

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



A Journey with Grace through Transformation

Let me, first, define what I mean by 'grace' so that I can then examine grace in the context of the sequential steps of transformation: awareness, acceptance, and change. Grace is an exalted state of divine influence resulting in no difficulties, challenges, struggles, guilt or burdens.

Grace may come through awareness in those moments when time seems to stand still. At times it can feel like a flash of light. Something dawns on us—a new insight, seeing something a different way or anew, realizing our judgements or condemnations. This awareness may come out of the blue. It may come from a traumatic event. Or it may come as a result of our devotional or similar practice. But grace is always brought to and through us. Grace is not something we do necessarily. It is an allowing, mostly unconscious, of something other than our small self to show us something else, a new vision.

Even though we may be shown something anew, it does not necessarily mean we will accept and adopt that new vision. In the movie classic *Christmas Carol* the main character, Ebenezer Scrooge, was visited by three ghosts and shown things from his past, present and future. Initially, Mr. Scrooge did not want to accept many of these visions. It was only toward the end of his journey into the future did Mr. Scrooge begin to accept what he was being shown. Once Mr. Scrooge began to accept what he was being shown, did change unfold and occur.



The story of the *Christmas Carol* is symbolic of so many of our journey with grace through awareness, acceptance and change. Allow me to use a personal example of journey with grace through awareness, acceptance and change.

In 2006 grace came to me in a flash-of-light-like experience. On a fateful 2006 morning, I woke to a clear and audible message. It was the closest I've ever come in my life to 'hearing' a voice from the ethers speak to me. The message was "Rob, simplify you life: materially, financially, relationally (i.e., with other people)." In the days that followed I became intensely aware how unhappy I was with my life. At the time I was still in the headspace of blaming everything and everyone around me for my unhappiness (i.e., it's their fault; they did this; they did that, etc.). But the underlying awareness of my unhappiness was acute.

Fear quickly reared its head as I asked myself the questions: "What do I do now? How do I change my life? What do I change? What do I change *to*?" The fear was so intense that I momentarily (i.e., weeks) denied change was possible and resolved myself to the fact that this sorry state of my life was my lot in life. But grace flowed in again to give me the courage to accept that if I wanted my life to change, then I had to change my life (i.e., no one or no thing was going to do it for me). When I began working with a Life Coach in 2007, I began to accept and be willing to take responsibility for my life.

Fear was ever-present throughout the transformation; but so was grace. I reached a point in the transformation that the fear of change was less than the fear of staying the same. It was at that grace-filled moment that I knew change was possible. Even after releasing myself from Corporate Canada in August 2009, and jettisoning a way of life, the fear remained. But again, grace showed the way.

I surrendered to life. I can remember lying in bed, trembling with fear... "What am I going to do now!?" I was out of work (for the first time in my life!). I had no solid leads on a new job. It felt like I was afloat in the middle of the ocean with no sight of shore. The boat I was in felt very small and not particularly sea-worthy! But I would lullaby myself to sleep each night with the words... "Thy will be done. You have me now. Guide me where you would have me be."

As the days, months and years unfolded, change slowly and gradually occurred. And as the days, month and years unfolded, I came to trust more in life. I was able to trust more in life because grace was walking along side me. I was able to tune in more to grace's divine-filled presence and allow it to guide me. The result was fewer difficulties, challenges, struggles, guilt or burdens.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



2. Poem

Say I Am You

I am dust particles in sunlight.
I am the round sun.

To the bits of dust I say, *Stay*.
To the sun, *Keep moving*.

I am morning mist,
and the breathing of evening.

I am wind in the top of a grove,
and surf on the cliff.

Mast, rudder, helmsman, and keel,
I am also the coral reef they founder on.

I am a tree with a trained parrot in its branches.
Silence, thought, and voice.

The musical air coming through a flute,
a spark of a stone, a flickering

in metal. Both candle,
and the moth crazy around it.

Rose, and the nightingale
lost in the fragrance.

I am all orders of being, the circling galaxy,
the evolutionary intelligence, the lift,

and the falling away. What is,
and what isn't. You who know

Jelaluddin, You the one
in all, say who

I am. Say I
am You.

Jelaluddin Rumi

3. Quote or Question

“Love is not blind; it simply enables one to see things others fail to see.”

~ William Blake ~

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 – May 2019

Kindness

There is a close relationship between kindness and the transformation of your physical and mental states. Let us explain.

We would begin our explanation with a gesture of gratitude. We thank you for continuing to unfold into this majestic Light which births and maintains the structure of your physical body and your planet. Thank you for your patience and perseverance to remain true to your inner divinity and to shine it in your world, offering encouragement to others. Frequently you have the opportunity to abandon your sacred destiny, and yet you continue on and pass through obstacles with determination and a buoyant heart. Thank you.

Let us now consider the relationship between kindness, your physicality and your human mind.

The moment you experience kindness towards yourself and others, your body relaxes and your human mind is lifted up. In experiencing kindness, you are living from your soul. You let go of human mental constructs and soar into a higher consciousness. Everything you experience and voice through pure Love originates in your soul. Compassion, patience, and kindness are some expressions of this Love and can be named as “soul qualities.” When you live these qualities, your physical body is automatically rejuvenated. Why is this so?

To answer this question, it is helpful to examine the nature of spiritual Light. This Light, of which we have spoken so often, is a direct manifestation of the greatest force in all life—Love. It is Love which “births” your soul. You come from Love and your physical foundation is Light. In truth, your soul is infinite, pure Love and pure Light, this same magnificent sacred Light which illuminates all the cells and sub-atomic particles of your body. In a manner of speaking, you are “soul-light.”

Therefore, Love, Light, soul and soul’s expression together form a magnificent harmony and each moment you express a soul quality in your daily existence, you strengthen this harmony. Where there is harmony there is balance and rejuvenation.

Let us illustrate this point.

Imagine that you are at the edge of a crystalline lake and a soft, warm wind arises. You open up to this beauty and feel kindness welling up from within you. This is an expression of your soul, which radiates as energy outwards to modify the physical world around you—your body, the lake, the wind, other countries, your world, the universe and beyond.

The language of your world is gradually transforming into its original language—soul expression. It is to be remembered that *soul language is forever stronger than the language of personality and human mind*. Hence, we ask you: Are you kind and considerate towards yourself and others?

Each loving feeling you have for yourself and others, automatically harmonizes your physical body, and lifts your mind to greater understanding and further exploration. You, whether in physical form or not, are pure Love and pure Light—a soul vibrating and radiating kindness to all.



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.

Joanna Rogers Macy is an environmental activist, author, and scholar of Buddhism, general systems theory, and deep ecology. In this short video she advises that pain alerts us to what needs attention. Pain is not the enemy of cheerfulness, but tells us there is suffering. When we face suffering, our hearts and eyes open to beauty. We are not alone in our despair and when we have the courage to speak of it, it cracks open so the love can be found. The key is not being afraid of the pain, not being afraid of the worlds suffering. If you arent afraid, nothing can stop you. <http://www.karmatube.org/videos.php?id=8159> **Be The Change:** Learn more about Joanna Macy and her work at the Great Transition Initiative.

<http://www.dailygood.org/more.php?n=7990a>

Climate change is destroying many places we love points out Trebbe Johnson, and while some of us turn away from admitting this, others are filled with sorrow. But here's what's most difficult: "Many of us are simply afraid that if we allow ourselves to wade, even for a moment, into the feelings of sadness for the living world that lap at the edge of our consciousness, we will find ourselves pulled so ruthlessly into grief and despair that we will never emerge." So how to grieve wisely and honestly? <http://www.dailygood.org/story/2250/who-gets-to-cry-trebbe-johnson/> **Be The Change:** Johnson says that "Many indigenous cultures had rituals for acknowledging and making reparations for the collective shame of being human and having to take the lives of nonhuman beings and plants." Find a way to acknowledge your share of the "shame of being human," and, like the Navajo, apologize to the plants and animals you eat and the world we are all complicit in destroying.

"Report after report documents how--despite more technologies aimed at connecting people, ideas, and information--people of all ages continue to experience greater and greater social and personal disconnection. Why? Well, our body, mind, and spirit can only keep up with so much. When overloaded, we may disconnect because it all is too much or feels like it is too much. Disconnecting from our self and our immediate surroundings may have been a conscious or unconscious strategy from back in the day that helped us to get through. But if we don't tend to those circumstances, past and present, and if we don't constantly hone our ability to remain connected to ourselves, even amid what may feel untenable, we may unconsciously or consciously disconnect. And disconnection from ourselves can creep in gradually, stealthily, because of what we choose to expose ourselves to or happen to be exposed to." Founder of the Trauma Stewardship Institute Laura van Dernoot shares more. <http://www.dailygood.org/story/2269/the-age-of-overwhelm-laura-van-dernoot-lipsky/>

"Elegant simplicity can only be built on the firm foundation of right relationships. Our crises-mental, personal, social, economic, environmental, political, cultural, and religious-- have their origin in disconnection and separation. The moment we see that all things are connected, that we are all related, that everything depends on everything else, we start to see solutions. [...] When all our interactions are embedded in friendships and loving relationships, then we will act from a position of patience, acceptance, tolerance, forgiveness, and generosity." Long-time peace activist Satish Kumar shares more on right relationship in this excerpt from his new book 'Elegant Simplicity.' <http://www.dailygood.org/story/2237/elegant-simplicity-and-right-relationship-satish-kumar/> **Be The Change:** What does right relationship mean to you? For more inspiration read this passage from Eckart Tolle, "Relationships Are Meant to Make You More Conscious, Not Happy." <http://www.awakin.org/read/view.php?tid=2157>

While many schools are emphasizing the importance of test scores and textbooks, Puget Sound Community School is focusing on something different: kindness and collaboration. Founder Andy Smallman recognized the importance of creating a safe space for students that encouraged the development of their unique gifts, fostered by a spirit of gratitude and present moment appreciation. In this Awakin Call, Andy shares how his early experience shaped his desire to reimagine the traditional learning environment, and the impact it's had on the lives of his students and greater community. <http://www.dailygood.org/story/1880/kindness-as-an-avenue-to-awe-awakin-call-editors/> **Be The Change:** Find a small way to incorporate more kindness and compassion into your home, work, or education environment. Practice it this week, and share about your experience in the comments section below.

Kazu Haga is a nonviolence trainer and founder of the East Point Peace Academy in Oakland, California. East Point Peace Academy envisions a world where historic conflicts are fully reconciled and where new conflict arises solely as an opportunity for deeper growth. Where the depth of human relations are so high that it allows each individual to attain their fullest human potential. Kazu works in prisons, jails, schools and communities to build a powerful, nonviolent movement of peace warriors. His dream is that one day, children in every school in the United States will not only learn traditional subjects like math and history but also how to practice nonviolence. As they grow up in our society and confront conflicts that will inevitably arise, they will know how to relate to each other as human beings instead of enemies. This piece discusses Haga's work in non-violence, and the influence people like Martin Luther King Jr. had on him.

<http://www.dailygood.org/story/2290/kazu-haga-the-creation-of-our-beloved-community-bela-shah/> **Be The Change:** One of the last things that Martin Luther King said is that he wanted to internationalize and institutionalize nonviolence. What actions can we take in our lives that would make that dream a reality?

Artist Claudia Bicen spent two years meeting with, interviewing and drawing nine individuals approaching the ends of their lives. Through interviews, portraits and ultimately videos of their conversations, she sought to answer the question, "How should I live?" Her intent was also to "shine a light onto the darkness that covers death and dying in our culture and in doing so take away some of the fear surrounds it." What she learned was to be more compassionate, kinder, more accepting of herself. She believes if we "sit with the messages" written on each person's clothing and that of the portraits and interviews, we will find ourselves "living more deeply." <http://www.dailygood.org/story/2238/a-hyperrealist-artist-draws-the-dying-to-understand-life-katherine-brooks/> **Be The Change:** Write a letter from your dying self. What do you tell the person you are now, your friends & family, and the world?

Mary Webb, an English writer of the early 20th century was an acute observer of nature and her multi-dimensional splendor. Diagnosed with Graves' disease at the age of 20, Webb soon discovered that nature played a powerful role in her periods of recovery. 'The Spring of Joy' compiles a series of essays on nature, penned by Webb with the aim of bringing comfort to the weary and wounded in the battle of life. They are a testament to one woman's capacity to bear witness to the vast record of nature and to draw nourishment from it that continues to benefit readers far beyond her lifetime. The following is an excerpt from The Spring of Joy: A Little Book of Healing. <http://www.dailygood.org/story/2289/the-joy-of-motion-mary-webb/> **Be The**

Change: For more inspiration, join this Saturday's Awakin Call with Grayson Sword, an 18-year-old high school senior and open-heart surgery survivor, whose healing work is creating ripples far and wide. More details and RSVP info here. <http://www.awakin.org/calls/412/grayson-sword/>

Caregivers and receivers are modeling how to integrate health care into daily life at home. They are the innovators, and creators of dynamic communities of support. "Community and care are inexorably linked. Care can never fully be rendered only by expert providers in formal settings but by a growing recognition that care is a democratic act that is about what we 'give', what we 'receive', and what we can 'create' together."

<http://www.dailygood.org/story/2272/caregiving-a-nascent-social-revolution-zachary-white-donna-thomson/> **Be The Change:** Reflect on times in your life of giving or receiving care - how has it helped to shape your perceptions of love, family, community and connection?

Tuning into the sacred of the everyday takes practice. Things around us don't suddenly become more awe-inspiring but our perception of them can change. "When something is recognized as sacred, it is known to have a quality that is beyond the material, physical world. It's not subject to the mind's analysis, judgment, or interpretation." In this article by psychologist Gail Brenner, practices for opening your mind to daily graces are introduced, along with an invitation to expand your awareness through gentle reminders.

<http://www.dailygood.org/story/2291/discovering-the-sacred-in-everyday-life-gail-brenner/> **Be The Change:** As you tune into your surroundings with deeper presence, keep a journal of all the people and places in which you discover the sacred.

Go within and you will find the noise of the world if you don't also allow the quiet of silence to reveal itself. And what we need so very much is quiet to help us skillfully navigate our lives. Many of us yearn for the deep peace that comes from being in touch with the stillness in our depths. By seeking out silence in our daily lives, we are able to find balance within the constant noise and demands that bombard most of us each day. The rewards are in-built. This piece by Mirka Knaster delves into the theme of quiet spirituality. "It is in the womb of silence that we can grow ideas for the best course of action to take and ensure that such action is rooted in compassion and wisdom." <http://www.dailygood.org/story/2260/quiet-spirituality-mirka-knaster/> **Be The Change:** Practice silence in simple ways...before picking up your eating utensils or a pen, before making a phone call or before walking through a door. We can all find time to experience healing quiet in these small but profound moments.

In this TED residency talk, Bob Stein reveals his transition into using a new ritual to mark his later life. He proposes a new tradition of giving away your things and sharing the stories behind them as you get older, to reflect on your life so far, open conversations and connections that might not happen otherwise and move into the next phase prepared for whatever might come next. <http://www.karmatube.org/videos.php?id=8074> **Be The Change:** Is there an item with a story that you could pass on to someone else? Something that might connect to their life? Pass it on with the story.

"The gentlest thing in the world is an open mind. Since it doesn't believe what it thinks, it is flexible, porous, without opposition, without defense. Nothing has power over it. Nothing can resist it. Even the hardest thing in the world a closed mind can't resist the power of openness. Ultimately the truth flows into it and through it, like water through rock." <http://www.dailygood.org/story/2295/the-gentlest-thing-in-the-world-byron-katie/> **Be The Change:** Observe the nature of your own mind, how it opens or closes in different moments. What can you learn from its tendencies?

"I will wax romantic about spring and its splendors in a moment, but first there is a hard truth to be told: before spring becomes beautiful, it is plug ugly, nothing but mud and muck. I have walked in the early spring through fields that will suck your boots off, a world so wet and woeful it makes you yearn for the return of ice. But in that muddy mess, the conditions for rebirth are being created. I love the fact that the word "humus"-the decayed vegetable matter that feeds the roots of plants-comes from the same word root that gives rise to the word "humility." It is a blessed etymology. It helps me understand that the humiliating events of life, the events that leave "mud on my face" or that "make my name mud," may create the fertile soil in which something new can grow." Parker Palmer shares more in this reflective piece on the arrival of Spring. <http://www.dailygood.org/story/2297/parker-palmer-muses-on-the-season-parker-palmer/> **Be The Change** Reflect on this season of your own life. What are the conditions ripe for? What do you sense is emerging through you?

What might a medieval recluse teach us post modern activists about transformation? All will be well! is the underlying message from the 1300's Julian of Norwich. Author Veronica Mary Rolf shares the deep mystical experiences of Julian after a near death experience and how that shaped her life. Julian of Norwich teaches that through deep contemplation and becoming ever more aware of being aware, we can experience our interconnection to higher consciousness, and create true transformation.

<http://www.dailygood.org/story/2274/julian-norwich-and-the-process-of-transformation-veronica-mary-rolf/> **Be The Change:** What are some practices you could add to your daily life to help increase awareness?

This spring, 17 children from six slums in India are embarking on a one-of-a-kind journey to share a message of love and oneness with the world. The Jai Jagat Show they will present is a 90-minute dance, drama and musical production celebrating the values that Mahatma Gandhi embodied. The show includes inspiration from other global heroes, like Malala Yousafzai, Wangari Mathai, Masahisa Goi, Yusra Mardini, and more. In the 150th year since Gandhi's birth, these young artistes hope to inspire audiences towards nurturing a brighter tomorrow for our planet. The troupe has spent eighteen months training with celebrated 'Empty Hands' musician Nimo Patel, and other volunteers at Manav Sadhna, an organization that has been serving underprivileged communities in Gujarat, India since 1995. Through the remarkable process they've undergone, the children have come to embody the values they portray in the Jai Jagat journey--the whole earth is one family. <http://www.karmatube.org/videos.php?id=8417> **Be The Change:** Learn more about the Jai Jagat performers, team members and 2019 tour.

Alan tells how as a young man, he reached a moment where he sent out a message to the universe. I need to meet a wise old man, and I need it now! He was hitchhiking alone in Norway when, as he says, I looked over my shoulder and saw a little black VW bug pulled over. There was a little old man, beckoning to me. Would you like a ride? Thus begins our remarkable interview with one of the preeminent figures in the emerging discussion between contemporary Buddhist thinkers and scientists questioning the materialist axioms of 20th Century science. <http://www.conversations.org/story.php?sid=595> **Be The Change:** The journey to self-knowledge could begin by stopping for a few minutes and trying to become aware of exactly what my state actually is. What am I thinking, feeling and sensing?

It all started in 1980 when Sister Marilyn Lacey responded to a call for volunteers at San Francisco airport to help refugee families from Southeast Asia make their connecting flights. The experience laid a galvanizing hand on her heart. Soon after, she flew to Thailand and spent a year working in a refugee camp. Later she would go to South Sudan and multiple other countries in Africa to witness firsthand what refugees were experiencing. Lacey founded and runs Mercy Beyond Borders, a non-profit headquartered in Silicon Valley that forges ways for women and girls in extreme poverty to learn, connect and lead. Her gripping memoir is titled, 'This Flowing Towards Me: A Story of God Arriving in Strangers.' What follows is an excerpt that offers a glimpse into one woman's journey into the depths of human suffering, her poignant stand-off with God, and its powerful resolution. <http://www.dailygood.org/story/2298/god-who-weeps-a-story-of-grief-and-redemption-marilyn-lacey-rs/> **Be The Change:** What breaks your heart in this time? Consider what it might be opening you up to. To learn more about Sr. Marilyn Lacey's work, visit the Mercy Beyond Borders website. <http://www.dailygood.org/more.php?n=8036a>

James Fox is the founder and director of the Prison Yoga Project, an organization dedicated to establishing yoga and mindfulness programs in prisons and rehabilitation centers worldwide. Since 2002, Fox has been teaching yoga and meditation to prisoners in California and around the world. The Prison Yoga Project helps incarcerated men and women build a better life through trauma-informed yoga with a focus on mindfulness. It helps prisoners make grounded, conscious choices instead of reactive ones. <http://www.dailygood.org/story/2299/james-fox-and-the-prison-yoga-project-awakin-call-editors/>

Author of *Die Wise: A Manifesto for Sanity and Soul*, and subject of the documentary *Griefwalker*, palliative care counselor and theologian Stephen Jenkinson invites us to contemplate the mystery and meaning of a "good death" so we may more fully embrace life. Drawing on Buddhism and the ancestral wisdom of indigenous people, Jenkinson ponders the ways in which Western individualism has contributed to a death-phobic culture. Through understanding and accepting the reality that our time on earth is finite, Jenkinson believes we have a golden opportunity to inhabit our days with "a kind of depth and precision and faithfulness" that can empower us to openly love that which we hold most dear. Learn more about the enlightening experiences and perspective of the *Griefwalker* in this thought provoking interview.

<http://www.dailygood.org/story/2267/a-good-death-an-interview-with-stephen-jenkinson-leslee-goodman/> **Be The Change:** Meditate on what a privilege it is to be alive and what it would mean to truly live your life like it's going to end. Consider the ways in which you can become more present to those with whom you share your precious time on the planet.

Whenever people come together, something has to be shared. in the workplace, the home, the neighborhood; even in the grocery store. The books in this book list from Shareable, an award winning nonprofit, delve into understanding the what, who, how and why of sharing our way into a brighter future. Dive in and get inspired, excited and sharing. <http://www.dailygood.org/story/2280/10-sharing-focused-books-to-read-this-spring-shareable/> **Be The Change:** Consider one area of your day-to-day life where you could move from a transaction model of exchange toward a sharing model; from possessions, to skills, to your life energy. Take the first step to share what you have today.

6. No Longer Playing It Safe

Reprinted from www.awakin.org.

By *bell hooks*

To work for peace and justice we begin with the individual practice of love, because it is there that we can experience firsthand love's transformative power. Attending to the damaging impact of abuse in many of our childhoods helps us cultivate the mind of love. Abuse is always about lovelessness, and if we grow into our adult years without knowing how to love, how then can we create social movements that will end domination, exploitation, and oppression?



To begin the practice of love we must slow down and be still enough to bear witness in the present moment. If we accept that love is a combination of care, commitment, knowledge, responsibility, respect, and trust, we can then be guided by this understanding. We can use these skillful means as a map in our daily life to determine right action.

When we cultivate the mind of love, we are cultivating the good, and that means “recovering the incandescent power of love that is present as a potential in all of us” and using “the tools of spiritual practice to sustain our real, moment-to-moment experience of that vision.”

To be transformed by the practice of love is to be born again, to experience spiritual renewal. What I witness daily is the longing for that renewal and the fear that our lives will be changed utterly if we choose love. That fear paralyzes. It leaves us stuck in the place of suffering.

When we commit to love in our daily life, habits are shattered. Because we no longer are playing by the safe rules of the status quo, love moves us to a new ground of being. We are necessarily working to end domination. This movement is what most people fear. If we are to galvanize the collective longing for spiritual well-being that is found in the practice of love, we must be more willing to identify the forms that longing will take in daily life.

Folks need to know the ways we change and are changed when we love. It is only by bearing concrete witness to love's transformative power in our daily lives that we can assure those who are fearful that commitment to love will be redemptive, a way to experience salvation.

7. Relationships Make You Conscious, Not Happy

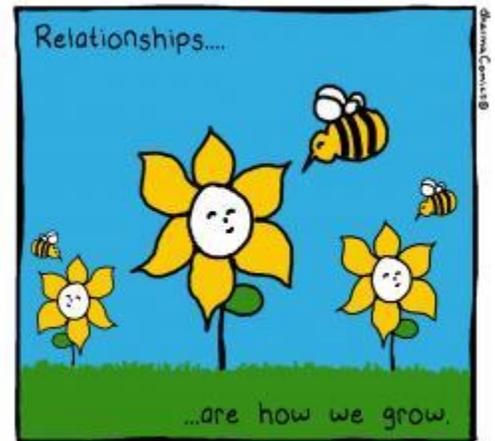
Reprinted from www.awakin.org.

By Eckhart Tolle

With the acknowledgment and acceptance of the facts also comes a degree of freedom from them. For example, when you know there is disharmony and you hold that "knowing," through your knowing a new factor has come in, and the disharmony cannot remain unchanged. When you know you are not at peace, your knowing creates a still space that surrounds your nonpeace in a loving and tender embrace and then transmutes your nonpeace into peace. As far as inner transformation is concerned, there is nothing you can do about it. You cannot transform yourself, and you certainly cannot transform your partner or anybody else. All you can do is create a space for transformation to happen, for grace and love to enter.

So whenever your relationship is not working, whenever it brings out the "madness" in you and in your partner, be glad. What was unconscious is being brought up to the light. It is an opportunity for salvation. Every moment, hold the knowing of that moment, particularly of your inner state. If there is anger, know that there is anger. If there is jealousy, defensiveness, the urge to argue, the need to be right, an inner child demanding love and attention, or emotional pain of any kind — whatever it is, know the reality of that moment and hold the knowing. The relationship then becomes your sadhana, your spiritual practice. If you observe unconscious behavior in your partner, hold it in the loving embrace of your knowing so that you won't react. Unconsciousness and knowing cannot coexist for long — even if the knowing is only in the other person and not in the one who is acting out the unconsciousness. The energy form that lies behind hostility and attack finds the presence of love absolutely intolerable. If you react at all to your partner's unconsciousness, you become unconscious yourself. But if you then remember to know your reaction, nothing is lost.

Humanity is under great pressure to evolve because it is our only chance of survival as a race. This will affect every aspect of your life and close relationships in particular. Never before have relationships been as problematic and conflict ridden as they are now. As you may have noticed, they are not here to make you happy or fulfilled. If you continue to pursue the goal of salvation through a relationship, you will be disillusioned again and again. But if you accept that the relationship is here to make you conscious instead of happy, then the relationship will offer you salvation, and you will be aligning yourself with the higher consciousness that wants to be born into this world.



8. To Be In Satsang

Reprinted from www.awakin.org.

By *Adyashanti*

We meet here together to recognize the Truth that is eternal. To be in *satsang* means to be in association with Truth. In *satsang* you will ask “Who am I?” or “What am I?”, without any script or role, without the story about who you are. Our roles and stories are not what we are. Truth is who you are without your story or script, right now. Awakening is a radical shift in identity. You think you are you, but you are not. You are eternal being. The time to wake up is now. Not tomorrow. Now.



The blessing here is to be disarmed without any advantage, without any script. The mind itself is clueless when it is totally disarmed. “Me” is the actor that is acting out this up to now. We look and search, but we cannot find anything or anyone behind the “me.” There is only an empty echo. In this way when you let go more and more you will not find any actor behind the role. This is wordless experience of being. What you are is prior to your idea of you. Those who know who they are, are the ones that are awake without a script or a story.

Even an experience of awakesness can be claimed by the mind in order not to be further disarmed. So even the most sacred concept can be used as a subtle defence against the state of being, which cannot be fixated in a concept. “Who am I” is the living state of being that you always have been and are right now. You are not a human being, you are being appearing as human. The more you experientially enter the unknown, the more you become disarmed. Right in the middle of the unknowing there is a vivid radiant awakesness. By allowing the recognition of that awakesness in you, you can awaken as that.

The awakesness, which is in you, has an agenda of its own. It could not care less about your agendas. It is moving according to its own movement. So be grateful about it.

In these circumstances of being totally disarmed and letting go of all concepts and scripts, you might think that you benefited nothing from this awakening. It does not solve any problems. It does not get you anything. The important thing is that you no longer cared. In *satsang* one awakes to what one is eternally and one can have a true life.

9. A Key to End Sorrow

Reprinted from www.awakin.org.

By *J. Krishnamurti*

The demand to be safe in a relationship inevitably breeds sorrow and fear. The seeking for security invites insecurity. Have you ever found security in any of your relationships? Have you? Most of us want the security of loving and being loved, but where is love when each one of us is seeking his own security, his own particular path? We are not loved because we don't know how to love.

In relationships, too often what we say is, "As long as you belong to me I love you, but the moment you don't I begin to hate you. As long as I can rely on you to satisfy my demands, sexual and otherwise, I love you. But the moment you cease to supply what I want, I don't like you." If you depend on another for all your pleasure, you are a slave to that person. So when one loves, there must be freedom, not only from another but from oneself.

This belonging to another, being psychologically nourished by another, depending on another- in all this there must always be anxiety, fear, guilt, and jealousy, and so long as there is fear there can be no love; a mind ridden with sorrow will never know what love is; sentimentality and emotionalism have nothing whatsoever to do with love. And so love is not to do with pleasure and desire. Love is not the product of thought which is the past. Thought cannot possibly cultivate love. Love is always active present. If you know love, you will not follow anybody. Love does not obey. When you love there is neither respect nor disrespect. Do you know what it means to love somebody- to love without hate, jealousy, fear, anger, or wanting to interfere with what one is doing or thinking, without condemning or comparing?

Does love have responsibility and duty, and will it use these words? When you do something out of duty is there any love in it? In duty, there is no love. The structure of duty in which we are all caught eventually destroys us. So long as you are compelled to do something because it is your duty, you don't love what you are doing. When there is love, there is no duty and no responsibility.

Have you ever cried for another? If you cry out of self-pity, your tears have no meaning because you are only concerned about yourself. If you cry because you are bereft of someone in whom you have invested a great deal of affection, it was not really affection. Sorrow is self-created, sorrow is created by thought, sorrow is the outcome of time.

You can see all this happening inside yourself if you really watch it. You can see it fully, completely, in one glance, not to take analytical time over it. You can see in a moment the whole structure and nature of this shoddy little thing called 'me'. My tears, my family, my nation, my belief, my religion- all that ugliness, it's all inside you. When you see it with your heart, not with your mind, when you see it from the very bottom of your heart, then you have the key that will end sorrow.



10. Feel Free To Set A Better Example

Reprinted from www.awakin.org.

By [Ryan Holiday](#)

At the core of legal theory is this idea that there are essentially two forms of liberty—positive and negative. Positive liberty is the freedom to do something, such as the freedom of speech or the freedom of worship. Negative liberty is freedom from something, which is a little more complicated. For instance, in the United States, the Third Amendment to the Constitution stipulates that the government cannot quarter troops in the home of any private individual. The Fourth Amendment protects citizens from unreasonable searches and seizures. As FDR famously pointed out, freedom from want and fear are just as important as speech and worship.



The complicated part of all this, of course, is where somebody else's freedom to do something intersects with somebody else's desire to be free from it.

You get to speak your mind...but that may offend or hurt someone else. You should be able to do whatever you want on your own property...but walking around naked blaring music makes it hard for your neighbors to do the same. You should be able to make your own medical decisions for your family...but the decision not to vaccinate affects everyone they meet.

The specifics of these issues are the proper realm of politicians and lawyers, but Epictetus leaves with a tricky and timeless question: What is up to us and what is not up to us?

In a world of snowflakes and outrage porn, it's easy to get pulled off track and to focus on stopping other people from saying hurtful or offensive things rather than to measure what we say and manage how we respond. We want to get up in other people's business, when really, at the end of the day, all we control is our own.

Which is ridiculous because there is so much to focus on in our own lives. What kind of person are we going to be? What are we going to do with our freedoms? Are our decisions negatively impacting other people? Are we really as free as we like to think we are?

And here's the counterintuitive thing about all of this: Marcus Aurelius talked over and over again about the best way to influence and inspire other people. It was not with force, but by example. If you want to be free from the tyranny of other people's opinions and bad behavior, feel free to set a better example.

11. Brink of Extinction

Reprinted from www.KarmaTube.org.

Anna Louisa first became interested in Faroese ponies because of a children's book. She soon learned that these enchanting creatures, ponies by size but often called horses due to their strength, were almost extinct. Between 1850 and 1920 large numbers of them were exported from their home in the Faroe Islands. By 1960 there were only five left in the wild. Fortunately they have made a remarkable comeback due largely to "the lady with the horses." <http://www.karmatube.org/videos.php?id=8397>

12. A Rite of Passage for Late Life

Reprinted from www.KarmaTube.org.

In this TED residency talk, Bob Stein reveals his transition into using a new ritual to mark his later life. He proposes a new tradition of giving away your things and sharing the stories behind them as you get older, to reflect on your life so far, open conversations and connections that might not happen otherwise and move into the next phase prepared for whatever might come next. <http://www.karmatube.org/videos.php?id=8074>

13. Regenerative Living

Reprinted from www.KarmaTube.org.

This poignant video asks the thought provoking questions: What is the role of humans on the planet in relationship to the environment? How do we learn to be co-evolutionary participants with the environment, based on an understanding of how ecosystems work? Solving climate change is seen as only the beginning, as we also need to change our fundamental relationship with other systems that support life: water, earth, habitat and each other. How do we protect our planet, like we protect our children, while also allowing it to have a life and develop, to evolve? The Regenesi Group brings focus to these issues, giving hope that the answers can be found through working together. <http://www.karmatube.org/videos.php?id=7750>

14. The Jai Jagat Journey

Reprinted from www.KarmaTube.org.

This spring, 17 children from six slums in India are embarking on a one-of-a-kind journey to share a message of love and oneness with the world. The Jai Jagat Show they will present is a 90-minute dance, drama and musical production celebrating the values that Mahatma Gandhi embodied. The show includes inspiration from other global heroes, like Malala Yousafzai, Wangari Mathai, Masahisa Goi, Yusra Mardini, and more. In the 150th year since Gandhi's birth, these young artistes hope to inspire audiences towards nurturing a brighter tomorrow for our planet. The troupe has spent eighteen months training with volunteer directors, choreographers and mentors at Manav Sadhna, an organization that has been serving underprivileged

communities in Gujarat, India since 1995. Through the remarkable process they've undergone, the children have come to embody the values they portray in the Jai Jagat journey - the whole earth is one family.

<http://www.karmatube.org/videos.php?id=8417>

15. Butterflies Without Borders

Reprinted from www.KarmaTube.org.

Change is the only constant. And things are going to be different, not better or worse, just different. Our first impulse in the face of overwhelming change is often to resist and try to stop it from happening. How would it be if we could transform our fear into energy influencing the inevitable changes of life? Learn more about how some courageous people are learning to influence the changes facing Monarch butterflies.

<http://www.karmatube.org/videos.php?id=8300>

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.

16. 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).

17. 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

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