

Spiritual Guidance

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@servinyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



I have nothing more to say, and I couldn't be happier!

When I was a little boy, I learned how to speak English. Speaking became my primary way of communicating with others. I was taught how to communicate verbally so that I could interact with others and let my needs and wants be known.

As I grew into adolescence, I was taught how to refine my speech to fully express myself. Expressing myself in verbal speech spilled over into the written word. As I progressed through adolescence and entered into the world of higher education, expressing myself verbally and in writing became encouraged, prized, and rewarded. I remember during one particular university semester, several different professors encouraged me time and time again to "Write more, go deeper. I want you to express yourself more fully and deeply."

After graduating from university, entering both adulthood and the workforce, written and verbal communication took on a life of its own. Writing and publishing articles and books, speaking at conferences around the world, all became the new norm. The expectations grew and so too did the stakes!

All through my youth, adolescence and adulthood I was oriented toward silence and stillness. Secretly I pondered solitude in all its glorious possibilities. As I raced my way through my career, and enjoyed more success in my written and verbal communication, inside I was conflicted. I never understood what all the fuss was about regarding the written or spoken word. And public speaking was losing its luster. All around me was the messaging to 'speak up!' Professional endeavors at the time also confronted me with the ever-increasing opportunity to defend my views and enter into dialogue that was nothing more than conflict veiled in the name of professional development and advancement. I was tired of it all!

In 2009 when I left Corporate Canada, I discovered a way through life that allowed me to embrace silence, stillness, and solitude. And yet, even in this new, very different, milieu there remained the ever-present call to verbal and written communication and dialogue that sometimes was, once again, conflict veiled in the name of development and advancement.

The transition from Corporate Canada to ministry since 2009 has allowed me to let go of so much, including my need to engage in the societal norms and expectation regarding verbal and written communication. Yes, I still write. Yes, I still do public speaking. I facilitate many groups each week. But all this communication is offered in service to the Divine, rather than ego-aggrandizement. I am becoming less and less interested in casual conversation and I am completely disinterested in any form of conflictual dialogue and defense.

Many have written about how intimacy and communion thrive in silence and stillness; people like Anthony Storr, Michael Harris, Robert Kull, Gabriel Garcia Marquez, May Sarton, Ralph Waldo Emerson, Ruth Haley Barton, Richard Harvey, et. al. I experienced this first-hand on a ski vacation to a very popular ski resort in Canada, Whistler Mountain. One day I took the chairlift to the top of Whistler Peak, found a secluded spot and

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just sat there! With stillness all around me, and the wind whistling, I found a profound presence in the stillness. It was as if the wind was speaking to me. There was presence in solitude. There was sound in silence.

This intimacy and communion with life, through silence and stillness, I offer to the Divine in sacred service. The primary means for this offering are the psychotherapy practice and groups I facilitate. I am given the opportunity to listen...to truly listen! True listening embraces a shared experience, a felt experience with the other. Listening to their voice, listening to what their gestures and physical movements are telling me. If I listen carefully enough, a connectedness and synergy arises. A truth emerges.

Today, I am far more interested in listening than speaking or writing. I am more interested in stillness, silence, and solitude. In stillness and silence is everything I need and want. Solitude is not about whisking myself away to a secluded space or place. Solitude is about coming to rest in peace in my true, authentic self. I can easily be in solitude among 100 people as I can in an isolated setting 100s of miles from civilization.

Alas, in truth, I am coming to rest in a very peaceful place of knowing that I have nothing more to say...and I couldn't be happier!

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



2. Poem

The Only Dream Worth Having...

The only dream worth having...
Is to dream that you will live while you're alive.
And die only when you're dead.
To love. To be loved.
To never forget your own insignificance.
To never get used to the unspeakable violence and vulgar disparity of life around you.
To seek joy in the saddest places.
To pursue beauty to its lair.
To never simplify what is complicated or to complicate what is simple.
To respect strength, never power.
Above all, to watch. To try and understand.
To never look away. And never, never to forget.

~ Arundhati Roy

3. Quote or Question

You give but little when you give of your possessions. It is when you give of yourself that you truly give.

~ Kahlil Gibran

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

4. Good News Of The Day

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

When a crippling disease shattered his lifelong ambition Dr. Govindappa Venkataswamy chose an impossible new dream: to eliminate needless blindness. By 1976 Dr. V (as he came to be known) had performed over 100,000 sight restoring surgeries. That same year, he retired from government service at the age of 58, and founded Aravind, an 11-bed eye clinic in south India. No money. No business plan. No safety net. Over the next four decades his humble clinic would defy the odds to become the largest provider of eye care on the planet. If you can't come to them, they will come to you. If you can't pay them, you don't have to. Aravind has now treated over 55 million patients and performed over 6.8 million sight restoring surgeries. The majority are treated free or at steeply subsidized rates. And yet, Aravind is a self-sustaining organization. Serving everyone from penniless farmers to the president, it delivers world-class outcomes at a hundredth of what similar services cost providers in advanced nations. Dr.V passed away in 2006 but his vision lives on in the work of his organization. Celebrating the 100th anniversary of his birth, here are 10 insights from his remarkable life...

<http://www.dailygood.org/story/2117/live-in-your-soul-10-insights-from-a-visionary-dailygood-editors/> **Be The Change:** Aravind was Dr. V's retirement project. His story shines a light on the potential each of us carry. Tune into yours today. You can send a note of gratitude to the Aravind team for their inspiring work here. <http://www.dailygood.org/?pg=contact&mid=202681>

In the heart of Mahatma Gandhi's homeland, is a modern-day experiment of the timeless Law of Love. They call it Gandhi 3.0, where "Gandhi" stands for the age-old principle of leading with inner transformation, and "3.0" represents the many-to-many networks that are popularized by Internet. In January 2018, around the 100th anniversary of the Gandhi Ashram, the experiment culminated in a global retreat, the third of its kind since 2014. It is an unusual invitation: Travel across globe to spend a week with 70 changemakers whom you have never met. No agenda. No desired outcomes. No price tag. It is an unlikely constellation of people. 40 participants and thirty volunteers, from over a dozen countries, speaking over a dozen languages. Their ages range from 23 to 82. At any given time, you might see a Japanese spiritual leader sitting next to a Hawaiian elder. A founder of a business school having chai with a young Sufi. A former CEO of a multi-billion company taking a walk with Nobel Peace laureate. A Himalayan yogi chopping potatoes with a Israeli peacemaker. A senior Western Buddhist nun admiring the creativity of a Nepalese artist. Founders of massive NGOs tearing up at the stories of a former submarine commander... As one participant put it, "This is the most diverse group of people I've been with." This in-depth post shares more about a truly unique gathering.

<https://www.servicespace.org/blog/view.php?id=23352> **Be The Change:** Read Gandhi's 10 Rules for Changing the World. <http://www.dailygood.org/story/466/gandhi-s-10-rules-for-changing-the-world/>

The power of rock and roll. It brings people together from all different facets of life. That's what students from Mitrovica, Kosovo, found out through The Mitrovica Rock School. The program, created by Musicians Without Borders, involves 113 students, in 10 ethnic bands, led by 16 local teachers.

<http://www.dailygood.org/story/2048/bridging-divides-in-kosovo-with-rock-music-lea-suter/> **Be The Change:** What is one thing you can do this week to unite with someone who has different beliefs than you?

Have you ever been moved by a stranger's kindness? What about returning the favor and asking yourself how you can be there for someone else? In this touching post, Reverend Bonnie Rose challenges readers to ask strangers that they encounter, "Is there anything I can do or say to help you have a better day?" Read on to

learn about the humble connections that can emerge when we bravely break the barriers that divide us and offer help with open hearts. <http://www.dailygood.org/story/2109/stranger-kindness-bonnie-rose/> **Be The Change:** During the week, put this challenge into practice. Whether you help one stranger or half a dozen, use it as an opportunity to honor your courageousness and radical kindness.

More than half of the world's population lives in an urban setting. People in cities run a 20 and 40 percent higher risk of both anxiety and mood disorders than people in rural areas. And we're spending more and more time away from nature. Researchers estimate that if every city dweller spent just 30 minutes per week in nature, depression cases could be reduced by 7 percent. Globally, that's a whopping 21 million people. The answer lies in incorporating green space into urban planning, weaving nature into the fabric of everyday city life. <http://www.dailygood.org/story/2100/the-restorative-power-of-trees-natalie-slivinski/> **Be The Change:** The author points out that "Indoor plants have been shown to soothe mental fatigue, lower blood pressure, and improve quality of sleep." Consider bringing home a pet-safe house plant to your own living space, and gifting one to your friends.

Dashrath Manjhi lived in a remote town in northern India that lacked water supply, electricity, a school, and a medical center. "He was an outcast, a landless labourer who had to trek across an entire mountain every day, just to reach the farm that he worked on." The treacherous journey took hours and was filled with danger from falling rocks and steep paths. When his wife fell and injured herself, he vowed to do the impossible: cut a road through the mountain himself. With just a hammer, chisel, and crowbar, Manjhi chipped away at that mountain until his road was formed, taking him 22 years. But he didn't stop there. From The Better India, here is the unbelievable story about the difference one humble man made driven by love for his wife and people. <http://www.dailygood.org/story/2103/the-man-who-moved-a-mountain-josceline-anne-mascarenhas/> **Be The Change:** Tackle a big challenge by starting small.

Loss is part of life for all of us, but the tendency in our time is to carry that burden alone. Lennon Flowers had lost her own mother to cancer and was carrying that burden alone when her friend and colleague Carla Hernandez reached out to her. Carla invited Lennon over to share dinner with other friends who'd lost a loved one, and the Dinner Party was born. Today, there are thousands of Dinner Parties active at over 200 tables in over 90 cities and towns worldwide. Gathered around tables of shared food, age groups, and losses, participants share their stories. Around these home dinners, grief that was once felt to be isolating and unbearable becomes a source of connection and understanding between friends. Read on to find your own path to connection in loss. <http://www.dailygood.org/story/2110/the-dinner-party-lennon-flowers/> **Be The Change:** Reach out to others who have lost a loved one and talk about how you are moving forward in life. To learn more about Dinner Parties go to <http://thedinnerparty.org/>

Re-awakening a mystique of rain - or a mystique of Earth - isn't a simple task for anyone indoctrinated into the dominant worldview of a dead universe. Like meditation or yoga or darts, it is a practice - a practice that weaves together ecology and spirituality, a practice that might satisfy both the ecologist and mystic, the pragmatist and visionary. Ecology suggests that nothing exists in isolation. Interdependence - or networks of relationship - is primary. Many spiritual traditions also suggest the interconnectedness of all things. If our lives interpenetrate not only with human creatures but with the wilder others as well, then how we enact our lives - how we participate, how we engage our relationships with the Earth community - may matter more than we can imagine. <http://www.dailygood.org/story/2126/the-mystique-of-rain-geneen-marie-haugen/> **Be The Change:** Create a daily ceremonial practice of your own honoring a natural element or force, a gesture of gratitude and respect.

The healing power of music is widely known, from bustling cities to remote villages. Since 2002, Musicians for World Harmony has relied on the gift of music to help those impacted by war, disease, aging, and cultural divides. Founder Samite Mulondo, a professional musician and former refugee, believes in using music to help

create a safe space where participants don't feel judged. "The stories usually come easily after the music," he says. "We all have a story to tell if we are given a chance to tell it." Musicians for World Harmony has worked with seniors living with dementia, children living with AIDS, and communities experiencing the impacts of war, in addition to refugees, immigrants, and others. Read on to learn more about their mission to bridge divides, cultivate belonging, and inspire harmony through the power of music.

<http://www.dailygood.org/story/2113/musicians-for-world-harmony-samite-mulondo/> **Be The Change:** As you go about your day, listen closely to the music around you: on the radio, in a store, or even a simple birdsong. What emotions does it evoke? If you can, find a way to bring a little joy to someone through the gift of music.

On a day when division and hate became tangible on a large scale in America, three ministers from different religions were moved by their faith to make peace. 9/11 marked a violent awakening of hate for some, but for Rabbi Ted Falcon of Bet Alef Meditative Synagogue, Reverend Don Mackenzie, a minister and head of staff at the University Congregational United Church of Christ, and Jamal Rahman, a Muslim Sufi minister at the Interfaith Community Church, 9/11 marked an awakening of courage and love. Together they resolved to find common ground in their faith and have since then worked together to help others make peace in the world. Discover how they found a way to live out the law of love and how you can too.

<http://www.dailygood.org/story/2123/9-11-brought-them-together-they-ve-been-preaching-love-ever-since-sarah-van-gelder/> **Be The Change:** Be a peacemaker and commit to carrying out 3 acts of peace a day, equaling 1000 in a year's time. To find out more go to the link below. <http://www.dailygood.org/more.php?n=7813a>

"We are the people of this land. We are nature, human and non-human. These are our bodies. Together we are one body, we are creation, and always will be. We matter. Humus, seed, fruit, tooth, organ, blood and bone. We are root, water, mud, alga and stone. We are the snap of bladderwort. We are buttress-rooted trees. Orchid, fern, dragonfly, elephant, monkey; we are larva, worm, cocoon; creeper, liana and honeybee. We are this forest. Trogon, drongo and hornbill; cobra-lily, ginger and cinnamon; mushroom and pill millipede. We appear from the cloud, we are mist, we are monsoon rain. We are strikes of lightning charging the soil. We are moonshine through the canopy. We are women. Men. Hermaphrodite. Other. Children." In this lyrical piece, Suprabha Seshan, a conservationist who lives and works in a forest-garden in the Western ghats in India, muses about the forest and the many sensory gifts she has to offer. Read on for a richly-meditative account of life in one of the most bio-diverse zones of the planet. <http://www.dailygood.org/more.php?n=7792> **Be The Change:** The rainforests of the Western Ghats are one of India's last remaining bio-diversity hotspots, whose conservation has both local and global implications for climate change. What is the one thing you can do today to help conserve the wilderness that is so vital for life on Mother Earth? You could look here for ways to help reverse global warming <http://www.dailygood.org/more.php?n=7792a>

Parents today ... want the very best for our kids. We want them to be smart, athletic, healthy, kind, happy, polite, disciplined, creative and more. We want to give them everything! Kids on the other hand, are growing up bombarded by technology, needing to compete in every way, comparing themselves with others, trying to be perfect and please their parents, wanting to fit in. As a result, they are often anxious, stressed at a very young age, display behavioural issues, have little self esteem and are simply not happy. So, from the parents whose intention is so sincere, to the kids who are trying to keep up on all fronts, what needs to change? What is missing? Read on to discover why raising our children as conscious individuals is the best gift you can give to them. <http://www.dailygood.org/story/2098/raise-your-children-to-be-happy-healthy-complete-ariane-de-bonvoisin/> **Be The Change:** Make an effort to not only be mindful around your kids, but also to raise them in a conscious household, to share with them what is true and beautiful and to treat them like a soul that is temporarily inhabiting their little bodies.

Gratefulness is a deceptively simple practice that has the potential to change your life and those around you. "The benefits of gratitude range from deeper sleep and better health to higher self-esteem and enhanced stress resilience. Gratitude has also been shown to enhance our relationships. And, if that's not enough,

gratitude makes us happier." And happiness spreads. Here, an ode to the practice in the form of ten truths, from Gratefulness.org. <http://www.dailygood.org/story/2112/ten-true-things-about-gratefulness-kripalu-center-for-yoga-and-health/> **Be The Change:** Today, notice the joy you feel when practicing gratefulness.

Lobsang Phuntsok is a former Tibetan monk who trained with His Holiness the Dalai Lama and spent years teaching Buddhism and meditation in the West. In 2006, he disrobed and moved back to his native India, establishing a community in the Himalayan foothills for orphans and impoverished children. The community originally started with 34 children, and over the last decade has grown to house 85 children who are cared for by four housemothers and 13 teachers. Jhamtse Gatsal hopes to keep expanding so that 200 children can eventually live there. Learn more through this powerful interview (that includes a link to an Emmy award winning film on Lobsang Phuntsok's work). <http://www.dailygood.org/story/1389/the-uninvited-guest-of-this-universe-andrew-hinton/>

Stephen Jenkinson brings a stark new attitude to work with people who are dying. When asked why in this interview, he explains that this is an ambivalent time. "And the culture that I know well...believes in knowing. It rewards knowing." So in speaking with the dying, who are in a not-knowing situation, even consternation, he wants to "subvert knowledge and certainty...so that learning gets a chance to appear." He sees ambivalence as a skill to be developed in the face of consternation. Because "your consternation is the place where your eloquence is most relied upon and traded upon and practiced," he encourages "the capacity to nurse several often contending things at the same time without collapsing into a decision in favour of one and banishing the others." <http://www.dailygood.org/story/2118/stephen-jenkinson-reimagines-dying-pierz-newton-john/> **Be The Change:** Stephen calls this preparation "an exercise in discerning not judging." Try practicing that today with whatever you have to do separating what's important from what's not important by discerning rather than judging.

When life leaves us "dumb-struck", awed into silence, we are jolted into living and understanding with our right brains. These moments are universally understood as deep spiritual experiences. In this excerpt from the book "The Lotus and the Rose", Matthew Fox and Lama Tsomo explore this essential spiritual principle using the lenses of Christianity and Buddhism. <http://www.dailygood.org/story/2122/how-silence-leads-us-to-awe-matthew-fox-lama-tsomo/> **Be The Change:** Take five whole minutes to experience something; a piece of music, a piece of art or the wonder of bee. Be in the experience using your right brain, in silence, without the internal narrator.

Maria Popova reflects on the thoughts of mathematician, philosopher, and cybernetics pioneer Norbert Wiener in his book *The Human Use of Human Beings: Cybernetics and Society*. She reminds us of the danger when "creative culture is reduced to mere 'content' as the life of the mind and world of substantive ideas collapse into an abyss of marketable sensationalism and cynicism, (flattening) life's nuance, complexity, and dimensionality." <http://www.dailygood.org/story/2124/how-to-save-creative-culture-from-the-syphoning-of-substance-maria-popova/> **Be The Change:** Find the way to carry out a few truly creative acts today, bringing your passion and authentic talent into play to make the world a better place.

The very same night that Sister Lucy Kurien turned away a pregnant and frightened woman from an overnight visit to her convent in India, the woman was immolated by her husband. Sister Lucy held her in her arms as she died. That night she vowed to do something for the women of her country. So she founded Maher, "a refuge for women whose poverty prevents them from being able to leave abusive homes on their own. In the short-term, Maher provides immediate shelter, interventions, and even reconciliation. But in the long-term, the community focuses on the slow, meticulous work of transformation: upending India's systemic violence, exploitation, and segregation of men and women, but also of rich and poor." Sr. Lucy tells her story in this interview with YES! <http://www.dailygood.org/story/2120/the-nun-who-has-saved-thousands-of-lives-from-violence-christa-hillstrom/> **Be The Change:** Help a woman in need today. For more inspiration from Sister

Lucy, read: The Mother Teresa of Pune. <http://www.dailygood.org/story/1633/sister-lucy-the-mother-teresa-of-pune-sachi-maniar/>

Our lives are based on what we count and how we count it. Somik Raha asks what would be different in our lives if we changed how we engage with counting. Raha takes us through stories of what is meritorious, which leads us into deep counting-- counting which facilitates meaningful experiences. He then brings us into the understanding of how making distinctions is an act of creation and is juxtaposed against perceiving ourselves as nothing. This is the transcendent loop of infinity and seen in the scientific dance of making finer distinctions within a community, which has revealed a picture of larger, more meaningful truth. This truth is shared through stories that lead us to reflect on what counts and helps us transcend division and touch the reality of integration.

<http://www.dailygood.org/more.php?op=get&url=https%3A%2F%2Fmedium.com%2Finvaluable%2Fthe-monk-the-butcher-and-the-incredible-origins-of-deep-counting-8c85bb2c7e77> **Be The Change:** Take an hour or a day for reflecting on what counts in your life and how changing that might change your experience.

Frances Lee, activist, writer, designer and public scholar in Seattle, Washington, believes that social justice movements have a narrow framework of morality, which is counterproductive. Movements need a critical mass of people, but now activists are expected to follow specific standards to be trusted and heard by the larger group. She argues that social justice activists must be as committed to rooting out unhealthy behaviors inside themselves as they are in society. She advises prioritizing building healthy relationships within and with others and accepting people wherever they are on the journey of activism. One internal quality to cultivate is compassion. In addition to rage and critique, nurture humility and gentleness. In this way, we honor our full humanity and that of others, including our enemies and oppressors. <http://www.dailygood.org/story/2105/why-activism-must-be-more-generous-frances-lee/> **Be The Change:** Include a loving kindness meditation to your practice to boost compassion. <http://www.dailygood.org/more.php?n=7789a>

Robert Bengston wants to know: "Have you broken your four minute mile?" We each have our own race that we are in--something we dream of, yet often doubt we can achieve. Still, in our own way we hope and work for making a meaningful difference. Robert believes we can do it. We can break our own four minute mile. We can be that seemingly impossible something that will carry the world over into the unimaginable wholeness we all need. Read more about how we can all plant seeds that will create the life that Bengston believes is possible if we each give our race the best that we have. <http://www.dailygood.org/story/1734/have-you-broken-your-four-minute-mile-robert-bengston/> **Be The Change:** What seed can you plant today that may create a life-giving change that is needed in the world? Do just one thing today and trust that it will grow.

Honey bees have been around for millions of years, and contribute to about one third of the food we eat worldwide. But they are facing enormous challenges, just like the rest of us on the rapidly changing planet we call home. In 2017, bee keepers in the United States lost 40% of their colonies. However, backyard beekeeping is something simple anyone can do. Watch this uplifting video and learn about "Bee Guardians;" backyard beekeepers whose main vision is providing safe habitats for bees to thrive and maintain their genetic diversity. <http://www.karmatube.org/videos.php?id=8181> **Be The Change:** Learn more about the mission of Bee Guardians here. <http://www.dailygood.org/more.php?n=7832a>

When confronted with the possibility of failure, we become afraid. We are so afraid of failure that we combat it by metaphorically beating it, sweeping it away, or hiding it in a deep hole. What might happen if we lit a candle and looked at our fear in the light of wisdom, compassion and even joy? Discover how fear of failure can be transformed in this short essay from the blog DailyBeloved. <http://www.dailygood.org/story/2108/failure-is-afraid-of-you-bonnie-rose/> **Be The Change:** Think of something you are facing with fear. Light a candle. As you gaze into the flame. Watch the darkness of failure recede in the light of wisdom, compassion or joy.

For most of his life Jason Angell was a political activist, believing the story that social transformation comes through radical legislation pushed along by brave elected leaders. He saw himself as one of those leaders giving a speech to a massive group of people in the National Mall in Washington DC and even ran unsuccessfully for Congress in 1972, in the same community where he now runs a farm. As he tells it, "Cracks began to appear in the first story I had told myself about how change is accomplished." Read about the three shattering experiences that ultimately led him to a deeper understanding of the path to social transformation. <http://www.dailygood.org/story/2106/how-does-change-happen-jason-angell/> **Be The Change:** What are your beliefs on what brings about change. Experiment with finding new ways to negotiate change through living your own values and beliefs, creating an example for others to follow.

5. Perspective

Reprinted from www.awakin.org.

--by [Aaron Zehah](#) (Oct 01, 2018)

A poor man lived with his wife and six children in a very small one-room house. They were always getting in each other's way and there was so little space they could hardly breathe! Finally the man could stand it no more. He talked to his wife and asked her what to do. "Go see the rabbi," she told him, and after arguing a while, he went.

The rabbi greeted him and said, "I see something is troubling you. Whatever it is, you can tell me."

And so the poor man told the rabbi how miserable things were at home with him, his wife, and the six children all eating and living and sleeping in one room. The poor man told the rabbi, "We're even starting to yell and fight with each other. Life couldn't be worse."

The rabbi thought very deeply about the poor man's problem. Then he said, "Do exactly as I tell you and things will get better. Do you promise?"

"I promise," the poor man said.

The rabbi then asked the poor man a strange question. "Do you own any animals?"

"Yes," he said. "I have one cow, one goat, and some chickens."

"Good," the rabbi said. "When you get home, take all the animals into your house to live with you."

The poor man was astonished to hear this advice from the rabbi, but he had promised to do exactly what the rabbi said. So he went home and took all the farm animals into the tiny one-room house.

The next day the poor man ran back to see the rabbi. "What have you done to me, Rabbi?" he cried. "It's awful.



I did what you told me and the animals are all over the house! Rabbi, help me!" The rabbi listened and said calmly, "Now go home and take the chickens back outside."

The poor man did as the rabbi said, but hurried back again the next day. "The chickens are gone, but Rabbi, the goat!" he moaned. "The goat is smashing up all the furniture and eating everything in sight!" The good rabbi said, "Go home and remove the goat and may God bless you."

So the poor man went home and took the goat outside. But he ran back again to see the rabbi, crying and wailing. "What a nightmare you have brought to my house, Rabbi! With the cow it's like living in a stable! Can human beings live with an animal like this?"

The rabbi said sweetly, "My friend, you are right. May God bless you. Go home now and take the cow out of your house." And the poor man went quickly home and took the cow out of the house.

The next day he came running back to the rabbi again. "O Rabbi," he said with a big smile on his face, "We have such a good life now. The animals are all out of the house. The house is so quiet and we've got room to spare! What a joy!"

6. You Must Shout From The Heart

Reprinted from www.awakin.org.

--by *Ken Wilber* (Oct 08, 2018)

The alarming fact is that any realization of depth carries a terrible burden: Those who are allowed to see are simultaneously saddled with the obligation to communicate that vision in no uncertain terms: that is the bargain. You were allowed to see the truth under the agreement that you would communicate it to others.

And this is truly a terrible burden, a horrible burden, because in any case there is no room for timidity. The fact that you might be wrong is simply no excuse: You might be right in your communication, and you might be wrong, but that doesn't matter. What does matter, as Kierkegaard so rudely reminded us, is that only by investing and speaking your vision with passion, can the truth, one way or another, finally penetrate the reluctance of the world.



Given the measure of your own authentic realization, you were actually thinking about gently whispering into the ear of that near-deaf world? No, my friend, you must shout. Shout from the heart of what you have seen, shout however you can.

But not indiscriminately. Let us proceed carefully with this transformative shout. Let small pockets of radically transformative spirituality, authentic spirituality, focus their efforts, and transform their students. And let these pockets slowly, carefully, responsibly, humbly, begin to spread their influence, embracing an absolute tolerance for all views, but attempting nonetheless to advocate a true and authentic and integral spirituality—by example, by radiance, by obvious release, by unmistakable liberation. Let those pockets of transformation

gently persuade the world and its reluctant selves, and challenge their legitimacy, and challenge their limiting translations, and offer an awakening in the face of the numbness that haunts the world at large.

Let it start right here, right now, with us—with you and with me— and with our commitment to breathe into infinity until infinity alone is the only statement that the world will recognize. Let a radical realization shine from our faces, and roar from our hearts, and thunder from our brains—this simple fact, this obvious fact: that you, in the very immediateness of your present awareness, are in fact the entire world, in all its frost and fever, in all its glories and its grace, in all its triumphs and its tears. You do not see the Sun, you are the Sun; you do not hear the rain, you are the rain; you do not feel the Earth, you are the Earth. And in that simple, clear, unmistakable regard, translation has ceased in all domains, and you have transformed into the very Heart of the Kosmos itself—and there, right there, very simply, very quietly, it is all undone.

Wonder and remorse will then be alien to you, and self and others will be alien to you, and outside and inside will have no meaning at all. And in that obvious shock of recognition—where my Master is my Self, and that Self is the Kosmos at large, and the Kosmos is my Soul—you will walk very gently into the fog of this world, and transform it entirely by doing nothing at all.

7. Love Is Not An Emotion

Reprinted from www.awakin.org.

--by *Barbara Frederickson* (Oct 22, 2018)

Love, defined as micro moments of positivity resonance, may thus be the most generative and consequential of all positive emotions. By virtue of being a single state, distributed across and reverberating between two or more brains and bodies at once, love's ability to broaden mind-sets and build resources may have substantially greater reach.

Love, then, is not simply another positive emotion. Rather, it is the momentary phenomenon through which we feel and become part of something larger than ourselves. Meaning in life may thus emerge not from the grand and unrealistic utopian ideals of "happily-ever-after" love, but from what art historian Nicholas Bourriaud calls the "day-today micro-utopias" of shared positivity. Seeing love as positivity resonance also blurs the boundaries that surround the concept of emotion.



Many, if not most, scientific descriptions of emotions locate these affective phenomena within individuals, confined within one person's mind and skin. By contrast, the concept of positivity resonance aligns with perspectives offered within cultural psychology that position emotions as unfolding between and among people as they interact. Seeing emotions as properties of individuals may indeed be a myopic by-product of the Western tendency to perceptually extract focal objects from their contextual surround. By contrast, positioning love as a dynamic process that unfurls across and unifies two or more interacting individuals offers parsimony to accounts of the social and societal functions of positive emotions.

Seeing love as positivity resonance also holds practical implications for how people might strengthen their relationships, families, and communities. Striving to improve these directly can be like telling a complete

stranger “trust me” in the absence of any trustworthy actions. By contrast, knowing that relationships, families, and communities grow stronger to the extent that positivity resonates between and among people reveals the value of planning for and prioritizing positivity. Creating activities and safe contexts that allow real-time sensory connection and support the emergence of shared positive emotions becomes the pathway to build social bonds and community. This guidance may be especially valuable within contemporary urban cultures that propel people toward multitasking and technology-mediated social connections. As novelist Ursula Le Guin put it, “Love doesn’t just sit there, like a stone; it has to be made, like bread; remade all the time, made new.”

8. The Biological Advantage of Awe

Reprinted from www.KarmaTube.org.

Being awestruck is the spark that lights the fire of discovery and learning; that moves us forward to seeing things we never saw before and thus being awed all over again. Be blown away by this video where Jason Silva illustrates this never-ending story of our biology as humans and our participation in the unfolding of the universe. <http://www.karmatube.org/videos.php?id=7441>

9. The Bee Guardian

Reprinted from www.KarmaTube.org.

Honey bees have been around for millions of years, and contribute to about one third of the food we eat worldwide. But they are facing enormous challenges, just like the rest of us on the rapidly changing planet we call home. In 2017, bee keepers in the United States lost 40% of their colonies. However, backyard beekeeping is something simple anyone can do. Watch this uplifting video and learn about "Bee Guardians;" backyard beekeepers whose main vision is providing safe habitats for bees to thrive and maintain their genetic diversity. <http://www.karmatube.org/videos.php?id=8181>

10. How A Troop of Elementary School Girls Are Fighting for Justice

Reprinted from www.KarmaTube.org.

When she was in fourth grade, Lupita Martinez wanted to join her local scouting troop. Her mom, Anayvette, worried the group wouldn’t speak to Lupita’s lived experience, so she started one that would. Radical Monarchs is a progressive scouting troop for young girls of color in Oakland, California. A social justice-oriented alternative to the Girl Scouts, the Monarchs still earn badges but not for sewing or selling cookies. Instead their badges are for units on Black Lives Matter, Radical Beauty, being an LGBTQ Ally and environmental justice issues. The group promotes opportunities to form sisterhood and supports social causes that affect the girls and their communities. <http://www.karmatube.org/videos.php?id=8255>

11. The Man On A Mission To End Loneliness

Reprinted from www.KarmaTube.org.

Mike Niles had a high paying job in London, but felt that something was missing from his life. He gave up his lucrative position to start a charity, b:Friend, to help to eliminate loneliness among isolated elders. In Niles' home town of Doncaster, a quarter of its elderly population is classified as "chronically lonely" by Age UK. An idea that took root after he visited an elderly neighbor who was lonely has led to what he calls the best job he has ever had. The companionship among the befrienders and their older neighbors show the true meaning of community. <http://www.karmatube.org/videos.php?id=8240>

HEART AND SOUL ADVERTISEMENTS:

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12. Sacred Attention Therapy

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

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

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

13. A Course in Miracles Global Community Centre

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

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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