instincts. Everything I knew as myself was no more. While my new life demanded me to be more present, I felt my mind manically jumping to the past and worrying about the future. My breath did not come easily." Read on to learn how a meditation practice helped Soyak regain her clarity and informed her art practice and her new life.

<http://www.dailygood.org/story/2038/unu-spiro-one-breath-meditation-paintings-filiz-emma-soyak/> **Be The Change:** Find some meditative time in your day and listen to your inner voice.

When you think of camels you probably picture sand and heat. You imagine nomadic herders and traders crossing the hot, dry desert, leading camels piled high with blankets and jugs of water. In this TED talk, Latif Nasser, the director of research at WNYCs Radiolab, gives us a different view of the camel. His story starts when paleobiologist Natalia Rybczynski discovers a 3.5 million year old bone. He then unravels a tale that is fascinating historically and scientifically. Lateef helps us see that even the simplest things can change dramatically when seen from another angle. As he says, "The story of our world is a dynamic one. It requires our willingness to readjust, to reimagine. We're all just one shard of bone away from seeing the world anew."

<http://www.karmatube.org/videos.php?id=7085> **Be The Change:** We often get stuck in our own preconceived notions. Learn to let go of them and see the world from a fresh perspective.
<http://www.dailygood.org/more.php?n=7717a>

With unbridled exuberance and a zest for life, philosopher and comedian Emily Levine shares how she learned to love reality and death while facing her own injuries and terminal illness. Part quantum physics, part nature, some philosophy, and lots of laughs come together in this TED talk brilliantly presented by Maria Popova. In it Levine shares the revelation, "You have to understand that we don't live in Newton's clockwork universe anymore. We live in a banana peel universe, and we won't ever be able to know everything or control everything or predict everything...So we might as well just embrace it. Not just life but all processes -- generation, degeneration, and regeneration." Enjoy Levine's huge spirit and wisdom and Popova's insightful suggestions for further reading. <http://www.dailygood.org/story/2036/how-to-befriend-the-universe-maria-popova/> **Be The Change:** What if the face of death was something not to be feared? Watch this short video to help entertain the thought. <http://www.karmatube.org/videos.php?id=7604>

In a recent graduation address Nipun Mehta shares the origin story of ServiceSpace and the shifts catalyzed by exploring a set of questions unusual in the realm of technology: what do exponential love, exponential forgiveness and exponential kindness look like? He shares the power discovered in the practice of letting go/letting in and allowing "the vast conspiracy of the universe to drop you at the doorsteps of greater good." His stirring talk is a call to let the gentle power of generosity, grace, and gratitude help us midwife humanity to its next plateau, a call to keep singing, and to remind the world of its song.

<http://www.dailygood.org/story/2019/embrace-the-grace-celebrate-the-infinite-nipun-mehta/> **Be The Change:** Take a moment in each day to think of how you can be generous (a smile, a teaching, listening, observing nature), how grace is blessing your life (serendipity, coincidence, timing, observed beauty, found treasure), and how you are grateful for the good, the bad, and the ugly in your life.
<http://www.dailygood.org/more.php?n=7691a>

At age seven, Tae Yun Kim gazed upon her uncles practicing an ancient martial art. She was awestruck. Never before had she seen something so beautiful and exciting, their movements both natural and mystical. She decided right then and there she had to learn. There was only one problem: She was a girl in 1950s South

Korea, and this was a five-thousand-year-old culture and tradition. When Kim asked to train with them, she was told, "You're supposed to learn how to cook and sew. And if you're lucky, someone will find you a husband. . . ." This is the story of a girl who was taunted, beaten, faced unimaginable physical and emotional obstacles, yet would not give up her dream. In Parabola's excerpt from her book "Seven Steps to Inner Power," Kim describes the moment that changed her life. <http://www.dailygood.org/story/2045/i-will-teach-you-by-great-grandmaster-tae-yun-kim-tae-yun-kim/> **Be The Change:** What dreams are you fighting for? Take a moment to remember.

It was a fenced-off World War II bomb site that had rewilded, and a team of London artists decided it was the perfect place to grow a medicine garden. The site is in the middle of a social housing complex in the Bethnal Green neighborhood of Tower Hamlets, a London borough that has become the U.K.'s second most densely populated local authority, the basic unit of local government. But now, the garden grows more than 30 varieties of edible or medicinal plants, from dandelion and common nettle to cowslip and comfrey, that have grown in the London area for the past thousand years. Local residents can harvest the plants for free. <http://www.dailygood.org/story/2040/from-bomb-site-to-medicine-garden-olivia-rosane/> **Be The Change:** Look around your yard or your neighborhood for a neglected corner of earth. Take one action this week toward symbiosis with that space - helping it to help you to help it - in ever widening circles of relationship.

"One day I was thinking, and suddenly, I noticed this tiny butterfly in my studio. I was drawn to it and managed to capture it. I'd heard a Native American proverb that said if you capture a butterfly and whisper your wish and let it go, it will take your wish to the greater spirit and your wish will come true. So I made a wish and without expecting my wish to come true, I just let it go. That was my first learning -- letting it go. When I did that, suddenly something felt so light in me. And butterflies kept coming and visiting. Sometimes they sat on my forehead. They kept coming and reminding me of the power of simplicity. So I said to myself, 'I don't have to do complex things. Make it simple and be very honest with your work and don't expect anything from it.' So after doing all this, one day I designed a butterfly shape and pinned it in a public space." Artist Milan Rai shares more in this interview. <http://www.conversations.org/story.php?sid=561>

A traditional concept in organizational leadership is that people resist change, so the standard antidote is for strong leadership to manipulate change. Yet in this article, Margaret Wheatley upends this idea of control and shows that humans are similar to natural ecosystems with an inherent impulse to grow. Life always wants to emerge, create and evolve both on the individual level and within large groups. By allowing change to come from within a system, people can be engaged in their own evolution to find creative solutions to problems rather than being directed to change by an outside leader. The implication for everyday life, especially in these trying and anxious times, is that we can respond to seeming chaos by knowing there is a self-organizing principle at work in the world and that ultimately we can be hopeful as long as we participate in creating new life out of the turmoil. <http://www.dailygood.org/story/1929/the-unplanned-organization-learning-from-nature-s-emergent-creativity-margaret-wheatley/> **Be The Change:** Observe within your own life how in the midst of chaos--be it a messy desk or a messy relationship-- life is trying to evolve within you.

Sarah Kay, a 29 year old spoken word poet from New York City touches audiences with her realistic portrayal of life, while focusing on 'finding the light' in life. In this interview Sarah discusses how her parents influenced her childhood with art, photography, and poetry, and how she in turn, influences students, teachers, and audiences around the world - encouraging them to listen to one another and share their own stories. Focusing on empathy, understanding, and vulnerability, Sarah's poetry fosters an environment where people can feel safe and accepted when sharing their own perspectives on life and the world around us. <http://www.dailygood.org/story/2013/sarah-kay-performs-with-wonder-nathan-scolaro/> **Be The Change:** Allowing yourself to be vulnerable is vital when it comes to connecting with other people. To read more about the importance of vulnerability, and view a Ted Talk by Brene Brown, click here. <http://www.dailygood.org/more.php?n=7681a>

Though many know the story of Mahatma Gandhi, very few have heard the powerful story of his successor, Vinoba Bhave. Vinoba's loving spirit was responsible for "the biggest voluntary land donation project in the history of mankind" which many argue demonstrates that humanity is not exclusively self-interested. Instead, "if love is nurtured and valued as the bedrock of community, then seemingly impossible solutions become possible." <http://www.dailygood.org/story/2009/the-strangest-social-justice-story-somik-raha/> **Be The Change:** What is one thing that you wish were different about the world? What change can you make in your life to bring the world closer to that reality?

We're fluent in the languages of psychology and medication, but the word "depression" does not do justice to this human experience. Depression is also spiritual territory. It is a shadow side of human vitality and as such teaches us about vitality. And what if depression is possible for the same reason that love is possible? Dive into this interview from On Being and hear rare, brave, and helpful perspectives on depression and life. Anita Barrows is a poet, psychologist, and Buddhist practitioner. Parker Palmer is a Quaker author and educator. Andrew Solomon is my first guest: He's a journalist and author of epic books. His *Noonday Demon: An Atlas of Depression* received the National Book Award and a Pulitzer Prize nomination. <http://www.dailygood.org/story/2014/the-soul-in-depression-on-being/> **Be The Change:** Consider Parker Palmer's words "a community that is neither invasive of the mystery nor evasive of the suffering but is willing to hold people in a space, a sacred space of relationship". Extend a part of yourself to someone you know in a dark place in their life.

Clair Brown is a professor of economics and director of the Center for Work, Technology, and Society at the University of California, Berkeley. Her recent book, *Buddhist Economics: An Enlightened Approach to the Dismal Science*, draws upon simple Buddhist ideas to argue for an economic system based on environmental stewardship, shared prosperity, and care for the human spirit. <http://www.dailygood.org/story/2008/creating-a-compassionate-economy-the-moon-magazine/> **Be The Change:** Clair Brown measures economic progress by the well-being of all people, not Gross Domestic Product (GDP) or average national income, but "an economy that supports meaningful lives with shared prosperity for everyone, while simultaneously caring for the environment and the human spirit." Take a moment to ask yourself how you view progress or success. Does it include the well-being of others and society itself?

What would it be like to take out the analytical side of our thoughts and approach experiences with a child-like wonder? That's what Fabiana Fondevila set out to determine. See what she has to say. <http://www.dailygood.org/story/2030/dare-to-be-astonished-fabiana-fondevila/> **Be The Change:** Pick one thing in your life that you can approach with astonishment this week and see how your thoughts change.

Joanna Macy reflects on Rilke's *Book of Hours*, which has served as spiritual nourishment for almost fifty years of soul-searching and activism. "Its images lent some pattern, even meaning, to a life I thought had failed in its spiritual vocation... Now those same lines...shed new light on the patchwork my life had become -- marriage, motherhood, abandoned government career, assortment of jobs, studies in art and language. Perhaps, after all, some unknowable center held me in orbit." <http://www.dailygood.org/story/2024/the-force-of-the-storm-joanna-macy/> **Be The Change:** Macy says, "I could almost feel again the sense of belonging and purpose that I thought I had forfeited." What brings you back to the sense of belonging to something larger, and can you share what helps you with someone else?

Sometimes the world seems like a heavy and difficult place. While it's true that life has its share of challenges, one of the best ways to find the light in every day is to connect to one another. Sharing, listening, and identifying with one another helps us grow those connections through empathy. Empathy is something innate that lives in all of us, but it's also something that can be grown and cultivated in schools, offices, homes, and anywhere we connect with one another. In this interview with the University of Pennsylvania, Wharton, author Cris Beam discusses the many roles empathy plays in our every day lives, business, advertising, and politics. <http://www.dailygood.org/story/2016/i-feel-you-the-surprising-power-of-extreme-empathy-knowledge-wharton/> **Be The Change:** It's easy to get wrapped up in daily life and forget to nurture the connections we have with

those in our lives. Time Magazine's, "5 Ways to be More Empathetic" discusses how to cultivate empathy into your day-to-day practices. <http://www.dailygood.org/more.php?n=7684a>

Whether we wake up each morning under eaves beneath trees, or on the top floors of towers among a forest of more towers; whether we walk our children to school through a park, or drive our car down the traffic-clogged streets to the market; whether we spend our mornings closed in meeting rooms, or tending urban gardens, each of us are the potential builders of a new culture, and each of our actions offers opportunity for transformation. Consider the garden hacking grandparents of Dae-dong in South Korea, who have realized that there is inherent value in the action of tending a garden, and in the action of taking time every day to be with nature. Nurturing a love for nature is an indispensable part of life. <http://www.dailygood.org/story/2041/the-wisdom-of-south-korea-s-garden-hacking-grandparents-patrick-m-lydon/> **Be The Change:** How can you get close to nature? Might there be a spot in your life for a potted plant?

6. Somehow I'm Always Held

Reprinted from www.awakin.org.

--by **Jeff Foster** (Jun 11, 2018)

In my short time on this planet, I have known great sorrow, plunged into the depths of oceanic despair, been thrown so deeply into my loneliness that I thought I would never return.

I have tasted the ecstatic joys of meditation, the fierce intimacy of love, the savage pains of heartbreak, the excitement of unexpected success and the blows of sudden failure.

There were times when I thought I'd never make it, times when my dreams had been shattered so thoroughly I couldn't imagine how life could ever go on. Yet it went on, and sometimes I found humility within the devastation, and out of the ashes of imagined futures often grew new and present joys, and no experience was ever wasted.

I have come to trust life completely, trust even the times when I forget how to trust at all, trust that life doesn't always go according to plan, because there is no plan, only life, and even the times of great uncertainty hold supreme intelligence, and sometimes you have to fall to stand more fearlessly, with greater kindness.

And somehow I am always held, in a way I cannot explain and do not want to. I may be crushed yet again before too long, I may experience further seemingly insurmountable challenges and heartbreaks, but somehow I am always held. Somehow I am always held.



7. Don't Side With Yourself

Reprinted from www.awakin.org.

--by *Joseph Goldstein* (Jun 18, 2018)

Through mindfulness, our hearts become spacious enough to hold the painful emotions, to feel the suffering of them, and to let them go. But it takes practice—and perhaps several different practices—to open to the difficult emotions that we're aware of and to illuminate those that are hidden.

There are some particular difficulties and challenges in being with difficult emotions. We often live in denial. It's not always easy to open to our shadow side. And even when we are aware, we can get caught in justifying these feelings to ourselves: "I should hate these people—look at what they did." From justifying these feelings of hatred and enmity (which is quite different than being mindful of them), there can come a strong feeling of self-righteousness. We forget that the feelings and emotions we have are all conditioned responses, arising out of the particular conditions of our lives. Other people in the same situation might feel very different things. Although at times it may be hard to believe, our feelings are not necessarily the reflection of some ultimate truth. As Bankei, the great 17th-century Zen master reminded us: "Don't side with yourself."



Self-righteousness about our feelings and view is the shadow side of commitment. We sometimes confuse this self-justification with the feeling of passionate dedication. But great exemplars of compassion and social justice illuminate the difference.

It is not a question of whether unwholesome mind states will arise in us—or in the world around us. Feelings of hatred, enmity, fear, self-righteousness, greed, envy, and jealousy all do arise at different times. Our challenge is to see them all with mindfulness, understanding that these states themselves are the cause of suffering and that no action we take based on them will lead to our desired result—peace in ourselves and peace in the world.

The method is mindfulness, the expression is compassion and the essence is wisdom. Wisdom sees the impermanent, ephemeral nature of experience and the basic unreliability of these changing phenomena. Wisdom opens our minds to the experience of selflessness, the great liberating jewel of the Buddha's enlightenment. This understanding, in turn, engenders a compassionate engagement with the world. Dilgo Khyentse Rinpoche, a great Tibetan master, taught: "When you recognize the empty nature, the energy to bring about the good of others dawns uncontrived and effortless." And wisdom reveals that non-clinging is the essential unifying experience of freedom. We see that non-clinging is both a practice to cultivate and the nature of the awakened mind itself.

T.S. Eliot expressed this well in a few lines from "The Four Quartets."

A condition of complete simplicity
(Costing not less than everything)
And all shall be well and
All manner of thing shall be well.

8. Action Without Desire of Outcomes

Reprinted from www.awakin.org.

--by *Vinoba Bhave* (Jun 25, 2018)

To protect self-interest individuals exploit others, nations go to war, and businesses undercut each other, because people in those situations see a conflict between self-interest and the interest of others. But in reality there is no such conflict. Everyone's interests are intertwined. Peace, prosperity and happiness are in the interest of all. These are the universal gains, which are accomplished when personal gains are forgotten. When personal gains are pursued, universal gains are lost. If universal gains are lost where are the personal gains?

When performed with love, action becomes its own reward. When action is performed without ulterior motives, when it is spontaneous, joyful and pure, our attention is present in the here and the now. There is no cunning, there is no calculation, there is no speculation, there is no planning, there is no past, there is no future, there is no worry, there is no burden. Our action flows without stress, without strain or pressure.

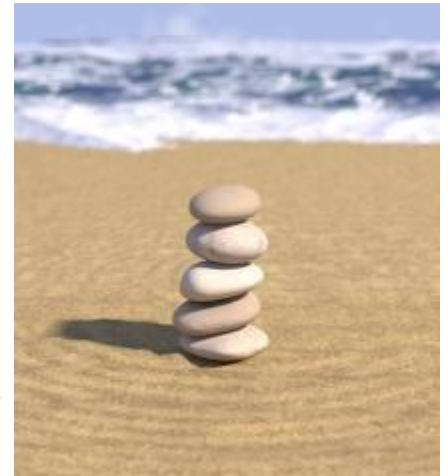
For example, if one cooks for the joy of cooking, and with full attention and presence of mind, then good cooking will be a natural outcome. Garden for the joy of gardening, without impatience and without anxiety, then fruit, flowers and vegetables will flow from the garden of their own accord. Those who are devoted to cooking or gardening will not feel satisfied if we say to them that they need not cook or garden, we will provide ready-made meals and pre-packed vegetables. A true cook or gardener will not feel happy, because in that way they have been deprived of their creativity and joyful work.

A gardener, while gardening with love, identifies with the vegetable kingdom. Through gardening he or she attains oneness with the whole universe. That way gardening becomes a noble act, a spiritual act, a prayer and a play -- all life is a play; a divine drama. A child plays for the joy of playing; we act for the joy of acting. We should perform our actions as naturally as a bird sings. We need not expect recognition for acting according to our own nature. Gardening comes to a gardener as naturally as eating, drinking or sleeping. There is nothing special about it. There is no vanity in it.

["If there is nothing to achieve," I asked, "no goal, no out-come, then why would one act at all?"]

We cannot give up action. Action is in front of us and behind us. Even sitting still is action, and if we sit still for too long we will find even that uncomfortable. So we need not try to give up action. All we can give up is the desire for an outcome.

Through work we express ourselves. Work manifests our imagination. Work is love made visible. Through work we establish relationships with people and material things. Thus work in itself is beautiful. It is the desire to impress others, desire for recognition, for fame and fortune, which makes work ugly. There is no need to desire any gains. All gains are by-products. The main product of work is work itself.



9. An Animal Sanctuary that Promotes Kindness

Reprinted from www.KarmaTube.org.

Home for Life is an animal sanctuary that welcomes animals of all ages and abilities. Rescuing sick or aging pets from being put down, the shelter gives a home to over 200 animals -- dogs, cats and more. In addition to giving these animals a new start, Home for Life also brings the animals into their local community and shares them with children who have faced violence and abuse. The children and the animals both have known difficulty and a healing bond of empathy grows between them. At Home for Life, the animals are teachers of connection and compassion and are given a chance to share their gifts with those who need it.

<http://www.karmatube.org/videos.php?id=6785>

10. This Grandma Makes A Difference in 300 Live A Day!

Reprinted from www.KarmaTube.org.

Phyllis Shaughnessy, a great-grandmother in a rural area of Washington State, is helping to bridge the food gap for hundreds of children who live too far from USDA designated summer food programs. Children who during the school year receive free or reduced price school lunches often go hungry on the week ends and during the summer, in spite of the fact that their parents may be working more than one job to make ends meet. Phyllis and her cadre of volunteers hand pack and deliver almost 400 lunches every day, 5 days per week during the summer, and on week ends during the school year, through Green Lantern Lunches. Their work is a shining example of community members caring for each other.

<http://www.karmatube.org/videos.php?id=7277>

11. Takashi Tanemori: The World I Want To Live In

Reprinted from www.KarmaTube.org.

"Even though I am now almost completely blind due to the late embers of the naked sky of Hiroshima, when I first saw with the 'vision of the heart,' I finally understood that I am at last, truly able to see. When I had an epiphany two decades ago, I was convinced that forgiveness is the first step toward peace...My life story demonstrates how a heart twisted by hatred and revenge can be transformed by forgiveness, evolving to a path of peaceful wisdom and the essential work of healing human hearts." In this sweet video, Takashi Tanemori shares his "vision" for the world after Hiroshima. <http://www.karmatube.org/videos.php?id=7285>

HEART AND SOUL ADVERTISEMENTS:

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

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).

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

Spiritual Guidance

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504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

newsletter@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

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

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

Facebook: www.facebook.com/Servingyourjourney