

Our soul intention for this e-newsletter is to create a positive, uplifting, inspiring and spirit-filled message (in amongst the conventionally-perceived journalism practiced today). We extend this offering to you and hope, if only for a moment in time, we provide a hint of another reality that is there for your embracing. Enjoy! You are invited to share this e-newsletter with those family, friends, colleagues and acquaintances you think may be interested.

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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to rmeagher@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Turning Everything into An Opportunity for Gratitude and Love

The more I engage in spiritual practice, the longer I devote myself to spiritual practice, the more I see opportunities to turn anything and everything into an opportunity for gratitude and love. Allow me to explain through a recent experience.

I recently embarked on an adventure to publish an article on a popular online repository. The name of this online repository is irrelevant, it differs only in form from any other popular online repository. My thoughts about one repository over another is merely a reflection and projection of my judgements. But I digress.

Back to the opportunities to turn everything into a practice of gratitude and love...

The online repository I was working on had many people (potentially) comment on the article in production. This was before it even made it to published space. A few comments were very helpful; some were neutral, neither helpful or unhelpful; some were confusing and did not help me any; and some seemed rather harsh, judgmental and some even accused me of acts I had no idea I committed in preparing the article.

The helpful and neutral comments were easy to take. The confusing comments were, for the most part, frustrating. The harsh comments felt hurtful (at times) and embittered. It was the harsh comments that I reacted most profoundly to. I did want to 'attack' back. I wanted to defend myself. I wanted to point out that the other person was wrong in their judgements about me and their comments were inappropriate.

The first thing I did was...nothing. My spiritual practice has taught me that to respond back out of 'reaction' would do nothing for anyone. My spiritual practice allowed awareness that what was unfolding was merely a reflection of my own inner state of being. My work was not in attacking back; my work was in exploring my inner world and thoughts to learn from what was unfolding, to assess what I was perceiving and to take stalk of my own judgements and projections.

As I began this unravelling and unfolding process, I was able to begin to give thanks for the opportunity this experience was giving me. I was being given the opportunity to practice patience. I was being given the opportunity to practice receiving feedback. I was being given the opportunity to practice not judging others, even though it felt like they were judging me. I was being given the opportunity to discovery the chinks in my emotional and psychological armor. I was being given the opportunity to heal.



As I became more and more aware of what this opportunity was offering me, I became aware of my gratitude for this opportunity. And as I became more aware of my gratitude for this opportunity, I was able to open myself

to the possibility of not only loving the experience, but also loving all the people involved in the experience, including those who offered feedback that I perceived as harsh and accusatory.

We can turn anything and everything into an opportunity for gratitude and love. Our ability to create 'space' between the event(s) and our response to the event(s)—the less reactive we are and the more responsive we become—is in direct proportion to our personal and spiritual growth and development.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Only Breath

Not Christian or Jew or Muslim, not Kindu,
Buddhist, sufi, or zen. Not any religion

or cultural system. I am not from the East
or the West, not out of the ocean or up

from the ground, not natural or ethereal, not
composed of elements at all. I do not exist,

am not an entity in this world or the next,
did not descend from Adam and Eve or any

origin story. My place is placeless, a trace
of the traceless. Neither body or soul.

I belong to the beloved, have seen the two
worlds as one and that one call to and know,

first, last, outer, inner, only that
breath breathing human being.

~ Jelaluddin Rumi

3. Quote or Question

The most important thing in this world is to learn to give out love, and let it come in.

~ Morrie Schwartz

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 – March 2019

Life-Force Energy—Part One

What is the intelligence that makes your finger move and your heart beat? What is inside you which maintains a perfect balance in your body between electricity and magnetism, between hard and soft, and between liquids and solids? How is it that the crystals found in your blood and in your cells maintain perfect balance as they communicate with all the other parts of your body?

These questions and many more are asked when you examine and consequently admire the marvellous creation which is your human body.

There a wonderful lattice-work of cosmic energy which connects each cell to the other, to the whole body, to your entire world and beyond it. This energy—this life force—which vibrates within the very particles of light which create your cells, is highly intelligent. When this energy removes itself from the body, the body becomes lifeless. This life-force is not restricted to the individual body; it is the basis for all physical existence. Without it, there would be no life upon your planet—no rock, or blade of grass, or animal or human form. Without this divine life-force, no physical manifestation would exist in the universe. In truth, this universe and other universes would not exist.



Increasingly, your people understand that they are first and foremost beings who vibrate in the holiness of spiritual light. We rejoice in your realization of this fact. As you acknowledge this, you also acknowledge that your origin is divine and thus accept that every cell in your body is also divine. It is to be remembered that this cosmic life-force which makes all life vibrate, has a sacred origin—can be seen and felt as holy light and as holy Love.

This cosmic—and beyond cosmic—life-force which permeates all physical creation, is not limited to one individual. Divine energy, perhaps perceived as belonging to one person, truly belongs to all. You may think that the vibrating crystals in your body are only for you. Yet, in opening your minds and hearts towards greater possibility, you realize that the crystals in your bodies are linked to those in the earth and its waters, to friends and strangers around you and to us, in higher vibratory states.

If indeed, all physical life is based on divine life-force energy and is connected through such common elements as electricity, magnetics, crystals and energy radiance, how is the human upon your world uplifted?

You are uplifted by using your divine consciousness which is embedded in this life-force energy. This divine consciousness asks you to set noble intentions and from there to live graciously through the intelligent and loving use of your free-will.

In our next message we will speak on sensing life-force energy in all matter and in all beings.



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.

Taking a walk in a quiet woods, gazing up into the night sky, or even walking in a crowd in a large city somewhere in the world, we may find ourselves having transcendent moments along with John Muir. These moments awaken us to our place within the universe at the same time that they disorient us as we realize how small we are. In this piece, writer Maria Popova helps us to see through John Muir's eyes that our smallness is what connects us so universally to everything else that is. In being humbled, no longer do we get lost in the illusion that humans dominate creation. With Muir as our guide, we can realize that we are joined to everything else in creation. <http://www.dailygood.org/story/2178/the-universe-as-an-infinite-storm-of-beauty-maria-popova/>

Be The Change: As a meditation, ponder an object and follow the trail back to see how it is connected to everything else that is.

Some days, you need to remind yourself about what's truly important in life. So sit back with a cup of your favorite beverage and give yourself a few minutes to savor this sweet video, which gives you a prescription for happiness in two minutes, starting with "show up." <http://www.karmatube.org/videos.php?id=3342> **Be The Change:** Rejoice in the blessings of your life. Start a gratitude list today.

So many times when we introduce ourselves others, or are introduced by someone else, we place a lot of importance on naming where we are from. Often, this where is explained with the name of a country or state or city. But these are not naturally occurring phenomena. Countries, states, and cities are concepts; explaining almost nothing about us. The experiences of our daily lives and the actual physical and cultural locations where those experiences happen...those are the rich threads creating the warp and woof of who we are. Watch this incredible TED talk by Taiye Selasi and explore the question "Where are you local?"

<http://www.dailygood.org/story/2188/ask-where-i-m-local-ted-com/> **Be The Change:** Reflect on your rituals, relationships and restrictions. Weave a rich tapestry of your experiential identity, how you are local. Use this frame to introduce yourself and use it to meet others.

No one escapes suffering in this life. Yet we live in a collective denial, deprived of meaningful ways to speak of sorrows and collective practices of releasing grief. Francis Weller walks us to the shore of sorrows and shows us how this ocean ripples through our individual lives, through community, and into the Earth herself. He invites us to see the illusion of private pain that imprisons us. He encourages us to welcome grief as a powerful, sacred practice of opening the heart, of healing and of returning to kinship. He offers us musical notation for the song of a soul alive, drawn with compassion and caring. <http://www.dailygood.org/story/2214/drinking-the-tears-of-the-world-grief-as-deep-activism-francis-weller/> **Be The Change:** Because our fates are bound together, grief is at the heart of making peace. Think about a grudge or a hurt you may hold within. How could acknowledgement and acceptance of grief help you release it?

What then is the spiritual? I find it difficult to define directly. It's much easier to say what it isn't than what it is. For example -- the spiritual is often confused with the moral, but it's not the moral. Morality is concerned with issues of right and wrong. Although often attributed to the "godhead", it actually has a social basis and reflects a social tradition or consensus. What is considered moral varies from culture to culture and from time to time within the same culture. Furthermore, morality often serves as the basis for judgment, for one group of people separating themselves from other groups, or one individual separating from others. Yet the spiritual is

profoundly non-judgmental and non-separative. " In this thought-provoking piece, celebrated physician and author Dr. Rachel Naomi Remen approaches a definition of the spiritual.

<http://www.dailygood.org/story/2215/on-defining-spirit-rachel-naomi-remen/> **Be The Change:** Listen for the sound of your integrity singing to you this week. For more inspiration, read "The Recovery of the Sacred" -- another beautiful piece from Dr. Remen. <http://www.dailygood.org/story/204/the-recovery-of-the-sacred/>

Join Krista Tippett from On Being in this intimate interview with Pico Iyer, author of over a dozen books and chronicler of the "global soul". Based in Japan, he's traveled across our blue planet paying special attention to the mapping and modern rediscovery of our inner world. But he also experiences a remote Benedictine hermitage as his second home, retreating there many times each year. In this intimate conversation, we explore the discoveries he's making and his practice of "the art of stillness."

<http://www.dailygood.org/story/2197/the-urgency-of-slowness-on-being/> **Be The Change:** What conscious measure can you take to step into stillness and silence today?

"Why does the sun shine? A random result of coalescing gases igniting nuclear fusion? Or is it in order to give its light and warmth to Life? Why does the rain fall? Is it the senseless product of blind chemical processes of evaporation and condensation? Or is it to water life? Why do you seek to pour forth your song? Is it to show off your genetic fitness to attract a mate, or is it to contribute to a more beautiful world? We may fear those first answers but it is the second that carries the ring of truth." Charles Eisenstein shares more in this piece.

<http://www.dailygood.org/story/2217/the-new-and-ancient-story-of-interbeing-charles-eisenstein/> **Be The Change:** Tune into the story of interbeing that is playing out in your own life at this moment in time.

In this beautiful interview, renowned painter Nathan Oliveira muses about a lifetime of art making, "Something comes to life that doesn't normally come to life, but it's something rather rare because you can paint, and keep putting material on and on and on, and nothing can happen. It's something you simply have to find --and at a given moment, there is something there: it's extraordinary! A sort of signal occurs, a living signal, a signal of life." <http://www.conversations.org/story.php?sid=79> **Be The Change:** What are the "signals of life" you've encountered on your own path?

We all have our ideas about how life should go. Ideas painted within us as hopes, longings, opinions. Those painted around us as cultural norms, trajectories, worthwhile goals. We have ideas in mind about most everything how our bodies should work, how love should work, how the world should work. Politics. Sleep. Weather. What we want and do not want. Ideas that make things bad or good, yes or no. And while these concepts can offer us valuable guidance about how we might approach life, they can also obscure and conflict with the vast majority of what is actually unfolding and is bound to unfold in our moment-to-moment, unpredictable lives and world."

<http://www.dailygood.org/story/2222/embracing-the-great-fullness-of-life-kristi-nelson/> **Be The Change:** For more inspiration read '39 Ways to Live and Not Merely Exist'. <http://www.dailygood.org/story/487/39-ways-to-live-and-not-merely-exist-leo-babauta/>

Pauline Boss is professor emerita at the University of Minnesota. She is the author of, among other books, "Loving Someone Who Has Dementia." Boss offers the perspective that the idea of closure leads us astray, "a myth we need to put aside, like the idea we've accepted that grief has five linear stages and we come out the other side done with it. She coined the term "ambiguous loss," creating a new field in family therapy and psychology. She has wisdom for the complicated griefs and losses in all of our lives and for how we best approach the losses of others." This in-depth interview shares more.

<http://www.dailygood.org/story/2226/pauline-boss-ambiguous-loss-and-the-myth-of-closure-onbeing/> **Be The Change:** What does the concept of ambiguous loss surface for you?

A few days before she turned 61, author Anne Lamott wrote down everything she knew. "There's so little truth in the popular culture," she says. "And it's good to be sure of a few things." In this TED Talk, with her characteristic wit and wisdom, Lamott delivers 12 things she knows for sure. Reflecting on grace, faith, family and more, she explores what it means to be human in a world where blessings and hardships are inevitably

intertwined. <http://www.dailygood.org/story/2187/12-truths-i-learned-from-life-and-writing-anne-lamott/> **Be The Change:** Over this next week, challenge yourself to make a list of everything you know. Whether your list has 5 items or 50, dig deep to uncover some of your most powerful learnings.

Diana Chapman is one of the world's foremost experts on conscious leadership, and co-author of the influential book, "The 15 Commitments of Conscious Leadership". Her mission is to help individuals, teams, and organizations learn how to eliminate drama and suffering from their individual and collective lives. In this interview, Diana shares her ideas about what conscious leadership is, how to start practicing it, and the transformation it can bring to workplace cultures of all types. <http://www.dailygood.org/story/2191/how-conscious-leadership-can-unlock-a-better-workplace-rachel-zurer-meghan-french-dunbar-diana-chapman/> **Be The Change:** Select one of the "willingness" questions; Where are you, and are you willing to see the opposite of your story? Are you willing to feel your feeling? Are you willing to play with this instead of holding this seriously?. Use it as a touchstone in your interactions with others for a week.

A distinguished activist for peace for over 30 years, Dr. Scilla Ellsworth has met with scientists and nuclear weapons policy makers from all five nuclear powers. She founded the Oxford Research Group, Peace Direct, and co-founded 'Rising Women, Rising World' and FemmeQ, and was nominated three times for the Nobel Peace Prize. She is interviewed here about her latest book, "The Business Plan for Peace: Building a World without War." In it, she points out that while 1,686 billion dollars is spent on militarization every year, it would only cost two billion dollars to put into action methodologies that are known to work to prevent war and armed conflict worldwide. <http://www.dailygood.org/story/2163/scilla-ellsworth-a-business-plan-for-peace-awakin-call-editors/> **Be The Change:** We too can help on a local level, meeting with our communities to discuss peace projects. But first, as Ellsworth cautions, we must work on our own emotions: "Perhaps a lot of people in public positions got where they got without doing any inner work," she says. "It's up to us to do that inner work so we are conscious of our own motivation and what's propelling us...I need to deal with my own feelings first."

Padma Hejmadi paints a delightful landscape of her life of travels and setting roots through gardens all over the world. She weaves back to memories of her roots and family gardens in India and learns of community and connection and culture through her relationships with the garden of life. <http://www.dailygood.org/story/2204/growing-a-cross-cultural-garden-padma-hejmadi/> **Be The Change:** What is something you could do to remind you of your connections to all of nature in this garden of life?

Matt Mikkelsen is a documentary film maker, sound recordist and environmental activist in an unusual cause: the preservation of "natural silence" soundscapes undisturbed by the noise of human activity. He works with Gordon Hempton on the One Square Inch of Silence project, symbolised by a small red stone placed in the centre of the Hoh Rain Forest in Olympic National Park, Washington State, the so-called "quietest place in America." Matt, along with cinematographer Palmer Morse, is also the creator of the award-winning short film Being Hear, which documents Gordon's work and philosophy. Its message is not only about the importance of preserving places of natural silence, but also about the value of deep listening in a society drowning in noise. Find out more about Matt and his work in this interview. { [read more](#) } **Be The Change:** Go for a ten minute walk or a ten minute sit. Close your eyes. Let your breathing slow down. Settle into the receptive energy of listening. Be present with the sounds going on all around you. Carry that receptive way of being present through the rest of your day.

"The relationships that exist between people and place are often memorialized through defining words that merge into story. As Indigenous people, our lives comprise these words and the stories that they illustrate. These words and stories paint a picture that brings into form all of the elements of our existence. They provide a clear view of our unique cultural landscape, and they offer us a defined sense of place within the world. In order to fully recognize our place in creation, we must realize that our stories are not the only stories that are being told. Every living thing has its own creation song, its own language, and its own story. In order to live harmoniously with the rest of creation, we must be willing to listen to and respect all of the harmonies that are

moving around us." Drawing from her heritage and also from her experience as an activist and attorney, Sherri Mitchell addresses crucial issues of our time, and offers timeless wisdom.

<http://www.dailygood.org/story/2232/sacred-instructions-creation-songs-sherri-mitchell/> **Be The Change:** What is your creation song? Make time to listen inwardly and expand your awareness today.

Peter Levine therapist, best selling author and educator has spent over 40 years understanding and developing treatments for trauma. He is the developer of the Somatic Experiencing technique. He shares from his book "In an Unspoken Voice", how our perspectives on trauma and extreme stress have shifted from acceptance as a part of our biology, a part of every life, to something separate and minimizing. How the traumas and terrors of life have been stripped of dignity and neutered by names and diagnoses like battle fatigue or PTSD. Peter teaches us how changing our perspective can help us to reconnect to the wisdom inside each of us, and our innate capacity to transform these experiences. The paradox of trauma is that it has both the power to destroy and the power to transform and resurrect. <http://www.dailygood.org/story/2231/in-an-unspoken-voice-the-changing-face-of-trauma-peter-levine/> **Be The Change:** The next time you find your mind going over a traumatic or stressful event, notice what your body is doing, is there a place that is calling your attention, tightening up or walling off? Where is it located, is it hot, cold, tense - do the sensations start to shift the more you are present with them? How does giving this attention and presence to yourself feel? Learn more about Peter Levine's work in this interview: Freedom from Pain.

<http://www.dailygood.org/story/2002/peter-levine-on-freedom-from-pain-tami-simon/>

Many in the West revere the creation of wealth. Anand Giridharadas wants us to examine this and how it shapes our lives together. In this challenging conversation with Krista Tippit of the podcast, On Being, he explores the moral compromises behind notions like "win-win" and "doing well by doing good." Giridharadas describes this as being an historic time similar to that of the first Gilded Age, discusses the systemic problems with reform, and how without reflection, we have accepted unjust power structures and what and who can save us. <http://www.dailygood.org/story/2198/when-the-market-is-our-only-language-on-being/>

Learn the roots of peace building in this engaging recap of an interview with Maya Soetoro-Ng. Maya is an educator, peace builder and non profit leader. She is the co-founder of Ceeds of Peace, a teaching curriculum for peace-building action. Maya sees herself and her organization as encouraging people on how they can be more connected to self, others, and nature and through that journey create more peace and mindfulness in every part of our lives. <http://www.dailygood.org/story/2228/maya-soetoro-ng-ceeds-of-peace-preeta-bansal/>

Be The Change: Where in your life could you bring the lens of peace to change your perspective? Where are opportunities to build peace in your community? <http://www.awakin.org/calls/379/maya-soetoro-ng/>

In this interview, psychotherapist Francis Weller, author of The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief, invites us to view grief as a visitor to be welcomed, not shunned. He reminds us that, in addition to feeling pain over the loss of loved ones, we harbor sorrows stemming from the state of the world, the cultural maladies we inherit, and the misunderstood parts of ourselves. He says grief comes in many forms, and when it is not expressed, it tends to harden the once-vibrant parts of us. He founded WisdomBridge, which seeks to combine the wisdom of traditional cultures with insights from Western spiritual, poetic, and psychological perspectives and he leads rituals designed to help participants release their grief through writing, singing, and movement. <http://www.dailygood.org/story/2223/the-geography-of-sorrow-tim-mckee/> **Be The Change:** In our preset culture, we tend to carry grief alone and emphasize the hope of getting over it. But thousands of years of song and shared sorrow suggest that we might do better to share our grief in some way that opens us to "kindness, compassion or community." Take a little time today to grieve for whatever your losses may be and try to share your feelings with someone near to you.

6. We Contain Multitudes

Reprinted from www.awakin.org.

—by [Chad Dickerson](#) (Feb 04, 2019)

Walt Whitman once wrote, "*Do I contradict myself? Very well then I contradict myself, (I am large, I contain multitudes.)*"

It's possible to be a person with all of a multitude of experiences all at the same time. You can be a kid barely removed from a trailer park with an illiterate grandfather and disruptive mental illness in your family and go to Duke and study Shakespeare and build a successful career and eventually go to New York City and take a company public as a CEO. I actually think we would be better served if we had more people in leadership positions in public and private life who have known what it's like to be broke, to see the tragedy of a grandfather reaching the end of his life not knowing how to read, to win admission to a fancy school and feel like you shouldn't be there at first but then dig deep and carve out your place there and in the world beyond. Any leader of any organization of sufficient size will work with a diverse group of people and having a diverse set of experiences can only help build empathy.



In my personal life, I get invited to fancy dinners and such. Sometimes when introducing themselves, people lay out their professional accomplishments and I find myself wanting to know the real *person*, not the LinkedIn profile. I'm wondering: what were your struggles? What were your parents like? When did you feel uncertain and how did you overcome it? How did you get *here*? I realize that no one is obligated to share those things with me and I never press. But some of my best conversations at those kinds of events have come when I've let my guard down and told the person beside me a little about my real not-LinkedIn-profile self. Quite often, that person opens up in some way. We laugh about the first time we went to a dinner like this and had to figure out how the place settings worked, or about how we felt when we interviewed for our first big job in a strange city. Or the person beside me might have grown up wealthy but suffered difficult challenges in life that wealth can't address and overcame them. Some of these conversations have become the basis for deep loving friendships that I treasure.

Maybe if we all gave each other the space to be complex people — not reduced to public perception, our professional bios, our LinkedIn profiles, others' narratives of who we are — we might understand each other better and give ourselves the room to be messy but wondrous human beings.

As Whitman wrote: *I am large, I contain multitudes*. We all contain multitudes. Or as George and Tammy sang together on "Two Story House": *I've got my story, and I've got mine, too.*"

And so do you. We should all tell them proudly and in their full complexity.

7. What I Learned From Trees

Reprinted from www.awakin.org.

—by *Herman Hesse*

For me, trees have always been the most penetrating preachers. I revere them when they live in tribes and families, in forests and groves. And even more I revere them when they stand alone. They are like lonely persons. Not like hermits who have stolen away out of some weakness, but like great, solitary men, like Beethoven and Nietzsche. In their highest boughs the world rustles, their roots rest in infinity; but they do not lose themselves there, they struggle with all the force of their lives for one thing only: to fulfill themselves according to their own laws, to build up their own form, to represent themselves.



Nothing is holier, nothing is more exemplary than a beautiful, strong tree. When a tree is cut down and reveals its naked death-wound to the sun, one can read its whole history in the luminous, inscribed disk of its trunk: in the rings of its years, its scars, all the struggle, all the suffering, all the sickness, all the happiness and prosperity stand truly written, the narrow years and the luxurious years, the attacks withstood, the storms endured. And every young farmboy knows that the hardest and noblest wood has the narrowest rings, that high on the mountains and in continuing danger the most indestructible, the strongest, the ideal trees grow.

Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth. They do not preach learning and precepts, they preach, undeterred by particulars, the ancient law of life.

A tree says: A kernel is hidden in me, a spark, a thought, I am life from eternal life. The attempt and the risk that the eternal mother took with me is unique, unique the form and veins of my skin, unique the smallest play of leaves in my branches and the smallest scar on my bark. I was made to form and reveal the eternal in my smallest special detail.

A tree says: My strength is trust. I know nothing about my fathers, I know nothing about the thousand children that every year spring out of me. I live out the secret of my seed to the very end, and I care for nothing else. I trust that God is in me. I trust that my labor is holy. Out of this trust I live.

When we are stricken and cannot bear our lives any longer, then a tree has something to say to us: Be still! Be still! Look at me! Life is not easy, life is not difficult. Those are childish thoughts. Home is neither here nor there. Home is within you, or home is nowhere at all.

A longing to wander tears my heart when I hear trees rustling in the wind at evening. If one listens to them silently for a long time, this longing reveals its kernel, its meaning. It is not so much a matter of escaping from one's suffering, though it may seem to be so. It is a longing for home, for a memory of the mother, for new metaphors for life. It leads home. Every path leads homeward, every step is birth, every step is death, every grave is mother.

So the tree rustles in the evening, when we stand uneasy before our own childish thoughts: Trees have long thoughts, long-breathing and restful, just as they have longer lives than ours. They are wiser than we are, as long as we do not listen to them. But when we have learned how to listen to trees, then the brevity and the quickness and the childlike hastiness of our thoughts achieve an incomparable joy. Whoever has learned how to listen to trees no longer wants to be a tree. He wants to be nothing except what he is. That is home. That is happiness.

8. How To Be Yourself

Reprinted from www.KarmaTube.org.

Some days, you need to remind yourself about what's truly important in life. So sit back with a cup of your favorite beverage and give yourself a few minutes to savor this sweet video, which gives you a prescription for happiness in two minutes, starting with "show up." <http://www.karmatube.org/videos.php?id=3342>

9. The Challenges of Raising A Digital Native

Reprinted from www.KarmaTube.org.

Dr. Devorah Heitner's research into the challenges of raising children in the digital age is a tremendous resource for parents and teachers. She has gone right to the source, learning about children's experiences with technology, and listening to their creative solutions to challenges they face. We can all learn through her from the children themselves. First and foremost, they want the people in their lives to be accessible to them when they need them, not to be texting someone else. Rather than monitoring children's use of technology she puts the emphasis on mentoring them, modeling for them how to navigate the digital world. She suggests co-creating solutions with children, based on their creativity and the wisdom of the adults in their lives. <http://www.karmatube.org/videos.php?id=7435>

10. I May Not...

Reprinted from www.KarmaTube.org.

What are you passionate about? If you could ignite that same fire in someone else, would you? What would make it worth your time and love? Is social transformation possible through the power of sharing what you love? Watch this video about the Saint James Music Academy in Vancouver British Columbia and find out. <http://www.karmatube.org/videos.php?id=8243>

11. In The Middle of Nowhere

Reprinted from www.KarmaTube.org.

Imaginations run wild in this touching video of young children as they explore their surroundings at an outdoor nursery in Scotland. With admirable patience and unwavering deliberation, they build an aeroplane and travel the world without ever leaving the ground. Press play to witness the human mind's capacity for creativity, connection, and joy of discovery. <http://www.karmatube.org/videos.php?id=7516>

HEART AND SOUL ADVERTISEMENTS:

Consistent with Spiritual Guidance's philosophy, mission and vision (refer to <http://www.servingyourjourney.com/about.html> for more details) Spiritual Guidance offers free advertising in this e-newsletter to those persons and organizations interested in promoting their spiritual-related products, services or events. If you do choose to advertise in this e-newsletter, Spiritual Guidance requests you submit your text ad (no graphics please) to rmeagher@servingyourjourney.com by the 25th of the month, for distribution in the following month's e-newsletter.

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>.

Spiritual Guidance

Serving your personal journey toward enlightenment...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

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