

***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 [meagher@servingyourjourney.com](mailto:meagher@servingyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### **I Want Nothing From or For Anyone**

A new awareness is emerging on my journey. I want nothing from or for anyone.

I want nothing from anyone. At the core this is a statement of expectation. This statement may be misunderstood. So please allow me to clarify. If I need help, I will certainly ask for it. But I will not expect a certain outcome from this 'ask.' What will result from asking is what will happen. I let go of all expectation of the outcome. This wanting nothing from anyone is also an awareness and trust in life that I truly do have everything I need in and from life. What would I ever want from anyone when I am perfectly whole, safe and resting peacefully in the arms of God?

I want nothing for anyone. This part of the equation was a more challenging one for me to accept. I tend toward wanting to 'be there' for people. I have a natural tendency to want to help people in need. The very idea of not wanting anything for anyone has challenged my natural tendency to want to help people in need. What I have come to realize is that I can trust in life. And a cornerstone of this trust in life is a trust that everyone, without exception, is exactly where they need to be to take the next step in their journey. To want something for someone may suggest that they are 'in need' or 'wanting' for something. This perception of a need assumes they are somehow lacking, inferior or, even worse, suffering. Nothing could be further from the truth! To see the reality beyond the perception of lack, inferiority or suffering is to know everyone is perfect, just as they are. There is nothing lacking in anyone. There is nothing anyone could ever want or need. Their divine wholeness is without any concept of lack.

Wanting nothing from or for anyone is a practice in non-judgement. Can I not judge a person, situation, or a situation that a person finds themselves in, including myself? If so, I could not possibly want anything from anyone. If so, I could not possibly want anything for anyone. If I rest in non-judgement, I can simply allow what is, to be.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Our Wish For You

*May you choose outrageous actions that challenge who you are  
and encourage who you are becoming.*

*May you take one step, however small, towards that which you have always longed for.  
Now is the right time.*

*May you recognize the unique and powerful contribution that you bring  
to the people whose lives you touch.*

*May you be as grand and wonderful as you really are, and do things  
because you want to, not because you should.*

*May you celebrate your creativity and find peace and purpose  
and passion amidst the chaos and suffering.*

*May you reach towards the spirit with a longing that keeps you present  
to the miracles available all around you, all the time.*

*May your faith move any mountains that stand in your way  
and may your heart be awake and open.*

*May wisdom be your guide and may love be at the center of all your choices.*

~ Shiloh Sophia McCloud

## 3. Quote or Question

*"We don't always need what we want and we don't always want what we need."*

~ 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 – July 2019

#### Divine Radiance and Rippling

The citizens of your world create energy patterns based on their thoughts, feelings and actions which ripple outwards to effect all life.

Your world is in constant movement and evolution, forever moving towards a more refined expression of itself. If there is disharmony among your thoughts, words and actions, you initiate an interfering energy pattern which ripples out to the world in chaotic fashion. This can be illustrated in the following manner: When you throw two stones into a calm lake, you observe that the ripples produced by these objects create patterns of interference. However, if you throw only one pebble into the calm water, the ripples move to the shoreline without interference. The rippling caused by this one pebble can be likened to the individual's soul: it remains clear and calm, perfectly reflecting the inner Divine Spirit and radiating this reflection to the outside world.

Therefore, to encourage harmonious rippling throughout your world and beyond, kindly continue to radiate thoughts, intentions and actions of Love, goodness and peace from the flawless vibration of your own soul. Spiritual radiance vibrates so purely that no interference is possible from those who choose a lower frequency. All sacred thoughts, words, intentions and actions, ripple outwards and are enfolded by worlds of high resonance whose radiance is endless.

When great radiance from one individual meets and blends with the great radiance of another there is an Encounter of Light. This is seen as a magnificent rippling of divinity moving out into your world and into the universe. Presently, this elegant ripple effect is being experienced by those upon your planet who are in conscious contact with us and willingly absorb our radiance. As your citizens come together with one, two or many other beings of radiance—be they of your world or another—they produce a rippling which touches and transforms your world, from the smallest creature to the tallest mountain.

Hence, we ask that you become increasingly aware of the vibration of your innate reverent nature. Kindly continue to be firmly established in the core of the Divine One. Cultivate and radiate this innermost sacred centre wherein you dwell, loving Soul of Light that you are. Reflect on the tremendous importance of cultivating this rippling of goodness and spiritual expression. Fill your days and your hearts with the knowingness that you have moved from follower to leader, from catalyst to creator and from a position of planetary instability to one of universal harmony. It is to be remembered that this rippling effect, witnessed through the coming together of tremendous spiritual expression and ensuing scientific discovery, has only just begun.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa is a spiritual teacher, counselor and messenger and co-founder of the Institute for Spiritual Unfoldment and Interworld Studies (ISUIS). Through her writings, meditations groups, teaching, music and painting, and in concert with those beings of higher vibrational dimensions, Regiena facilitates the expansion of mind and heart in all who wish to participate in the creation of the sacred new world. For more information, kindly visit ISUIS at [www.nextagemission.com](http://www.nextagemission.com) or write Regiena at [rheringa@bell.net](mailto:rheringa@bell.net).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 5. Good News Of The Day

*The stories below are reprinted from [www.dailygood.org](http://www.dailygood.org).*

Erling Kagge is a Norwegian explorer, lawyer, art collector, author, and the first person to have completed the Three Poles Challenge on foot --the North Pole, the South Pole and the summit of Mount Everest. Kagge is also the author of "Walking: One Step at a Time," and six other books. What follows is an excerpt from Walking. <http://www.dailygood.org/more.php?n=8079> **Be The Change:** Consider what your own relationship to walking is in light of Kagge's perspectives.

In this excerpt from The Smell of Rain on Dust, Martin Prechtel tells the story of a friend who has asked his advice about burying his recently deceased mother. In the book, Prechtel explains that the unexpressed grief prevalent in our society today is the reason for many of the social, cultural, and individual maladies that we are currently experiencing. In this beautiful tale, he illustrates what happens when one stoic, mid-western American expresses his grief based on Prechtel's advice. <http://www.dailygood.org/story/2216/grief-is-praise-martin-prechtel/> **Be The Change:** Consider what you have not grieved and set aside the time to allow that expression remembering that "grief is praise of those we have lost." Find or create a song to praise the life and love you have been given.

When we face a moment of crisis, individually or collectively, a whole wave of radical conversations is inevitable. For these conversations to really make a difference, we must break through our personas and our inauthentic poses. This is a deeper level of discourse than has hitherto seemed thinkable in public--disarming, tender, and authentic. Such a conversation requires a level of trust, vulnerability, and truthfulness that our culture seems to preclude, and we tend to shy away from it. The courageous vulnerability to speak and listen at this level is profoundly humbling. We have to speak from the place of not knowing and curiosity. We have to listen with an open mind and a soft heart. Terry Patten invites us to meet him in this place of not knowing, so that we may enter the profound shared experience of creating a republic of the heart. <http://www.dailygood.org/story/2327/a-new-republic-of-the-heart-terry-patten/> **Be The Change:** Start your own radical conversation. Reflect on where there is a sense of urgency in your life. Then ask one or more people to sit with you with the intention drawn out of your comfort zones into something deeper and more real, meaningful, and rewarding.

Photography is a way of probing the world, says Burgess. Take weeds, for instance. "Two or three years ago, one weed was the same as another for me. That's changed now. I can go anyplace and feel that I have friends and knowledge. I mean I know the weeds by name now and know a little about them. Maybe it's one of the major tools I've found to come to some sort of ease with the world." There's much more... <http://www.conversations.org/story.php?sid=65> **Be The Change:** What other things are "transparently close to us" and yet we don't see them? It might be a good question to ponder.

"Being a caregiver is not something most people think or dream about, let alone prepare for, even though it's a role many of us will inhabit, since there are approximately 43 million informal caregivers in the United States and 6.5 million caregivers in the United Kingdom. When a loved one becomes a caregiver everything changes, including responsibilities, beliefs, hopes, expectations and relationships. Caregiving is always different than we imagine it to be, largely because so few of us think through our care roles in advance. The disorientation associated with these roles can be deep, intense, and isolating because it entails a series of paradoxes." This

thoughtful excerpt shares more. <http://www.dailygood.org/story/2333/navigating-the-transition-into-caregiving-donna-thompson-zachary-white/> **Be The Change:** Who are role models of caregiving in your own life? Do something to appreciate one of them today.

Today young people are trying to balance the question of "What do I want to do when I grow up?" with the question of "Who and how do I want to be in the world?" Physician and writer Abraham Verghese and education researcher Denise Pope argue that's because the way we educate for success doesn't support the creation of full, well-rounded humans. And they see the next generation challenging our cultural view of success by insisting that a deeply satisfying life is one filled with presence, vulnerability, and care for others. <http://www.dailygood.org/story/2326/how-do-you-want-to-be-when-you-grow-up-on-being/> **Be The Change:** Denise Pope always starts her talks with the question, "How do you define success?" Ask yourself how you would answer it, then open a dialogue with your family and friends to discover what really matters to each of you.

In *The Season of the Soul: The Poetic Guidance and Spiritual Wisdom of Hermann Hesse*, Ludwig Max Fischer, Ph.D., makes Hesse's vivid, evocative poems on love, imagination, nature, the divine and the passage of time available in English. Through his commentaries, Fischer helps readers understand Hesse's poetry and wisdom within the context of his life. Although Hesse, author of the novels *Steppenwolf*, *Siddhartha*, and *The Glass Bead Game*, was popular with the counter-culture of the 1960's, many readers are unaware of his poetry. Hesse, no stranger to the dark side of life, grew stronger from his struggles. Through his poetry, readers can draw on his words to discover a more meaningful life. In this commentary followed by Hesse's poems, Fischer describes Hesse and his relationship with Nature. <http://www.dailygood.org/story/2304/the-seasons-of-the-soul-hermann-hesse-ludwig-max-fischer/> **Be The Change:** Take a moment and reflect on the poetry of Herman Hesse, his life and the sustenance he drew from nature. Find a spot in or a memory of nature and write your own poem to draw strength from the experience. <http://www.dailygood.org/more.php?n=8044a>

Seeking to build a bridge of mutual understanding and friendship, a Canadian-Egyptian entrepreneur living in Switzerland decides to reach out to the very people who fear him. He travels across the United States to find Americans concerned about an Islamic threat and makes them an intriguing offer: a Free Trip to Egypt. <http://www.karmatube.org/videos.php?id=8430> **Be The Change:** Learn more about the film and join the #PledgeToListen Day of Unity. <http://www.dailygood.org/more.php?n=8042a>

In a world often fraught with stress and disorder, the Balinese ritual of canang sari is a reminder of the sacred nature of all things and times. On Balinese street corners and in hallways, at the entry to shops and homes, these small baskets of flowers remind the giver and the passerby of how one can enter into what is essential in everyday life. Author Jay Griffith experienced the value of ritual expressed in canang sari while on a trip to Bali and realized that, "Tiny, everyday rituals are a hand-crafted prayer to domestic order, beckoning the divine to step inside a moment." She explains here how she saw traditions in every culture with new eyes, and realized how rituals can give life a depth and sacredness we all need. <https://aeon.co/essays/how-rituals-can-protect-life-with-a-petal-and-a-prayer> **Be The Change:** What rituals do you have that remind you of the sacred in everyday life? What rituals would you like to invite into your life again or for the first time?

"As a palliative care doctor, I spend much of my time face-to-face with pain and suffering, debilitating disease and death. When I began my training, I thought I was comfortable with the idea of mortality, and with the notion that fighting death at all costs wasn't the sole purpose of medicine. But I hadn't expected that the type of medicine I'd chosen to practice would require a strength and perspective that medical training hadn't offered. It was a chance encounter with a sand painting that helped me learn how to doctor patients I knew I would lose." Sunita Puri, author of *"That Good Night: Life and Medicine in the Eleventh Hour"* shares more. <http://www.dailygood.org/story/2336/lessons-of-impermanence-sunita-puri-m-d/>

While many of us associate uncertainty with discomfort and fear, there is an exquisite beauty to be found in the transformation that takes place when we can welcome the unknown. Kristi Nelson, the Executive Director of A Network for Grateful Living, examines what it means to surrender to the unpredictable nature of our days and the rewards that manifest as a result. "Much of our freedom depends on cultivating greater perspective about being with uncertainty, however and whenever we can," she writes. Read more to learn how you can lean into the impending unknown with gratitude and awareness. <http://www.dailygood.org/story/2324/deepening-our-comfort-with-uncertainty-kristi-nelson/> **Be The Change:** Identify an area of uncertainty that's particularly challenging for you. What would it be like if you could free yourself from any related outcomes or expectations? Practice taking a step back when you feel stressed or worried by what's to come and practice tuning into the present.

Conforming to the ideas or opinions of others is a loaded concept for many of us, resulting in some instinctual "not me, not ever" reactions. However, without some conformity, the dance where individuals create and evolve successful societies is impossible. Becoming a good dance partner means knowing how to match steps with those around you while at the same time staying in touch with your internal sense of direction. This article from Greater Good reviews the book "Conformity" by Cass Sunstein, giving a glimpse into how conformity works - both to our good and harm. We CAN learn to balance the interests of both the group and the individual. <http://www.dailygood.org/story/2335/how-conformity-can-be-good-and-bad-for-society-zaid-jilani/> **Be The Change:** Consider the groups where you play more of a dissenting role and those where you are surrounded by others whose perspectives closely match your own. Set a goal to increase your awareness of how the energy of conformity influences what you say, don't say and ultimately do in these different circles.

The youngest generations of our world are shaping the future. With extraordinary drive and determination, they are paving the way to a society in which their voices are heard and their opinions matter. This article explores how we can help them as they build on their strengths, develop resilience, and stand up for what they believe in. Tips include allowing them to embrace their failures and honor their full range of emotions. Read more to learn about how we can create a safe and supportive space for the young changemakers among us. <http://www.dailygood.org/story/2322/cultivating-courage-in-young-people-rosie-thomas/> **Be The Change:** Connect with a young person in your life this week. Listen to them free of judgment and assumption.

Put aside your preconceptions of happiness and join Krista Tippett with French born Tibetan monk Matthieu Ricard, author of Happiness: A Guide to Developing Life's Most Important Skill. Ricard reframes happiness as not simply a pleasure or sensation to be experienced, but as a skill to be practiced and cultivated. He asks, "What are the inner conditions that foster a genuine sense of flourishing, of fulfillment?" <http://www.dailygood.org/story/2340/happiness-is-practice-not-pleasure-on-being/> **Be The Change:** Our thoughts come and go - what is one thing you could practice - to cultivate the thoughts that lead to happiness? What are the thoughts that lead to happiness?

Eva and her family live an isolated life on the remote island of Stra Dmun, in the middle of the North Atlantic Sea, with the occasional helicopter visit their only connection to the outside world. While they are geographically isolated, Eva states that she never feels lonely. Eight generations of her family have lived on this island, with children seeing first hand the full cycle of life all around them. Summer and winter are both enjoyable to Eva, who feels rich because she gets to be a caretaker of the natural life here. She rejoices in the many small good moments that make up her days. <http://www.karmatube.org/videos.php?id=8358> **Be The Change:** How would you like to live your life? Are you doing what you love?

The act of receiving a gift from another requires recognition of our dependence on those around us. Yet it can be difficult for us to live in a space where we're confronted with the notion of giving up control. "From the air we breathe, to the body we each inhabit, we are living a profound gift, and yet, we can struggle to see and relate to life as a gift," writes Colette Lafia, a San Francisco-based spiritual director, workshop leader, and writer. In this article from gratefulness.org, Lafia examines how we can bring more gratitude into our lives by accepting humility as a component of our humanness, and offers a practice to cultivate greater togetherness.



<http://www.dailygood.org/story/2325/the-gift-of-humility-colette-lafia/> **Be The Change:** Catch yourself saying "thank you" as you go about your day. Try to be deliberate and fully present in your expressions of gratitude.

Richard Kamler was drawn to art's potential to touch people deeply and, in that way, bring about real change. In this interview, he talks about the evolution of his work with prisoners. "During that first year, I began to change - dramatically. I began to really think about art, and in a much different way than I did when I went to school. I began to see art as something that really could reveal things, reveal inner aspects about one's life - and certainly that could heal." <http://www.dailygood.org/story/2342/the-table-of-voices-richard-whittaker/> **Be The Change:** For more inspiration, check out this story on "Buddhas on Death Row" -- a stunning collaboration that shares the art, story and spirit of a young man who has been in solitary confinement for over 15 years. <http://www.dailygood.org/story/1834/on-death-row-creating-art-from-pain/>

"We live in a culture that prizes memory--how much we can store, the quality of what's preserved, how we might better document and retain the moments of our life while fighting off the nightmare of losing all that we have experienced. But what if forgetfulness were seen not as something to fear--be it in the form of illness or simple absentmindedness--but rather as a blessing, a balm, a path to peace and rebirth? A Primer for Forgetting is a remarkable experiment in scholarship, autobiography, and social criticism by the author of the classics *The Gift and Trickster Makes This World*. It forges a new vision of forgetfulness by assembling fragments of art and writing from the ancient world to the modern, weighing the potential boons forgetfulness might offer the present moment as a creative and political force. It also turns inward, using the author's own life and memory as a canvas upon which to extol the virtues of a concept too long taken as an evil." Here is an excerpt from Lewis Hyde's latest work. <http://www.dailygood.org/story/2345/a-primer-for-forgetting-lewis-hyde/>

It's easy to assume that animals experience happiness (just think of a dog wagging its tail), but what about higher-level emotions and qualities like selflessness, empathy, or even love? In "Beyond Words: How Animals Think and Feel," conservationist Carl Safina shares stories from decades of observing animals and combines it with new brain research to paint a picture of animals' emotional landscape that sounds remarkably like our own. In this interview, he shares a story about a wolf who selflessly tries to distract other wolves from attacking his sister, and a whale who saves a seal. He also suggests that animals' experience of life is not a limited version of our own, but rather a more vivid one. These theories are just part of a growing body of evidence that there is much more to our living environment than previously thought, and knowing this, we cannot continue on the same path. <https://news.nationalgeographic.com/2015/07/150714-animal-dog-thinking-feelings-brain-science/> **Be The Change:** Take time today to observe animals and imagine what's going on inside their minds.

When New York based author and social activist, Jane Jackson suffered an aneurysm, it affected both her memory and language skills. Over the months that followed she recovered through the unconditional support of her family, and the power of poetry. As a way to promote healing and reestablish language skills, she and her son began writing poems together. The poems were crafted line by line in emails sent back and forth across the continent. Together they wrote about the simple memories they shared and of the beautiful and difficult moments they were experiencing as her mind regained facility with words. Their unique collaboration resulted in a book of over 70 poems titled *Coastal Communication*. The following excerpts from it reveal not just the healing power of words, but also the power of love to find a way through our greatest challenges. <http://www.dailygood.org/story/2347/coastal-communication-a-mother-and-son-s-moving-collaboration-jane-jackson-aaron-m-p-jackson/> **Be The Change:** Send a note of appreciation to Jane and Aaron for their inspiring collaboration. <http://www.dailygood.org/?pg=contact&mid=170145>

## 6. Unconditioned Stillness

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

***Rick Hanson***

Stillness, a sense of the unchanging, is all around.

For example, it's not the ultimate stillness, but there is that lovely feeling when the house is quiet and you're sitting in peace, the dishes are done and the kids are fine (or the equivalent), and you can really let down and let go. In your character, you have enduring strengths and virtues and values; situations change, but your good intentions persist. In relationships, love abides -- even for people who drive you crazy!

More subtly, there is the moment at the very top of a tossed ball's trajectory when it's neither rising nor falling, the pause before the first stroke of the brush, that space between exhalation and inhalation, the silence in which sounds occur, or the discernible gap between thoughts when your mind is quiet.

In your mind there is always an underlying calm and well-being that contains emotional reactions, like a riverbed that is still even as the flood rushes over it. There is also the unchanging field of awareness, itself never altered by the thoughts passing through it.

More abstractly,  $2+2=4$  forever; the area of a circle will always be pi times the radius squared; etc. The fact that something has occurred will never change. The people who have loved you will always have loved you; they will always have found you lovable. Whatever is fundamentally true -- including, ironically, the truth of impermanence -- has an unchanging stillness at its heart. Things change, but the nature of things -- emergent, interdependent, transient -- does not.

Moving toward ultimate matters, and where language fails, you may have a sense of something unchangingly transcendental, divine. Or, perhaps related, an intuition of that which is unconditioned always just prior to the emergence of conditioned phenomena.

Wherever you find it, enjoy stillness and let it feed you. It's a relief from the noise and bustle, a source of clarity and peace. Give yourself the space, the permission, to be still -- at least in your mind -- amidst those who are busy.

To use a traditional saying: May that which is still be that in which your mind delights.



## 7. Causes of Happiness

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

### ***Dalai Lama***

The purpose of life is to strive for happiness. Every sentient being has the right to survive; this means having a desire for happiness or comfort: that's why sentient beings strive to survive. Therefore, our survival is based on hope – hope for something good: happiness. Because of that, I always conclude that the purpose of life is happiness. With hope and a happy feeling, our body feels well. Health depends on a happy state of mind.

What is happiness? Sometimes physical suffering can even bring a deeper sense of satisfaction like with an athlete after a grueling workout. So “happiness” means mainly a sense of deep satisfaction. The object of life or our goal, then, is satisfaction.

Now, what are the causes of happiness? A calm mind is very important. It doesn't matter, our physical situation; mental calmness is most important. So, how can we bring about a calm mind?

Now, to get rid of all problems, that would be impractical; and to make the mind dull and forget about our problems, that doesn't work either. We have to look clearly at our problems and deal with them, but at the same time keep a calm mind so that we have a realistic attitude and we are able to treat them well, deal with them well.

The more compassionate our mind is, the better our brain functions. If our mind develops fear and anger, then our brain functions more poorly. Buddhism says the same. When negative emotion develops, we can't see reality.

Compassion and affection help the brain to function more smoothly. It gives us inner strength and self-confidence and that reduces fear, which, in turn, keeps our mind calm. Therefore, compassion has two functions: it causes our brain to function better and it brings inner strength. These, then, are the causes of happiness.



## 8. Hiding A Penny

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

### *Annie Dillard*

When I was six or seven years old, growing up in Pittsburgh, I used to take a precious penny of my own and hide it for someone else to find. It was a curious compulsion; sadly, I've never been seized by it since. For some reason, I always "hid" the penny along the same stretch of sidewalk up the street. I would cradle it at the roots of a sycamore, say, or in a hole left by a chipped-off piece of sidewalk. Then I would take a piece of chalk, and, starting at either end of the block, draw huge arrows leading up to the penny from both directions.

After I learned to write I labeled the arrows: SURPRISE AHEAD or MONEY THIS WAY. I was greatly excited, during all this arrow-drawing, at the thought of the first lucky passer-by who would receive in this way, regardless of merit, a free gift from the universe. But I never lurked about. I would go straight home and not give the matter another thought, until, some months later, I would be gripped again by the impulse to hide another penny.

The world is fairly studded and strewn with pennies cast broadside from a generous hand. But — and this is the point — who gets excited by a mere penny?

It is dire poverty indeed when a man is so malnourished and fatigued that he won't stoop to pick up a penny. But if you cultivate a healthy poverty and simplicity, so that finding a penny will literally make your day, then, since the world is in fact planted in pennies, you have with your poverty bought a lifetime of days.

It is that simple.



## 9. Spiritual Life Begins Within the Heart

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

*Joan Chittister*

The truth is that we spend our lives in the centrifuge of paradox. What seems certainly true on the one hand seems just as false on the other. Life is made up of incongruities: Life ends in death; what brings us joy will surely bring us an equal and equivalent amount of sorrow; perfection is a very imperfect concept; fidelities of every ilk promise support but also often end.

How can we account for these things? How can we deal with them? How can we find as much comfort in them as there is confusion? These are the queries that will not go away but which, the spiritual giants of every age knew, need to be faced if we are ever to rise above the agitation of them. There is a point in life when its paradoxes must be not only considered but laid to rest.

The great truth of early monastic spirituality, for instance, lies in the awareness that only when life is lived in the aura of the transcendent, in the discovery of the Spirit present to us in the commonplaces of life, where the paradoxes lie, can we possibly live life to its fullness, plumb life to its depths.

To the average person whose life is exemplary most of all for its ordinariness—to people like you and me, for instance—it is what goes on inside of us that matters for the healthy life and real spirituality.

Clearly, the spiritual life begins within the heart of a person. And when the storms within recede, the world around us will still and stabilize as well. Or to put it another way, it was greed that broke Wall Street, not the lack of financial algorithms. Whatever it is that we harbor in the soul throughout the nights of our lives is what we will live out during the hours of the day.

This single-minded concentration on the essence and purpose of life, along with a focus on inner quietude and composure, makes for a life lived in white light and deep heat at the very core of the soul. Centering on the spirits within us, rather than being obsessed with the vicissitudes and petty imperfections of life gives the soul its stability, whatever the kinds or degrees of turbulence to be dealt with around it.

It is the paradoxes of our own times that skulk within us, that confuse us, sap our energy, and, in the end, tax our strength for the dailiness of life. They call us to the depth of ourselves. They require us to see Life behind life. Confronting the paradoxes of life around us and in us, contemplating the meaning of them for ourselves, eventually and finally, leads to our giving place to the work of the Spirit in our own lives.



## 10. Forest Magic

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

his enchanting visual poem from Finland is a feast for the senses. It takes us on a magical forest tour as we experience the miracles of life there through time and seasons, through silence and nature's songs, and through flights of imagination prompted by soaring birds. "The magic weaves through my mind, the more I search the less I find, the less I try, the more I heal." Come, experience the magic, and carry the forest in you. <http://www.karmatube.org/videos.php?id=8315>

## 11. A Fresh Shot at Life, After Jail

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

More than 3,000 of Indonesia's youth end up in prison each year. Those released often find it difficult to find jobs. Dian Sasmita started Gerobak Kopi Onjel, a program that provides youth with professional barista training and an internship in a coffee shop. Once their three-month internship ends, they move onto the second part of the program where they are given a cycle wagon that is a mobile coffee shop to go sell coffee at various events. The purpose of the program is to provide these juveniles with a chance to gain skills and a job after they are released as well as increase their confidence in their abilities to tackle difficult tasks. <http://www.karmatube.org/videos.php?id=8428>

## 12. A Family's Response to Global Warming

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

The Kalmus family in Altadena, California has reduced their carbon footprint by 90% by taking steps to help combat climate change. Peter Kalmus is a climate scientist who did some research to help figure out where the family's biggest emissions were coming from. The research showed that he needed to reduce the amount of flying he did. The family also became vegetarians. Peter wrote a book about his efforts to help spread awareness and help others understand their impacts on the world. Though they had to make some big changes that are countercultural, they felt it was worth it to help reduce the alarming rate of climate change. <http://www.karmatube.org/videos.php?id=8340>

## 13. Island of Plenty

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

Eva and her family live an isolated life on the remote island of Stóra Dímun, in the middle of the North Atlantic Sea, with the occasional helicopter visit their only connection to the outside world. While they are geographically isolated, Eva states that she never feels lonely. Eight generations of her family have lived on this island, with children seeing first hand the full cycle of life all around them. Summer and winter are both

enjoyable to Eva, who feels rich because she gets to be a caretaker of the natural life here. She rejoices in the “many small good moments” that make up her days. <http://www.karmatube.org/videos.php?id=8358>

## HEART AND SOUL ADVERTISEMENTS:

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

### 14. Sacred Attention Therapy

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

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

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

### 15. A Course in Miracles Global Community Centre

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



# 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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