

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 meagher@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



We Learn by Teaching

There is an old saying, “We learn what we want to teach. And we teach what we want to learn.” A recent experience made this wonderful teaching come to life.

I have recently been blessed to teach English to students of other languages (TESOL; what used to be called ESL). The students of other languages in this case are Chinese children between the ages 6 - 12. A given student’s ability to speak English varies widely. Fortunately, the classes are always one-on-one and provide ample opportunity for focused attention on the individual student’s needs.

With few exceptions, classes focus on speaking English, saying words and short sentences. More advanced students are encouraged to engage in conversation and expand their vocabulary. For a lucky few, grammar is brought into the class environment.

Being a native English speaker, speaking and writing English feels quite natural. However, something that has never felt natural to me is English grammar. Subject, object, predicate, adjective, verb, adverb, conjunction, etc. Sometimes it feels like I am speaking another language when I start to use grammatical terms. Needless to say I have struggled with grammar much of my life. For the most part I memorized the rules but it never came natural to me. So when the opportunity to teach grammar to Chinese children presented itself, memories of my own struggles with grammar came rushing in.

But this time around, something quite interesting emerged. As I prepared myself to teach grammar, I ended up teaching myself (stated with the utmost humility). The more I taught grammar, the more I learned grammar. And the more I learned grammar, the more respect and appreciation I had for grammar. And the more respect and appreciation I gained for grammar, the more I enjoyed it.

The experience brought the ancient teachings come to life: “We learn what we want to teach. And we teach what we want to learn.” Perhaps more importantly, I was reminded of the teaching that we and others learn by what we are teaching. If we teach love, we and others learn love. If we teach joy, we and others learn joy. We learn whatever it is we are teaching. The implications for everyday life are profound.

How do we walk through life? What are we teaching? What are we learning?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Miracle of The Butterfly

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

Their purpose is to let us experience
Oneness with God.

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

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

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

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

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

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

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

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

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

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

Gerald G. Jampolsky

3. Quote or Question

“The Beauty of the Mountain is hidden for all those who try to discover it from the top, supposing that, one way or another, one can reach this place directly. The Beauty of the Mountain reveals only to those who climbed it.”

~ Antoine de Saint-Exupery

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 – October 2018

The Merging of Realities

It seems that in your world there is confusion between what is real and unreal, what is truth and what is falsehood, what can be questioned and what cannot be questioned. We witness here increasing duality separating communities and nations. Let us then examine the idea of realities.

Upon your planet, which continues to vibrate partially in a fourth-dimensional stance, the inhabitants understand that their reality is limited to the five senses and linear time. What you see and touch, for example, helps to define the solidity of your world. It may seem that your surroundings are fixed within a foundation which is rigid and unchanging. Yet, this solidity of matter and indeed of linear time exist only in your physical universe. The linear and predictable nature of time, being perceived thus upon your planet for millennia, is not limited to that nature. As paradoxical as it may seem, time is much more and much less than you think.

There is a multitude of universes which vibrates to much less solid realities. However important you view your physical universe, it is but a small component of much vaster realities of less dense states. The destiny of all life, material or not, is to move into greater and more inclusive realities. Ultimately, life wholly melds once again into the force of Love which forms and inhabits all existence.

We have mentioned upon numerous occasions that you and your planet are changing states. You are voluntarily being attracted to a more fluid and expansive way of loving, thinking and acting. This is in complete accordance with the sacred destiny of all life. You are being guided to a higher reality which houses a more refined frequency.

When an energy pattern of a dense nature—hence of slower vibration—encounters an energy pattern of higher and more elegant vibration, there is often confusion and a settling in period. If the more refined frequency holds true, then by the very nature of life, the slower energy patterns will fall away or will modify and move up to greet the higher frequency. Kindly remember it is you, through your own free will, who decides to fall away from or meet up and move into these higher, gracious frequencies.

Let us illustrate this point.

Imagine that you are feeling out of sorts, thus displaying a lower energy pattern. Suddenly you come upon an exquisite rose blooming in all its glory and perfection. The initial inner impulse is to exclaim the loveliness of this flower. At that instant you are uplifted to a more refined reality. This is an automatic and innate expression of your soul which you cannot control, but which you can suppress. Even if you then refuse to accept this more elegant reality, you have still, for one instant, been uplifted to a nobler frequency. For that one instant you have glimpsed a greater reality which, in truth, lies always inside of you.

Presently in your world there is a merging of realities: Those which limit you accessing inner and outer sacredness and those which encourage the upliftment of your citizens to fully experience the divine frequency now increasingly suffusing your earth.

Which reality do you choose: being out of sorts, or being a part of the exquisite rose?

You are wise to continue shaping a reality which is filled with goodness, compassion and divine power. In so doing, you reflect the destiny of Planet Earth—a reality which is imbued with loving creation and a fluidity of thought and action. In this more refined frequency you are boundary-less. You are free.

Create, acknowledge and live this reality you shape from within. Become a spiritual ambassador for your world, a shining example of inspiration and leadership.



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.

"Fear of missing out, or FOMO, is a common sensation in our high-pressure, social media-frenzied world, particularly in Western society. A recent study defined FOMO as, "the uneasy and sometimes all-consuming feeling that you're missing out - that your peers are doing, in the know about, or in possession of more or something better than you." Under these terms, nearly 75 percent of young adults reported experiencing the phenomenon. So what exactly are we so afraid we're missing out on? The endless array of opportunities that present themselves in our day-to-day lives, from activities with friends and family, to invitations to upgrade our technology and boost our livelihoods all contribute. But while fear of missing out may be presented under the guise of a pressure to keep up, it often stems from a deeper unhappiness." Writer Emily Barr shares more about this phenomenon, and suggests an antidote -- cultivating a relationship to the joy of missing out. <http://www.dailygood.org/story/2087/embracing-jomo-the-joy-of-missing-out-emily-rose-barr/> **Be The Change:** In what ways has fear stopped you from fully embracing the joy around you? Over the next week, reflect on times you chose to be content with where you were instead of giving into the fear of missing out.

Dr. Jay Bansal lost his home in the Tubbs fire last year in California. He reflects: "Fire is a powerful and destructive force, as well as a potentially purifying and healing force in just about all spiritual traditions. It is up to each person whether to treat fire's destruction as a tragic loss or as an opportunity for transformation and healing. In the fire's aftermath, I saw up close examples of both: people mourning and nearly broken apart by the loss of all their material possessions, and people humbled and broken open by the opportunity to purify and lighten." Bansal shares more in this insightful article. <http://www.dailygood.org/story/2066/burning-insight-jay-bansal/> **Be The Change:** Reflect on a destructive event in your life. Can you think of any benefits or insights you gained from the experience?

In this interview, Michael Lerner talks with Dr. Parker Palmer about education, community, leadership, spirituality and social change. Palmer describes the tension needed today for grappling with the problems around us. He describes it as standing in the tragic gap the necessity of holding the space between that which is and that which we see as what could or should be. We are not to fall into either side, but transform the world to the degree that we are transformed, by making choices after our hearts are broken fully open that are on balance more life giving than death giving. <http://www.dailygood.org/more.php?n=7567> **Be The Change:** Begin a regular heart meditation practice to become centered and heal your heart.

It occurred to me that my whole life, particularly as a minister, there's been a lot of pressure to be a certain way my whole life. I've been trying to get it right and finally be perfect enough to be a really good minister. And what I've discovered in the last couple of years as I've grown more and meditated more deeply -- also through a lot of the values that I've practiced because of ServiceSpace -- that a lot of the secret of my success is failure. Which is odd. It's a paradox. And actually getting it wrong is as good as getting it right in many ways. Perhaps that theme would be relevant to someone here that might feel like they struggle sometimes with their inadequacy in some way or feel like they're not enough or that life is not showing up the way that they want. If all goes according to plan, I want to share that there is actually a perfection in every appearance of imperfection." <http://www.dailygood.org/story/2092/sacred-imperfection-bonnie-rose/> **Be The Change:** For more joyous inspiration, read these nuggets from Bonnie on "The Power of Sacred Irreverence". <http://www.awakin.org/calls/370/bonnie-rose/blog>

"Who is Giang Dang? She is a grassroots change-maker in Vietnam, who serves the underprivileged communities with small acts, such as transforming the abandoned land in the city into a community garden, who does not take no for an answer because making the seemingly impossible possible gives her extra motivation, and who recognizes the importance of self-care because she knows that a happy soul serves happily." Learn more about Giang's inspiring journey here. <http://www.dailygood.org/story/2093/giang-dang-a-happy-soul-serves-happily-awakin-call-editors/> **Be The Change:** Take a moment today to ask your heart what it's true calling is. Take a small step in that direction. And don't give up.

In moments of difficulty, we can feel utterly and completely alone in our pain and suffering. Actually, in this very moment, everyone is carrying some burden. It might be physical, like a load of heavy bricks. It might be emotional, like a regret from the past. It might be a burden of basic survival, like finding enough food or a safe place to sleep for the night. We are, in this very moment, part of a great interconnected web of shared struggle. Explore this thoughtful essay to discover simple practices for being a healing strand in this shared web of humanity. Ultimately, that healing will find its way back to you. <http://www.dailygood.org/story/2076/welcome-to-our-shared-humanity-ted-seymour/> **Be The Change:** Make time today to offer silent wishes for peace and well-being to every life form you encounter.

How does a jet-setting financial analyst from London end up a Buddhist nun in Bhutan? Emma Slade (ordained as Ani Pema Deki) is a yoga and meditation teacher and author who left a successful career in finance in her thirties to find peace and meaning in the mountains of Bhutan. Unusual for a mother of a now 12-year-old boy, she was ordained a Buddhist nun in Bhutan in 2014 after rigorous training - the first (and in 2018 still the only) Western woman to have achieved this in Bhutan. Her book and memoir, *Set Free: A Life-Changing Journey from Banking to Buddhism in Bhutan*, captures her life journey. She currently divides her time between Bhutan and England, where she runs a charity, *Opening Your Heart to Bhutan*, to benefit special needs children in rural Bhutan, and she teaches yoga and meditation. She shares more about her remarkable journey in this talk. <http://www.dailygood.org/story/2094/opening-your-heart-to-bhutan-ted-com/>

Why might you choose to step in? This is one question that fourth graders in Elizabeth Kleinrocks class are asked as they learn terms like ally, advocate, and bystander and consider them in various historical, social, and cultural contexts. If the complexity of our world, its problems, pains, and difficult questions can feel overwhelming at times, a look inside this classroom goes to show that with the right tools, a little bit of time, and a lot of space for self-expression, our worlds younger generations promise much hope as stewards of humanity. <http://www.karmatube.org/videos.php?id=8195> **Be The Change:** Learn more about Elizabeth Kleinrock, her work, and the way in which she hopes it can be a legacy for future generations.

Philosophy student Jennifer Stitt writes a thoughtful essay asking whether we would become lonely in solitude or find new depths? Philosophers have long distinguished between solitude and loneliness. Emerson celebrated the former, in which "nature may speak to the imagination, as she never does in company." Socrates celebrated the soundless dialogue "which the soul holds with herself." And in the 20th century, Hannah Arendt muses, "Thinking, existentially speaking, is a solitary but not a lonely business," reminding us that the self "is the only one from whom you can never get away - except by ceasing to think." <http://www.dailygood.org/more.php?n=7398> **Be The Change:** Take up with a friend the question of solitude. If there is a difference between loneliness and aloneness, can you put words to what it is? What must be shifted in my attitude so that loneliness can become solitude.

The idea that we are one unified whole on this planet is a growing awareness across the globe. This awareness is made palpable and even aided by one of the positive aspects of the internet; that is, the ability to share events, feelings and consciousness at the same time on a worldwide level. Pierre Pradervand is a writer and social justice activist who is dedicated to helping others live in this truth that we are all connected. Though we may feel overwhelmed by the difficulties in the world, he wants to help people know that when we work together, we can create a more loving and just society. By creating love in our own lives, we can thereby affect

the world on a universal scale. As Pradervand says in this article, "Every single progress we make, we make for the whole world - because you are me and I am you." <http://www.dailygood.org/story/2070/you-are-me-and-i-am-you-pierre-pradervand/> **Be The Change:** For more inspiration, read this interview with Pierre Pradervand: The Gentle Art of Blessing. <http://www.awakin.org/calls/238/pierre-pradervand/transcript>

"During the Cold War, when the world was tense with mistrust, Satish Kumar walked nearly 13,000 kilometres, with no money, through the four nuclear capitals of the world ... It wasn't Satish's first odyssey. At nine, he left his mother's home to join the wandering Jain monks. He remained with them until he read Gandhi, and began to believe more could be achieved through engagement with global problems, rather than by detachment. That year, at 18, he ran away to become a student of [Vinoba] Bhave's, where he learnt non-violence as a means to peace and land reform. Now 77, Satish has been a quiet revolutionary for more than 50 years slowly shifting the social and ecological agenda." Read on for a fascinating interview with this peace pilgrim. <http://www.dailygood.org/story/2075/satish-kumar-pilgrim-of-peace/> **Be The Change:** How can you bring more peace into your interactions with others?

When DailyGood volunteer, LuAnn Cooley walked into a laundromat last week, she was greeted by a group of volunteers from The Laundry Project -- a non-profit whose generous mission is "to assist families with meeting a basic need -- washing clothes and linens, by turning laundromats into community centers of hope. Laundry fees are paid for while volunteers assist with laundry services, entertain children, and create a caring space at the laundromat." Surprised and intrigued, Cooley then met founder Jason Sowell (a writer, speaker, social entrepreneur, missionary, part-time barista and more!) and learned about his journey and inspiring vision. This TEDx talk by Sowell offers a glimpse into his story, and his conviction that for many, the gift of clean laundry can be an affirmation of human dignity and possibility. <http://www.dailygood.org/story/2095/jason-sowell-stop-trying-to-change-the-world-ted-com/> **Be The Change:** This week, look for small opportunities in your day to speak, and show up, for love. For more inspiration visit The Laundry Project website here. <http://www.dailygood.org/more.php?n=7777a>

Compassion in the workplace may sound foreign, but studies have shown that cultivating compassion at the office can have remarkable outcomes for product design, employee and customer engagement, and accountability. Compassion is at the root of delivering quality service, says Monica Worline, because "Service quality hinges on relationships, and relationships deepen when we listen and hear what's going on in someone else's life." In this interview Worline, Executive Director of the CompassionLab at the University of Michigan, and co-author of *Awakening Compassion at Work*, sits down with author and entrepreneur Nir Eyal to discuss what happens when companies lead with empathy and how we can become stewards of compassion for ourselves, our customers, and our coworkers. <http://www.dailygood.org/story/2086/what-does-a-compassionate-workplace-look-like-nir-eyal-monica-worline/> **Be The Change:** Complement this article with The Chopra Center's "10 Ways to Bring More Compassion to the Workplace". Choose one of the suggested practices to implement this week. <http://www.dailygood.org/more.php?n=7768a>

Summer is the time of abundant harvest. In this humorous essay on the tribulations of too many zucchini, acclaimed writer, Barbara Kingsolver explains why country people lock their doors and cars and even gates at the end of the summer. <http://www.dailygood.org/story/2082/my-crazy-summer-of-squash-barbara-kingsolver/> **Be The Change:** Where in your life do you feel a blessed abundance? Reflect on how you can share your bounty whether material or otherwise with those around you.

Every day we are met with wonders beyond our imagination and simple acts that inspire a deep sense of awe. Yet often these occurrences go unnoticed as we've come to see them as ordinary. If we tuned into what was happening around us with deeper awareness, we might be surprised at what unfolds: the key turning in the ignition to start our car's engine or the bodily processes that operate tirelessly to keep us alive. Each of these, though simple on the surface, can be hard for the human mind to explain. "Surprise is a seed. Gratefulness sprouts when we rise to the challenge of surprise," writes Br. David. Read on to learn how the big and small wonders of our days can awaken a genuine gratitude within us when we learn to witness them in the spirit of

surprise. <http://www.dailygood.org/story/2028/surprise-is-a-seed-brother-david-steindl-rast/> **Be The Change:** Go about your day and try to see elements of surprise in ordinary moments. What do you notice? Share your thoughts in the comments section below.

Edgar Mitchell is one of only a handful of people who have walked on another world. Upon his return on Apollo 14 in 1971 after collecting samples from the moon, he had a mystical epiphany that would transform his life. As a result, he set up the Institute of Noetic Sciences in 1973 to investigate psychic and spiritual phenomena and the nature of human consciousness. This contrasts with the typical focus in museum exhibitions on the technological wonders of space travel, which do not address the larger spiritual and philosophical questions. Based on that limited perspective, space travel could be viewed as a pointless luxury; however, Mitchell would argue that it is a psychic necessity. Our very survival demands we see ourselves as more than our country of origin. We are all members of an advanced, evolving civilization who live on planet Earth.

<http://www.dailygood.org/story/2088/an-astronaut-s-life-changing-lesson-from-a-moment-in-orbit-richard-schiffman/> **Be The Change:** Learn more about our interconnectedness at the Institute of Noetic Sciences. <https://www.noetic.org/>

In the poem "Earthbound," author Laura Grace Weldon describes the perfection that exists right before us at the same time we are looking elsewhere with desires and whims. A proponent of "free range learning, creative living, gentle encouragement, big questions, and occasional drollery," Weldon is skilled at illuminating sources of hope in everyday places and people. This group of four poems from Moon magazine shares the inspiration found all around us--in women, nature, heroes, our breath. <http://www.dailygood.org/story/2085/laura-grace-weldon-four-poems-laura-grace-wheldon/> **Be The Change:** Point out the positive to people you love today.

Imagine a magic mirror that you look into to discover how truly wonderful you are. That is the kind of mirror that Betty Peck, a kindergarten teacher with more than 50 years experience, had in all of her classrooms. Whenever one of her students felt worried or unsure, Betty would gently guide the student to look into the magic mirror and say, "How could you forget how wonderful you are?!" In this short film created by a former student of Betty's, this wise woman, now well into her 90's, encourages us to have just such a magic mirror in every kindergarten, every household and every garden. In that way we can all say, "Thank you for every magic moment that makes it possible for me to stand here and to feel how truly wonderful I am."

<http://www.karmatube.org/videos.php?id=8167&coord=1> **Be The Change:** Give thanks today for all the magic moments in your own life. If you'd like, you can send a note of gratitude to Betty Peck for the countless seeds of goodness she planted in so many hearts. <http://www.dailygood.org/?pg=contact&mid=202376>

At the heart of every culture is a story of how the world came to be and what that means for us. Look closer and you'll find many more narratives that comprise our collective consciousness. In the case of the Western world, problems like white supremacy, misogyny, and ecological hostility are all disconnected storylines that have been kept alive year after year. In this compelling essay, author Drew Dellinger calls upon us to reexamine the stories in Western society--their sources and consequences--and consider a wider worldview. Drawing from the wisdom of priest and scholar Thomas Berry and the power of modern movements, he describes an alternate, unified, hopeful picture ". . . connecting ecology, social justice, and worldview and using the power of spirituality, dream, story, art, and action . . . a cosmology of interconnectedness." The time he says for such a view is now. <http://www.dailygood.org/story/2079/change-the-worldview-change-the-world-drew-dellinger/> **Be The Change:** Peacefully choose your cause, the story you wish to change.

"When it comes to moral judgments, we think we are scientists discovering the truth, but actually we are lawyers arguing for positions we arrived at by other means." The surprising psychology behind morality is at the heart of social psychologist Jonathan Haidt's research. He explains "liberal" and "conservative" not narrowly or necessarily as political affiliations, but as personality types ways of moving through the world. His self-described "conservative-hating, religion-hating, secular liberal instincts" have been challenged by his own studies. <http://www.dailygood.org/story/1865/jonathan-haidt-the-psychology-of-self-righteousness-on-being/> **Be The Change:** Challenge your own judgements of other people this week. See what insights surface in the process.

Inspired by the gift of a book of "Odes to Common Things" by Pablo Neruda, the editors at A Network for Grateful Living, extended an invitation to submit odes to "ordinary things." The response was happy and immediate. Their inbox steadily filled with poems celebrating weeds, streetlights, shoes and crickets. There were love letters to a blender bottle, an acorn, slippers, an iPad -- even to the veins on the top of someone's feet! What follows is a selection of the poems they received. Poems that will delight your heart, and open your eyes to the myriad wonders that surround us all, waiting to be seen and celebrated. <http://www.dailygood.org/story/1830/odes-to-ordinary-things-gratefulness-org/> **Be The Change:** Look around you and let your eyes come to rest on the very first thing you see. Take a moment to really "see" this thing in front of you. Write a small three-line poem of gratitude for the existence of this extraordinarily ordinary piece of the universe. Then share your poem with someone today. <http://www.dailygood.org/more.php?n=7482a>

Who says a single person can't make a difference? This Academy Award-winning short film, based on an exquisitely wrought story by Jean Giono was created in 1987 by renowned animator Frederick Back. It beautifully illustrates the fable of one shepherd's long effort to re-forest a desolate valley in the foothills of the Alps near Provence in the first half of the 20th century. Embedded within this simple tale are insights and inspiration that have much to offer the modern-day world. <http://www.karmatube.org/videos.php?id=295> **Be The Change:** Read about a real-life person who is on a mission to restore the lungs of the planet. <http://www.dailygood.org/story/1549/the-man-who-planted-trees-a-conversation-with-david-milarch/>

Michael Penn's life abounds with uncommon stories. The son of a Cherokee father and an African American mother, he spent part of his childhood living in a converted school bus on land gifted to the family by his great grandmother who had been a slave. That humble beginning launched him into a lifetime of unaccountable twists of fate, including a miraculous encounter with the woman who would become his wife of 33 years, a near death experience, and an embrace of the Baha'i faith. Today he is a Clinical Psychologist and Professor of Psychology at Franklin & Marshall College. His research interests and publications include works in the pathogenesis of hope and hopelessness, the relationship between culture and psychopathology, the epidemiology of gender-based violence, and human dignity and human rights. Poignant, wise, and deeply inspiring, this interview with Michael shines a light into the heart and mind of a remarkable human being. <http://www.conversations.org/story.php?sid=573> **Be The Change:** What would it look like to invest all your interactions this week with the utmost love and harmony?

We all want to "do a good job"; in our work, in our homes, in our relationships and ultimately in our lives. Sometimes we are successful and sometimes we make mistakes. Being afraid of mistakes, ridicule and failure can lead to "hiding" the vulnerable parts of ourselves; leaving those parts of ourselves "at home" away from scrutiny and judgement. How would the work we do in our lives change if we stepped out into the light in our perfectly imperfect wholeness? Read this article published in Greater Good by Mike Robbins to explore both what that means and how to do it. <http://www.dailygood.org/story/2099/bring-your-whole-self-to-work-mike-robbins/> **Be The Change:** The next time you find yourself needing courage to show up and be seen for who you are, try one of Mike's strategies, then step back and shine as your Whole Self.

6. The Question of Being

Reprinted from www.awakin.org.

—by *Adyashanti* (Sep 10, 2018)

Above the entrance to the Oracle of Delphi were written the words, “Know yourself.” Jesus came along and added a sense of urgency and consequence to the ancient idea when he said, “If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.”

What Jesus is saying is that spirituality is serious business, with serious consequences. Your life hangs precariously in the balance, teetering between a state of unconscious sleepwalking and eyes-wide-open spiritual enlightenment. The fact that most people do not see life this way testifies to how deeply asleep and in denial they truly are.

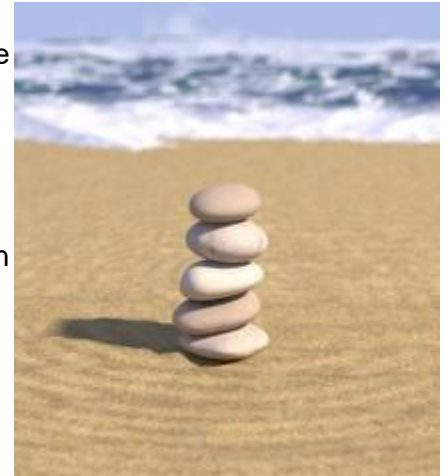
So what is it that we are to bring forth?

Within each of our forms lies the existential mystery of being. Apart from one’s physical appearance, personality, gender, history, occupation, hopes and dreams, comings and goings, there lies an eerie silence, an abyss of stillness charged with an etheric presence. For all of our anxious business and obsession with triviality, we cannot completely deny this phantasmal essence at our core. And yet we do everything we can to avoid its stillness, its silence, its utter emptiness and radiant intimacy.

Deep down we all suspect that something is very wrong with the way we perceive life but we try very, very hard not to notice it. And the way we remain blind to our frightful condition is through an obsessive and pathological denial of being—as if some dreadful fate would overcome us if we were to face the pure light of Truth and lay bare our fearful clinging to illusion.

.....We are all born with being veiled in obscurity. We may recognize the transparency of being shining in the eyes of an infant, but such being is not conscious of itself. It is veiled in an absence of self-awareness. Infants live in a magical world of unconscious being, while adults live in a world of egocentric separation and denial of being. Rectifying and restoring being to its true dominion and sovereignty is what spiritual awakening makes possible.

The question of being is everything. Nothing could be more important or consequential—nothing where the stakes run so high. To remain unconscious of being is to remain asleep to our own reality and therefore asleep to Reality at large. The choice is simple: awaken to being or sleep an endless sleep.



7. The Work of Love is to Love

Reprinted from www.awakin.org.

by Mark Nepo

My own time on earth has led me to believe in two powerful instruments that turn experience into love: holding and listening. For every time I have held or been held, every time I have listened or been listened to, experience burns like wood in that eternal fire and I find myself in the presence of love. This has always been so. Consider these two old beliefs that carry the wisdom and challenge of holding and listening.



The first is the age-old notion that when holding a shell to your ear, you can hear the ocean. It always seems to work. The scrutiny of medicine has revealed that when you hold that shell to your ear, you actually hear your own pulsations, the ocean of your blood being played back to you. Yet this fact does not diminish this mystery. It only enhances it. For holding a shell to our ear teaches us how to hear the Whole through the part, and how to find the Universe within us.

It teaches us that when we dare to hold another being, like a shell, to our ear, we hear both the mystery of all life and the ocean of our own blood.

Amazingly, each being has the story of the Universe encoded within them. Each soul is a shell shaped by the currents of the deep. Even physically, the inner ear — that delicate source of balance — is shaped like a conch. And so, whatever is held and listened to will show us where it lives in the world and in us.

This brings us to the second belief: the folklore that if a horse breaks a leg, it must be put down. I've discovered that this isn't true. Oh it's true that it happens. Breeders shoot horses with broken legs as if there's nothing to be done. But now I know they do this for themselves, not wanting to care for a horse that cannot run.

In just this way, fearful and selfish people cut the cord to those who are broken, not wanting to sit with a friend who can't find tomorrow, not wanting to be saddled with someone who will slow them down, not wanting to face what is broken in themselves. In this lies the challenge of compassion. For when we dare to hold those forced to the ground, dare to hold them close, the truth of holding and listening sings and we are carried into the wisdom of broken bones and how things heal.

These are quiet braveries we all need. The courage to wait and watch with all of who we are. The courage to admit that we are not alone. The courage to hold each other to the ear of our heart. And the courage to care for things that are broken.

The practice ground for these braveries is always the small things at hand. Somehow, through the practice of doing small things with great love, as Mother Teresa puts it, we learn how to be brave. In truth, the work of love is tending to small things completely. Such tending opens the mystery. By the large-heartedness of our smallest attention, we enter the ocean of love that carries us all.

Simply and profoundly, the work of love is to love. For in that act, the Universe comes alive. Such aliveness is the space that opens between us, as Martin Buber says, when two bow and touch in a true way.

8. The World Mirrors the Soul and the Soul Mirrors the World

Reprinted from www.awakin.org.

--by [Alan Watts](#) (Sep 24, 2018)

If you sit still for a while, completely relaxed, and let your thoughts run on, let your mind think of whatever it likes, without interfering, without making suggestions and without raising any kind of obstacle to the free flow of thought, you will soon discover that mental processes have a life of their own. They will call one another to the surface of consciousness by association, and if you raise no barriers, you will soon find yourself thinking all manner of things both fantastic and terrible which you ordinarily keep out of consciousness.



Over a period of time this exercise will show you that you have in yourself the potentiality of countless different beings—the animal, the demon, the satyr, the thief, the murderer—so that in time you will be able to feel that no aspect of human life is strange to you—*humani nihil a me alienum puto* [“I think nothing human is alien to me,” from the Roman playwright known as Terence].

In the ordinary way, consciousness is forever interfering with the waters of the mind, which are dark and turbulent, concealing the depths. But when, for a while, you let them take care of themselves, the mud settles and with growing clarity you see the foundations of life and all the denizens of the deep. You may see other things as well. “Two men looked into a pond. Said the one: ‘I see a quantity of mud, a shoe and an old can.’ Said the other: ‘I see all these, but I also see the glorious reflection of the sky.’”

For the unconscious is not, as some imagine, a mental refuse-pit; it is simply unfettered nature, demonic and divine, painful and pleasant, hideous and lovely, cruel and compassionate, destructive and creative. It is the source of heroism, love, and inspiration as well as of fear, hatred, and crime. Indeed, it is as if we carried inside of us an exact duplicate of the world we see around us, for the world is a mirror of the soul, and the soul a mirror of the world. Therefore when you learn to feel the unconscious you begin to understand not only yourself but others as well, and when you look upon human crime and stupidity, you can say with real feeling, “There but for the Grace of God go I.”

9. Combating Terror with Music

Reprinted from www.KarmaTube.org.

The Mansour district is a busy area of Baghdad that was once home to wealthy diplomats and other professionals. In recent years violence has become more common to the area, displacing some locals and endangering others. In May, 2015 three car bombs exploded there, killing 10 people and wounding 27 more. Karim Wasfi, the conductor of the Iraqi National Symphony Orchestra, often referred to as “Maestro,” is a resident of the area and decided it was time for a different approach. The following day he set up a chair among the debris and played his cello to an audience of soldiers, shop owners, and bystanders. People have

been moved by his work, and Wasfi feels this may be a way to help heal his nation. "The other side chose to turn every element, every aspect of life in Iraq into a battle and into a war zone. I chose to turn every corner of Iraq into a spot for civility, beauty and compassion." <http://www.karmatube.org/videos.php?id=8111>

10. Ms. Liz's Allies

Reprinted from www.KarmaTube.org.

"Why might you choose to step in?" This is one question that fourth graders in Elizabeth Kleinrock's class are asked as they learn terms like "ally," "advocate," and "bystander" and consider them in various historical, social, and cultural contexts. If the complexity of our world, its problems, pains, and difficult questions can feel overwhelming at times, a look inside this classroom goes to show that with the right tools, a little bit of time, and a lot of space for self-expression, our world's younger generations promise much hope as stewards of humanity. <http://www.karmatube.org/videos.php?id=8195>

11. The Magic Mirror of Betty Peck

Reprinted from www.KarmaTube.org.

Imagine a magic mirror that you look into to discover how truly wonderful you are. That is the kind of mirror that Betty Peck, a kindergarten teacher with more than 50 years experience, had in all of her classrooms. Whenever one of her students felt worried or unsure, Betty would gently guide the student to look into the magic mirror and say, "How could you forget how wonderful you are?!" In this short film created by a former student of Betty's, this wise woman, now well into her 90's, encourages us to have just such a magic mirror in every kindergarten, every household and every garden. In that way we can all say, "Thank you for every magic moment that makes it possible for me to stand here and to feel how truly wonderful I am."

<http://www.karmatube.org/videos.php?id=8167&coord=1>

12. The Man Who Planted Trees

Reprinted from www.KarmaTube.org.

Who says a single person can't make a difference? This Academy Award-winning short film, based on a story by Jean Giono, was created in 1987 by renowned animator Frederick Back. It beautifully showcases one shepherd's long and successful effort to re-forest a desolate valley in the foothills of the Alps near Provence in the first half of the 20th century. <http://www.karmatube.org/videos.php?id=295>

13. The Missing People Choir

Reprinted from www.KarmaTube.org.

Located in London, the Missing People Choir consists of families with missing loved ones and volunteers who want to sing with them, bringing powerful support at times of tremendous grief. By coming together with others who have experienced such a traumatic loss, people are given strength and hope. "Where words end, music carries on" as choir members reach out to their missing loved ones by raising their voices in unison. The Choir has performed on Britain's Got Talent to much acclaim. <http://www.karmatube.org/videos.php?id=7844>

HEART AND SOUL ADVERTISEMENTS:

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14. 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).

15. A Course in Miracles Global Community Centre

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

Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

rmeagher@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

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

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

Facebook: www.facebook.com/Servingyourjourney