

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

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### The Final Frontier...Is it Small Stuff?

Gene Roddenberry's immortal words at the beginning of the original Star Trek television series, "The Final Frontier," ushered in each episode of this timeless space odyssey. The final frontier referred to in Star Trek was space.



From an earthly perspective, space does indeed seem like the final frontier. We humans seem to have exhausted our exploration and discovery of planet earth.

What's next? Well, the final frontier of course! Space, outer space, the great mystery. What's there? What's really there? What have we to discover?

But what if there's a different frontier to be explored and discovered? A frontier that offers us everything we ever imagined and ever wanted. What if this final frontier is actually staring us right in the face, metaphorically speaking.

This final frontier I am referring to came into focus during a period of tribulation. I was troubling myself with a situation that seemed rather significant and important. I felt I was faced with making a decision about how to handle the situation. After several days of pontification, I welcomed a teaching from Richard Carlson, Ph.D., to enter my awareness that brought me some peace. The teaching is, "*Don't sweat the small stuff. And remember, it's all small stuff.*"

As I laughed at myself, and how I allowed a situation to consume me. I was also reminded how powerful our minds are and how this frontier, the mind, may just be the 'final frontier' that Gene Roddenberry was referring to.

The mind is an extraordinary construct. It is also a rather persistent fabric of our imagination. In reality, in truth, there is no mind that is separate from the One Mind. But we have studied and practiced well the way of separative minds and thought. The more we practice using this illusory 'mind,' the more powerful it becomes. The more we turn to it for our very existence.

As many who have come before have realized, the mind may be our final frontier. The mind may be the final search, the final discovery. This illusory 'mind' may just be the last refuge and our doorway to peace. But it is not an understanding of the mind that is needed, it is the very thing the mind does not want us to do...to let it go.



And the ancient teachings know the method to letting go of the mind. The age-old practice of meditation is such a way. In meditation, we are given a window on 'no thought.' We are given a mirror on our mind. We are given an opportunity to simply observe our mind and its raucous nonsense and effervescent musings. When we practice the art of observing our mind in action, and we practice it consistently enough, we do begin to awaken to the teaching *"Don't sweat the small stuff. And remember, it's all small stuff."*

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Guest House

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they are a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice.  
meet them at the door laughing and invite them in.

Be grateful for whatever comes.  
because each has been sent  
as a guide from beyond.

Jelaluddin Rumi  
*translation by Coleman Barks*

## 3. Quote or Question

*"Keep a green tree in your heart and perhaps a songbird will come."*

~ Chinese proverb ~

## 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 – December 2018

#### Peace

When you are consciously living from your soul you are in peace. Peace links all beings in your world, our worlds and the universe. It is peace which brings forth greater cooperation of your people, so that all can understand, grow and advance.

When there is peace in your minds and hearts there is no rushing, no anger, no need to defend concepts or actions. This is because peace presents an infinite environment for the exchange of ideas, materials and creations. Peace nourishes the physical body, helping it to regenerate so that it becomes whole once again.

Although we witness misunderstanding—hence turbulence—in your world, we also observe a great wave of peace imbuing your planet. We invite you to attune to this sacred vibration.

How can this be done?

Find a moment when you are not moving, when you allow your brain to calm down and where you can feel your breath. This promotes inner awareness. You then begin to feel an attunement to higher, more refined frequencies around you and within you. In attuning to these celestial frequencies, your inner peace increases. This is so, for these vibrations which are increasingly resonating in your world, expand minds which are open and loving—minds of peace. Indeed, these powerful and peaceful energies also resonate physically in your brain and in your body. They align themselves naturally to your body; they follow your state of mind and then these peaceful energies expand within you and direct you to higher living—if you so choose.

Inner peace indicates that you have accepted and that you are nourishing self-respect and self-love. This peace flows freely from your divine essence. It is only hampered when you choose to cut it off. In all the turbulence that you witness presently upon your earth, realize that inside its core lies this peace.

Why do some of your citizens negate peace?

For many, many years upon your planet there has been a strengthening influx of frequencies filled with purity, intelligence and creativity. Although we may not trespass on the sacred soil of individual freedom of will, we *can* influence your world by sending increasingly stimulating frequencies of love and peace. This we are allowed. Some will recognize this environment; others will rebuke it. Free-will is a gift given to each individual upon your planet. As the increase of divine frequencies are felt within all of your people, it is hoped that peace will flood all minds and hearts.

Let us present this example. Imagine you are standing in an apple orchard, admiring the ripe fruit. As the apples fall naturally from their trees, you gather them up. You notice that some fruit is perfectly ripe and other fruit is decaying. Which do you choose? Will you choose the apples which remind you of wholeness, indicators of love and peace?

Kindly contemplate the following: Will you choose peace within yourselves? Will you promulgate that peace in your actions and reactions? Will you associate with those who are also in peace—those who harvest its ripe fruit?

Your world, in its transformation and by its very essence, will move into higher frequency, for that is its destiny. This we have mentioned upon many occasions. That will not change, for the free-will of your planet has made that decision and holds fast to it. Hence, remain attuned to these exquisite and celestial frequencies within you and around you. They will continue to fall as a rain of Light, refreshing you and kindling your deepest desire for this peace, this marvellous language common to all worlds.



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).*

Oncologist and Executive Director of the Zen Hospice Project, B. J. Miller is a practitioner who is part of a Buddhist-informed, humanistic approach to care. The Zen Hospice Project is a place where medical staff and volunteers practice love, compassion, and empathy. In this interview, Miller, who has experienced deep, personal loss, advocates for respecting our grieving process and allowing it to unfold by being present. He believes there is a place for traditional medicine, but the healing comes from acts of kindness, acceptance and respect. He counsels himself and others to make space for the other side of empathy, which is based on suffering, by doing those things and appreciating those relationships that give us light and make us feel alive. <http://www.dailygood.org/story/2119/bj-miller-understands-mortality-nathan-scolaro/> **Be The Change:** Practice being alive in the present, but also reflect on preparing to die through the meditations and teachings from the Tibetan Buddhist tradition. <http://www.dailygood.org/more.php?n=7809a>

"I am deeply delighted to live on a planet that is so big and varied that I can confidently say that right this very minute somewhere in the world a crossword puzzle is being completed, a fortune cookie is being snapped open and a song just brought someone to tears. I love knowing that while I am fast asleep in California, a crowd is gathered around the Rosetta Stone at the British Museum, a marriage proposal is taking place and a leaf-cutter ant somewhere in Costa Rica is carrying a leaf piece back to its nest." In this brief, beautiful piece artist Lea Redmond conjures up a sense of the world of marvels we wake up in each day.

<http://www.conversations.org/story.php?sid=544> **Be The Change:** Write your own tribute to the marvelous muchness of the living world today.

Often we feel like change must come through big donors or governments rather than the ordinary person. But it is just those ordinary people who can work together to change the world. In this delightful graphic from YES Magazine, take to heart the importance of the little gesture. <http://www.dailygood.org/story/2121/5-ways-small-actions-have-huge-power-sarah-lazarovic/> **Be The Change:** What are the small things you can do today for the greater good?

"At the heart of caring is an 'and' not an 'or'. Deep within us lies a potential that transcends our artificial limitations. Can we embrace the possibility that we are fully capable of caring globally, in every direction -- that the compass of our caring could open 360 degrees?" In his new book 'Caring' Tibetan lama Tarthang Thulku dives deep into an exploration of caring the potent antidote it offers to the ills of our time. The following excerpt, authored by his daughter shares thoughts on how to create a more caring world.

<http://www.dailygood.org/story/2131/how-to-create-a-more-caring-world-tsering-gellek/> **Be The Change:** Consider how you can more fully embody caring in your own life.



"There is no insurmountable solitude. All paths lead to the same goal: to convey to others what we are. And we must pass through solitude and difficulty, isolation and silence in order to reach forth to the enchanted place where we can dance our clumsy dance and sing our sorrowful song -- but in this dance or in this song there are fulfilled the most ancient rites of our conscience in the awareness of being human and of believing in a common destiny." The great Chilean poet and diplomat Pablo Neruda was only a small boy, just over the cusp of preconscious memory, when he had a revelation about why we make art. It seeded in him a lifelong devotion to literature as a supreme tool that widens out the boundaries of our being, and unites all living things." Read more of the creative thoughts and feelings of this extraordinary man.

<http://www.dailygood.org/story/2125/pablo-neruda-against-the-illusion-of-separateness-maria-popova/> **Be The Change:** You might want to look at some of his poems in *Twenty Love Poems and a Song of Despair*, composed before he turned twenty. It is to this day the most widely read book of verse in Latin literature and contains some of the truest, most beautiful insights into the life of the heart that humanity has ever committed to words.

"What are you doing with your freedom?" Tom Weidinger stumbled across this unexpected question along with a series of other electrifying messages that had been left at the base of a tree by an anonymous artist. The timing was uncanny. Tom had only recently discovered that the woman who was responsible for financing his film-making career no longer knew who he was. With his livelihood hanging in the balance he'd taken a hike. Read on for an intriguing story that reminds us that life's coincidences are sometimes anything but "mere". <http://www.conversations.org/story.php?sid=238> **Be The Change:** Have you ever experienced a coincidence in your own life that felt particularly meaningful? Share it with someone today. And consider your own answer to the question Tom encountered. What are you doing with your freedom?

More than 20 years ago, over the course of two years, a young woman had helpful conversations with a gentleman who volunteers for the Care Corner Counselling Center in Singapore. She was at a low point in her life at this time and received support, empowerment and a sense of hope from these conversations. Twenty years later, wanting to thank this man whom she had never met for helping her to move forward in her life, she searched for him and discovered that he is still volunteering and helping others. They did indeed meet and her gratitude after so many years touched him deeply. In this short video about their reconnecting, he shares a Chinese saying, "A kind word is like a fire in winter, it warms the soul." <http://www.karmatube.org/videos.php?id=7841> **Be The Change:** Contact a local helpline center to volunteer or to gain information so that you can inform others about its services.

"Prophets and sages throughout the generations have all agreed on this one point: how you see determines what you see and don't see. So if we want to heal the divisions in our country and our homes, we have to learn a new way of seeing." In this excerpt from his book *Practice Makes PURPOSE: Six Spiritual Practices That Will Change Your Life and Transform Your Community*, Paul Schroeder offers insight on how to develop compassionate seeing. <http://www.dailygood.org/story/2031/the-art-and-discipline-of-seeing-compassionately-c-paul-schroeder/> **Be The Change:** This week experiment with the steps of compassionate seeing outlined in the article and see how it shifts your experience.

"There are lots of ways to lose your voice in this world." These words were spoken by Kevin Hancock, an award-winning author, public speaker, and CEO of Hancock Lumber, one of America's oldest and most prestigious family businesses. In 2010, Kevin developed a voice disorder called spasmodic dysphonia. As his speaking voice became quiet, the voice of his soul became louder. This new voice urged him to connect with the Pine Ridge Indian Reservation, where he became intimately acquainted with the Native American inhabitants. What happened next, was a deep relationship with a community silenced by injustice. This caused Kevin to evolve a new voice that changed his life and his style of leadership forever. "Strengthen the voices of others; practice restraint; learn the ways of shared leadership through nature; take care of your employees; work should enhance the evolution of the soul." Kevin shares these principles and more in this interview. <http://www.dailygood.org/story/2132/losing-his-voice-led-him-to-helping-others-strengthen-theirs-awakin-call>

[editors/](#) **Be The Change:** What relationship do you have with your own voice? This week take notice of how you use your voice, and ways in which you strengthen the voices of others.

"Unity holds the essential vision that we are one living, interconnected ecosystem -- a living Earth that supports and nourishes all of its inhabitants. If we acknowledge and honor this simple reality, we can begin to participate in the vital work of healing our fractured and divisive world and embrace a consciousness of oneness that is our human heritage. This is the opportunity that is being offered to us, even as its dark twin is constellating the dynamics of nationalism, tribalism, isolationism, and all the other regressive forces that express 'me' rather than 'we.'" Llewellyn Vaughan-Lee shares more in this thoughtful essay.

<http://www.dailygood.org/story/2133/unity-and-the-power-of-love-llewellyn-vaughan-lee/> **Be The Change:**

For more inspiration read this passage by Mark Nepo: The Work of Love is to Love.

<http://www.awakin.org/read/view.php?tid=2265>

"But when from a long-distant past nothing subsists, after the people are dead, after the things are broken and scattered, taste and smell alone, more fragile but more enduring, more immaterial, more persistent, more faithful, remain poised a long time, like souls, remembering, waiting, hoping, amid the ruins of all the rest; and bear unflinchingly, in the tiny and almost impalpable drop of their essence, the vast structure of recollection." In this celebrated literary exploration of our evocative, mysterious relationship to memory, Marcel Proust vividly describes the torrent of experience unleashed by one 'memorable' bite of a madeleine, and his attempt at decoding the process. <http://www.dailygood.org/story/2136/the-madeleine-excerpt-from-remembrance-of-things-past-marcel-proust/> **Be The Change:** Take a few minutes to fully tune in to your embodied experience right now. Can you recall a moment when a scent, a taste or a sound instantly evoked a whole world of vivid experience within you?

"In 2012, Sarah Ruhl was a distinguished author and playwright, twice a finalist for the Pulitzer Prize; Max Ritvo was an exuberant, opinionated, and highly gifted poet in remission from pediatric cancer. Studied with poems and songs, their correspondence is a deeply moving portrait of a friendship, and a shimmering exploration of love, art, mortality, and joy." What follows is an excerpt from 'Letters from Max'.

<http://www.dailygood.org/more.php?n=7831> **Be The Change:** Write a letter to a friend or family member today. Put your heart in it. Make each word count.

With hard work, determination, a little serendipity, and a lot of heart, Wubetu Shimelash made it all the way from a remote region of Ethiopia to a prominent U.S. university. This man who once fashioned sandals out of tires now dons a fedora and impresses everyone with his positive attitude, joyous spirit, and infectious smile. It is a story of true success--both for him personally, and for the community that benefits from his warm presence and talents. "'Wherever I go, I am not lost,' Wubetu says. 'I go with my values. I try to adapt to a new culture without losing my culture.' His values? Being happy. Being kind. Staying positive. Working hard. And loving. 'The power of love is limitless,' he says." Read on for more. <http://www.dailygood.org/story/2138/the-boy-who-wanted-to-go-to-school-maria-henson/> **Be The Change:** Today, do something kind for someone born in another country.

What defines the modern elder? Wisdom? Success? Or something different altogether? In this article, Chip Conley reflects on his transition to a Silicon Valley tech startup at the age of 52, following a career in the hospitality industry. Surrounded by much younger coworkers, or "the land of the Millennials", Chip quickly realized that being an elder today is less about reverence and more about relevance. Taking a beginner's-mind approach, Chip thought carefully about how he showed up at work, viewing himself as both a mentor and an intern. Read more to learn about the five traits of modern elders and how much we can learn from them if we listen. <http://www.dailygood.org/story/2111/a-modern-elder-muses-on-gratitude-in-silicon-valley-chip-conley/>

**Be The Change:** Which of the five traits of modern elders described most resonates with you? How can you incorporate this value into your life in a more meaningful way?



Sometimes it's not the human who rescues the dog, but the dog who rescues the human. K9s for Warriors, a program based out of Ponte Verda, Florida, was established in 2011 to help soldiers experiencing PTSD and other war trauma disabilities. The dogs are trained to be service dogs and address symptoms in their owners such as anxiety, isolation, depression, and nightmares, often serving in conjunction with traditional treatments like medication and psychotherapy. To date, the program has rescued more than 850 dogs and 440 military service members, with an astounding 99% program success rate. "Service dogs are prescriptions on four legs," says owner Shari Duvall. Read on to learn more about the inspiring stories behind the soldiers and their canine warriors. <http://www.dailygood.org/story/2140/k9s-for-warriors-together-we-stand-scott-smith/> **Be The Change:** Do something this week in the spirit of serving someone who has experienced trauma.

The challenge facing seven billion plus people now living on the planet is how to recreate the Third Side for today's conflicts ranging from those with our neighbors to nuclear conflicts. William Ury is one of the world's leading experts on negotiation, co-founder of Harvard's Program on Negotiation, co-author of Getting to Yes, author of multiple award-winning books, and founder of the Abraham Path Initiative, which shines a light on the ancient path of Abraham who is celebrated for his kindness and hospitality. In this interview with Thomas Hbl, he discusses how to heal collective conflict and trauma. Ury's belief is that the secret of peace is us, the community coming together. This Kosmos interview explores his ideas on how to bring us together. <http://www.dailygood.org/story/2141/new-approaches-to-healing-collective-conflict-and-trauma-william-ury-thomas-hubl/> **Be The Change:** Learn more about how to look past anger, fear, and even violence to reconcile our differences by listening to these TED talks. <http://www.dailygood.org/more.php?n=7848a>

"By a shower of gifts and a heavy rain of lessons," a good mother loves her children. This is how author and botanist Robin Wall Kimmerer came to the awakening of true happiness as she realized that the time spent and lost in her garden were the happiest moments of her days. Like her children lost in the wonder of digging in the soil, Kimmerer saw what was most important in her life as she was picking beans from within the "spiraling vines of her tepee trellis." Kimmerer awakened to the beauty of being on this earth as part of a loving relationship with the Otherwith Mother Earth and all she nurtures. Read and listen to more of Kimmerer's thoughts on nature. <http://www.dailygood.org/story/2142/gardening-and-the-secret-of-happiness-maria-popova/> **Be The Change:** Reflect on a moment when you have been happily "lost" in an activity or experience. Consider how can you "make more time" for these timeless moments of happiness?

Possibly the most-quoted poet-saint of north India is Kabir, the illiterate, 15th century mystic who belonged to a class of weavers in the ancient city of Varanasi. Kabir was a 'nirguni', one who believes in a formless divinity that can be discovered both within and without. With whip-like wit, his poetry scorns outward rituals and displays of piety exhorting his listeners to seek the divine through self-interrogation, and to recognise the impermanence of manifest reality. Read on for an extract from 'The Bijak of Kabir', one of the most important anthologies of the Eastern tradition of Kabir's verses. <http://www.dailygood.org/story/2134/in-the-footsteps-of-kabir-linda-hess-and-sukhdev-singh/> Submitted by: Gayathri Ramachandran **Be The Change:** What relationship do you have with what seems to be inexpressible? This week take notice of how you use words, and how words can skilfully point to the truth.

With challenges such as overfishing, ocean acidification, and sea level rise rapidly changing our marine environments, it's more important than ever to help people understand and care about what's going on. To this end, artists are working with scientific data and translating complex concepts and new findings into visually stimulating, thought-provoking works. When Philadelphia-based artist Rebecca Rutstein was aboard the exploration vessel Nautilus last year, expedition leader Robert Ballard made an apt analogy she won't soon forget: "Exploring the deep ocean is like standing on the edge of the Grand Canyon in the dark. The artist can turn the light on." Here are five artists who are turning on lights, helping us look at scientific data differently. <http://www.dailygood.org/more.php?n=7805> **Be The Change:** Give yourself the gift of an hour to follow the rich visual threads in this stunning article. Then go out and see the world around you "with the lights turned on".

At age twelve, Thomas Berry became acquainted with a meadow. That magic moment came to be normative for his thinking: that which preserves and enhances the meadow is good and that which opposes or negates the meadow is not good. He applies this life orientation to economic, political, educational, religious, etc. endeavors. He believes it is by experiencing lilies blooming in a meadow that we remember to coordinate our meaning with the meaning of our surroundings, orient our children to the center of the universe so they can orient themselves to their own centers, give voice to the mysteries of existence, become universe-referent, celebrate the universe, and ultimately, join the symphony called to heal the planet.

<http://www.dailygood.org/story/2143/the-meadow-across-the-creek-thomas-berry/> **Be The Change:** Sit outside and look at the stars, find a meadow and listen for an afternoon, take an early morning walk in a park or on a path where you can experience nature.

Llewellyn Vaughan-Lee, Sufi teacher and author, implores us to change our present global predicament by changing our consciousness. Our current mindset sees Earth as a resource. He argues that this worldview creates a sense of separation and one in which we have forgotten the sacred nature of the Earth. If we embrace the sacred in all of life, we will remember our primal relationship to the Earth, reconnect with an ancient knowing and respond from a place of balance. This is the nature of real sustainability and what we need to avoid ecological disaster. <http://www.dailygood.org/story/2144/sustainability-and-the-sacred-llewellyn-vaughan-lee/> **Be The Change:** As you go about your day, take a moment to remember the small things in your life that nourish and sustain you: freedom of movement, the ability to breathe deeply, seeing the sunshine or rain, hearing the sounds of others or the Earth.

"Across time there has been a very deep relationship between the human measure derived from the human body and the measure of place. In many cultures divine proportion is still present. An Indian temple is not just a geometrical figure. Now to talk about that in contemporary terms, if we were to look at a squatter town in Peru or a community in Oakland--how could we understand this in contemporary terms? There is no simple answer for that, but the question needs to be examined." More in this in-depth interview

<http://www.conversations.org/story.php?sid=53> **Be The Change:** See if you can notice places where you feel comfortable and can relax. And when you do, look around and ask why. It might have something to do with proportion as it was once understood, that is, as a fitting relationship for someone living in a body, not just a mind.

In "The Abundance of Less" Andy Couturier profiles the lives of ten pioneering Japanese artist-activists living lives of extraordinary grace and purpose outside the bounds of mainstream society. As author David Abram puts it, "Reading this magic book is like drinking from a fresh wellspring deep in the mountains: it slowly returns one to sanity. In an era when the allure of ten thousand digital screens eclipses the inner radiance of a stone lying among the reeds, how clarifying to encounter the eloquence and humility of these well-lived lives." What follows is Couturier's introduction to a book that reads like a touchstone for these troubled times.

<http://www.dailygood.org/story/2148/the-abundance-of-less-andy-couturier/> **Be The Change:** Try holding Couturier's five words in your consciousness as you go through your week and see what happens. For more inspiration, read this in-depth interview with him here. <http://www.conversations.org/story.php?sid=558>

Meet Tom, Sarah and their daughter, Neesa. They live in a 20 square meter off-grid cabin on property in New Zealand. Instead of paying rent, they share the work of looking after the land with the owners. Tom is a medical doctor and Sarah is an illustrator. Both have chosen to reduce their work to almost nothing in order to have more time to focus on living well. This short film is an example of Happen Films' Living the Change, a feature-length documentary which explores solutions of which any one of us can be a part.

<http://www.karmatube.org/videos.php?id=7495> **Be The Change:** Watch the film, Living the Change, for ideas and inspiration for how you can make profound changes in your life. { [more](#) }

## 6. No Rush, No Dawdle: The Secret of Proper Timing

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

--by *Tom Maxwell* (Oct 29, 2018)

The present is truly the only place we exist. What we call the past is a construct of memory, the recollection of which constitutes a present experience. According to author Alan Watts, the future is likewise a construct, "and cannot become a part of experienced reality until it is present."

So, to know happiness in the future, we must be happy now. Delaying enjoyment of your life is to always live in Christmas Eve, with the many gifts around you staying securely wrapped.

Moreover, to participate in the moment — to be fully aware, is to be unified with the experience, and free from the separating identity of being the experienter.

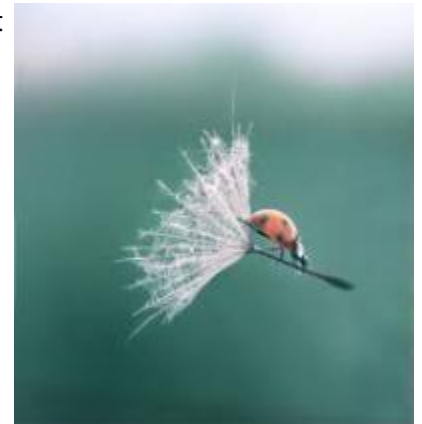
[Watts:] "To understand music, you must listen to it. But so long as you are thinking, 'I am listening to this music,' you are not listening. To understand joy or fear, you must be wholly and undividedly aware of it. So long as you are calling it names and saying, 'I am happy,' or 'I am afraid,'" you are not being aware of it."

Not only are you not being aware of it, you are creating the "I" who is afraid, and thus, by this separation, guaranteeing fear's constant threat.

"This is not a psychological or spiritual discipline for self-improvement," Watts writes. "It is simply being aware of this present experience, and realizing that you can neither define it nor divide yourself from it. There is no rule but 'Look!'"

Centuries of Occidental society and culture have made grasping, much less embodying, this revolution in thinking very difficult. We are hardened materialists, fully beholden to identity and addicted to distraction. We evade pain and crave security, and doing so assures us painful, insecure lives. The imminent unknown is not to be avoided, but embraced. Our resilience, our adaptability, is reliant upon us being completely sensitive to the moment, and understanding it as being a new, unique experience. We live in a series of infinite nows, which are always dying, and always being reborn. To be immersed in this reality is to be transformed, for it is there that eternity is available.

"For the perfect accomplishment of any art," Watts tells us, "you must get this feeling of the eternal present into your bones — for it is the secret of proper timing. No rush. No dawdle. Just the sense of flowing with the course of events in the same way that you dance to music, neither trying to outpace it nor lagging behind. Hurrying and delaying are alike ways of trying to resist the present."



## 7. Attention is Inseparable from Interrogation

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

–by **Michel de Salzmann** (Nov 05, 2018)

Our attention is much more than we generally think. It is much more than a simple mental or cerebral mechanism. It concerns our whole being. If its potentialities are far from being fully actualized in our usual life, maybe it is precisely because it is not recognized as a multidimensional keyboard and as the unifying principle of our being.

Paradoxically this basic act of knowing, which is attention, is only actualized when we don't know -- that is, when there is a question. Its level and, so to say, its degree of "totalization" are proportional to our questioning. You have surely noticed that when a question is vital -- when it takes us in the guts, as you say -- it suspends all unnecessary movements, emotional and physical as well as mental. It clears the way for real awareness and sensitivity, which are components of my total power of attention. It is only between my not knowing and my urge to know that I find myself present, mobilized, open, new -- that is to say, attentive.



Attention in its active form is therefore inseparable from interrogation; it is essentially, in its purity, an act of questioning. This act is the privilege of our human existence. An animal contents itself with being. The responsibility of man is to question himself on the meaning of his being.

In our society, mainly concerned with production and efficiency, the drama is that our capacity for questioning, still so vivid in early childhood, is very quickly eradicated or pushed aside for the benefit of our capacity for answering. When a child has a real question, most of the time he is immediately given a stupid answer. In the best cases the educator goes to the dictionary to be sure his answer is accurate, but anyhow unconsciously, if not proudly; he closes the question. From school to the end of our life it is always necessary to answer. We are compelled to learn how to answer, If we don't know how to answer, we are just no good. So little by little we become some kind of model machine able to all answer to all situations with the necessary blindness as regards its own contradictions. [...]

Is it possible to keep alive in ourselves our most authentic and precious capacity, which is questioning? This is the whole problem confronting us, actually. But are we strong enough, free enough, concerned enough to really question ourselves while answering? [...] Can we at the same time neither affirm nor deny, neither resist nor follow, assume that we neither know nor don't know, that we are able or unable? Can we be acutely present to what is, without judgment or indifference, without any solution or escape? It would mean being aware on all fronts, renouncing the known for the unknown, withstanding the inevitable principle of repetition, staying still within our movement.

## 8. Preparing for the Extraordinary: An Essential Practice

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

--by *Alan Briskin* (Nov 26, 2018)

Preparing for the extraordinary is one of the [...] essential practices of collective wisdom. It requires clear intention and mindful preparation for achieving a greater felt sense of connection with others and spiritual forces.

Illustrating this idea with a story may be useful. The great sage, Reb Zalman Schachter Shalomi, told me once of an experience he had with his friend and colleague, Howard Thurman [...] a distinguished African American philosopher, theologian and mentor to Martin Luther King.

On this occasion, Reb Zalman had invited Thurman to Manitoba, Canada where Reb Zalman was living. Together, they went to the local Christian abbey where Thurman met with the novice master. Thurman asked him to tell him the most common complaint he heard from his students. The novice master said it was that they had to awaken for 3 a.m. prayers, requiring them to get out of bed and enter the cold chapel. "Why do this," they said when they already experienced great satisfaction with the 9 a.m. service?

In response, the novice master forbade them from coming to the 3 a.m. services. Two weeks later, they complained that they no longer felt the joy and sense of mystery that they had felt previously during the 9 a.m. gathering. The students were invited back to the 3 a.m. services with a new respect for how the preparation that occurs in the pre-dawn of attentiveness can influence what happens during the light of day. Thurman, Reb Zalman recalled with a laugh, was delighted with this tale.

Preparing for the extraordinary is that effort we make, the rituals we create, the inner psychological work we do, that sharpens our intention and paves the way for something wonderful to happen. Sometimes it is in rigorous conceptual preparation, other times in silent prayer. Sometimes it is in learning to tolerate discomfort, other times in preparing oneself for bold action.

However it is accomplished, it is rarely due to an individual alone, but to a larger social field in which individuals collaborate together, perform their role, contribute their unique talents, and feel seen and heard by others. A central principle of collective wisdom is that we each participate in creating the experience of the group and that the group has distinctive qualities that impact the individual. We are co-creators of the group experience, composers of the group field and part of the composition.





## 9. The 2-Year Phone Conversation that Changed A Life

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

More than 20 years ago, over the course of two years, a young woman had helpful conversations with a gentleman who volunteers for the Care Corner Counselling Center in Singapore. She was at a low point in her life at this time and received support, empowerment and a sense of hope from these conversations. Twenty years later, wanting to thank this man whom she had never met for helping her to move forward in her life, she searched for him and discovered that he is still volunteering and helping others. They did indeed meet and her gratitude after so many years touched him deeply. In this short video about their reconnecting, he shares a Chinese saying, "A kind word is like a fire in winter, it warms the soul."

<http://www.karmatube.org/videos.php?id=7841>

## 10. How To Be A Great Listener

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

"Listening deserves discovery as one of the keys to good society." Why is this so? This brief video eloquently describes the qualities of good listening and why they matter—so that they can be shared and spread.

<http://www.karmatube.org/videos.php?id=7493>

## 11. Meet the Artist Who Shines A Light on the Lives of Migrant Workers

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

From the age of four, Don Coen could be found drawing and painting—even on the family dining room table, his mother wiping clean the hours of pencil marks left by her son on the enamel table top. Growing up on a farm on the high plains of eastern Colorado, the surrounding landscapes filled Coen's artwork. Eventually, these same landscapes brought him face to face with the nameless presence of the migrant worker. Caught by the beauty of the laborers working in the fields, Coen began painting giant portraits of migrant workers across America. Featured in the Colorado Springs Fine Arts Center, Coen's work abstains from making a political statement of any kind, seeking instead to speak to the humanity of its subjects and viewers.

<http://www.karmatube.org/videos.php?id=7509>

## 12. Iran's 'Wall of Kindness' Helps People Stay Warm

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

No one knows how it got started, but someone thought of hanging a few jackets and shirts on a wall for people in need, and pretty soon the idea spread. Walls all over the country became decorated with hooks for jackets and blankets. Then people began leaving other things as well. Books. A refrigerator. Anything that would help the less fortunate get through the winter. <http://www.karmatube.org/videos.php?id=7845>



## 13. Living Simply in A Tiny Off-Grid Cabin

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

Meet Tom, Sarah and their daughter, Neesa. They live in a 20 square meter off-grid cabin on property in New Zealand. Instead of paying rent, they share the work of looking after the land with the owners. Tom is a medical doctor and Sarah is an illustrator. Both have chosen to reduce their work to almost nothing in order to have more time to focus on living well. This short film is an example of Happen Films' Living the Change, a feature-length documentary which explores solutions of which any one of us can be a part.

<http://www.karmatube.org/videos.php?id=7495>

## 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.*

### 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](mailto: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>.

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