

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! 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 rmeagher@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



The thin line between truth and illusion is not a spiritual experience

One Saturday last month I enjoyed a daytrip on my bicycle. I headed out early in the morning with food and water for the day. I so enjoy my daytrips on my bicycle. It's 'me time' and I revel in getting out in nature and embracing the stillness that only nature can provide.

This particular day was a quintessential summer's day. The sky was blue, with the occasional wispy cloud passing by. The temperature was a comfortable 28 Celsius (or 85 Fahrenheit). There was some humidity in the air but it served as a constant and soothing presence that bathed my body in its warm embrace, like

nectar for the soul.

After biking for a few hours, I stopped at a popular park that overlooked the Ottawa River. I found myself a quiet spot on the shore of the river, and sat on a large root outcropping from an enormous tree that offered me some shade. In the backdrop was a park that was bustling with activity—people swimming at the beach, families picnicking, people playing baseball, tennis, frisbee, and a host of other activities. There was a section of picnic tables that were full up with people and families enjoying a summer's feast. I smiled at the scenes and rejoiced in the joy of the setting.

Letting go of my focus on what was happening behind me, I turned back to look out over the river and what was beyond the other side. The river was very wide at this point, as least 2kms across (or 1 mile). I remember looking up and seeing the blue sky and began to tap into the sensation of the expansiveness of the sky. As I lowered my gaze to the shore on the other side of the river, what was in the distance on the other side of the river became the horizon.

As I continued to look out over the river, I reveled in the sensations of the warm summer air embracing me. The warmth wrapped itself around me and carried me into a place of peace and stillness that was pristine and pure. As I sunk into this peace and stillness, I became aware that the sky continued to expand, while at the same time the horizon started to shrink. The sky kept taking up my vision and the horizon kept getting thinner and thinner. This vision continued until there was the sky, there was the water, and all that was separating them was a very thin line that, I was consciously aware of, was the horizon. At the apex of this vision, the horizon almost disappeared and the water and sky started to merge.

I sat with this vision for a minute or two. I remember turning around at the scene unfolding in back of me and everything was as it was before—bustling with activity. I turned back to look out over the river and all there was to see was the ever expanding sky and the water, with only a thin line, a sliver, of a horizon.



I turned around again; still the unfolding bustle of joy happening behind me. I turned back to the scene in front of me; still the ever-expanding sky and water, with only a thin sliver of a horizon; and the water and sky merging. I had a thought, an awareness, that my vision was showing me something else, a window on another reality. But was it truth? Or illusion? And what about the scene unfolding in back of me—the bustling activity in the park? Was it truth? Or illusion?

What was unfolding in front of me, and behind me was both truth (or reality) and illusion. It was truth (or reality) for me, in that moment. But, ultimately, it was illusion, as it was being seen through my body's eyes. Anything I see through my body's eyes is my truth, my reality. But anything I see through my body's eyes is as a result of perception. And perception is only possible through the body's eyes. My vision of the water meeting the sky was not a spiritual experience. Spiritual experience is not of this time and space, and not something that is seen with the eyes, heard with the ears, tasted with the tongue, smelled with the nose, touched with my appendages. Spiritual experience is beyond the body; it is ineffable.

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

“We're never so vulnerable than when we trust someone -- but paradoxically, if we cannot trust, neither can we find love or joy.” ~ Walter Anderson

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 – August 2018

Star Friends - Part Two

In our previous message we spoke of the similarities between our worlds, as your Planet Earth and its inhabitants continue to move closer to divine vibration and consciously live in the spheres of noble love and thought. Let us now continue.

Some of our people, not all, have also experienced density upon your earth and elsewhere. Through their deep-seated volition to listen to their soul language, they were able to change their density. These individuals now easily modify their atomic structures to further explore the science of transformation. They have realized the genuine relationship between love, thought and soul direction as the source of higher vibrational manifestation. We acknowledge this transformational state as a science for there are definitive patterns and principles to recognize, understand and use—all based on the tremendous and infinite power of Love.

This is the movement we see being echoed in your world as many of your citizens continue the path upwards. You are coming closer to us! As you fill yourself up daily, hourly and at each moment with love and grace, you unify all parts of your being, visible and invisible. You realize that you are a Whole. The moment you sense your wholeness, you are united with us and with all universal and cosmic life.

In a manner of speaking, we are your elder brothers and sisters. Your world is following in our footsteps. There are inhabitants upon your planet who, although perceived as human beings, have opportunities to transform and reorganize the very particles of their bodies, accessing higher learning through the absorption of tremendous Light and infinite Love. This transformational assistance is also being offered to your people for we gladden in your willingness to progress spiritually.

Think not that these marvellous changes are imaginary. We, from above, and you, from below, are meeting where all is being renewed. This renewal brings you, as citizens of a new world, to an exceptional reunion of hearts and minds. In truth, this coming together has been taking place for a long time. As time shortens and changes, the voluntary upliftment of your people and your planet will strengthen. This is what is presently being witnessed upon your earth.

Note well the changes within you. Listen to the loving direction of your soul. Its deepest intention is to direct you to wholeness, unity and infinite fellowship with all that is good. You are already with us, as we are with you. Listen, love and learn. If you so wish it, every atom, every thought, every way of living will be refined. This is not so that you leave your fine Planet Earth, but that you transform it completely. Help will continue to come from the stars, for we are always with you.



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.

Having witnessed the ravages of war in the 1940s, James George determined as a young man to be a peacemaker and harmonizer in the world by working as a diplomat for Canada for 30 years. Ultimately, George realized that only an inner spiritual practice could generate the peace he wished to carry into the world. He applied his spiritual practice by being aware of what is happening moment to moment in himself and around him. He made himself available to the life that was given to him and tried to help people living in various countries to find inner peace as a means of achieving outer peace.

<http://www.karmatube.org/videos.php?id=7543> **Be The Change:** James George is a signatory for Asteroid Day on June 29, 2018. He has joined with this organization to promote science and global environmental awareness. Learn more about this upcoming worldwide event. <http://www.dailygood.org/more.php?n=7731a>

Being a person who makes a difference in the world is a hope that most of us have, but being able to do so for any sustained period of time is the challenge. For many of us, making a difference takes the form of volunteering in challenging situations while working full time jobs. In the article "Avoiding Volunteer Burnout With Mindful Self Care," author Jennifer Jean shares a five step plan that she developed while teaching poetry to sex-trafficking survivors. By practicing compassionate and proactive self-care, Jennifer has been able to continue caring for herself and her family while sharing the hope of healing to others in need.

<http://www.dailygood.org/story/2050/healing-burnout-with-mindful-self-care-jennifer-jean/> **Be The Change:** Before the next time you volunteer, try one or several of Jennifer Jean's suggestions for self-care and see what a difference it makes in keeping your energy sustained.

A parent who lives gratefully will role model gratefulness and infuse the home with grateful practices. Beyond this, grateful parenting also suggests being grateful for one's particular child, being aware and appreciative of the gifts and qualities that child has. It suggests respecting one's child as a person, and all that ensues from such an open positive attitude. Gratitude for your child, including calling to mind all the reasons you like your child, can temper your parenting with gentleness and meaning and build a more trusting, accepting home for you both. <http://www.dailygood.org/story/1920/grateful-parenting-anne-dunlea/> **Be The Change:** What do you like about your children or others in your life? Keeping those qualities in your mind in interactions, infuses your time together with gratitude for the unique gifts they bring to you and to the world.

Nalini Nadkarni, a biology professor at the University of Utah who has pioneered techniques for studying tree canopy communities in tropical and temperate forests, started "Moss-in-Prisons," a project in which prisoners joined a research/conservation effort to counteract the destructive effects of collecting wild-grown moss from old-growth forests for the floral trade. "We learned that the inmates who viewed nature videos committed twenty-six percent fewer violent infractions than those who did not view them, a convincing result for the prison officers and administrators and for ourselves." <http://www.dailygood.org/story/2012/nature-is-medicine-even-in-a-prison-cell-nalini-nadkarni/> **Be The Change:** Professor Nadkarni's book, *Between Earth and Sky: Our Intimate Connections to Trees* is very worth reading. You might discuss with a few friends the ways in which trees serve your community, and even bring water to any trees in your neighborhood which appear thirsty.

In the Northern (and Southern) hemispheres, time is marked by seasonal changes, but in the forests of Bali the processes of growth and decay proceed at different rates all over the forest, all the time. According to Balinese theory, each living being moves on its own time scheme, and events occur when these touch, when things or

creatures interact with one another. This view of time as applied to human life and the process of aging differs enormously from that of the West. Learn more here about the Balinese Middle World.

<http://www.dailygood.org/story/2046/circles-of-time-j-stephen-lansing/> **Be The Change:** What is your subjective experience of time? Does how Westerners see it make sense to you? Experiment with putting away your watch, clock or device for a day to experience time in a different way.

While you may not associate gratitude or expressions of appreciation with the workplace, they're beginning to have a powerful impact on how employees relate to one another, as well as rates of satisfaction, stress, and even sick days. Many organizations have been developing ways to overcome the barriers that often inhibit expressions of thanks among employees, and finding that the effects extend far beyond the walls of the office. Studies have shown that gratitude can lead to increased feelings of social responsibility, and a genuine desire to give back to those less fortunate. Moreover, the opportunity to serve and help others is one of the major sources of gratitude at work. Read on to learn about how you can reap the benefits of a more grateful workplace.

<http://www.dailygood.org/story/2023/how-gratitude-can-transform-your-workplace-kira-m-newman/> **Be The Change:** Find a way to express thanks to someone you care about today. Share your experience in the comments section below.

Located on a short and quiet side street of the main road entering Bishopville, the garden sits on the left side of the road and a bank of pine trees lends shade and depth at the back of the property. An archway leads visitors to the left side of the property. It was through this archway that I stepped onto Fryer's garden for the first time. In life-sized letters cut into the grass and planted with red begonias were the words "Love, Peace and Goodwill". I felt like I had come home and tears filled my eyes and my heart began to heal from grief. There is a spiritual awakening that one feels upon stepping into this sacred space created by the union of a humble man of God and the plants that he communes with each day. <http://www.dailygood.org/story/2033/pearl-fryer-s-unusual-legacy-teri-leigh-teed/> **Be The Change:** Some projects, like topiary, may be years in the making. What is a long-term project that you can begin today that might inspire someone on their spiritual journey years from now.

Elaine Mansfield shares how Rilke's poem, Pushing Through, helped her to manage the grief she felt with the loss of her husband. The poem gives testament to the fact that we can push through the grief into a transformation into something larger than ourselves. <http://www.dailygood.org/story/2029/pushing-through-a-poem-for-grieving-hearts-elaine-mansfield/> **Be The Change:** Take time to sit with any grief you may hold. Allow yourself to feel these universal emotions and surrender yourself to the gratitude that lies even in the midst of human anguish.

Poet Rainier Maria Rilke believed that patience was vital to creative work: "Being an artist means, not reckoning and counting, but ripening like the tree which does not force its sap and stands confident in the storms of spring without the fear that after them may come no summer. It does come. But it comes only to the patient, who are there as though eternity lay before them, so unconcernedly still and wide. I learn it daily, learn it with pain to which I am grateful: patience is everything!" In order for work to flourish into art, the artist's soul needs incubatory periods of self-reflection. <http://www.dailygood.org/story/2058/the-lonely-patience-of-creative-work-maria-popova/> **Be The Change:** Greet your creative work with patience and gratitude as it slowly unfolds.

When anxiety takes hold of us, it distorts our experience of the world and causes turbulence in our minds, wreaking havoc on our thoughts and emotions. For someone with severe panic disorder, this can shake them to their very core. Amanda Stern poignantly expresses her experience with anxiety in her book "Little Panic: Dispatches from an Anxious Life," which Maria Popova expertly introduces in Brainpickings. It was a sinking feeling that her experience of life is not what others experience. The difficulty in putting that into words. The realization that in some way this is what all of us experience. The relief at a diagnosis, and what it takes to break free. <http://www.dailygood.org/story/2059/little-panic-what-it-takes-to-break-free-from-anxiety-maria->

[popova/](#) **Be The Change:** Today, try to realize when you are panicking and anxious. Just notice what it feels like.

Gordon Hempton is an acoustic ecologist who has spent over thirty years taking recordings of steadily vanishing natural soundscapes. Quiet places on earth are in danger of disappearing, a message that Hempton brought home in 2010 by marking one square inch of quiet space in Washington's Olympic National Park with a small red rock. His work was featured in a documentary entitled "Soundtracker" that same year. Since he started recording, he's found fewer and fewer quiet places in the United States and abroad, signaling an increase in noise pollution and decrease in animal populations. In this video, Hempton talks about his life's work and what it takes to find and preserve just one square inch of silence.

<http://www.karmatube.org/videos.php?id=7257> **Be The Change:** Today, appreciate the sounds of nature when you go outside and be especially aware and appreciative of silence.

What if everything that happened to you in life was for your highest good and learning? In this riveting talk, Dan Millman, author of *The Way of the Peaceful Warrior*, shares his insights into the school of life, and how we can approach each of our experiences as opportunities for growth, wisdom, and self-knowledge. "I often use the term 'spiritual weight-training' -- the difficulties and challenges of everyday life which do arise. That's what life is about; its spiritual weight training, and we get stronger," Millman says. Millman defines 12 courses we're here to master, in order to transcend to a higher spiritual life. Read on to hear him share more on how we can lean into our difficulties, and gain a sense of mastery from the everyday. <http://www.dailygood.org/story/1926/dan-millman-no-ordinary-moments-in-the-school-of-life-tami-simon/> **Be The Change:** This week, during the ordinary moments of your day, see if you can discover something extraordinary in them. Journal about your findings.

"The wonderful writer Luis Alberto Urrea says that a deep truth of our time is that we miss each other. We have this drive to erect barriers between ourselves and yet this makes us a little crazy. He is singularly wise about the deep meaning and the problem of borders. The Mexican-American border, as he likes to say, ran straight through his parents' Mexican-American marriage and divorce. His works of fiction and non-fiction confuse every dehumanizing caricature of Mexicans and of U.S. border guards. The possibility of our time, as he lives and witnesses with his writing, is to evolve the old melting pot to the 21st-century richness of us with all the mess and necessary humor required." <http://www.dailygood.org/story/2065/what-borders-are-really-about-on-being/> **Be The Change:** Reach out to someone across an invisible or actual boundary or border in your own life today.

Kelly Orians, co-founder of Rising Foundations and attorney at The First 72+ has dedicated her life to helping the less fortunate, with a focus on the injustice and failing policies of the correctional system. In this interview Kelly discusses the unique challenges facing former inmates as they attempt to reintegrate into society, and the people and organizations attempting to change that for the better. Chief among them are former inmates who have gone on to create better lives for themselves, and successfully navigated the hurdles of leaving prison and starting life over. <http://www.dailygood.org/story/2056/kelly-orians-getting-out-and-staying-out-leslee-goodman/> **Be The Change:** To learn more about the prison and correctional system, the challenges inmates and former inmates face, and to get involved, visiting the Rising Foundations website. <http://www.dailygood.org/more.php?n=7727a>

From a young age, the current mode of education encourages us to develop our intellects and to find success by getting a prestigious job, making large sums of money and acquiring things. But what happens when the mind is sharp but the heart is neglected and becomes numb? The unfortunate outcome is seen all around us in a culture rife with attitudes and technology that dehumanizes our most basic sense of goodness. Pancho Ramos Stierle surfaces these concerns in this inspiring, twinkle-eyed commencement address. Through generously sharing his own heartmindfulness journey, Pancho explains the wisdom of cultivating the heart with at least as much importance as one cultivates the mind. <http://www.dailygood.org/story/2051/a->

[heartmindfulness-revolution-pancho-ramos-stierle/](#) **Be The Change:** As you are working on an intellectual project, take a moment to connect with your heart to see how the plans might evolve in a deeper way.

The release of the Mister Rogers documentary *Won't You Be My Neighbor?* calls to mind the essential message of Rogers' long-running children's program, *Mister Rogers' Neighborhood*. Fred McFeely Rogers, who died in 2003, was also an ordained Presbyterian minister. Over the course of three decades on public broadcasting, he brought to millions of children what his faith's General Assembly referred to as "unconditional love." <http://www.dailygood.org/story/2062/mister-roger-s-message-of-love-richard-gunderman/> **Be The Change:** Try today to help someone in need and see how it makes you feel.

Hope is often viewed as the anticipation of circumstances being better in the future, but in this article environmentalist and social activist Kate Davies suggests that intrinsic hope is based in the here and now. Applying 6 habits of mindfulness to one's daily life will allow us to live from a place of hope that embraces life as it is now in all of its beauty and complexity. <http://www.dailygood.org/story/2053/6-habits-of-hope-kate-davies/> **Be The Change:** When you are feeling discouraged and in need of hope, pause in your day and notice the effortless miracle of your breath rising and falling or the natural courage found in nature's tireless movement to grow all things.

In a small urban park in Johannesburg, South Africa, Dorah Lobelo founded the Greenhouse Project, a dynamic center that has grown to become a seedbed for organic farming, sustainable design, and community-building. Using donated park space, she has created an environmental demonstration center in a dense inner city that tackles the extremes of poverty, environmental degradation, and community regeneration. Through recycling, green building and design, organic urban farming, the use of alternative fuels, and employing environmentally-based entrepreneurial skills, the Greenhouse Project empowers neighborhood residents to take a holistic approach to local challenges and demonstrates that everyone can do something. It is a nurturing home for activists and an inspiration for individuals to take responsibility for improving their own quality of life while creating a socially just, healthy and sustainable world. <http://www.karmatube.org/videos.php?id=6619> **Be The Change:** What is one thing you can do today to take responsibility for improving your quality of life while creating a socially just, healthy, and sustainable world?

What is your idea of a pathway; both literal and figurative? And once you have started "down this path", have you ever paused to consider the winding trail of words, meanings and phrases humans use to describe the act of traveling by foot? Find out in this delightful post from a project; dedicated to sharing the moments of life that make you say "Oh, I See"! <http://www.dailygood.org/story/2047/the-wordplay-of-pathways-joyce-mcgreevy/> **Be The Change:** Think of one thing you need to do today that you can accomplish on foot, from getting the mail to buying stamps. Take that walk with your senses wide open, traveling a "pathway" of discovery.

What would it take to create a world with zero poverty, unemployment, or net carbon emissions? In "A World of Three Zeros," economist and Nobel Peace Prize winner Muhammed Yunus continues his work conceiving economic and social systems that enable people to break out of poverty. Well known for pioneering microloans and founding Grameen Bank, Yunus also has novel thoughts on capitalism and how it can better benefit humanity. People are not just selfish, he argues, but selfish and selfless at the same time. A better system would allow for and encourage both for-profit and social businesses. People also are creative and independent, which they often immediately hand over to employers. A better system would not take away their vitality. In this thought-provoking interview with Mele-Ane Havea of *Dumbo Feather*, Yunus shares more ideas from his latest book. <http://www.dailygood.org/story/2067/muhammad-yunus-revolutionized-banking-mele-ane-havea/> **Be The Change:** Today, balance your day with both selfish and selfless activities.

"What is it like to be in the midst of a miracle? The idea of a miracle sounds so warm and delicious, the kind of thing you would aspire to experience in a minute, right? Well, in fact, here on earth we are in the middle of miracle school, whether you remember enrolling or not. And, much like life itself (a miracle in its own right), itâ€™s not all sunshine and rainbows." In this uplifting piece, Anna Alkin challenges our understanding of

miracles, calling attention the courage that is needed to face the discomfort and pain that accompany transformation. <http://www.dailygood.org/story/2057/a-miraculous-life-of-more-anna-alkin/> **Be The Change:** Can you look at your pain and difficulty right now and see a miracle in progress?

After being sidelined by injury, professor Michael P. Branch vowed his year would be filled with 1000 miles walked. As he logged his miles, the emphasis became one of practice, like a monk's meditations, and opened his eyes in a profound way: "[The miles] were all walked here, in the high desert, on public lands, within a ten-mile radius of my home. If my bioregionalist experiment of walking more than a thousand local miles each year has involved weed whackers and beer and skipping as well as pronghorn and golden eagles and the wordless beauty of moonlight gleaming on unbroken snowfields, that may be just as well. It is incremental work, but I have had a glimpse of how these walks might someday add up to a journey, in the same way that a life is comprised only of individual days, which are themselves nothing more than a series of moments in which we choose to take a small step, or do not." <http://www.dailygood.org/more.php?n=7535> **Be The Change:** What is a practice, such as walking, that you might engage in day in and day out? What is the value in such a practice?

Rarely does a teacher take the time to explain to a student how to learn. They will explain the topic and sometimes how to learn that topic, but how to learn in general so you can learn anything is rarely approached. In this short essay on Awareness Through Movement, Moshe Feldenkrais, the founder of the Feldenkrais Method (a form of somatic education) does just that. His intent is to enable us to learn at our own rate. For most of us, that is a radical concept. By following his simple instructions, we will not become stressed when we are learning and we will be giving ourselves a real chance to learn to learn.

<http://www.dailygood.org/more.php?n=7722> **Be The Change:** Identify one learning or physical goal this week and use Feldenkrais' strategies to learn/practice it. Compare your results with how you have learned something in the past. How was this time different?

For many people, the things we regret in life might be the big ones: either moral failings, career opportunities missed on the way to success, or all those things that fall into the category of "adventures we should have taken." For American writer George Saunders, his list of regrets is quite simple: failures of kindness. What grabs at his heart the most is missing those seemingly insignificant chances to make a difference for the better in someone's life. His story of a lonely classmate who never felt his kindness may give us reason to reconsider what we value and how we can make the world a little kinder in small ways.

<http://www.dailygood.org/story/2069/what-i-regret-most-are-failures-of-kindness-george-saunders/> **Be The Change:** Can you recall a regret and allow that to transform you into living with more kindness today?

6. Where's Your Umbrella?

Reprinted from www.awakin.org.

--by *Nazeer Ahmed* (Jul 02, 2018)

The rains failed again that year. It was the third year in succession when there was no rain. The crops had disappeared and the land was a brown swath of dusty rubble. Trees had lost their leaves years ago and stood out like silhouettes of cactus on the dusty horizon. There was a stream that skirted the village in years bygone. Now the riverbed was dry. Where once flowed clean, fresh water from the nearby mountains, there was now a bed of clay, cracked in a checkerboard pattern with gaps as wide as a foot. No one knew what had happened to the birds except for the vultures that circled the town, looking for a carcass or two of an animal that was left dying.



There was famine in the land. People walked around like sticks, sans flesh, surviving on whatever ration was brought to them by various international charities.

Desperate for help, the people of the village held a meeting under a big banyan tree that was as old as the village. *“Let us pray”*, said an elderly woman. *“Only God can help us now.”*

There lived people of many faiths in the village and there ensued a big debate as to where to hold the prayer – in a church, a mosque, a synagogue or a temple. There was no consensus. Exhausted, they decided to hold their prayer in the open, late that night, under the open sky, away from the town. It was a full moon night and the moon shone with its alluring brightness against a background of shimmering stars.

Amongst the people gathering for prayer a little girl holding hands with her young brother came running from a nearby village, holding high an open umbrella over their heads. Huffing for breath, they stood there, looking up, umbrella still unfurled. The gathered crowd could not but help turn around and wonder what was going on. Some were curious; others were annoyed and some others were even furious as they kept being poked by the spokes of the umbrella.

Finally a curious bystander asked, *“Why did you bring the umbrella? Can’t you see there is no rain and we have come here to pray for rain? Only a foolish person would stand on a clear night like this with an open umbrella.”*

“Yes indeed”, chimed in the two young siblings. *“We came to pray too. We are certain that our prayer will be answered and it will rain. That is why we brought this big, colorful umbrella.”*

7. Perception Is A Mirror

Reprinted from www.awakin.org.

--by *Edited by Frances Vaughan and Roger Walsh (Jul 09, 2018)*

You respond to what you perceive, and as you perceive so shall you behave.

Every response you make
to everything you perceive
is up to you,
because your mind determines
your perception of it.

You cannot be aware without interpretation,
for what you perceive *is* your interpretation.

Understand that you do not respond
to anything directly,
but to your interpretation of it.
Your interpretation thus becomes
the justification for the response.

Perception selects, and makes the world you see.
It literally picks it out as the mind directs.
The laws of size and shape and brightness
would hold, perhaps,
if other things were equal.
They are not equal.
For what you look for
you are far more likely to discover
than what you would prefer to overlook.

The world can teach no images of you
unless you want to learn them.

Reality needs no cooperation from you to be itself.
But your awareness of it needs your help.

Perception is a choice
of what you want yourself to be;
the world you want to live in,
and the state in which you think your mind
will be content and satisfied.
It chooses where you think your safety lies, at your decision.
It reveals yourself to you as you would have you be.
And always is it faithful to your purpose.

Let us be glad that you will see what you believe,



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and that it has been given you to change
what you believe.

If you perceive truly
you are canceling out misperceptions
in yourself and in others simultaneously.
Because you see them as they are,
you offer them your acceptance of their truth
so they can accept it for themselves.

Let us not rest content
until the world has joined our changed perception.
Let us not be satisfied until forgiveness has been made complete.

*As I share the peace of the world with my brothers,
I begin to understand
that this peace comes from deep within myself.*

8. We Want Relief. Cure is Painful

Reprinted from www.awakin.org.

—by **Anthony de Mello** (Jul 16, 2018)

Spirituality means waking up. Most people, even though they don't know it, are asleep. They're born asleep, they live asleep, they marry in their sleep, they breed children in their sleep, they die in their sleep without ever waking up. They never understand the loveliness and the beauty of this thing that we call human existence. You know all mystics -- Catholic, Christian, non-Christian, no matter what their theology, no matter what their religion -- are unanimous on one thing: that all is well, all is well. Though everything is a mess, all is well. Strange paradox, to be sure. But, tragically, most people never get to see that all is well because they are asleep. They are having a nightmare.



Last year on Spanish television I heard a story about this gentleman who knocks on his son's door. "Jaime," he says, "wake up!" Jaime answers, "I don't want to get up, Papa."

The father shouts, "Get up, you have to go to school." Jaime says, "I don't want to go to school." "Why not?" asks the father. "Three reasons," says Jaime. First, because it's so dull; second, the kids tease me; and third, I hate school. And the father says, "Well, I am going to give you three reasons why you must go to school. First, because it is your duty; second, because you are forty-five years old, and third, because you are the headmaster." Wake up! Wake up! You've grown up. You're too big to be asleep. Wake up! Stop playing with your toys.

Most people tell you they want to get out of kindergarten, but don't believe them. Don't believe them! All they want you to do is to mend their broken toys. "Give me back my wife. Give me back my job. Give me back my money. Give me back my reputation, my success." This is what they want; they want their toys replaced. That's all. Even the best psychologist will tell you that, that people don't really want to be cured. What they want is relief; a cure is painful.

Waking up is unpleasant, you know. You are nice and comfortable in bed. It is irritating to be woken up. That's the reason the wise guru will not attempt to wake people up. I hope I'm going to be wise here and make no attempt whatsoever to wake you up if you are asleep. It is really none of my business, even though I say to you at times, "Wake up!" My business is to do my thing, to dance my dance. If you profit from it fine; if you don't, too bad! As the Arabs say, "The nature of rain is the same, but it makes thorns grow in the marshes and flowers in the gardens."

9. Live Like The Roar in A Lion's Heart

Reprinted from www.awakin.org.

--by *Pavithra Mehta* (Jul 30, 2018)

Do you live in your days like a forgotten ticket stub in someone's jacket? As if the show were behind you? As if you went out one evening to watch your life, and decided halfway through that it wasn't worth the price of admission.

Other things more interesting stole your attention, even though we've been told and told that all that glitters is not gold, we are so easily seduced by sparkle and the kind of food that fills our mouths but not our stomachs and never our souls.

How we gorge on the insubstantial, and substitute the vibrant, risky, full-bodied occupation of life with a weak-kneed, lukewarm stupor.

Do you live in your days like an unmarked bottle in the back of the fridge? A bottle that has been there so long that no one remembers what's in it. Do you live in your days like a lone sock in the drawer whose match disappeared in the wash weeks or years ago.

Think. Think hard. What shape are you holding and in what container are you held? Those are not questions to be asked or answered lightly.

Live like the roar in the cave of the lion's throat. Live like the mustard seed that is dropped into hot oil -- ready to explode its flavor into everything. Like the wick in a candle. Flickering. Fierce. Alive.



10. San Francisco Artists Mobilize for City's Homeless

Reprinted from www.KarmaTube.org.

Cities around the world clear homeless encampments in preparation of hosting major events. The City of San Francisco, California, did the same before the week-long Super Bowl activities in 2016. But some local artists banded together to address the city's homeless issue in a different way - to provide warmth but also invite conversation and create visibility for a community that most would rather not see. "Our goal is to use creativity to unite," says Annice Jacoby, founder of the Undercover project. "We're making a visual statement, making a ceremony of care; it's a mechanism to address this problem." The project has inspired efforts for compassionate connection with disenfranchised people around the world.

<http://www.karmatube.org/videos.php?id=7276>

11. The Spiritual Diplomat

Reprinted from www.KarmaTube.org.

Having witnessed the ravages of war in the 1940s, James George determined as a young man to be a peacemaker and harmonizer in the world by working as a diplomat for Canada for 30 years. Ultimately, George realized that only an inner spiritual practice could generate the peace he wished to carry into the world. He applied his spiritual practice by being aware of what is happening moment to moment in himself and around him. He made himself available to the life that was given to him and tried to help people living in various countries to find inner peace as a means of achieving outer peace.

<http://www.karmatube.org/videos.php?id=7543>

12. We Shall Overcome: Love Will Rise Again

Reprinted from www.KarmaTube.org.

Empty Hands Music once again brings together the creative collaboration of Nimo Patel, Daniel Nahmod, and Ellie Walton for another heart-warming music video speaking to the challenging socio-political climate of the world. "We Shall Overcome: Love Will Rise Again," captures the message that both Mahatma Gandhi and Dr. Martin Luther King Jr. represented: that love is the only option no matter what our circumstances. Enjoy this 'goosebump' of a music video - an inspiring anthem for modern day humanity.

<http://www.karmatube.org/videos.php?id=8183>

13. One Square Inch of Silence

Reprinted from www.KarmaTube.org.

Gordon Hempton is an acoustic ecologist who has spent over thirty years taking recordings of steadily vanishing natural soundscapes. Quiet places on earth are in danger of disappearing, a message that Hempton brought home in 2010 by marking one square inch of quiet space in Washington's Olympic National Park with a small red rock. His work was featured in a documentary entitled "Soundtracker" that same year. Since he started recording, he's found fewer and fewer quiet places in the United States and abroad, signaling an increase in noise pollution and decrease in animal populations. In this video, Hempton talks about his life's work and what it takes to find and preserve just one square inch of silence.

<http://www.karmatube.org/videos.php?id=7257>

14. The Greenhouse Project

Reprinted from www.KarmaTube.org.

In the inner city of Johannesburg, South Africa, people are being reminded of what they used to know - how to grow food, build shelter, and deal with their waste. Offering green living and tools for self-sufficiency, the GreenHouse Project is transforming this urban center into a seedbed of sustainable community. The GreenHouse Project works in five areas -- green building, efficient and renewable energy, recycling, organic farming and doing more with less-- to promote well-being for all in the midst of city life.

<http://www.karmatube.org/videos.php?id=6619>

15. Reunited: A Short Film About Music and the Human Spirit

Reprinted from www.KarmaTube.org.

When Sam Kinsella first started working at a local nursing home, he met 93-year-old Edward Hardy. Stricken with dementia and depression, Hardy was barely communicating anymore. Shouting and distressed, he was out of it and seemed to have simply given up. While trying to make conversation, Kinsella told Hardy he was a musician, and Hardy's face lit up. He had been a musician, too. A pianist. Wouldn't it be great to get Hardy a keyboard, Kinsella thought. What happened next stunned everyone. This story just grows and blossoms before your eyes and ears. While it is testament to the power of music to enrich the brain and human spirit, it also shows the power of connection and the difference that one person can make in someone else's life.

<http://www.karmatube.org/videos.php?id=7744>

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 rmeagher@servingyourjourney.com by the 25th of the month, for distribution in the following month's e-newsletter.

16. 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).

17. 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>.

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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