

Serving your personal journey toward enlightenment...

***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](mailto:rmeagher@servingyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Letting go of the last vestiges of the world as I know it

Ten years ago I was living a very different life than I am today. Ten years ago I was at the zenith of my corporate Canada career. I was serving as a Division Head in a prominent company making a 6-figure salary. I lived a fast-paced life. I lived a life full of plenty—plenty of responsibility, plenty of stress, plenty of material possessions, plenty of debt, and plenty of ego-appeasing rewards.

Amidst the fast-paced living and life of plenty was a festering and growing awareness that I was unhappy. Even though I tried to blame everything and everyone around me for my unhappiness, I knew at a deep level that my soul was dying. And I knew that if I did not change my life, not only would I never be happy, but I had a sense (albeit delusional) that my soul would die. My fear of change had lessened to the point that I was now more afraid of my life staying the same.

So in August 2009, I did the unimaginable. I left corporate Canada—all its appeal, all its societal accolades, all its monetary rewards, and all its entrapments. I decided in August 2009 to set myself adrift and explore a new way of living and seeing the world I was living in.

Within 1 month of my departing corporate Canada, my extraordinary transformation accelerated. I was guided to ministry and to re-initiate my study of psychology. First came my study of theology and divinity that led to my ordination as an Interfaith Minister the following year. In parallel, I began studying psycho-spiritual psychotherapy and was eventually certified as a Sacred Attention Therapy Therapist in 2015.

During the 6-year period from 2009-2015, I sub-consciously and unconsciously divested myself of much of my way of life prior to 2009. As new ways of living and seeing the world I was living in came into focus, an entirely new way of living started to take hold. As the years went on I felt and grew more in alignment with my true, authentic self and calling. A trust in life grew over me that allowed me to experience more peace in any one day than I had experienced in the entire 40 years prior to leaving corporate Canada in 2009.

But one last reminder of my corporate Canada days hung around, and that was my debt. My lifestyle prior to 2009 was one that not only numbed me into complacency but made me think that it was quite normal to have debt. As my lifestyle began to change significantly, post 2009, so too did other factors, like income. It became less and less likely that my debt would be paid off under my new lifestyle. So what to do?

Of the numerous options available to bring all aspects of my life, finally, into alignment, I chose an approach to financial restructuring that allowed me to divest myself of my debt. It was an emotional decision to take the approach I did and it was blessed with many gifts of awareness and opportunities to deepen into my inner work to unravel the teachings being offered to me.



Yes, there was guilt. Yes, there was shame. Yes, there was relief. Yes, there was the myriad of sensations and feelings associated with having lifted a very heavy burden off my back—one that had been hanging around for more than a decade. But another awareness came to the forefront that took precedence over all else.

The decision to divest myself of my debt from my corporate Canada days was a final step in letting go of the last vestiges of the world I once knew. I now felt in full and complete alignment with a new way of living and seeing the world I live in. The alignment was freeing. In part because a perceived burden had been lifted from my shoulders, but more so because now I was living in alignment with all other aspects of my life.

I was reminded of the ancient teaching that when what we say and what we do is not in alignment, dis-ease results. I realized that for many years following my departure from corporate Canada I was still in a state of dis-ease because what I was saying and what I was doing was not in full alignment. While the initial steps to bring myself into full alignment, to let go of the last vestiges of the world as I knew it, was bumpy, what has come out on the other end has been freeing, rejuvenating, grace-filled and full of divine peace worthy of our Creator's love for all of life.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Journey Continues

I walk in your footsteps,  
A moment behind, a moment ahead, present.

There is never a moment we are apart,  
I feel your presence in my life.

The peace and joy I live is yours,  
It belongs to everyone.

The blessing that is you is a comfort, a joy, a gift,  
We are walking this path together.

There is no distance where love resides,  
Our oneness is the light of the ages.

Our fears and pain are cleansed when we let the light return,  
From where it came—within us.

Rev. Robert Meagher

## 3. Quote or Question

“Your task is not to seek love, but merely to seek and find all the barriers within yourself that you have built against it.”

– Rumi

## 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 – September 2018

#### Your Soul's Desire

Embedded within the core of each individual is a desire to be recognized as a divine fulfilment of the soul within. This desire helps you to remain within the parameters of the path leading back to the Source. In truth, as all lies within the vibration of Creation, there is no idea of direction, but only of infinite fulfilment. However, in using linear time, it may seem that you are moving in a direction. And, in your world, this is so.

Whether you move in a linear, spiral or all-inclusive manner in your thinking and doing, the attraction of your soul to its Creator-Source was established the moment you chose, by your free will, to consciously move towards or away from this Source.

There are many reasons why the inhabitants of your world would move away from the Creator. One is your impulse to explore and discover on your own. This is laudable. However, exploring and discovering while ignoring your soul's expression also binds you. Let us explain.

Imagine you are standing on the very edge of the horizon seeing the sun rising. You joyfully exclaim the wonder and beauty of this sight as you absorb the power and magnificence of the event. All is forgotten as you meld into this moment. Then comes the mind of human thought: *How is this so? How will this sun affect our planet in our future? Is there conscious existence elsewhere in our universe? I must study this.*

These are indeed valid questions, encouraging the mind to ripen, expand and to move your societies forward. However, the genuine forward and upward movement of your world can only be realized when progress is based on spiritual understanding and partnership. If this is ignored, advancement is restricted.

We are a part of this spiritual partnership which extends far into other worlds and dimensions. Your Planet Earth is a member of this fellowship wherein many of your citizens, of high mind and expanded heart, enjoy active roles. You may term this spiritual partnership as a "cooperative of worlds."

Kindly understand that whatever you explore, you are lovingly and tightly intertwined with all life and the source of life—God the Creator. In truth, no thing, no action, no thought, no life stands independently. The thought you create touches all life in all dimensions. The inspiration you receive, the insight and flashes of genius, come from a great place—this sacred Whole within which all life exists, including your own.

How then do you follow the desire of your soul?

It is to be remembered that although you are an integral part of the Whole, you also have the personal liberty to refuse or to follow the pathway of divinity. If you follow your soul's desire to be consciously re-united with this sacred Whole, you will feel a determined pull back to Source. You will sense a strong inner need to re-connect

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to an infinite Love and its loving power. You will be drawn into a stream of exquisite spiritual energy which falls upon you and wells up from within you. This spiritual presence and pull have been anchored within you from the very moment you were born on Planet Earth.

How can you deepen and strengthen this reunion? By quieting the mind and body and expanding the heart. By allowing and absorbing this magnificent radiance being transmitted to you in spiritual fellowship. By acknowledging and cultivating your gifts and talents to help yourself and others on the way.

As you are quite aware, your world and your consciousness are opening and expanding. Take time to explore your deepest soul desire and imagine these precious, sacred yearnings as a lantern showing you the path homewards. For many of you the path has been shining for numerous years, for you have lifted the Light high. For others it is an awakening to a greater world. For all it is a quickening to a vast and marvellous future.



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).*

One afternoon, a group of people showed up a farmers' market with armfuls of wrapping paper and colorful ribbons. They came to gift-wrap the entire street to remind everyone that the present moment is a gift. " We are literally just wrapping up everything in sight" an organizer tells a passerby. Wrapping up the tables and chairs, placing bows on people and dogs -- this video is a joyful reminder to celebrate the gift of today.

<http://www.karmatube.org/videos.php?id=7127> **Be The Change:** Take time to notice and appreciate the present moment. Then share that appreciation with those around you.

"Every human being is born with an intrinsic yearning to understand, to contact and, eventually, to serve something higher in ourselves and in the universe. Plato calls this yearning eros. It defines us as human beings -- even more than our biological nature, our social conditioning or our ordinary reasoning capacity. Our modern world-view tragically misperceives and wrongly defines what it is to be human." Jacob Needleman shares more in this insightful essay. <http://www.dailygood.org/story/2073/toward-a-new-conception-of-god-jacob-needleman/> **Be The Change:** How do you honor your own aspiration to connect with and serve something higher within yourself and our universe? For more inspiration read this in-depth interview with Needleman: "The Great Unknown is Me, Myself". <http://www.dailygood.org/story/1311/the-great-unknown-is-me-myself-a-conversation-with-jacob-needleman-richard-whittaker/>

Linda Cruse spent a decade as a nurse, but needed a more steady schedule and extra income. She took an opportunity to work in pharmaceuticals, but it was killing her spirit, and she became very negative. After going temporarily blind from the stress of her new life, she made a promise to become more authentic and find her purpose. This led her to the decision to sell her possessions and travel the world volunteering. Linda travels to devastated areas to help as a nurse and to organize volunteers onsite and to bring in others from all over the world with unique skill sets, from business experts to magicians. Linda's biggest gift is bringing unlikely allies together to help others. She has seen the benefits companies enjoy by encouraging staff to see volunteering as an opportunity, and the joy it brings to those who volunteer. <http://www.dailygood.org/story/1676/linda-cruse-marmalade-and-machine-guns-awakin-call-editors/> **Be The Change:** Everyone has the capacity to volunteer, whether it's helping your neighbor carry heavy bags from their car, visiting the elderly in care facilities, or traveling the world like Linda Cruse. If you haven't volunteered before, or it's been awhile, take a look online or check local resources for opportunities that can get you started. If you're a seasoned volunteer, take your service up a notch. Can you add more hours or take on helping with a special event? Maybe you can even journey to another area, city, or country to help those in need. Not only will you be giving back to communities that need it the most, you will also get a sense of fulfillment and joy from contributing and being of use to others.

Virtually anyone who turns to the news today will quickly see evidence of painful relationships between various ethnic groups in our communities. What should our response be to such violence of thought and speech if we personally encounter it in our own lives? In this heart-expanding piece, Betsy Leondar-Wright tells a touching story of how she lives her answer to the question of whether we should "call them out" or "call them in."

<http://www.dailygood.org/story/2021/the-science-of-all-is-one-betsy-leondar-wright/> **Be The Change:** Who do you judge for the things they believe? Next time you encounter such a person, can you experiment by leaning in with curiosity and patience rather than chiding them for their beliefs?

Our world is much richer, more beautiful, and more complex than we think--and it's all happening right now, in this very moment. By widening our awareness to include the entire planet, encompassing both what we can and can't see, we move toward a vision of earth where we are not merely on it, but a vital part in its processes. Consider the superhuman abilities of animals to see, hear, and smell better than humans. Or aerial views of the planet. Processes invisible to the naked eye. When we take it all in at once, the result can be "joy at the breathtaking beauty of the world; wonder at its occasional, deep strangeness; empathy with its suffering; [and] urgency toward the relief of that suffering." Andrew Zolli invites us to see the earth in different ways in this illuminating and compelling essay. <http://www.dailygood.org/story/1988/seeing-the-whole-andrew-zolli/> **Be The Change:** Marvel at the beauty of earth from above on GoogleEarth and contemplate your part in the whole. <http://www.dailygood.org/more.php?n=7651a>

"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> **Be The Change:** Next time you feel anger at a loved one's actions, try practicing "instant forgiveness," opening your heart to your loved one's reality in that moment.

During a symposium of physicians and health care workers, Eliza Ramos was sharing part of her story... "I was under a lot of stress in NYC so I decided to go to Rwanda." Rwanda? Eliza's story is remarkable. For instance, just out of USC, she moved Mexico. Looking back she reflects, "What was I thinking? It was a little crazy at the time, because I didn't know Spanish." She found herself working in a Mexican prison with people who had addiction issues. Talking with me, she said, "Its funny, I haven't talked about this in so long." Read more in this interview. <http://www.conversations.org/story.php?sid=572> **Be The Change:** Try jumping in. It doesn't have to be with big things. You could let yourself follow that impulse to say hello to a stranger or give someone a hug.

Where do you seek happiness? In your relationships? Your work? Your hobbies? This highly sought after feeling can be elusive and hard to hold on to. Once we do obtain it, the good feelings it brings are often fleeting and we begin our quest all over again. What if you could bring happiness into your life in more lasting ways? In this article, 9 scientists share their favorite practices for increasing happiness and well-being. From loving-kindness practices to regular exercise, they offer up a wealth of different tools. <http://www.dailygood.org/story/1997/9-scientists-share-their-favorite-happiness-practices-kira-m-newman/> **Be The Change:** Choose one of the suggested practices that you haven't tried before and do it consistently each day for one week. Share about your experience in the comments section below!

"To truly support people in their own growth, transformation, grief, etc., we can't do it by taking their power away (ie. trying to fix their problems), shaming them (ie. implying that they should know more than they do), or overwhelming them (ie. giving them more information than they're ready for). We have to be prepared to step to the side so that they can make their own choices, offer them unconditional love and support, give gentle guidance when it's needed, and make them feel safe even when they make mistakes." In this piece, author Heather Plett shares eight concise, clear, and readily-applicable tips she learned from others who have held space for her during tough times. <http://www.dailygood.org/more.php?n=7550> **Be The Change:** Try to apply one of the 8 tips to hold space for someone else or yourself.

An increasing number of social entrepreneurs have come to realize that moving from ideation to success often requires going beyond the usual, the traditional, the expected. They need to shake things up, turn ideas upside down and infuse their solutions to challenges with a creative twist, new technology and/or a bold rethink....For social entrepreneurs it's more than being disruptive for the sake of competitive advantage. It's about finding new ways to tackle social and environmental challenges because the old ways are simply not working or not



scaling at a pace that makes long-term change feasible. It's about looking for new, creative answers to old, seemingly unchangeable problems. <http://www.dailygood.org/story/2054/in-the-business-of-change-elisa-birnbaum/> **Be The Change:** Inspired by Komal Ahmad's effort to use food waste to solve the problem of food scarcity, how might you look at something in a new way? Shake things up and come out with a way of turning a problem in one sphere into a solution for another.

Imagine "roaring with laughter" at the sudden radiant realization that the very thing you so desperately need is right there in abundance all around. You may currently be keenly aware of lacking something physical like the artist's chalk in this essay. Possibly, you are aching with the lack you feel for something deeper such as love or belonging. Read how expanding your awareness and truly "seeing" where you are in this moment sometimes allows the discovery of glorious abundance all around. <http://www.dailygood.org/story/1944/gk-chesterton-a-piece-of-chalk-g-k-chesterton/> **Be The Change:** Reflect on one thing you feel keenly lacking in your life at this moment. Experiment with shifting your view of the issue or problem to the idea that it exists in abundance all around, waiting to be discovered. Then go on a treasure hunt of discovery.

J. Krishnamurti, one of the 20th century's most remarkable spiritual leaders, reminds us that life is impermanent, that we are driven by impermanent relationships, ambitions and achievements, and suffer because there is death at the end. He suggests we need not suffer from impermanency because it is a simple fact. Yet we do suffer, because we don't want to accept the truth of it. Nevertheless, he offers a solution to our fear: "But if you bring death - which you have put in the future - into the present while you are active, vital, strong, not diseased, then you are living with death; you are dying every minute to everything you know. After all, only that which ends can have a new beginning. <http://www.dailygood.org/story/1958/a-mind-seeking-permanency-soon-stagnates-j-krishnamurti/> **Be The Change:** It is an amazing challenge to try to live with awareness of death. Try to imagine for a few minutes each day this week that this is your last day. What would you wish to do with this precious time? How would you wish to be?

What if we didn't unplug, but changed the way we used our phones? Would it increase productivity? Would it improve your mood? See what a former Google employee has to say about mindfulness, and how to avoid unnecessary phone time.

<http://www.dailygood.org/more.php?op=get&url=https%3A%2F%2Fmedium.com%2Fthrive-global%2Fdistracted-in-2016-reboot-your-phone-with-mindfulness-9f4c8ad46538> **Be The Change:** Take at least one of the tips in the above article and implement them in your daily phone usage this week. How do you feel once the week is over?

It might be difficult to think that stress could be an opportunity, but Laurel Mellin, Ph.D. believes that it can encourage us to pause long enough to change how we think. Mellin is the founder of EBT, Inc. (Emotional Brain Training) an educational organization that provides certification and brain training to health professionals and the public. With stress as the number one epidemic worldwide, Mellin and her colleagues have developed four brain-based techniques that anyone can use. First, see stress as a moment of opportunity. Second, use a number to gauge your stress level. Third, update your unconscious expectations. Fourth, use the power of compassion and humor. Stress is perfect in its own way. It is an opportunity to be more tender, to become more sophisticated in handling emotions, and to discover a new zest for life.

<http://www.dailygood.org/story/2074/4-ways-to-train-your-brain-to-feel-better-laurel-mellin/> **Be The Change:** Determine your stress level, then commit to reducing it to a manageable state.

In this interview, On Being's Krista Tippett speaks with Lucas Johnson and Rami Nashashibi about the impact of growing up in minority communities, the influence of social change leaders such as Martin Luther King Jr. and Malcolm X, the ideas of justice, love, and more. Lucas Johnson is an ordained minister, writer, and social activist in Amsterdam, who serves as the coordinator for the International Fellowship of Reconciliation. Rami Nashashibi is the Executive Director of the Inner-City Muslim Action Network and a recently awarded MacArthur Fellow. <http://www.dailygood.org/story/2063/getting-proximate-to-pain-and-holding-the-power-of-love-on-being/> **Be The Change:** The world is always changing. Sometimes things seem to be going well,

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Other times changes that are happening around us can seem overwhelming, confusing, or even negative. This link shares more about ways in which we can be the change we wish to see in the world.

<http://www.dailygood.org/more.php?n=7738a>

Happiness is something we all strive for, yet can be difficult to define. Dictionary.com defines happiness as "good fortune, pleasure, contentment, or joy." And in fact many people associate having more money with being happier. However, studies released in 2008 and 2010 show that there is a threshold for which money can bring happiness. Beyond being pulled out of poverty to a comfortable income, the effect of money on happiness is negligible. In fact the one thing that was found to consistently produce, increase, and spread happiness, was to give to others. To find out more about how sharing the wealth means sharing the happiness, check out this infographic from YES! Magazine. <http://www.dailygood.org/story/1921/the-happiness-multiplier-effect-tracy-matsue-loeffelholz-and-clo-copass/> **Be The Change:** Share the wealth. Whether it's telling a fun joke that will make others laugh, buying coffee for a friend, or volunteering some time with a local organization. Not only will you be giving to others, but you'll be increasing your own happiness too!

When the city of Detroit was going through a rough time, neighbors banded together to help each other. Now, the organization has become a community shop called Detroiters Helping Each Other, which offers services for free. Learn how love has become the greatest currency of all. <http://www.dailygood.org/story/2080/the-price-on-everything-is-love-kevon-paynter/> **Be The Change:** Take a look at the community surrounding you. What is one way you can help make your community a better place?

British naturalist and environmental writer Michael McCarthy writes in *The Moth Snowstorm: Nature and Joy* "part memoir and part manifesto." The natural world can offer us more than the means to survive, on the one hand, or mortal risks to be avoided, on the other: it can offer us joy."

<http://www.dailygood.org/story/2078/nature-and-the-serious-business-of-joy-maria-popova/> **Be The Change:** Walk into nature in any of its forms today, and as you look and listen and receive the impression, also notice within yourself its effect on you. Is there some simple way you can return to nature its great gift to us, by planting or weeding or caring for an animal?

Health 1.0 is run as a cottage industry without evidence-based guidelines, quality measures, or standardization. Volume trumps value. This model bankrupted and shortchanged the quality of healthcare. It is over. Health 2.0 is evidence-based medicine. It is online. Electronic health records are central to its cause. The patient becomes an e-patient who Silicon Valley diagnoses using data-mining and algorithms. Electronic information systems are an equal partner with the doctor. It isn't good, beautiful, or true enough. Health 3.0 transforms the patient's relationship to illness and wellness into a two-way exchange. The doctor is the servant-leader and the patient is in charge of her health. The hospital when needed is invested in a deeper, more integrated health care system that is profitable to all stakeholders, including physicians as value creators. This is a system in which caring is a strength and we can reclaim our health, power, and well-being.

<http://www.dailygood.org/story/1961/health-3-0-where-medicine-needs-to-go-venu-julapalli/> **Be The Change:** Become part of the Health 3.0 movement by being more informed and supporting the work of those envisioning a re-personalized and transcendent healthcare experience.

<http://www.dailygood.org/more.php?n=7617a>

In 1992 Dan Brodsky-Chenfeld woke up in a hospital bed, severely injured and unaware of what brought him there. All he knew was a message his friend James Layne gave him in his dreams. "Danny, what are you doing here? You need to get back down there." Brodsky-Chenfeld survived and, in spite of his doctors diagnosis and predictions, went on to pursue his dreams. Now a motivational speaker, Brodsky-Chenfeld's mission is to help people to discover confidence in themselves they didn't know they had and faith in the world they didn't know it deserved. <http://www.karmatube.org/videos.php?id=7963> **Be The Change:** Learn more about Dan Brodsky-Chenfeld's remarkable journey.

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When Rachel Callendar's baby was born, she was overwhelmed with the negative words used to describe what she saw as the beautiful child in her arms. The doctors saw Evie Amore as disabled and chromosomally damaged but her "mum" Rachel saw her as perfect. Rachel came to the realization that she could find freedom in loving her child just as she was rather than as the doctor's thought she should be. She embraced the short life shared with her daughter and lived it to the full. Read more to consider how you too can embrace the so-called imperfections in your life and enjoy the freedom of living a life of joy.

<http://www.dailygood.org/story/2083/rachel-callender-sees-superpowers-nathan-scolaro/> **Be The Change:**

The next time you see person who has a disability, think of them instead as "differently-abled" and notice with admiration what they can do well that is so often overlooked by society.

How do you provide kindness? When it seems like nothing else is good in the world, that feeling becomes even more important. Learn what moral elevation is and how it can help you make the world a better place.

<http://www.dailygood.org/story/2081/how-seeing-the-good-in-people-can-help-bridge-our-differences-jill-suttie/>

**Be The Change:** What is one thing you can do this week to practice moral elevation in your own life?

Loren Cole was first recommended to Richard Whittaker as someone who could help prepare tax returns for his non-profit. Driving up to his home, Whittaker had no idea what was in store. Cole is the founder of his own non-profit, Inquiring Systems Inc. "ISI worked with organizations founded on visions of contributing to the greater good. What Loren offered was 'ethical and sustainable ecosystem management services, training and technical assistance required for long term economic viability, self-sufficiency and sustainability.' But as we shook hands, I knew none of this." Whittaker shares more in this interview that reveals the journey and profound lifework of a truly fascinating individual. <http://www.conversations.org/story.php?sid=545> **Be The**

**Change:** Learn more about Richard Whittaker and the remarkable conversations he's brought to the world over the last several decades in this interview with the interviewer: We Are Connected in Mysterious Ways.

<http://www.dailygood.org/story/650/we-are-connected-in-mysterious-ways-jacob-needleman/>

## 6. Stopping the War

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

—by **Jack Kornfield** (Aug 06, 2018)

The purpose of a spiritual discipline is to give us a way to stop the war, not by our force of will, but organically, through understanding and gradual training. Ongoing spiritual practice can help us cultivate a new way of relating to life in which we let go of our battles.

When we step out of the battle, we see anew, as the *Tao Te Ching* says, "with eyes unclouded by longing." We see how each of us creates conflict. We see our constant likes and dislikes, the fight to resist all that frightens us. We see our own prejudice, greed, and territoriality. All this is hard for us to look at, but it is really there. Then underneath these ongoing battles, we see pervasive feelings of incompleteness and fear. We see how much our struggle with life has kept our heart closed.



This is a task for all of us. Individually and as a society, we must move from the pain of our speed, our addictions, and our denial to stop the war. The greatest of transformations can come from this simple act. Even Napoleon Bonaparte understood this when, at the end of his life, he stated, "Do you know what astonished me most in the world? The inability of force to create anything. In the long run, the sword is always beaten by the spirit."

Compassion and a greatness of heart arise whenever we stop the war. The deepest desire we have for our human heart is to discover how to do this. We all share a longing to go beyond the confines of our own fear or anger or addiction, to connect with something greater than "I," "me," and "mine," greater than our small story and our small self. It is possible to stop the war and come into the timeless present -- to touch a great ground of being that contains all things. This is the purpose of a spiritual discipline and of choosing a path with heart -- to discover peace and connectedness in ourselves and to stop the war in us and around us.

## 7. The Practice of Soft Eyes

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

--by *Parker Palmer* (Aug 13, 2018)

In a sacred landscape, with its complexities and convolutions, surprise is a constant companion: it lies just around the bend or hidden in the next valley, and though it sometimes startles us, it often brings delight. But on the flatlands of a desacralized world, where we grow accustomed to seeing things approaching us long before they arrive, surprise is neither expected nor welcomed. When it suddenly arises, apparently out of nowhere, we are stricken with fear and may even respond with violence.

It is possible to respond differently to surprises, to allow one new idea to generate yet another in us — a process sometimes called thinking. But in a flattened, desacralized culture thinking is not what happens when we are taken — or threatened — by surprise. Instead, we reflexively defend ourselves by reaching for a weapon that we know how to use, an old idea whose use we mastered long ago.

This reflex is rooted in a million years of evolution, so it may seem inexorable. Yet there is some physiological evidence that this need not be the case. Normally when we are taken by surprise, there is a sudden narrowing of our visual periphery that exacerbates the fight or flight response — an intense, fearful, self-defensive focusing of the “gimlet eye” that is associated with both physical and intellectual combat. But in the Japanese self-defense art of aikido, this visual narrowing is countered by a practice called “soft eyes”, in which one learns to widen one’s periphery, to take in more of the world.

If you introduce a sudden stimulus to an unprepared person, the eyes narrow and the fight or flight syndrome kicks in. But if you train a person to practice soft eyes, then introduce that same stimulus, the reflex is often transcended. This person will turn toward the stimulus, take it in, and then make a more authentic response — such as thinking a new thought.

Soft eyes, it seems to me, is an evocative image for what happens when we gaze on sacred reality. Now our eyes are open and receptive, able to take in the greatness of the world and the grace of great things. Eyes wide with wonder, we no longer need to resist or run when taken by surprise. Now we can open ourselves to the great mystery.



## 8. Fueled by Love

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

--by *Timber Hawkeye* (Aug 20, 2018)

When a parent sees their child is about to be attacked by someone, it doesn't matter how peaceful and calm they normally are, most parents would still resort to violence (or much worse) in order to protect their loved ones. In that scenario, you could argue that their violence is fueled by love, right?

We are only talking about conditional love in this example, not some altruistic compassion for all sentient beings (which would also include the attacker in this instance). We are talking about a very intense and passionate love for that which we personally hold dear.

By using that same logic, it's now easier to understand why some people are so hateful, racist, homophobic, or prejudiced: they are simply defending what they personally hold dear. As soon as they feel their values, traditions, or ideals are being attacked, their impulse is to protect, defend, and fight against anyone who threatens them.

Is it possible that even what we often perceive as a "hate crime," for example, is actually fueled by love? A love that is misplaced or blind at best, but love just the same?

Don't get me wrong; I'm not justifying violence, crime, or war in any way, I am only trying to apply the theory that "hurt people hurt people" so that I can better understand all the fighting in the world. It's as if everyone is protecting something, which would explain so much. If we justify the parent's violence in the example above as nothing more than their attempt to protect what they love, then it's easier to understand how one person's terrorist is another person's freedom fighter. Even greed is nothing more than someone's love affair with always wanting "more," and intolerance is just a heated resistance to change.

The reality is that we can't control what other people do or how they see the world, but maybe we can start to see it all through the lens of love (haters included). Can we accept that when someone is hurting deeply within themselves, their pain spills over until they start hurting everyone around them? According to Thich Nhat Hanh, this is their cry for help, and what they need is our understanding, not judgment. Because when we hate the hater, we become haters ourselves.

So here is my food for thought and invitation: let's extend our own love and compassion to include EVERYBODY. When we see someone screaming, yelling, and protesting against something, can we look beyond their anger and hatred to what they actually love and are simply trying to protect? Would this subtle shift open our own hearts to truly include everyone, not just those whom we happen to personally hold dear?

Nobody's hate is justified, but perhaps it can be understood.



## 9. Bedrock on Which We All Stand

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

--by *J. Krishnamurti* (Aug 27, 2018)

Do you realize, sir, that you are the world and the world is you? The world is not separate from you and me. There is a common thread of relationship weaving us all together. Deep down we are all totally connected. Superficially things appear separate. Separate species, separate races, separate cultures and colours, separate nationalities and religions and politics.

If you look closely, you will immediately see that we are all part of a tapestry of life. When we can see ourselves as part of this glorious pattern of relationships then conflicts between nations, religions and political systems can come to an end. Conflicts are born of ignorance. When we are ignorant of the fact that all life is inter-connected, then we try to control each other. When there is no understanding that relationship is the basis of our existence, then there is only disintegration in society. Relationship is the bedrock upon which we all stand.



[I asked, "You say that religion, politics and ideologies have wounded humanity. How can we heal these wounds? How can we return to the state of relatedness?"]

The problem goes much deeper than religion or politics. It starts in our minds, in our habits, in our lives. There is a constant conditioning which has gone on and on for centuries. We are subjected to conditioning and we participate in our own conditioning. Judging, prejudice, likes and dislikes, they are all part of the same problem. We have been conditioned to believe that the observer is separate from the observed, the thinker is separate from the thought. This dualism, this compartmentalization, is the mother of all conflicts, basis of all pain and suffering. Do you understand me, Sir? It is very important.

["I hope I do. However, how do we go from dualism to wholeness?" I pursued my inquiry.]

For healing to take place, we have to go beyond theories, formulas, and ready-made answers. We have to be silent and pay attention. Silence and attention provide the ground for meditation. Meditation is a process of healing the wounds of fragmentation. In meditation, divisions end and wholeness emerges. Then there is no longer a division between 'I' and 'you', between 'us' and 'them', between 'good' and 'evil'.

When there is no ego, no vanity, no fear, no isolation, no insecurity, no ignorance, then there is healing, and wholeness.

## 10. Today Is A Gift

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

One afternoon, a group of people showed up a farmers' market with armfuls of wrapping paper and colorful ribbons. They came to gift-wrap the entire street to remind everyone that the present moment is a gift. " We are literally just wrapping up everything in sight" an organizer tells a passerby. Wrapping up the tables and chairs, placing bows on people and dogs -- this video is a joyful reminder to celebrate the gift of today.

<http://www.karmatube.org/videos.php?id=7127>

## 11. Mother Earth – Jane Goodall

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

Jane Goodall makes an impassioned plea for each of us to make what difference we can to give future generations a cleaner, healthier, and more sustainable planet. While no one individual can solve the problems we have created, billions of people working together most certainly can.

<http://www.karmatube.org/videos.php?id=8146>

## 12. The World I Want to Live In

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

## 13. Counter Mapping

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

Jim Enote, a traditional Zuni farmer and director of the A:shiwi A:wan Museum and Heritage Center in New Mexico shares why he looks at maps differently. Rather than seeing property lines and roads, he views maps as a way to describe the culture and spiritual story of his people. View the video to see the "countermaps" created by Zuni artists to share their vision of their ancestral lands.

<http://www.karmatube.org/videos.php?id=8161>



## 14. My Enemy, My Brother

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

The story of Najah and Zahed is an affirmation of how our common humanity can reach across political and religious borders. In the documentary, My Enemy, My Brother, two former enemies, Zahed and Najah, fought in the Iran-Iraq War. Sworn enemies, one saves the other's life. By chance, twenty-five years later they meet again in Canada. Once more, one saves the life of the other. <http://www.karmatube.org/videos.php?id=7595>

## 15. Smuggling Hope

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

What would you think if you heard of two people smuggling 500 pieces of children's artwork into the Guggenheim, one of the most famous art museums in the world? Would it sound ridiculous? Beautiful? Funny? Like a waste of time? Well, in this fun video, you'll get to see this happen thanks to Brad and Kristi Montague of the Montague Workshop, a project dedicated to doing things for kids—including smuggling artwork. And though Brad and Kristi succeed, their endeavor bears a surprise message about hope, one that startlingly reminds us that things don't necessarily have to be the way we think they are.

<http://www.karmatube.org/videos.php?id=7642>

## 16. Live Unbound: Above All Else

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

In 1992 Dan Brodsky-Chenfeld woke up in a hospital bed, severely injured and unaware of what brought him there. All he knew was a message his friend James Layne gave him in his dreams. "Danny, what are you doing here? You need to get back down there." Brodsky-Chenfeld survived and, in spite of his doctor's diagnosis and predictions, went on to pursue his dreams. Now a motivational speaker, Brodsky-Chenfeld's mission is to help "people to discover confidence in themselves they didn't know they had and faith in the world they didn't know it deserved." <http://www.karmatube.org/videos.php?id=7963>

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

### 17. Sacred Attention Therapy

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

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

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

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

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

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Rev. Robert Meagher

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