

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



Who Are You Pointing Your Finger At?

I was recently blessed with a blatant example of finger pointing and the blessed teaching of this act. When we point our finger at someone, it is crucially important to be aware of who we are actually pointing our finger at. There is a beautiful teaching that says, "When we point our finger at someone, there are always 3 fingers pointing back at us!"

After a recent weekly study group gathering, a relatively new participant, and devout Christian, came up to me and shared their dissatisfaction that the gathering had begun with another participant chiming a Tibetan Singing Bowl during the opening meditation. This disgruntled participant shared that the playing of the Tibetan Singing Bowl was an 'idol' (i.e., a distraction to connecting with Source/Divine) and had no place at the gatherings. Furthermore, the new participant shared that he felt the playing of the Tibetan Singing Bowl would be confusing for other participants and detract from the teachings shared during the weekly study group gatherings.

The very next day an interesting article came into my email 'inbox' from a spiritual-oriented news-feed. The article was about a Christian monk who was on an extended retreat in a Buddhist monastery. The monk recounted his difficulty with accepting some of the rituals of the Buddhist community, including the "incessant chiming and playing of bells and bowls and the praying to statues of Buddha." The monk went on to criticize the Buddhist faithful for worshipping "idols" like bells, bowls, and Buddha statues, and denounced the practices as "a distraction from direct union with God."

Toward the end of the article, however, the monk revealed how he was graced with the awareness of his judgements and that he too had his own rituals and idols he placed before God, including the worshipping of his faith tradition's prophet, Jesus. The monk knew that if he called for someone else to drop his/her idols, he would have to drop his.



Will the relatively new participant at the weekly study group gatherings have the same awareness as the Christian monk in the Buddhist monastery? Time will tell. The new participant may have indeed been concerned that other participants would be confused by the playing of the Tibetan Singing Bowl, but is it possible that they themselves were the confused one, and were merely projecting their confusion onto others?

And so it is with finger pointing, we are only ever pointing a finger at ourselves. Any grievance expressed toward another is merely a projection of a grievance toward ourselves. Look carefully at what you accuse the 'other' of doing, and you will find that you are accusing yourself.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

A Community of the Spirit

There is a community of the spirit.
Join it, and feel the delight
of walking in the noisy street,
and *being* the noise.

Drink *all* your passion,
and be a disgrace.

Close both eyes
to see with the other eye.

Open your hands,
if you want to be held.

Sit down in this circle.

Quit acting like a wolf, and feel
the shephard's love filling you.

At night, your beloved wanders.
Don't accept consolations.

Close your mouth against food.
Taste the lover's mouth in yours.

You moan, "She left me." "He left me."
Twenty more will come.

Be empty of worrying.
Think of who created thought!

Why do you stay in prison
when the door is so wide open?

Move outside the tangle of fear-thinking.
Live in silence.

Flow down and down in always
widening rings of being.

Jelaluddin Rumi

3. Quote or Question

“Judgement is the hard face of insecurity, the unforgiving face of fear...”

~ Richard Harvey ~

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 – August 2019

Infinity

When you gaze into the very core of a flower, what is it that you see and sense?

In the very core of this flower, you sense infinity. If you travel through the space surrounding the flower, through the spaces themselves between the parts which are called petals and stems, through the very centre of the flower, and then beyond it, you realize this flower is a part of infinity. In truth, in all life, there is only the voyaging of infinity into infinity. With your physical eyes you see matter and you see the space surrounding this matter. However, with a heightened sense of awareness there is another “seeing” and this “seeing” moves through the physical structure of matter to space and to infinity.

In your material world, infinity seems far away, outside the realm of your everyday life. Yet infinity is part of your daily life, for ideas and thoughts continue forever. They may be caught by other minds, reflected or transformed, yet the essence of all things is infinite.

Within the core of the human heart lies the perfect Love of the universe. Love, infinite and eternal, creates matter, moves through matter and through space. The wing of the bee in your field, flutters and ripples the very energy in the universe, for nothing is contained, nothing is destroyed and all is renewed.

We ask you to contemplate the nature of your core being—this infinite Spirit which moves within you and which continually creates you. Understand that this spiritual core has no beginning or end.

Your thoughts, your creations, your actions and reflections are infinite. They fill the space around and within you and continually spin, dance and move in the cosmos. There are particles and waves and even greater expressions of the essence of matter which you have yet to discover. However, we ask you to remember that the purest way to explore the vast universes of energy, intelligence and light is through the infinite frequency of Love, for It is the foundation of all existence, material and immaterial.

Kindly consider the following: Are you aware that your affectionate presence changes the world around you? That the thoughts you create, the love you radiate, the kindness you show, remain as infinite reverberations in your world and in the universe? When you feel the great spaces behind your closed eyes and sense infinity within you, do you realize that you, too, are an infinite creation constantly changing form and expression?

Spiritual Guidance

Serving your personal journey toward enlightenment...

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In one life experience you are on this earth and another life experience you are elsewhere. Yet, everywhere, all vibrates in infinite Love. We ask you to remember always that you are unique, precious and infinite.



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.

5. Nick Heap – A Letter from Vega

Dear People of Earth

You will be surprised to get this letter as I know many of you have doubts that intelligent life exists anywhere else than Earth. It does. We usually keep ourselves hidden until a civilisation has found its way to peace and tranquillity by itself. These simple thoughts will help you, when you act upon them.

You live on a small but exquisitely beautiful planet. It is the jewel of the Universe that we have explored so far. It has many natural wonders and is teeming with life. It is your home, please look after it.

Nothing *material* can grow indefinitely in a finite space. You cannot have continuous “economic growth” leading to the consumption of more and more resources for ever.

More “stuff” does not create lasting happiness. True happiness comes from serving others, doing good work, having loving relationships and living in the present. You *can* have more of these without limit.

The conflicts that threaten your peace and your existence are driven by fear and greed. Anyone can do their bit to change this. Just decide today to be brave and/or generous and do something, however small.

There are plenty of resources for everyone to have a good life. Gross inequality inside and between countries has no place. It leads to fear (of losing privilege), resentment, and extraordinary waste.

We learned we had to spend as much energy and skill improving the way we worked together and made decisions as we did on technology. This vastly increased our technological progress too. Listening to each other was key.

As you listen to each other and understand each other's hopes and stories you will find you have so much in common and that you all want the same things (peace, love, security, food, useful work and shelter). It's not surprising as you are all literally members of the same family. Knowing this, work together for the good of all.

Humans are strange, you are so easily hurt, and this makes it hard to think clearly. When someone listens to you, your hurts heal, and you can think again. If you want there to be more listening, start listening first. “Be the change you want to see in the world”.

Finally, look around you and notice what is working and good, do your bit to grow more. Use your minds, trust your thinking and work together to build the future you want. You have the power to do good. Use it.

The best fun you can have is to do good work together. Do it!

As you act on these ideas, you will make it. We have seen the future and you do.

Love

The people of Vega 3

Confession

This is a work of imagination. If it was inspired from the stars, I have no awareness of how. I have evidence to support many of the assertions in the “letter”, from published material and direct experience working with

people. When I was very young, I saw the future. I saw people having fun, dancing in the streets and looking after each other and the planet. This experience inspired me to want to bring this future about. The "Letter from Vega" is a small part of this work



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Nick Heap is an independent facilitator of change and learning based in the UK. He listens to people, in organisations and as individuals, and helps them listen to each other. Nick can be contacted via nick@nickheap.co.uk or Skype nickheap or via his site <http://nickheap.co.uk> which also has 300 + other practical developmental ideas. These are all freely available for anyone to access and use without preconditions. Any comments or reactions to this piece would be very welcome.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

6. Good News Of The Day

The stories below are reprinted from www.dailygood.org.

Jean Vanier, philosopher, theologian, humanist and founder of L'Arche departed our physical world on May 7, 2019 at the age of 90. His heart, his love and his compassion live on in the hundreds of communities that have sprung from his love and compassion for humanity. This world wide movement is based on Vanier's belief that people with disabilities are teachers, rather than burdens to society.

<http://www.dailygood.org/story/2323/farewell-to-jean-vanier-the-vivir-agradecidos-team/> **Be The Change:**

Reflect on your beliefs about others, is there a group of people that you tend to marginalize - how can you change your perspective - to see the value and gifts that they bring to you, to the world?

Many, many people are feeling the widespread longing for a tenable alternative to capitalism - an urgent need for new regenerative ways of living. We feel this need both in our individual lives and in the larger ways we live together; in neighborhoods, cities, nations. We can't create a regenerative culture solely by trying to "smash capitalism". Instead, we need to understand and heal the underlying disease that generates all such systems of oppression - our separation from life, or "wetiko," as it was named by the North American Algonquin people. If we resist only the external effects of wetiko, maybe we can win a victory here or there, but we can't overcome the system as a whole because this 'opponent' also sits within ourselves. It is from within that we constantly feed and support this monstrous system. <http://www.dailygood.org/story/2338/if-life-wins-there-will-be-no-losers-ruth-gordon/> **Be The Change:** Find out more about the people organizing this year's Defend the Sacred gathering, and explore all the ways you can engage with Life.

<http://www.dailygood.org/more.php?n=8102a>

"The path from transaction to trust goes through relationships. So if we cultivate such a field of deep relationships, trust will naturally arise. Then the question is: How do we cultivate such a field? I think it starts with small acts of service. It's the small acts of service that create an affinity between us, and that connection over time creates deeper bonds. That's the home for virtue to grow." Nipun Mehta explores the power of Gift Ecologies in this interview. <http://www.dailygood.org/story/2349/gift-ecology-a-conversation-with-nipun-mehta-elizabeth-denley/> **Be The Change:** Practice small acts of service this week and notice the subtle ways in which your field of relationships is nurtured through these acts. For more inspiration, read part 2 of the above interview here. <http://www.dailygood.org/more.php?n=8118a>

"The physicist Leonard Mlodinow changes how we think about the agency we have in shaping our own destinies. As a scientist, he works with principles like Brownian motion, by which Einstein helped verify the existence of molecules and atoms. As the child of Holocaust survivors, he dances with the experience we all have: that life never goes as planned, and yet the choices we make can matter. The course of your life depends on how you react to opportunities and challenges that randomness presents to you, he says." <http://www.dailygood.org/story/2353/the-daily-opportunity-in-randomness-on-being/> **Be The Change:** Tune into the myriad possibilities being presented to you in each moment. Experiment with bringing more consciousness to the small and big choices you are making each day.

In a creative sandbox for what would become Saint-Exupery's most famous line in *The Little Prince*-- 'What is essential is invisible to the eye.'-- he writes: "How does life construct those lines of force which make us alive? Real miracles make little noise! Essential events are so simple!" One such essential event in Saint-Exupery's life had to do with the mundane miracle of a simple smile, a gift he so poetically describes as, "a

certain miracle of the sun, which had taken so much trouble, for so many million years, to achieve, through ourselves, that quality of a smile which was pure success." <http://www.dailygood.org/story/2329/antoine-de-saint-exupery-on-how-a-simple-human-smile-saved-his-life-maria-popova/> **Be The Change:** For more inspiration read this piece by Maya Angelou, "The Day I Learned the Value of a Smile." <http://www.dailygood.org/story/1461/the-day-i-learned-the-value-of-a-smile-maya-angelou/>

While contemporary society praises the benefits of mindfulness in domains from schools to workplaces, open, non-judgmental awareness is far from a panacea for solving the world's most pressing dilemmas. Individuals and nations remain divided on the issues that define us. "Are we really creating individuals who can focus on improving their capacities for engagement and mediation while simultaneously pushing back against the wider socio-economic decline that surrounds them?" asks Joey Weber. In this article from Open Democracy, Weber suggests that what's missing from our economic and political frameworks is the cultivation of equanimity. With greater equanimity, he argues, mindfulness turns increasingly towards the needs of others. Read more to learn how approaching our differences with patience and non-reactivity can lead to more promising outcomes. <http://www.dailygood.org/story/2339/equanimity-mindfulness-and-politics-joeey-weber/>

"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." Margaret Wheatley shares more in this excerpt. <http://www.dailygood.org/story/2354/uncomfortable-place-of-uncertainty-margaret-wheatley/> **Be The Change:** Notice where your own relationship to uncertainty asserts itself this week. For more inspiration read: Finding Peace with Uncertainty <http://www.dailygood.org/story/333/finding-peace-with-uncertainty/>

What happens when we look more closely, whether with the naked eye or equipment? Incredible details come into focus, bringing with them the possibility of beauty and interest we might never have conceived of. Imagine what would occur if you suddenly zoomed in on all those things you have lying around your house and studio or rusting outside. What new art might be inspired by such "stuff"? Mikra Knaster shares more in this piece. <http://www.dailygood.org/story/2263/unexpected-art-in-unexpected-places-mirka-knaster/> **Be The Change:** Find some ordinary object in your room. Take a digital photo of it. Then magnify it until all you see is "art". Take your new way of "seeing" out into your day.

"Shekinah Elmore was not yet a physician when she gave her own second opinion. After a year of cancer treatment -- including lung surgery, chemotherapy, and a double mastectomy --she was hell-bent on starting medical school. Her doctors tried to dissuade her, recommending that she take more time to recover from her third stint with cancer. But two weeks after finishing the therapies that left her bald and unable to walk without getting winded, Elmore took an oath to do no harm." Read more about her inspiring journey as patient and provider here. <https://www.statnews.com/2018/08/31/shekinah-elmore-cancer-doctor-patients/> **Be The Change:** Do you sometimes find yourself rigidly rooted in a single perspective? Try experimenting this week with metaphorically walking through the world in another person's shoes.

"Hospitality means creating welcoming space for the other. Henri J. Nouwen notes that the Dutch word for hospitality, gastvrijheid, means 'the freedom of the guest.' It entails creating not just physical room but emotional spaciousness where the stranger can enter and be himself or herself, where the stranger can become ally instead of threat, friend instead of enemy." In a time when it is more crucial than ever for humanity to revisit its relationship to strangers, this passage from Sr. Marilyn Lacey shines like a beacon. <http://www.dailygood.org/story/2355/creating-welcoming-space-sr-marilyn-lacey/> **Be The Change:** Expand your practice of hospitality this week-- this year-- this lifetime.

What if collective introspection would help us to better persuade, to better advocate for a more beautiful world? What are the tools we need to disagree better? How can we improve our ability to listen and learn - especially

from those we disagree with? Marcela Lopez Levy asks powerful questions to inspire us and perhaps even entice us in having more difficult conversations. Join her on this journey into open space, non-violent communication and leading forums like the Campaigning forum - where long-term community building is based on cooperation, openness, and not knowing. <http://www.dailygood.org/story/2337/how-to-have-difficult-conversations-marcela-lopez-levy/> **Be The Change:** How could you create a safe space in your environment - to make it easier for someone to disagree with you - and still know that they are included and loved? Or maybe from your own perspective - what would you need to feel safe - to openly disagree and to feel good about sharing your different views?

How do we relate to the land that sustains us--as a source of belonging or as a source of belongings? As the planet teeters on the brink of environmental collapse, botanist, teacher, and author Robin Wall Kimmerer urges us to consider our broken relationship to the Earth and the hard choices that lie before us by examining the history of her Potawatomi ancestors. Through cultivating the sense of respect and gratitude for nature inherent in indigenous teachings, Kimmerer invites us to reclaim that wisdom and renew our earthly relationships to restore honor in the way we live. By rejecting the notion of nature as supplier, taking only those gifts that are freely given, the power of the sun, the blowing wind and the rolling surf, we have an opportunity to model ancient pathways and create a new sustainable vision for the living world. <http://www.karmatube.org/videos.php?id=8352> **Be The Change:** Think about the ways you can become a better student of nature and open the door to reciprocity with your home planet.

Jenny Cullinan dedicates her time to studying and learning from bees in the wild. Spending time with any species in the wild over time leads to understanding of that species as it truly is. She calls this greater understanding wild wisdom. With an allergy to bee stings, instead of being afraid of them she chose to learn how to be with them. She urges us to look at nature's genius and use it as a guide, allowing wild wisdom to restore our relationship with ourselves and with other species. <http://www.karmatube.org/videos.php?id=8438> **Be The Change:** Read a conversation with another person who has a strong relationship with bees. <http://www.conversations.org/story.php?sid=371>

"Anguish over the diminishment of our world, the destruction of Earth's life support systems, and the extinction of species is deep in our shared human psyche, though largely unexpressed. So many of us can only dimly imagine our way through the psychic and physical debris to a regenerated, thriving, Earth community. Yet the mysterious human imagination itself may be our best resource for experiential recovery of a vibrant, participatory, and wildly sacred Earth." Geneen Marie Haugen shares more. <http://www.dailygood.org/story/2359/wild-imagination-geneen-marie-haugen/> **Be The Change:** Experiment with the practice suggested at the end of the article shared above.

My own time on earth has led me to believe in two powerful instruments that turn experience into love: holding and listening. For every time I have held or been held, every time I have listened or been listened to, experience burns like wood in that eternal fire and I find myself in the presence of love. This has always been so. Consider these two old beliefs that carry the wisdom and challenge of holding and listening..." Mark Nepo shares more in this thoughtful passage. <http://wc4.net/t?ctl=1269C:BF7D3AECB549E463332EE271A4AC202C2669F00B7081D5F5&>

Is self-improvement sometimes a disguised version of self-aggression? If the focus is always on how I might be "better" in the future, it can be hard to extend toward myself a hand of friendship and compassion. I miss out on the present miracle of who I am NOW. Maybe moving from a perspective of improvement toward one of healing actually begins with loving my current messiness. <http://www.dailygood.org/story/2350/befriending-ourselves-an-invitation-to-love-kristi-nelson/> **Be The Change:** Get a hand mirror and spend a few moments appreciatively gazing into the eyes of your own miraculous being. Then spend the rest of the day in the company of your own friendship.

In a short and strikingly beautiful cinematic journey to wild places we are asked to think about how we are leaving the natural world for generations to come. What if our children's children could never lay eyes on wild country because it is already destroyed? Spending time in the wild is not a past-time, the narrator tells us, rather it is a biological necessity like water, air and food. The video ends on a hopeful note, pointing out that thousands of people are spending their time working to leave their areas better than when they arrived.

<http://www.karmatube.org/videos.php?id=8376> **Be The Change:** How can you use your voice and your time to help preserve what is growing wild in your own community?

7. Remember

Reprinted from www.awakin.org.

Joy Harjo

Remember the sky that you were born under,
know each of the star's stories.
Remember the moon, know who she is.
Remember the sun's birth at dawn, that is the
strongest point of time. Remember sundown
and the giving away tonight.
Remember your birth, how your mother struggled
to give you form and breath. You are evidence of
her life, and her mother's, and hers.
Remember your father. He is your life, also.
Remember the earth whose skin you are:
red earth, black earth, yellow earth, white earth
brown earth, we are earth.
Remember the plants, trees, animal life who all have their
tribes, their families, their histories, too. Talk to them,
listen to them. They are alive poems.
Remember the wind. Remember her voice. She knows the
origin of this universe.
Remember you are all people and all people
are you.
Remember you are this universe and this
universe is you.
Remember all is in motion, is growing, is you.
Remember language comes from this.
Remember the dance language is, that life is.
Remember.



8. Not Loneliness, But Aloneness

Reprinted from www.awakin.org.

Craig Childs

Alone is a state of being. Not loneliness, but aloneness. It is something sought rather than avoided. You can find it in just a moment, a breath: in Central Park, or early morning on the street, sitting on a stoop, or leaning against the window of a bus or subway car, alone in a throng of commuters. Sometimes in a grocery store, I'll turn into an aisle and find the row to myself, and I'll pause to relish the emptiness before the next shopping cart rounds the corner.

On the river, there is no cell signal. Satellite phones have a hard time getting out; the canyon walls limit the range of the sky. The breaths you take are your own, not those of everyone else in the room, the plane, the car. The experience is becoming rarer than ever. With phones buzzing and beeping like pinball machines, constant inquiries that require constant replies, solitude is an antiquated commodity.

Alone, every breath and movement becomes conversation. Every spin of the water, every slow step of cliffs, has something to say. I grunt more when I'm alone: one tone for satisfaction, another for dismay or frustration. There is a grunt for surprise, one for amazement, and one for small joys like a damselfly landing on my paddle blade or the jaden carapace of a beetle floating by.

We do need others, just not all the time. The tincture of solitude is worth a thousand conversations.

Speaking out loud to a river or a breeze suggests we are somehow bound together, as if we understand each other. Being alone is socializing with something more than yourself and those like you. It is a way of looking up from the day's shuffle and talking to the larger world.



9. Greatest of All Religions

Reprinted from www.awakin.org.

Pir-o-Murshid Inayat Khan

Hazrat Inayat Khan said, "A study of life is the greatest of all religions, and there is no greater or more interesting study."

There are two ways in which we may attain control over our activity. The first is confidence in the power of our own will; to know that if we have failed today, tomorrow we will not do so. The second is to have our eyes wide open, and to watch keenly our activity in all aspects of life. It is in the dark that we fall, but in the light we can see where we are going.

So it is in life: we should have our eyes wide open to see where we walk. We should study life, and seek to know why we say a thing, and why we act as we do. We have failed perhaps hitherto because we have not been wide awake. We have fallen, and felt sorry, and have forgotten all about it, and perhaps may have fallen again. This is because we have not studied life. A study of life is the greatest of all religions, and there is no greater and more interesting study. Those who have mastered all grades of activity, they above all experience life in all its aspects. They are like swimmers in the sea who float on the water of life and do not sink.

If we only knew how much the study of life can tell us! One could go into the British Museum and read every book in the building, and yet not obtain satisfaction. It is not study, it is not research, it is not inquiry which gives this knowledge; it is actually going through the experiences of life, witnessing life in its different aspects and in its different phases or spheres; that is what reveals the ideal of life. ... Look not on life as a person would watch a play on the stage. Rather look upon it as a student who is learning at college.

It is not a passing show; it is not a place of amusement in which to fool our life away. It is a place for study, in which every sorrow, every heartbreak brings a precious lesson. It is a place in which to learn by one's own suffering, by the study of the suffering of others; to learn from the people who have been kind to us as well as from the people who have been unkind. It is a place in which all experiences, be they disappointments, struggles, and pains, or joys, pleasures, and comforts, contribute to the understanding of what life is, and the realization what it is. Then do we awake to the religion of nature, which is the only religion. And the more we understand it, the greater our life becomes, and the more of a blessing will our life be for others.



10. The Matrix

Reprinted from www.awakin.org.

The Wachowskis

"Let me tell you why you're here. You're here because you know something. What you know you can't explain. But you feel it. You've felt it your entire life. That there's something wrong with the world. You don't know what it is but it's there, like a splinter in your mind driving you mad. It is this feeling that has brought you here."

"The Matrix is everywhere. It is all around us, even now in this very room. You can see it when you look out your window or when you turn on your television. You can feel it when you go to work, when you go to church, when you pay your taxes. It is the world that has been pulled over your eyes to blind you from the truth.



What truth? "That you are a slave, Neo. Like everyone else you were born into bondage, born into a prison that you cannot smell or taste or touch. A prison for your mind. Unfortunately, no one can be told what the Matrix is. You have to see it for yourself."

"Have you ever had a dream, Neo, that you were so sure was real? What if you were unable to wake from that dream? How would you know the difference between the dream world and the real world?"

"Your appearance now is what we call 'residual self-image.' It is the mental projection of your digital self. Is this real? What is real? How do you define 'real'? If you're talking about what you can feel, what you can smell, taste and see ... then "real" is simply electrical signals interpreted by your brain. This is the world that you know."

As long we are plugged into the Matrix, we can never be free. The Matrix is an [illusion], Neo. That illusion is our enemy. When you're aware, what do you see? The minds of business men, teachers, lawyers, carpenters. But until they become aware, these people are still a part of that illusion, and that makes them our enemy. You have to understand, most of these people are not ready to be unplugged from the Matrix. And many of them are so inert, so hopelessly dependent on the illusion that they will fight to protect it."

11. Good And Bad Are Incomplete Stories We Tell Ourselves

Reprinted from www.KarmaTube.org.

Essayist and poet Heather Lanier challenges our assumptions about what makes a life "good" or "bad." After her daughter was born with a rare genetic condition that results in developmental delays, she learned over time that she could see Fiona's differences as bad or she could let go of the idea that developmental disabilities are bad and could watch her daughter's life as it unfolded, with openness and curiosity, and see it for what it is: beautiful, complicated, joyful, hard, basically just another expression of human experience. As she says, "My kid is human. That's all. And that's a lot." <http://www.karmatube.org/videos.php?id=7980>

12. The Work That Reconnects

Reprinted from www.KarmaTube.org.

In this hour-long tribute to "The Work the Reconnects," Pat van Boeckel explores the stories of activists who have used Joanna Macy's writings to enhance and support their service and their lives. Van Boeckel does not flinch in describing the devastation now facing the world or equivocate on the justification for despair. Despite the trauma inflicted on the earth and ourselves, she gently leads us through Macy's words and toward embracing hope. <http://www.karmatube.org/videos.php?id=8238>

13. Rise: From One Island to Another

Reprinted from www.KarmaTube.org.

Two poets, one from the Marshall Islands and one from Kalaallit Nunaat (Greenland), meet in a place of rising oceans so that they can share a moment of solidarity for the climate change they are seeing in their homelands. Kathy Jetñil-Kijiner and Aka Niviâna met on a melting glacier in Greenland that would threaten the Marshall Islands. They see the effects of the choices of the rest of the world changing their homes quicker than the other parts of the world. Through this video we get a glimpse of how large our world is, and yet so small and interdependent. <http://www.karmatube.org/videos.php?id=8441>

14. The Teachings of Grass

Reprinted from www.KarmaTube.org.

How do we relate to the land that sustains us—as a source of belonging or as a source of belongings? As the planet teeters on the brink of environmental collapse, botanist, teacher, and author Robin Wall Kimmerer urges us to consider our broken relationship to the Earth and the hard choices that lie before us by examining the history of her Potawatomi ancestors. Through cultivating the sense of respect and gratitude for nature inherent in indigenous teachings, Kimmerer invites us to reclaim that wisdom and renew our earthly relationships to restore honor in the way we live. By rejecting the notion of nature as supplier, taking only those gifts that are freely given, the power of the sun, the blowing wind and the rolling surf, we have an opportunity to model ancient pathways and create a new sustainable vision for the living world. <http://www.karmatube.org/videos.php?id=8352>

15. Wild Wisdom

Reprinted from www.KarmaTube.org.

Jenny Cullinan dedicates her time to studying and learning from bees in the wild. Spending time with any species in the wild over time leads to understanding of that species as it truly is. She calls this greater understanding wild wisdom. With an allergy to bee stings, instead of being afraid of them she chose to learn

how to be with them. She urges us to look at nature's genius and use it as a guide, allowing wild wisdom to restore our relationship with ourselves and with other species. <http://www.karmatube.org/videos.php?id=8438>

16. A Tale of Two Americas and the Mini-Mart Where They Collided

Reprinted from www.KarmaTube.org.

Ten days after the horrific events of 9/11/2001, a shooting at a Texas mini-mart shattered the lives of two men: the victim, Raisuddin, and the attacker, Mark, who was a self proclaimed avenger of the 9/11 attacks. In this profoundly moving and thought provoking talk, Anand Giridharadas, author of "The True American," tells the story of what followed. In the telling of this story of forgiveness and redemption we are confronted with the fracturing of America, the republic of dreams (for people who face great obstacles to make a new life in the U.S.) and the republic of fears (for people who are born into the wilting America of poverty, lack of opportunities, and absence of hope). The moral challenge of our times is how to reacquaint and unite these two Americas. <http://www.karmatube.org/videos.php?id=8425>

17. Time for the Wild

Reprinted from www.KarmaTube.org.

In a short and strikingly beautiful cinematic journey to wild places we are asked to think about how we are leaving the natural world for generations to come. What if our children's children could never lay eyes on wild country because it is already destroyed? Spending time in the wild is not a past-time, the narrator tells us, rather it is a biological necessity like water, air and food. The video ends on a hopeful note, pointing out that thousands of people are spending their time working to leave their areas better than when they arrived. <http://www.karmatube.org/videos.php?id=8376>

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.

18. 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).

19. 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...

August 2019 e-Newsletter

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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