

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.

In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	2
1. Personal Story of Spiritual Lessons	2
2. Poem	4
3. Quote or Question	5
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	6
4. Regiena Heringa – Notes from the Light – June 2019	6
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	8
5. Good News Of The Day	8
6. The Poisoned Tree	12
7. Everything Human is Natural	13
8. Uncomfortable Place of Uncertainty	14
9. Stepping Over The Bag of Gold	15
10. Becoming A Blessing	16
11. Martin	16
12. Heroines of Health	16
13. Kitbull: A Loving Kindness Story Between A Dog and A Cat	17
HEART AND SOUL ADVERTISEMENTS:	18
14. Sacred Attention Therapy	18
15. A Course in Miracles Global Community Centre	18

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



Acceptance As My Pathway to Peace

Eight months after a tornado ripped through the city I live in, I cycled through a neighborhood where the tornado had touched down. What was once a neighborhood with houses lining the streets and old-growth trees creating a canopy over everything, was now a barren and desolate feeling landscape.

Most of the trees were gone. Many of the houses were still standing, however. You could

clearly see where some houses had already been repaired, while others were in various states of repair or disrepair. It was also clear that many houses had been abandoned.

There was a large power line that cut through the centre of this neighborhood. On one side of the power line was destruction. On the other side of the power line was pristine, untouched property. The contrast was striking.



My thoughts ranged from the awe of the power of nature, to how lucky some properties were on one side of the power line, to how heart-wrenching it was to see the devastation on the other side of the power line...less than 100 meters away.

There was the momentary deluge of WHY questions that entered my psyche. Why did the tornado hit the community on that side of the power line? Why did the tornado leave the community on the other side of the power line untouched? Why did this happen at all!?

The experience made me realize that we ask the WHY question a lot! If anything untoward happens in our life, we tend to default to a litany of WHY questions, that typically starts with *Why is this happening to me?*...and then spreads out to include such endless inquiry as... *Why are you doing that to me? Why are you being so mean? Why me? Why not someone else? Why are you hurting me?* And the litany of WHY questions goes on infinitum.

I learned that asking WHY does not bring me peace. Asking WHY tends only to feed a loathsome self-pity and lead me into energies of anger and hatred.



My peace can only be found in an acceptance of what is; an acceptance of life on its terms, not how I want it to be. The sooner I can accept what is transpiring, the sooner I can return to a grounded sense of peace. It is during times, episodes and events that have an element of extreme upheaval about them that our acceptance is challenged.

Take, for example, the tornado and the resulting damage. How can one accept such an event and the devastation it produced? This kind of acceptance is only possible through a deep trust in life—that everything, with no exception, happens for our good.

Even a tornado! Yes, life does seem to present us with challenges and challenging situations. But they will only seem like a challenge for as long as we resist them. Learn from them if we can; but accept them we must, if we are to be at peace.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Song of the Soul

In the depth of my soul there is
A wordless song – a song that lives
In the seed of my heart.
It refuses to melt with ink on
Parchment; it engulfs my affection
In a transparent cloak and flows,
But not upon my lips.

How can I sing it? I fear it may
Mingle with earthly ether;
To whom shall I sing it? It dwells
In the house of my soul, in fear of
Harsh ears.

When I look into my inner eyes
I see the shadow of its shadow;
When I touch my fingertips
I feel its vibrations.
The deeds of my hands heed its
Presence as a lake must reflect
The glittering stars;
My tears reveal it, as bright drops of dew
Reveal the secret of a withering rose.

It is a song composed by contemplation,
And published by silence,
And shunned by clamor,
And folded by truth,
And repeated by dreams,
And understood by love,
And hidden by awakening,
And sung by the soul.

It is the song of love;
What Cain or Esau could sing it?
It is more fragrant than jasmine;
What voice could enslave it?
It is heartbound, as a virgin's secret;
What string could quiver it?
Who dares unite the roar of the sea
And the singing of the nightingale?
Who dares compare the shrieking tempest
To the sigh of an infant?
Who dares speak aloud the words
Intended for the heart to speak?
What human dares sing in voice
The song of God?

-- Kahlil Gibran

3. Quote or Question

"Everything can change in a blink of an eye. But don't worry; God never blinks."

~ Anonymous ~

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 – June 2019

Partnership

We from other planets, galaxies and dimension are in partnership with you. We, whom you may call “extra terrestrial” are simply your neighbours, found in physical locations and in heart space.

It is true that we watch carefully the evolution of your societies and planet. It is true that we will continue to help the citizens of your world who, through their own free will, decide to lead lives which are based on open heart and open mind.

Although it may seem paradoxical to you, we are as close to you as the air that you breathe and the hand that you open to others. Because of your world of linear thought, you believe that galaxies are far away from your Planet Earth. Indeed, in linear distance—that which is calculated by your material standards—this is so. However, there is another manner of thinking and doing. In truth, everything in the physical universe can collapse into a point of light, for the material is simply created from thought, light and love. All is vibration and reverberation. Hence, we are with you the moment you think of asking us to be with you: In one instant of your time we can appear you in vibrational or physical form; in another instant we are in another galaxy; in another instant we are in another universe.

Although the material world is of great importance to you—indeed it is the basis of physical living—the material world is mere energy and light. It exists in your analytical minds, but it does not exist in higher consciousness.

Let us illustrate this point.

As you penetrate the origins of the material body, you realize it is not solid. It is energy. Above all else, physical matter is energy, light and vibration which resonates to, and it a part of, the perfect core which can be named God-Creator,—the first founding Principle—Love, Light and Intelligence.

If you decide to return to this perfect core of divine resonance, release the idea of time and space. You release ideas of distance and memory. You become one within the One. Every physical manifestation has its origin in the divine core of “One.” We and you vibrate and resonate in the “One.”

To your physical eye, it may seem that you need to travel light years to reach us in other galaxies, but in truth, travel is instantaneous. Everything is simply thought.

Therefore, we ask you to open your awareness to us, neighbours and friends, that we are help your world and its citizens. Become familiar with living in the core of oneness. How can this be done?

Allow a space to develop within your minds—a large, loving space of awareness—devoid of linear thinking, and filled with kindness. Ask for our help and guidance and we are overjoyed to give it to you. There is a fine and noble elevation of mind and heart upon your earth which continues grow and mature.

It is our deepest pleasure to be of service to you and your world. As you come aware of us in your fine, higher consciousness, you will become comfortable with us as we appear to you in light, in energy, in colour, shape and physical form.



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.

"A good story is like a compass, it points to something true and invites us to orient our own direction according to it and perhaps to live a little better." With these words Dr. Rachel Naomi Remen proceeds to tell stories that enthrall and enchant and indeed help to orient us and guide us to seek to live better. She shares stories of her grandfather, whom she calls a "flaming mystic," that were told to her as a very young child and yet still resonate for her today. She speaks of the power and web of connection among people and how that can be evidenced by blessing each other out loud. This video itself is a blessing to be cherished and shared.

<http://www.karmatube.org/videos.php?id=8341> **Be The Change:** As you go through your day think about blessing the people you meet, blessing them out loud as much as possible.

Kate Legge, journalist and author, reflects on her life through her relationships with trees. One of her life long friends and teachers was the mulberry in her back garden growing up. Here, held in its arms, she was able to cross the threshold into enchantment. She learned to appreciate the world we live in and nature's ingenious design, by becoming a tree whisperer. <http://www.dailygood.org/story/2276/harbored-by-a-mulberry-tree-kate-legge/> **Be The Change:** Plant a tree, talk and sip water with your new friend daily.

Orienting ourselves toward gratitude is a cultural trend and a healthy practice. Whether we are keeping a daily list, posting on social media platforms, journaling, or praying each morning, practicing gratitude has positive results for physical and emotional health and even in our professional lives. Laura Grace Weldon suggests taking this practice even further and being grateful for those people, things, circumstances and experiences that we may find challenging. Rather than separating our lives into good and bad, we can consider our entire experience as one for which to feel gratitude. Her examples are to "mine" mistakes, doubt, and crisis for what we might feel grateful. <http://www.dailygood.org/story/2302/grateful-for-the-dark-stuff-too-laura-grace-weldon/>

Be The Change: For 21 days, each morning list 5 positive things for which you are grateful and then 5 negative or challenging things for which you are willing to be grateful.

Underneath many of the problems facing us today lie personal choices. Many of us are not only dissatisfied with the immense global problems we face but also with the quality of our own lives. One way to address these global challenges by connecting their solutions to smaller choices we already want to make in our personal lives. Sky Nelson-Isaacs lucidly explains how we can move into rhythm with the flow of life so that Life can move into harmony with our highest goals. Read this excerpt from the book, "Living In Flow: The Science of Synchronicity and How Your Choices Shape Your World" to discover how we can even enjoy the dance.

<http://www.dailygood.org/story/2287/searching-for-meaning-purpose-and-patterns-sky-nelson-isaacs/> **Be The Change:** Call to mind a world challenge you deeply wish to see improve. Consider the small personal choices you can make with love and authenticity that can move you into alignment with Life so that Life can move in harmony with you.

We've discovered that breathing more deeply helps us center ourselves, but did you know why? Dr. Shawna Darou explains the mechanics of how it works. The secret is to activate the Vagus nerve, which travels all the way from the brain to the digestive system, operating via the parasympathetic nervous system. Read on for some exercises that can help us reduce inflammation in the body, as well as bolster a flagging immune system. <http://www.dailygood.org/story/2101/breathing-into-balance-patty-de-llosa/> **Be The Change:**

Experiment with any of the exercises offered to see if it helps, but also notice this week how any time you pay attention to your breathing it deepens, taking in more oxygen for your system.

There is a saying that when we know better, we do better. Such was the case for Gus Mojica, a former gang member. As a young teen, he did what others in his neighborhood were doing without seeing or knowing a better way to live. He recalls vividly the night that changed everything for him. After being in a gang for almost 20 years, he suffered a loss that showed him he had to change. What he has done with his life since then shows how healing deep wounds can lead to a life of meaning and love.

<http://www.dailygood.org/story/2303/gus-a-story-of-loss-and-love-dailygood-editors/> **Be The Change:** What needs to be healed in your life ? Or in someone else's life who is near and dear to you? Reach out with compassion to yourself and to those who are hurting so that radical kinship can free you.

In the face of death, or evening seriously challenging circumstances, how do hope to respond? Many people come to this moment full of regrets and suffering. What if you could do small things every day that would help you face challenges and even trauma with resilience and growth? In this research packed and fun TED talk, on-line game designer Jane McGonigal guides a real-time social game for developing the four kinds of resilience found to boost our ability to actually grow from trauma.

<http://www.dailygood.org/story/2284/superbetter-a-healing-game-ted-com/> **Be The Change:** During the next month, spend a week at a time creating small daily "games" growing your physical, mental, emotional and social resilience.

Join Tami Simon from Sounds True in this evolutionary interview with Frederic Laloux, business analyst and author of *Reinventing Organizations: A Guide to Creating Organizations Inspired by the Next Stage of Human Consciousness*, perhaps the most influential business book of this decade. What does it mean to move beyond ego--in the business world? How do we balance fulfilling financial obligations and living our fundamental truths? Can our organizations and businesses reflect the growth of human consciousness and the deep spiritual growth that is emerging? How can we shift our tendencies of predicting and controlling towards sensing and responding? <http://www.dailygood.org/story/2308/organizations-beyond-ego-tami-simon/> **Be The Change:** What is one thing you could do to nurture in yourself the practice of balancing ego with the practice of compassion and love and welcoming everything that is?

Matt Hopwood is a writer, storyteller and founder of A Human Love Story. He has traveled widely to gather peoples experiences of love and connection. In 2018 after the death of his beloved grandmother - he wanted to explore the role of mother in our lives and communities. Matt eventually grew the awareness of the sense of Mother in himself. He shares with us his yearning to nurture, the longing to give love, to hold, to create, posing the question - Can I mother too? <http://www.dailygood.org/story/2271/who-is-mother-matt-hopwood/> **Be The Change:** What are some ways you can nurture the mother instinct inside of yourself? How do you honor the mother within?

"I discovered that what makes humans unique is that we--to a greater extent than any other species--have what I call a 'patterning instinct:' we are driven to pattern meaning into our world. That drive is what led humans to develop language, myth, and culture. It enabled us to invent tools and develop science, giving us tremendous benefits but also putting us on a collision course with the natural world." Jeremy Lent, author of *"The Patterning Instinct: A Cultural History of Humanity's Search for Meaning"* shares more. <http://www.dailygood.org/story/2313/humanity-s-path-to-a-flourishing-future-jeremy-lent/>

This moving documentary shares "three of the many untold stories that hold the key to unlocking better health for more people around the world." The three women, one a medical doctor and teacher from India, another a midwife assistant from Indonesia, and the third the director of a community health center in Kenya, though worlds apart, share a common journey to bring hope to women and children in their communities. Their individual commitments to follow their dreams of helping others to live longer and better have involved separation from family members, long travel, countless hours of study and hard work, and many other

challenges. The looks on their faces and on the faces of those whose lives they have enriched speak volumes about the value of their sacrifices and of the work of their hearts and hands.

<http://www.karmatube.org/videos.php?id=7776> **Be The Change:** Express your gratefulness for women working in healthcare at every opportunity available to you.

What would business look like if instead of the bottom line being bigger is better, or how can we make more money - different questions were asked that are based on relationships to the people, to families, community, that are looking at how we can heal the land, and honor the sacred? Join Nathan Scolero from Dumbo Feather magazine in this phenomenal story of Scott Fry and his journey to creating his business Loving Earth.

<http://www.dailygood.org/story/2310/scott-fry-is-a-loving-earthling-unknown-yet/> **Be The Change:** How could you bring more mindfulness into your business relations? What businesses do you know that bring more to life and the world - than what they take out to make their products?

Gregory Ellison II founded the non-profit organization Fearless Dialogues in 2013. In just 6 years they have worked with over 50,000 people worldwide. Fearless Dialogues provides safe space for seeing and hearing those who have been overlooked, forming unlikely alliances and engaging in hard conversations about difficult subjects like racism, classism, and community violence. Ellison is an associate professor of pastoral care and counseling at the Candler School of Theology. His research focuses on caring with marginalized populations, seeing pastoral care as social activism, and 20th and 21st century mysticism.

<http://www.dailygood.org/story/2235/welcome-to-fearless-dialogues-are-you-ready-for-change-faith-and-leadership/> **Be The Change:** Who is someone you see often, that perhaps you have never really seen? How could you create a connection and start a conversation, or see their gift?

Canadian Catholic philosopher, theologian and humanitarian Jean Vanier, a man who dedicated his life to helping those less fortunate, passed away in Paris this May at the age of 90. Founder of L'Arche, a federation of communities spread over 37 countries for people with disabilities, as well as of Faith and Light, with similar works in more than 80 countries, he has written 30 books on religion, disability, normality, success and tolerance.

<http://www.dailygood.org/more.php?n=8050> **Be The Change:** What can you do to help someone from a suffering a disability today? For more inspiration, here's an On Being interview with Jean Vanier.

<http://www.dailygood.org/story/1893/jean-vanier-the-wisdom-of-tenderness/>

In this heartwarming Pixar short, an unlikely friendship forms when a stray cat encounters an abused pit bull. Together, the pair discovers that trust and companionship can mend even the most painful of wounds. Watch their journey unfold here.

<http://www.karmatube.org/videos.php?id=8380> **Be The Change:** Enjoy this complementary video about a real life friendship between two very different species.

<http://www.karmatube.org/videos.php?id=1452>

Lisa Starr shares her insights from the last years of her friend Mary Oliver's life. From this deep perspective of love - we see Mary's courage, strength and generosity. She lived her craft - listening for the words - to the very end - using them to transform the heartbreak of living into things of beauty.

<http://www.dailygood.org/story/2311/the-courageous-mary-oliver-lisa-starr/> **Be The Change:** Is there a heartbreak in your life, that by changing your perspective - it could be transformed into a thing of beauty?

Diane Poole Heller, a licensed therapist and noted expert in trauma, integrative healing, and secure attachment, talks to Tami Simon of Sounds True about the different attachment styles that we pick up in childhood and carry subconsciously into our adult behaviors. They discuss strategies for coping with and healing from insecure and disorganized childhood attachment. Diane explains how these attachment patterns are engraved in both the mind and body, highlighting the long-term effects of trauma and neglect.

<http://www.dailygood.org/story/2309/we-are-designed-for-connection-tami-simon/> **Be The Change:** Diane shares a visualization practice for disidentifying from generational trauma and strategies for increasing our innate connection to others. Experiment with one or two of these strategies this week.

The late Wangari Maathai--biologist, environmentalist, and the first African woman to win a Nobel Peace Prize--founded the Green Belt Movement to create designated areas of park, farm, and uncultivated land around communities. It has contributed to the planting of over 52 million trees. Across two decades, she was at times beaten and imprisoned as she battled powerful economic forces and Kenya's tyrannical ruler. Her books include the memoir *Unbowed* and *Replenishing the Earth: Spiritual Values for Healing Ourselves and the World*. She's also one of the 100 heroic women featured in the book *Good Night Stories for Rebel Girls*. Listen to her story as she is interviewed here. <http://www.dailygood.org/story/2307/wangari-maathai-marching-with-trees-on-being/> **Be The Change:** Maathai battled both for conservation and for human rights. What can you plant today to bring more green into your community? What rights need defending in your area?

6. The Poisoned Tree

Reprinted from www.awakin.org.

Jack Kornfield

The maturity we can develop in approaching our difficulties is illustrated by the traditional story of a poisoned tree. On first discovering a poisoned tree, some people see only its danger. Their immediate reaction is, "Let's cut this down before we are hurt. Let's cut it down before anyone else eats the poisoned fruit." This resembles our initial response to the difficulties that arise in our lives, when we encounter aggression, depression, or sorrow in ourselves and others. Our initial response is to avoid them, saying, "These poisons afflict us. Let us uproot them; let us be rid of them. Let us cut them down."



Other people, who have journeyed further along the spiritual path, discover this poisoned tree and do not meet it with aversion. They have realized that to open to life requires a deep and heartfelt compassion for all that is around us. Knowing the poisoned tree is somehow a part of us, they say, "Let us not cut it down. Instead, let's have compassion for the tree as well." So out of kindness they build a fence around the tree so that others may not be poisoned and the tree may also have its life. This second approach shows a profound shift of relationship from judgment and fear to compassion.

A third type of person, who has traveled yet deeper in spiritual life, sees this same tree. This person, who has gained much vision, looks and says, "Oh, a poisoned tree. Perfect! Just what I was looking for." This individual picks the poisoned fruit, investigates its properties, mixes with other ingredients, and uses the poison as a great medicine to heal the sick and transform the ills of the world. Through respect and understanding, this person sees in a way opposite to most people and finds value in the most difficult circumstances.

In each and every aspect of life, the chance to turn the straw we find into gold is there in our hearts. All that is asked is our respectful attention, our willingness to learn from difficulty. Instead of fighting, when we see with eyes of wisdom, difficulties can become our good fortune.

When our body is sick, instead of fighting the disease, we can listen to the information it has to tell us and use it to heal. When our children whine or complain, instead of shutting them out, we can listen to what is their deeper need. When we have difficulty with some aspect of our lover or partner, we might inquire how we treat that part in ourselves. Difficulties or weaknesses often lead us to the very thing we need to learn.

7. Everything Human is Natural

Reprinted from www.awakin.org.

Alan Watts

Man is as much attached to nature as a tree, and though he walks freely on two legs and is not rooted in the soil, he is by no means a self-sufficient, self-moving, and self-directing entity. For his life he depends absolutely on the same factors as the tree, the worm, and the fly, on the universal powers of nature, life, God, or whatever it may be. From some mysterious source life flows through him unceasingly; it does not just go in at birth and come out at death—he is the channel for an ever moving stream, a stream that carries the blood through his veins, that moves his lungs and brings him air to breathe, that raises his food from the earth and bears the light of the sun to his face. If we look into a single cell of his body we find the universe, for sun, moon, and stars are ceaselessly maintaining it; we find it again if we plumb into the depths of his mind, for there are all the archaic urges of primeval life, both human and animal, and could we look deeper we might find kinship with the plants and rocks.



The isolation of the human soul from nature is, generally speaking, a phenomenon of civilization. This isolation is more apparent than real, because the more nature is held back by brick, concrete, and machines, the more it reasserts itself in the human mind, usually as an unwanted, violent, and troublesome visitor. But actually the creations of man, his art, his literature, his buildings, differ only in quality, not in kind, from such creations of nature as birds' nests and honeycombs. Man's creations are infinitely more numerous and ingenious, but this very ingenuity, together with his fear, aggravates his feeling of isolation, persuading him that he is a creator in his own right, separate from nature. For once again it would go against his self-esteem to have to admit that his superb faculty of reason and all its works do not make him the master of nature rather than its servant. Bewitched by his power of reason and urged on through fright of his fear, man seeks his freedom in isolation from and not in union with nature—"whose service is perfect freedom."

Man's struggle for mastery is magnificent and tragic; but it does not work. And the difficulty is not so much in what he does as in what he thinks. If he were to seek union instead of isolation this would not involve what is generally called "getting back to nature"; he would not have to give up his machines and cities and retire to the forests and live in wigwams. He would only have to change his attitude, for the penalties he pays for his isolation are only indirectly on the physical plane. They originate from and are most severe in his mind.

8. Uncomfortable Place of Uncertainty

Reprinted from www.awakin.org.

Margaret Wheatley

We weren't trained to admit we don't know. Most of us were taught to sound certain and confident, to state our opinion as if it were true. We haven't been rewarded for being confused. Or for asking more questions rather than giving quick answers. We've also spent many years listening to others mainly to determine whether we agree with them or not. We don't have time or interest to sit and listen to those who think differently than we do.

It is very difficult to give up our certainties -- our positions, our beliefs, our explanations. These help define us; they lie at the heart of our personal identity. Yet I believe we will succeed in changing this world only if we can think and work together in new ways.

Curiosity is what we need. We don't have to let go of what we believe, but we do need to be curious about what someone else believes. We do need to acknowledge that their way of interpreting the world might be essential to our survival. To be curious about how someone else interprets things, we have to be willing to admit that we're not capable of figuring things out alone.

Lately, I've been listening for what surprises me. What did I just hear that startled me? This isn't easy -- I'm accustomed to sitting there nodding my head to those saying things I agree with. But when I notice what surprises me, I'm able to see my own views more clearly, including my beliefs and assumptions.

Noticing what surprises and disturbs me has been a very useful way to see invisible beliefs. If what you say surprises me, I must have been assuming something else was true. If what you say disturbs me, I must believe something contrary to you. My shock at your position exposes my own position. When I hear myself saying, "How could anyone believe something like that?" a light comes on for me to see my own beliefs. These moments are great gifts. If I can see my beliefs and assumptions, I can decide whether I still value them.

Sometimes we hesitate to listen for differences because we don't want to change. We're comfortable with our lives, and if we listened to anyone who raised questions, we'd have to get engaged in changing things. If we don't listen, things can stay as they are and we won't have to expend any energy. But most of us do see things in our life or in the world that we would like to be different. If that's true, we have to listen more, not less. And we have to be willing to move into the very uncomfortable place of uncertainty.



9. Stepping Over The Bag of Gold

Reprinted from www.awakin.org.

Rachel Naomi Remen

My patient, a physician who has cancer, comes to his session enormously pleased with himself. Knowing my love of stories, he says that he has found a perfect story and tells me the following parable:

Shiva and Shakti, the Divine Couple in Hinduism, are in their heavenly abode watching over the earth. They are touched by the challenges of human life, the complexity of human reactions, and the ever-present place of suffering in the human experience. As they watch, Shakti spies a miserably poor man walking down a road. His clothes are shabby and his sandals are tied together with a rope. Her heart is wrung with compassion. Touched by his goodness and his struggle, Shakti turns to her divine husband and begs him to give this man some gold. Shiva looks at the man for a long moment. "My Dearest Wife," he says, "I cannot do that." Shakti is astounded. "Why, what do you mean, Husband? You are the Lord of the Universe. Why can't you do this simple thing?"

"I cannot give this to him because he is not yet ready to receive it," Shiva replies. Shakti becomes angry. "Do you mean to say that you cannot drop a bag of gold in his path?"

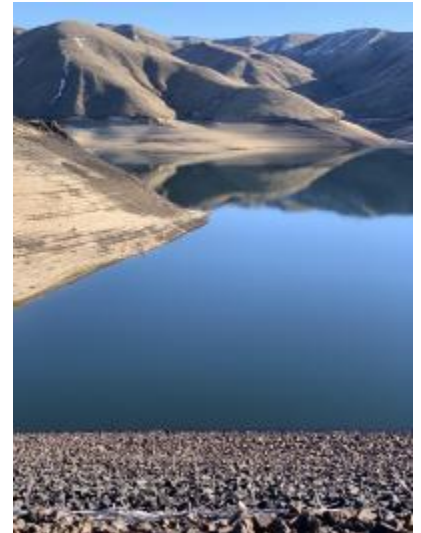
"Surely I can," Shiva replies, "but that is quite another thing."

"Please, Husband," says Shakti.

And so Shiva drops a bag of gold in the man's path.

The man meanwhile walks along thinking to himself, "I wonder if I will find dinner tonight--or shall I go hungry again?" Turning a bend in the road, he sees something on the path in his way. "Aha," he says. "Look there, a large rock. How fortunate that I have seen it. I might have torn these poor sandals of mine even further." And carefully stepping over the bag of gold, he goes on his way.

It seems that Life drops many bags of gold in our path. Rarely do they look like what they are.



10. Becoming A Blessing

Reprinted from www.KarmaTube.org.

"A good story is like a compass, it points to something true and invites us to orient our own direction according to it and perhaps to live a little better." With these words Dr. Rachel Naomi Remen proceeds to tell stories that enthrall and enchant and indeed help to orient us and guide us to seek to live better. She shares stories of her grandfather, whom she calls a "flaming mystic," that were told to her as a very young child and yet still resonate for her today. She speaks of the power and web of connection among people and how that can be evidenced by blessing each other out loud. This video itself is a blessing to be cherished and shared.

<http://www.karmatube.org/videos.php?id=8341>

11. Martin

Reprinted from www.KarmaTube.org.

"Home is in the intellectual capacity to be happy." With these probing words Martin, whose home for more than 14 years has been on the streets of Dublin, defies the notion that happiness requires financial stability. When asked what makes him happy he lists reading a book (obtained for free from the library), feeding the birds ("my little beasts" as he refers to them), Christmas, the coming of spring, summer, snow, rain, thunder and lightning. Donal Moloney, professional photographer and film maker, befriends Martin as their two worlds come together through shared conversations and explorations. <http://www.karmatube.org/videos.php?id=7826>

12. Heroines of Health

Reprinted from www.KarmaTube.org.

This moving documentary shares "three of the many untold stories that hold the key to unlocking better health for more people around the world." The three women, one a medical doctor and teacher from India, another a midwife assistant from Indonesia, and the third the director of a community health center in Kenya, though worlds apart, share a common journey to bring hope to women and children in their communities. Their individual commitments to follow their dreams of helping others to live longer and better have involved separation from family members, long travel, countless hours of study and hard work, and many other challenges. The looks on their faces and on the faces of those whose lives they have enriched speak volumes about the value of their sacrifices and of the work of their hearts and hands.

<http://www.karmatube.org/videos.php?id=7776>

13. **Kitbull: A Loving Kindness Story Between A Dog and A Cat**

Reprinted from www.KarmaTube.org.

In this heartwarming Pixar short, an unlikely friendship forms when a stray cat encounters an abused Pit Bull. Together, the pair discovers that trust and companionship can mend even the most painful of wounds. Click the link to watch their journey unfold! <http://www.karmatube.org/videos.php?id=8380>

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.

14. Sacred Attention Therapy

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

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

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

15. A Course in Miracles Global Community Centre

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

Spiritual Guidance

Serving your personal journey toward enlightenment...

June 2019 e-Newsletter

Page | 19

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

rmeagher@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

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

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

Facebook: www.facebook.com/Servingyourjourney