

Serving your personal journey toward enlightenment...

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	3
3. Quote or Question.....	3
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	4
4. Regiena Heringa – Notes from the Light – September 2019	4
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	6
5. Good News Of The Day	6
6. Grace for Nothing.....	10
7. Does God Have A Form?	11
8. Abandon Only What Is Not Yours	12
9. One Breath Around the World	13
10. Mercy Beyond Borders	13
11. Getting Stuck in Negativity (and How to Get Unstuck)	13
12. Wild Wisdom	13
13. Tinkering with Intent	14
14. Why We Need Darkness	14
HEART AND SOUL ADVERTISEMENTS:.....	15
15. Sacred Attention Therapy	15
16. A Course in Miracles Global Community Centre.....	15

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

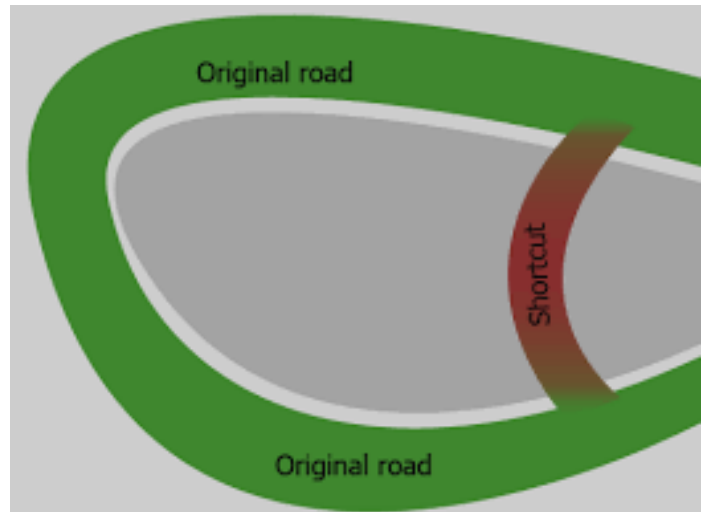


Are Shortcuts Worth It?

Last month I took one of my day-long cycling adventures. I had not ventured on this particular route before, so I looked at the map before I ventured out to determine the best roads for cycling. As I examined the map I noticed a route that I thought would result in reduced car traffic on the road and make the ride safer for me. I also noticed that the proposed route cut through some backcountry and resulted in what looked like a bit of a shortcut for one leg of the journey. With an anticipated 100km+ round trip cycling adventure, I didn't mind cutting off a few kilometers along the way.

As I arrived at the point where the shortcut began, I joyfully turned off the main highway and began my trek. I felt somewhat relieved for turning off the main road because the car traffic was heavy. After only a few minutes of cycling on the backcountry road, lines of cars started to pass me. Car after car, after car after car. I realized the route had no less traffic than the main highway. I was to realize after 10km that the reason for the heavy car traffic was a ski resort, that turned to a summer amusement park, was attracting a lot of families on this beautiful Saturday.

Did you notice I mentioned ski resort??? Where there is a ski resort, there are hills. And as I approached this ski resort, the topography became more and more undulating. Said another way...the cycling became more and more of a challenge. A few hills were among the steepest I had ever descended and ascended. The descents were thrilling, but the ascents were grueling! I carried on, however. Shortly after I passed the ski resort, the terrain levelled out and the next 10km were quite picturesque and pleasant to cycle. I eventually came back out on the main highway that I had left 25km ago, feeling a bit smug that I had cut off some time from my adventure. After 7 hours of cycling, I arrived back home.



I had enjoyed the adventure so much that I vowed to make the trip again. So a couple of weeks later, I ventured back to the same route. But this time, I decided not to take the 'shortcut' and stayed on the main highway for the entire trip. I was pleasantly surprised that the longer way around was a much more gentle ride, compared to the very undulating terrain the supposed shortcut had offered me a couple of weeks earlier. And this time the round trip took me an hour less!...even though I went a longer, overall distance! So...

Not only did the supposed shortcut result in a much more grueling and difficult cycle, it actually didn't save me any time at all! As it turns out, it took me longer to get to where I wanted to go! I laughed at my foible and the symbolism in the experience.

Are shortcuts worth it? In my cycling adventure, the supposed shortcut wasn't a shortcut at all! I expended more energy than the long way around and it didn't save me any time. It actually took me longer!

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

A Spiritual Journey

And the world cannot be discovered by a journey of miles,
no matter how long,
but only by a spiritual journey,
a journey of one inch,
very arduous and humbling and joyful,
by which we arrive at the ground at our feet,
and learn to be at home.

~ Wendell Berry

3. Quote or Question

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.

~ Rumi ~

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 – September 2019

Heightened Thought Forms Part One

From time to time, you may observe interference in your thinking. You create a noble thought, and as this thought becomes enticing to explore, another thought suddenly puts itself forward and blocks it. What is the cause of this?

Although there are many reasons for the interference of thought patterns, we would like to speak here of higher thought forms resulting from heightened awareness, rooted in divine consciousness.

As your heart opens to greater compassion, there is, simultaneously, an inner opening to vaster awareness and understanding. As you well know, there exists a deep bond between heart, mind, awareness and your soul. Consider your soul as the foundation of divine consciousness. Your soul, in its innate state of perfection, offers a possibility for your mind to be elevated and freed from the confines of the material world.

Let us present the following example. Imagine that you are assembling a board puzzle of a scene in nature. Here, you have at your disposal a thousand pieces which all fit together on your table to create the mountains, the streams, the grasses, flowers, clouds and so forth. As you look at the scattered pieces upon your table and those you have already assembled, you have an idea of what the result will be.

This illustration is similar to the interaction of your soul with your life. As you contact your soul through silence, love, devotion and gratitude, you release the tightness of your human mind and create an opening to glimpse a possible future. You are accessing divine consciousness. In a manner of speaking, you become the over-viewer of your life. Each piece of your puzzle, be it of a mental, physical or spiritual nature, becomes available to you.

Kindly remember that the marvelous gift of free will constantly awaits you. You breathe, you are aware, you love, you think, you choose. As your heart opens, your consciousness becomes more refined and your thoughts and actions are more gracefully manifested.

As you advance to higher and finer states of frequency—hence increasingly enjoying deeper states of awareness—your human thoughts become interspersed with divine thoughts. This is so, because you are, and have always been, a divine being. The thoughts, intuition and perceptions which come to you from this higher, purer spiritual realm are your soul language. This is the language which sets you free. This is the language which over-rides constricted human thought which keeps you bound.

As your Planet Earth continues to evolve, you, too, become attracted to a greater world of elegant thought and action. Hence, allow yourself to surrender to these moments of heightened thought and cultivate a delicate

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attunement to the vast world of light and compassion. There will be interference by those limited thought forms which roam and rush through your head. But these will eventually move away to make room for exquisite thoughts flowing in from the wondrous spiritual heights you are now beginning to enjoy.



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.

"One morning I woke up with no voice, just a faint, breathy whisper. This would be upsetting anytime, but on this particular day it felt as if I were in a fairy tale. In a matter of hours, I was supposed to tell a story and teach mindfulness meditation at the Rubin Museum of Art in Manhattan. And I couldn't make a sound." Parabola's Tracy Cochran shares more in this thought-provoking essay on the possibilities that awaken when we relinquish our hold on the familiar and surrender to the unknown.

<http://www.dailygood.org/story/2361/speechless-tracy-cochran/> **Be The Change:** When you find yourself at the edge of the familiar this week, experiment with taking a step into the unknown with curiosity and an open mind and heart.

"We all belong to the world in concentric circles of relationship some more distant and others close, some with people different from us and others with people more similar. Living within this web of connectedness can bring us the greatest of joys and the deepest of challenges. The preferences, patterns, and habits we have learned can both build relational bridges and create great divides. Much of how we operate in our relationships can be unconscious and beneath our awareness, and so we go through life feeling perpetually at the effect of others, rather than intentional and effectual." <http://www.dailygood.org/story/2362/cherishing-our-connections-kristi-nelson/> **Be The Change:** For more inspiration, read Meg Wheatley's essay 'Of Webs, Boxes and Boundaries.' <http://www.dailygood.org/story/843/of-webs-boxes-and-boundaries-margaret-wheatley/>

An early sense of abandonment, a missing gravestone, and an inheritance promised to her in a dream, were all part of the unusual chain of events that led Petra Wolf, a hairdresser-turned-environmental engineer, to the Camino de Santiago, and to Michael--the man she would one day marry. Over 15 years they followed an inner call and embraced the unknown together, walking to Jerusalem, sailing to India, living in a round house in Santa Fe, and more. All with the intention of creating a spiritual shift, within and without. In this candid interview, conducted the year after Michael's unexpected passing, Petra looks back at her unique life, and the insights lighting the next stage of her journey. <http://www.dailygood.org/story/2363/petra-wolf-many-rivers-flowing-richard-whittaker/> **Be The Change:** Consider what your own inner call is at this time--if you haven't already, take the first steps towards it. Today.

"I was diagnosed with Parkinson's just over three years ago when I was 50. Receiving the diagnosis from a matter-of-fact doctor was a traumatizing experience, and I felt that my life and my family's identity had collapsed. Life was difficult and still is difficult, yet something amazing is beginning to happen. I have slowly started to shift my attitude from the anger, fear, and loneliness brought on by the Parkinson's and the grim predictions of a Parkinson's future to a more body-based feeling of gratefulness for the wholeness of life as I experience it second by second. I have discovered not only profound wonder and indebtedness for the gift of my life and relationships but also a physical softening in the area of my heart and a growing ability to feel with my body joy, awe, and the interconnectedness that is hidden in plain sight all around us." Tim Roberts shares more. <http://www.dailygood.org/story/2364/gratefulness-embraces-parkinson-s-tim-roberts/> **Be The Change:** Practice the shift from anger, fear or loneliness to the body-based feelings of gratefulness that Roberts speaks about in your own life this week.

"The work of Joseph Campbell and countless others makes it clear that the destructive aspects of the world, and the knowledge that each of us will die, has forever been a deep challenge to reconcile with a celebration of life. It's not getting easier. There's a web of relationships in a globalized world that make it difficult to live without being destructive. Even when sincerely striving to be peaceful, we may still be violent. When trying to help, we can cause harm. The laptop I use to write about peace runs on Congolese conflict minerals. Even something as simple as a toothbrush has a vast meaning when we explore it." So where do we start? Matthew Legge shares more in this excerpt from his new book, "Are We Done Fighting?"

<http://www.dailygood.org/story/2365/working-for-peace-in-a-violent-world-matthew-legge/> **Be The Change:** What do you feel yourself being called to be fully present to at this time?

"What does home mean and where do we anchor our belonging in a world of violent alienation and alienating violence? I use "alien" here both in the proper etymological sense rooted in the Latin *alienus*, "belonging to another," and in the astrophysical sense of "from another planet," "not human," for the combined effect of a dehumanizing assault on belonging for those treated and mistreated as alien to a country or a community. That, and some hint of the remedy for it, is what Toni Morrison (February 18, 1931 -- August 5, 2019) -- one of the titanic thinkers and writers of our time, and the first black woman to receive the Nobel Prize in Literature -- returns to again and again..." <http://www.dailygood.org/story/2366/toni-morrison-on-borders-and-belonging-maria-popova/> **Be The Change:** For more inspiration, read this passage by Toni Morrison: "Be Your Own Story" <http://www.awakin.org/read/view.php?tid=456>

Sister Marilyn Lacey is committed to go where the need is great, which, in the case of Mercy Beyond Borders, includes South Sudan and Haiti. The mission of Mercy Beyond Borders is to forge ways for women and girls in extreme poverty to learn, connect and lead by providing educational, economic and empowerment opportunities, bringing hope to areas where there was no hope. This hope is witnessed in the faces of a large group of girls attending school for the first time. And it is seen in the light beaming from an 89 year old woman whose dream was to be able to write her name before she dies, when she fulfills that dream. <http://www.karmatube.org/videos.php?id=8420>

"Most of what we know about it [gratitude] comes from studying Americans--and, specifically, the mainly white American college students from the campuses where researchers work. That creates a cultural bias in the science, and that's why more and more researchers are exploring what gratitude looks and feels like in a range of cultures." This article shares more. <http://www.dailygood.org/story/2369/how-cultural-differences-shape-gratitude-kira-m-newman/> **Be The Change:** Take the opportunity to ask someone from a different culture about their relationship to gratitude.

"Bronnie Ware is an author and speaker whose bestselling book, *The Top Five Regrets of the Dying*, is based on her time as a palliative care worker. In this episode of *Insights at the Edge*, Bronnie outlines these five major life regrets with Tami Simon and discusses the experiences in end-of-life care that inspired them. Bronnie explains how most regrets arise from a lack of courage and why people are willing to share so openly during their last days. Tami and Bronnie speak on the healing power of sharing our most vulnerable selves, even if it's in a letter that we never send. Finally, they talk about maintaining trust in the flow of life and why happiness is ultimately a choice." <http://www.dailygood.org/story/2372/bronnie-ware-living-without-regrets-tami-simon/> **Be The Change:** Read Ware's article on 'The Top Five Regrets of the Dying' here. <http://www.dailygood.org/story/188/top-five-regrets-of-the-dying-bronnie-ware/>

It was a fortuitous flip to the essay on pronghorns that persuaded me to pick up Craig Childs' *The Animal Dialogues: Uncommon Encounters in the Wild*. In each intimately wrought tale on antelopes, hawks, and red-spotted toads, I found a writer and translator more versed in the tongues of the non-human world than I will ever be. Childs honors the weight and magnitude of his encounters with creatures large and small, preserving the distance and mystery that comes with each meeting. He strives to convey in words what cannot be expressed in words, and in each essay I see one who does what I wish to do myself: To connect with respect, to speak for the voiceless, to bear witness to life and death in their eternal splendor."

<http://www.dailygood.org/story/2373/bearing-witness-the-animal-dialogues-isaac-yuen/> **Be The Change:** Listen for the tongues of the non-human world this week.

Imagine if you could see the world through the eyes of a butterfly. What would you notice? In this beautifully woven piece, Sara Dykman explores the life cycle of the monarch through recounting her 10,201-mile bicycle journey from Mexico to Canada and back, intimately acquainting herself with newly hatched caterpillars and milkweed-nibbling monarchs. "Though people would gasp each time I told them what I was doing, it was the monarchs who deserved applause. I was merely a cyclist, with maps and grocery stores and a staggering amount of hospitality shown to me, giving scale to the magnitude of the monarchs' greatness." Read on to learn more about this nature enthusiast's close encounters and the intricate beauty of the monarch's migration. <http://www.dailygood.org/more.php?n=8157> **Be The Change:** Consider the monarch's transformation, from caterpillar to butterfly. How does it compare with transformations you've experienced in your own life? Where can you find meaning and beauty in your metamorphosis?

Unlike many who struggle to channel their anger into positive action, Martin Luther King Jr. learned from an early age how he could transform this emotion into something greater. In this compelling article from NPR, King's complex relationship with anger and injustice is explored. "Looking at how King dealt with anger reveals its dual nature--how it can be a motivating force for change, while also containing the potential for destruction." While he was not immune to angry outbursts, King sought to resolve tensions through forgiveness, redemption, and love. As he grew older, he realized that non-violent resistance offered a way to channel anger through peaceful protest. Keep reading to learn more about how King's early experiences shaped his relationship with anger. <http://www.dailygood.org/more.php?n=8162> **Be The Change:** Where do you feel anger most strongly in your body? The next time this emotion arises, do a quick body scan and consider how you might alleviate the physical tension you feel.

In this engaging TED talk, Michael Eselun, an oncology chaplain at UCLA, explores compassion through the lens of a common coping perspective used nearly universally when the going gets tough--"it could be worse." <http://www.dailygood.org/story/2379/it-could-be-worse-michael-eselun/> **Be The Change:** For more inspiration read, "The Importance of Learned Optimism." <http://www.dailygood.org/story/270/learned-optimism-on-happiness-depression-and-the-meaning-of-life-maria-popova/>

At 20 Scott Russell Sanders was faced with whether to join the Vietnam conflict or find "a refuge from the pressures of a society obsessed with buying stuff, having fun, and waging war." Influenced by Thomas Merton's essay, "Rain and the Rhinoceros" to make a critical choice which you can read about here, he goes on to explain in this beautiful essay how he has found a life for himself beyond violence, even as he recognizes that "we are in the world and part of it, and we are destroying everything because we are destroying ourselves spiritually, morally, and in every way." <http://www.dailygood.org/more.php?n=8158> **Be The Change:** Sanders notes how Merton spoke of "our false sense of separation from nature and our unchecked appetite for power and possessions." Have we more than we need? Do we owe nature more care and tenderness than usually occurs to us? Why not gather a few friends or family and discuss this with them. Could all of you give away some useful things to those who have more need for them?

The tragic death of his wife and three children led Bhaiyyaram to vow to live only for others. He began to plant trees on fallow land near his village. No water near, so four times each day he hauled two 20-kilo boxes with a rope slung over his shoulders. Living in a hut he built nearby to guard the trees from thieves, his eleven years of work has produced a plantation of 40,000 trees. <http://www.dailygood.org/story/2374/chitrakoot-s-tree-man-11-years-40-000-trees-khabar-lahariya/> **Be The Change:** What do you find is lacking in your neighborhood that you could do something about? Plant a tree, cultivate a garden, gather friends to clean out a vacant lot that's used for garbage, spend a little time creating something beautiful.

"Does gratefulness truly make us happy? How does gratefulness serve us during difficult times? What is your experience of gratitude as a person who is incarcerated and denied so many of the freedoms and privileges

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associated with happiness? These are some of the questions we explored through Grateful Anyhow, a recent project in partnership with Prisoner Express (PE) that engaged approximately 350 incarcerated men and women in an exploration of the transformative power of gratefulness." More from The Gratefulness Team here. <http://www.dailygood.org/story/2384/gratitude-behind-bars-the-gratefulness-team/> **Be The Change:** For more inspiration, read "On Death Row: Creating Art from Pain." <http://www.dailygood.org/story/1834/on-death-row-creating-art-from-pain/>

6. Grace for Nothing

Reprinted from www.awakin.org.

Gregg Krech

If you're reading this, there's a good chance your life is relatively safe -- so safe that safety isn't on your mind. So when nothing happens, you don't feel particularly grateful. You expect to be safe, just as you expect the light to go on when you hit the switch on the wall. But when you expect to die or you expect your home to be destroyed, "nothing happened" is a miracle.

That's our challenge: to allow our hearts and minds to be touched by gratitude without the presence of a hurricane. To appreciate life and the grace by which we wake up each day and go to sleep in safety. To recognize that our personal safety is a gift and something we have little control over. We may survive a hurricane and have a heart attack the next day. Our lives are all hanging by a thread. It makes us nervous to think about it, so we try not to. But that thread has held us up since we were born. And once in a while it's good to notice it so we can be thankful for it.

"Nothing happened" isn't particularly exciting. It's not as entertaining as a good movie. It's not intellectually challenging, nor is it adorable like a baby kitten. But when you expect the worst and nothing happens, it's worthy of celebration. A celebration of the fact that despite all of our problems and aches and pains and financial challenges and relationship conflicts we're alive and we're breathing and at the moment, we're safe.

So take a moment and sit back. And breathe in "nothing happened." And breathe out a breath of thanks. Gratitude for just being able to breathe. Now that's really something!



7. Does God Have A Form?

Reprinted from www.awakin.org.

Arthur Osborne

"Has God a form?" a man once challenged Ramana Maharshi, the great Indian sage.

"Who says God has a form?" Ramana retorted. The questioner persisted, "If God is formless is it not wrong to ascribe to Him the form of an idol and worship Him in it?"

He had understood the retort to mean, "Nobody says God has a form." But it meant exactly what it said and was now amplified, "Let God alone; tell me first whether *you* have a form."

"Of course I have a form, as you can see, but I am not God." "Are you then the physical body made of flesh and bones and blood and nicely dressed?"

"Yes, that must be so; I am aware of my existence in this bodily form."

"You call yourself that body because now you are aware of your body, but are you that body? Can it be yourself in deep sleep when you are quite unaware of its existence?"

"Yes, I must have remained in the same bodily form even in deep sleep because I am aware of it until I fall asleep, and as soon as I wake I see that I am just as I was when I went to sleep."

"And when death occurs?" The questioner stopped and thought a minute, "Well, then I am considered dead and the body is buried."

"But you said your body is yourself. When it is being taken away to be buried why doesn't it protest and say: `No! no! don't take me away! This property I have acquired, these clothes I am wearing, these children I have begotten, they are all mine, I must remain with them!'"

The visitor then confessed that he had wrongly identified himself with the body and said, "I am the life in the body, not the body in itself."

Then Ramana explained to him: "Till now you seriously considered yourself to be the body and to have a form. That is the primal ignorance which is the root cause of all trouble. Until that ignorance is got rid of, until you know your formless nature, it is mere pedantry to argue about God and whether He has a form or is formless or whether it is right to worship God in the form of an idol when He is really formless. Until one sees the formless Self one cannot truly worship the formless God."



8. Abandon Only What Is Not Yours

Reprinted from www.awakin.org.

Shaila Catherine

The wise understand the importance of letting go -- even letting go of the things we strive for and attain. Meditative training is more about letting go than it is about attaining levels of absorption. Spiritual life invites you to relinquish all that binds you, whether that is your cherished fantasies, destructive attitudes, assumptions, views, or treasured roles, beliefs, and ideals.

"If you don't want to suffer, don't cling" could summarize the main thrust of all the Buddha's instructions. But if you can't follow that simple instruction completely and need (as so of many us do) more complex approaches to help you or keep you busy until you finally tire of clinging, an extensive array of meditation tools have been devised by generations of practitioners.

And yet, if at any point you are unsure what to do in this practice, just let go.

It is not necessarily one more task to perform. It is, simply, what occurs when you are not clinging: a direct expression of wisdom arising in a moment of experience. Simple wisdom tells us, "When you are being dragged, let go of the leash." When you feel the pain of grasping and understand the holding on as the cause of your suffering, the solution becomes obvious.

Some people fear that letting go could diminish the quality of their lives, health, abilities, achievements, or personal property. To this, the Buddha said, "Whatever is not yours, abandon it; when you have abandoned it, that will lead to your welfare and happiness." This invites a profound reflection on what one can authentically claim as one's own. As we discern the impermanent, conditioned character of all material and mental processes, we eliminate perceptions, sensory experience, and material things as fields for possession. On the surface it seems like we are asked to give up everything, but simultaneously comes the realization that there is actually nothing possessed and consequently nothing that can actually be given up. The great abandonment is to let go of the concept of ownership.

Letting go in meditation is the relinquishment that involves no loss. Recognizing impermanence leads to the realization of the pure and ungraspable nature of things. Knowing this basic fact of things, one has nothing to fear. And the extraordinary delight that arises with realization surpasses all temporary pleasures, softening any residual fear that may want to grasp again what can never actually be possessed.



9. One Breath Around the World

Reprinted from www.KarmaTube.org.

Guillaume Néry can hold his breath underwater for more than seven minutes, dive more than 126 meters without air and has run on ocean floors around the world. He is a professional freediver, meaning he dives without breathing apparatus. The sport of freediving is dangerous, but Guillaume Néry and Julie Gautier's film makes it seem peaceful and serene. The film shows non divers a new way of interacting with water - walking, running, jumping, flying. The idea for this film came about when Néry was thinking about those who trek continents by foot. He wanted to do something similar but take viewers on an underwater journey across the globe. His wife, Julie Gautier, who was involved in filming, was also on breath hold.

<http://www.karmatube.org/videos.php?id=8421>

10. Mercy Beyond Borders

Reprinted from www.KarmaTube.org.

Sister Marilyn Lacey is committed to go where the need is great, which, in the case of Mercy Beyond Borders, includes South Sudan and Haiti. The mission of Mercy Beyond Borders is to forge ways for women and girls in extreme poverty to learn, connect and lead by providing educational, economic and empowerment opportunities, bringing hope to areas where there was no hope. This hope is witnessed in the faces of a large group of girls attending school for the first time. And it is seen in the light beaming from an 89 year old woman whose dream was to be able to write her name before she dies, when she fulfills that dream.

<http://www.karmatube.org/videos.php?id=8420>

11. Getting Stuck in Negativity (and How to Get Unstuck)

Reprinted from www.KarmaTube.org.

Allison Ledgerwood is a social psychologist who describes herself as a professional people watcher. Through her research she has learned that negative thoughts have a significant impact on how we perceive our lives and the world. Failures seem to stick in our minds far more readily than the positive events that happen to us. Once the loss concept gets stuck in our minds, we tend to stay with that mindset. In this video she explores the reasons for this and how we can work compassionately with our minds so as to make the best of negative situations. <http://www.karmatube.org/videos.php?id=7890>

12. 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

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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>

13. Tinkering with Intent

Reprinted from www.KarmaTube.org.

Delightful, creative and completely engaging, Blair Somerville's work defies description, and evokes a sense of magic. He lives in the remote town of Papatowai, on the South Island of New Zealand, and uses found materials and other curious objects to re-purpose into moving artworks. Blair realized early in life that he didn't need a lot to live, and that money and material possessions were not important. Instead he has chosen to value happiness, creativity, and well-being. He shares those values through his public gallery, where there is the chance to be irrevocably changed. <http://www.karmatube.org/videos.php?id=8439>

14. Why We Need Darkness

Reprinted from www.KarmaTube.org.

Diane Knutson is a former National Park Ranger and the creator of the Lights Out Movement in Rapid City, South Dakota. Light pollution not only impacts our view of the universe, but our environment, our individual health, and energy consumption. Not long ago, the starry night sky was clearly visible -- now, songbirds mistake city skylines for the rising sun, eight out of ten children will never see the Milky Way, and exposure to artificial light at night has been linked to physical and mental health problems. Knutson explains the problem with light pollution and provides solutions for regaining a dark sky. <http://www.karmatube.org/videos.php?id=8460>

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.

15. 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).

16. 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...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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