

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	4
3. Quote or Question.....	5
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	6
4. Regiena Heringa – Notes from the Light – October 2019.....	6
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	8
5. Good News Of The Day	8
6. Universal Human in Training	12
7. Hard Times Require Furious Dancing	13
8. Song of the Birds	14
9. When Light Shines, Darkness Becomes The Light.....	15
10. The Teachings of Grass	16
11. Wonderment.....	16
HEART AND SOUL ADVERTISEMENTS:.....	17
12. Sacred Attention Therapy	17
13. A Course in Miracles Global Community Centre.....	17

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



The Spiritual Seeker vs. The Spiritual Adept

I have always enjoyed cooking and I have reached various levels of proficiency with my cooking through the years. But a recent transformation to a vegetarian diet (partially vegan), has gifted me with a renewed interest and enthusiasm for cooking.

Even with my renewed enthusiasm for cooking, I would not claim to be a chef. I do admire those people who can guide themselves, without assistance from a recipe or cookbook, to create a meal based on their sense of what foods, spices and other ingredients go together, complement each other, and come together to create a gourmet feast.

Even though I have been cooking for many years, I still need a recipe to guide me toward the desired meal I want to make. I do not have an awareness of what ingredients go together and complement each other, the proportions to use, and other elements required to create the outcome I desire. I have a sense of the basics of cooking, but not the 'essence' of what makes good food. What has been missing from my culinary journey is desire, dedication and discipline.

I enjoy cooking very much, but I don't have a burning desire to become a chef. Because I don't have a burning desire to become a chef, I have never dedicated myself to the pursuit of achieving a certain proficiency in the culinary arts. Basically, I have not cultivated a discipline when it comes to cooking. I can do what I'm told (vis-à-vis a recipe or other instruction), but I have not advanced enough on the path of cooking to claim any mastery of the art.

As I was joyfully cooking some meals recently, it dawned on me that the difference between a cook and a chef is analogous to the difference between a spiritual seeker and a spiritual adept. The spiritual seeker is the 'cook.' The spiritual adept is the 'chef.'

The spiritual seeker uses recipes and instructions to attain a place or state they search for and / or strive to attain. The spiritual seeker does not have an awareness of what ingredients go together and complement each other, the proportions to use, and other elements required to create the outcome desired. To become an adept, the seeker must have the desire, dedication and discipline to obtain a proficiency in their chosen or desired practice(s).

The word adept—from the French 'adepte' or Latin 'adeptus'—means "who has achieved." Wikipedia defines an adept as "an individual who is identified as having attained a specific level



of knowledge, skill, or aptitude in doctrines relevant to a particular [discipline]. The adept “stand outs from others because [his or her] abilities.” More specifically, the spiritual adept is a person advanced enough on their spiritual path that they have become a master. The spiritual adept has an awareness of what ingredients go together and complement each other, the proportions to use, and other elements required to create the outcome desired. The adept has gone beyond the basics of their practice to understand the underlying ‘essence’ of the journey. The spiritual adept has demonstrated their desire, dedication and discipline in their chosen practice.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Affirmation of the Twelve

I awaken and remember that I am
One with the Mother,
One with the Father,
One with All That Is.

In faith I affirm this truth
as I live in both the mystery and the manifest.

Divine purpose infuses my will and supplies all the power I need
to fulfill my place in the Plan.

Unconditional love for all sentient beings flows through me
into the world.

I know these truths through my feelings and the wisdom of my body,
through the legacy of knowledge preserved and passed on to me
in the perennial wisdoms and through the grace of inner revelation.

I have developed the powers of discernment
that enable me to perceive accurately the real from the unreal.

I am made in the image of the Divine and am therefore creating
realities in my body, my emotions,
my mind, and my spirit,
and I take full responsibility for all that I create.
Through the eternal rhythms and expressions of yin and yang,
I bring balance between heaven and earth, the inner and the outer.

Through the alchemy of truth and love, I am transforming all of the fears,
mistakes, misinterpretations, and limitations of the past.

I am enduring all that is necessary to live the highest truths
of my beingness.

For this remembrance
and for the privilege of serving, I give thanks.
So be it.

Gloria D. Karpinski

3. Quote or Question

“To complete the golden dream of peace, selflessly serve and unconditionally love.”

~ Sri Chinmoy ~

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 – October 2019

Heightened Thought Forms Part Two

In our previous message (see: *Notes from the Light* September 2019) we spoke of cultivating deeper states of awareness and allowing human thought to be increasingly interspersed by divine thought. Let us now continue.

As you become more conscious of an expanded way of feeling and being, you move beyond the boundaries established by your present learning. Light, sound and thought patterns are much more extensive than what you perceive in your material world.

As you well know, physicality is forever in transformation—moving and advancing—for there is a driving force within life to return to its origins of pure Light and Love. Through your loving use of free will, your soul path eventually leads you to higher frequencies. It is to be remembered that the material world is vibration, frequency and resonance.

When you are comfortable in a specific field of vibration—in a particular pattern of thought and action—an event occurs to awaken you to something different, perhaps an elevated manner of being and doing. You then have a choice: to remain in the old pattern of thinking, or to explore further. In exploring further, you discover a higher frequency—a more loving thought or feeling. From here you deliberately choose greater Light and, thus, set forth to explore a refreshing, new world. Once you have tasted the splendours of this newer world, you joyfully choose a nobler way of being and doing. The old falls away and you move swiftly forward.

You leave confined daily thought and hasten towards liberating experiences of heightened thought and awareness. You become a part of the finer worlds of vibration. *You release thoughts which reduce the space of your heart and advance to higher worlds of belonging.*

Although we may appear in craft, seemingly material, think not that our visits from various dimensions and planes of existence need to be demonstrated in such a fashion. We can appear anywhere at anytime. This is so, for matter can be lovingly manipulated, from the visible molecule to the infinitely smallest particle, through divine attention and heightened thought in order to provide universal service. Physicality vibrates through the medium of Light. In truth, we do not leave this Light, even though we may be seen travelling in your skies. We use this Light to assist in the well-being of all life.

You, too, in your own way, manifest from Light. Each moment you create loving thoughts, your inner light increases, blesses life and transforms it. With every touch, every feeling, every thought and action that is founded in Light, you uplift yourself and all humankind.

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Indeed, in your world, tenacious interference of thoughts and actions are created by those who have yet to comprehend the sacred nature of vibration. However, be not alarmed. Continue to immerse yourself in the finer worlds of elevated thought and widened heart. Here you will observe splendid and speedy transformations of your physical bodies and minds.

Feel that you are as smooth as an ancient stone in the sea, caressed and loved since your very first physical birth. When you leave this world with heightened thought and awareness, you will remain smooth and harmonious. This is so, for you forever echo the loving thought of the Creator who fashioned you.



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.

"In 2018, Helena Norberg-Hodge sat down with Wendell Berry for a far-reaching discussion. The two are giants of the local economy movement. Berry is a poet and activist, an author of over forty books. Norberg-Hodge founded Local Futures, which works to renew ecological, social, and spiritual well-being by promoting a systemic shift toward economic localization. Together they touch on human nature, technology, experiential knowledge, agriculture policy, happiness, wildness, and local food systems. Through their discussion, Berry and Norberg-Hodge offer a critique of our economic system and show how the caretaking of the natural world and local communities are one and the same." <http://www.dailygood.org/more.php?n=8159> **Be The Change:** For more inspiration, read Berry's profound piece: What Are People For? <http://www.dailygood.org/story/1324/wendell-berry-what-are-people-for/>

In 2003 theater artist Mia Tagano relocated to California from NYC to be with her grandmother who was living with dementia. Over the next sixteen years she would navigate the poignant territory of loving and caring for someone she could not build shared memories with, someone who would open Mia's heart to life's deepest lessons, someone she would learn to love tenderly, diligently, and unconditionally in the ever present now. What follows is one of the many inspiring stories Mia has shared with her wide circle of friends and well-wishers about her beloved soul friend, teacher and grandmother. <http://www.dailygood.org/story/832/look-with-your-heart-lessons-from-my-time-with-my-grandmother-mia-tagano/> **Be The Change:** Cherish your loved ones today and all days. Mia's grandmother peacefully passed this Saturday. If you'd like you can send Mia a note, honoring the generosity with which she shared her grandmother's spirit and their beautiful relationship with the world. <http://www.dailygood.org/?pg=contact&mid=87508>

Globally, more than 300 million people suffer from depression, according to the World Health Organization. Depression is the world's leading cause of disability and it contributes to 800,000 suicides per year, the majority of which occur in developing countries. Yet those suffering from depression have few options due to a dearth of mental health professionals. In brainstorming how to tackle this problem, Dixon Chibanda, director of the African Mental Health Research Initiative, arrived at an unlikely solution. Since 2006, Chibanda and his team have trained over 400 grandmothers in evidence-based talk therapy, which they deliver for free in more than 70 communities in Zimbabwe. The method has been empirically vetted and has been expanded to countries beyond, including the US. <http://www.bbc.com/future/story/20181015-how-one-bench-and-a-team-of-grandmothers-can-beat-depression> **Be The Change:** Think of a nagging problem you face in your life or community where you lack access to the needed solution. Literally "throw up your hands" and give up trying to get what's not available. Now look around you. What can you do with what you have?

"I used to believe that I was a very accepting person. But a few weeks ago, something happened at my workplace that made me recognize my own brokenness -- it helped me see the disconnect between my values, and how I respond in certain moments. I work at the front desk of a hotel. On multiple occasions over the past couple of weeks, a sex-worker reserved a room on our property. Sitting at the front desk I'd see her interacting with people in the corridor, I'd see her check-in and check-out. And I would have this incredibly palpable feeling of disgust come up whenever she walked by...But there was another side of me which was like, "Wait a minute! At the end of the day, she's a human being with a soul and inside of her is the beauty that Mother Earth puts in each and every one of us. So why am I judging her?" What follows is a simple yet profound story of healing. <http://www.dailygood.org/story/2397/a-small-moment-of-mending-brokenness-tejas-doshi/> **Be The**

Change: Experiment with regarding people 'in the light of what they suffer' this week. Notice whether this practice catalyzes any shifts within you.

Vonda Viland is a mother figure, coach, cheerleader, and counselor. She has to be. As the principal of Black Rock Continuation High School on the edge of California's Mojave Desert, Ms. V--as she's known to her 121 at-risk students has heard countless stories of personal or familial alcohol or drug addiction, chronic truancy, and physical and sexual abuse. Over 90 percent of the school's students live below the poverty line; most have a history of serious disciplinary issues and have fallen too far behind at traditional schools to catch up. As a new documentary about the school titled "The Bad Kids" explains, Black Rock is the students' "last chance." <http://www.dailygood.org/more.php?n=8170> **Be The Change:** For more inspiration watch "Teach Me to Be Wild" which tells the story of an animal sanctuary where injured animals and wounded youth heal together. <http://www.karmatube.org/videos.php?id=8051>

Do you see the world as a place of hope and optimism? Understandably, many people don't as the barrage of bad news hits the news feed every day. Mary Latham is not one of those people though. Instead of withdrawing from the world after the loss of her mother, in 2016 she began a journey to find and create kindness as she traveled across the US. Over the past years, she says she's found nothing but goodness and kindness in the people who offered her hospitality. Read on to discover the truth in what Mary's mother told her: "Mary, there are always going to be tragedies in the world, but there will always be more good you just have to look for it." <https://www.washingtonpost.com/lifestyle/2019/06/24/this-woman-has-been-three-year-road-trip-documenting-acts-kindness/?noredirect=on> **Be The Change:** As you head out your door, resolve to do an act of kindness at least once during your day.

What is Mercy? In this essay offered by Lee Van Laer - we can see it from many perspectives. Shakespeare calls it an attribute to God himself, and according to the Sufi's mercy is God's greatest and most powerful quality. Van Laer points out that, "In practical terms, Mercy isn't just an idea or a concept; in its metaphysical and esoteric sense, it's a substance. That is to say, it's of a material nature, and we human beings have the potential to participate in the sensation of that tangible substance." <http://www.dailygood.org/story/2371/the-quality-of-mercy-lee-van-laer/> **Be The Change:** How could you allow more mercy into your being? How can you show more mercy to other beings?

In this moving piece, poet, essayist, and naturalist Diane Ackerman's reverence for play is brought to life through selections from her book, "Deep Play". While others have easily dismissed play as trivial or time-consuming, Ackerman asserts, "Opportunities for deep play abound. In its thrall we become ideal versions of ourselves... [Its] many moods and varieties help to define who we are and all we wish to be." Reflecting on its evolutionary role, psychological, and spiritual dimensions, Ackerman invites us to reacquaint ourselves with the very activity that makes us human. <http://www.dailygood.org/story/2391/diane-ackerman-on-deep-play-maria-popova/> **Be The Change:** How can you incorporate more play into your day? Reflect on ways you can express your creative freedom.

Dr. Ashish Satav and his wife Dr. Kavita share their story of transforming lives in a remote tribal area of India. This inspiring journey of creating health started over 21 years ago in a hut. They have learned to create health from the bottom up -- transforming their own lives in the process. <http://www.dailygood.org/story/2376/the-hospital-in-a-hut-ananya-barua/> **Be The Change:** How might you serve your own community or neighborhood in a small way?

Priya Parker is an author, strategist, and the founder of Thrive Labs, a company devoted to helping organizations create intentional and transformative gatherings. She is also the author of, 'The Art of Gathering: How We Meet and Why It Matters.' In this interview she speaks to how we can forge stronger connections and more meaningful experiences through gatherings -- whether it's a birthday party, formal dinner, or impromptu celebration in the park. <http://www.dailygood.org/story/2352/gathering-as-a-form-of-leadership-tami-simon/> **Be The Change:** Consider the complex relationships in your life and select one that you want to shift. Reach out

and invite that person to meet you in a novel location and do something together that take you totally outside the contexts and circumstances of the ways you usually interact. Set an intention for what you want to give when you show up. Then get curious and let the magic unfold.

Manoj Gogoi is a 44-year old father of two and self-taught naturalist dedicating his life to assisting the people and animals of India live in harmony. Through his tireless efforts thousands of animals have been rescued and returned to the wild. More than that, he has inspired others to volunteer with him and begun to alter the attitude and actions of people to consider the place of wildlife in their world. What pulled Gogoi to dedicate his life to wildlife conservation? "I was born in the Kaziranga area of Assam. I grew up in the lap of nature teeming with rhinoceros, leopards, beautiful Himalayas birds and snakes, even venomous ones. It is a familiar environment for me since childhood. Naturally, I developed a genuine fondness for the wild," smiles Gogoi. Find out more in this article from "The Better India". <http://www.dailygood.org/story/2375/the-animal-rescuer-of-assam-unknown-yet/> **Be The Change:** Reflect on the wildlife you share space with in your community. Learn more about how to help them co-exist with people and take one action this week.

Like most of us, you've probably been asked for directions at least once in your life. While men are notorious for failing to admit when they're lost and women less so, little research has been done on how directions are imparted and the characterization of the individual giving them. "Giving directions is a form of storytelling," says Akiko Busch. "When people advise you to take the longest, most complicated route, it is their way of prolonging the pleasure of the journey." In this Travel and Leisure article, Busch elaborates on how this simple act is often far more intimate than we realize, relying not only on our memory, but on our internal map of the places we hold most dear. <http://www.dailygood.org/story/2400/giving-directions-akiko-busch/> **Be The Change:** The next time you ask for directions, pay attention to the route you're given. What does it tell you about the giver?

Diane Ackerman, best selling author of *A Natural History of the Senses*, *An Alchemy of Mind*, and *The Zookeeper's Wife*, has built a reputation on her poetic sensibility and uncanny knack for scouting out connections between the heavens, Earth, and everything in between. In her latest memoir, *One Hundred Names for Love: a Stroke, a Marriage, and the Language of Healing*, Ackerman navigates between the science of aphasia, the culture of illness, and her marriage to author Paul West with graceful and surefooted verve. <http://www.smithmag.net/memoirville/2011/05/12/interview-diane-ackerman-author-of-one-hundred-names-for-love/> **Be The Change:** Ackerman says, "I've always transcended best by pretending that I'm Margaret Mead viewing a scene for the first time or an alien from another planet regarding the spectacle of life on Earth and discovering how spectacular, unexpected, and beautiful it is." Why not try this for yourself. Each morning this week, when you get up, imagine that you are on another planet seeing this world for the first time. What is it like to be in a new world?

Nature has a language that we have forgotten but carry in our unconscious minds. Beyond our even knowing, we are called along with the birds to listen to our inner seasons and longings. As author David G. Haskell has said, "In the voices of birds, we hear augury, portent, prophesy. We are drawn across boundaries into other places, other times." In this beautiful story about a Gray Catbird, we find how one person, emerging from a period of deep grieving allowed herself to listen to the language of birds and to be drawn into a deep relationship that led to an inner transformation. <http://www.dailygood.org/story/2401/my-summer-of-the-catbird-virginia-may-schiros/> **Be The Change:** We are each invited every day to participate in a friendship with Earth and her rhythms beyond the limits of our walls and minds. Listen for that invitation today.

Our human psyches possess, as capacities, a variety of astonishing resources about which mainstream Western psychology has little to say. By uncovering and reclaiming these innate resources, shared by all of us by simple virtue of our human nature, we can more easily understand and resolve our intrapsychic and interpersonal difficulties as they arise. These resources, the four facets of the Self, or the four dimensions of our human wholeness, wait within us, but we might not even know they exist until we discover how to access them, cultivate their powers, and integrate them into our everyday lives. There's a facet of the Self associated

with each of the four cardinal directions: north, south, east, and west. Describing the Self in this way is in keeping with traditions around the world that have mapped human nature onto the template of the four directions (and the closely related templates of the four seasons and the four times of day: sunrise, noon, sunset, and midnight). <http://www.dailygood.org/story/2402/wild-mind-reclaiming-our-original-wholeness-bill-plotkin/> **Be The Change:** Consider which of the four facets of Self calls for cultivation in your life. Do one thing this week to support and nurture this side of your universal soul.

"Call of the Forest" is a documentary that follows visionary scientist, conservationist and author, Diana Beresford-Kroeger, on her journey to the most beautiful forests of the northern hemisphere. From the sacred sugi and cedar forests of Japan, the ancient Raheen Wood of Ireland, the walnut and redwood trees of America, to the great boreal forest of Canada, Beresford-Kroeger tells us the amazing stories behind the history and legacy of these ancient forests while also explaining the science of trees and the irreplaceable roles they play in protecting and feeding the planet. Watch the trailer here.

<http://www.dailygood.org/story/2403/call-of-the-forest-dailygood-editors/> **Be The Change:**

Beresford-Kroeger's latest book "To Speak for the Trees: My Life's Journey from Ancient Celtic Wisdom to a Healing Vision of the Forest" was just released this week.

In a world with overwhelming problems, there can be little reason for hope. In this excerpt of the book, Creating A world That Works For All, Sharif Abdullah is unflinching in what we face: self-destruction. Our world does not even truly work for the select few. The solution is simple: inclusivity. Our lives are inextricably linked.

"Inclusivity is the basis for a world that works for all." We must remove the blindfold of ignorance and make fundamental change at the personal level. Abdullah lays out the path-- given a clear vision, a society that works for all is possible using the resources available with a change of head, heart, and hands. We can figure out what to do. "Things can and will get better, for us all."

https://www.bkconnection.com/static/Creating_a_World_That_Works_for_All_EXCERPT.pdf **Be The**

Change: Who or what and how are you excluding? With no judgment, spend one day practicing inclusiveness then reflect on how that changes things.

6. Universal Human in Training

Reprinted from www.awakin.org.

Gary Zukav

We are in the midst of an unprecedented transformation in human consciousness. Unprecedented. Our perception is expanding beyond the limitations of the five senses. Together, they form a single system whose object of detection is physical reality. Now we are acquiring another sensory system: we are becoming multisensory. We are transiting from a five sensory species to a multisensory species, and this is happening very fast. From an evolutionary point of view, it will happen within three or so generations. Our evolution is no longer tied to the evolution of physical matter that's taken 40 thousand years. This evolution is happening in you.

Being multi-sensory changes your sensing or understanding of yourself. You sense that you're more than a mind and a body, that you have an immortal component.

It changes your understanding of the world. For example, we see power differently now. When we were five sensory, our understanding of power was the ability to manipulate and control. That used to be good medicine for five sensory species, but it's now poison. The pursuit of external power now produces only violence and destruction. The new understanding of power -- real power, authentic power -- is the alignment of the personality with the soul. The alignment of the mortal temporary part of yourself with the immortal timeless part of yourself. The part of yourself that intends harmony and cooperation and sharing and reverence for life.

And it creates the conditions for a universal human.

The universal human is an adult citizen of the universe. If we think of ourselves as children of the universe, this is playing with toys like that. That image no longer serves us. It constricts us. It prevents us from giving our gifts. It's the image of a sheep demanding a shepherd. A universal human is beyond culture, even great cultures like this one. A universal human is beyond nation. A universal human is beyond religion. A universal human is beyond gender. A universal human is beyond an ethnic group.

All of these things are characteristics of a personality, but a soul has none of them. They are all characteristics that create learning opportunities for us. A universal human's allegiance is to life first, and everything else second. For example, I am a universal human first, and a male second. I am a universal human first, and an American second. I am a universal human first, and a grandfather second. I am a universal human first, and everything else second.

We are all universal humans in training.



7. Hard Times Require Furious Dancing

Reprinted from www.awakin.org.

Alice Walker

I am the youngest of eight siblings. Five of us have died. I share losses, health concerns, and other challenges common to the human condition, especially in these times of war, poverty, environmental devastation, and greed that are quite beyond the most creative imagination. Sometimes it all feels a bit too much to bear. Once a person of periodic deep depressions, a sign of mental suffering in my family that affected each sibling differently, I have matured into someone I never dreamed I would become: an unbridled optimist who sees the glass as always full of something. It may be half full of water, precious in itself, but in the other half there's a rainbow that could exist only in the vacant space.



I have learned to dance.

It isn't that I didn't know how to dance before; everyone in my community knew how to dance, even those with several left feet. I just didn't know how basic it is for maintaining balance. That Africans are always dancing (in their ceremonies and rituals) shows an awareness of this. It struck me one day, while dancing, that the marvelous moves African Americans are famous for on the dance floor came about because the dancers, especially in the old days, were contorting away various knots of stress. Some of the lower-back movements handed down to us that have seemed merely sensual were no doubt created after a day's work bending over a plow or hoe on a slave driver's plantation.

Wishing to honor the role of dance in the healing of families, communities, and nations, I hired a local hall and a local band and invited friends and family from near and far to come together, on Thanksgiving, to dance our sorrows away, or at least to integrate them more smoothly into our daily existence. The next generation of my family, mourning the recent death of a mother, my sister-in-law, created a spirited line dance that assured me that, though we have all encountered our share of grief and troubles, we can still hold the line of beauty, form, and beat — no small accomplishment in a world as challenging as this one.

Hard times require furious dancing. Each of us is the proof.

8. Song of the Birds

Reprinted from www.awakin.org.

David G. Haskell

For millennia, the language of birds has called us to cross divides. In the Qur'an, Solomon received a bounty and blessing when he was given the language of birds. Job exhorts us to hear the wisdom of the fowls of the air. News of the human world was carried into the divine ear by the speech of Norse Odin's ravens and the bluebirds of the Taoist Queen of the West. In the voices of birds, we hear augury, portent, prophesy. We are drawn across boundaries into other places, other times.

Listen: an invitation. But it is hard to discern what is meant in this speech of our winged cousins. Birds inhabit flesh profoundly different from our own. Our inattention further muffles their language. We wall them out with bricks that keep us indoors, inside self-made worlds, and with presuppositions, closely guarded vaults of the mind. We've made ourselves a lonely place, so quiet.



Let in the sound. [...]

When we understand the meanings of a sound made by a bird, nerves in two different brains touch and signal. The link between nerve cells is made from vibrating air, a connection as strong and real as the chemical links among nerves in a single brain. Bird sounds, then, are sonic neurotransmitters that leap across species boundaries.

This leap is creative. When bird and human minds connect, a new language is born. This expansive language weaves many species into a communicative whole, a web of listening and speech. Language-learning is indeed for everyone. It unites us. And so we return to the invitation offered to us by the birds around our homes. In their voices we hear the many rhythms of the seasons and the varied physicality of habitats. We learn the individual stories of each bird. We understand how our community is changing and what we should remember from this present moment. We hear and create Earth's universal grammar.

Let's answer the birds' invitation, stepping outside to give them the simple gift of our attention. Listen. Wonder. Belong.

9. When Light Shines, Darkness Becomes The Light

Reprinted from www.awakin.org.

Thich Nhat Hanh

From time to time you may become restless, and the restlessness will not go away. At such times, just sit quietly, follow your breathing, smile a half-smile, and shine your awareness on the restlessness. Don't judge it or try to destroy it, because this restlessness is you yourself. It is born, has some period of existence, and fades away, quite naturally. Don't be in too big a hurry to find its source. Don't try too hard to make it disappear. Just illuminate it. You will see that little by little it will change, merging, becoming connected, with you, the observer. Any psychological state which you subject to this illumination will eventually soften and acquire the same nature as the observing mind.

Throughout your meditation, keep the sun of your awareness shining. Like the physical Sun, which lights every leaf and every blade of grass, our awareness lights our every thought and feeling, allowing us to recognize them, be aware of their birth, duration, and dissolution, without judging or evaluating, welcoming or banishing them. It is important that you do not consider awareness to be your "ally," called on to suppress the "enemies" that are your unruly thoughts. Do not turn your mind into a battlefield. Do not have a war there; for all your feelings --joy, sorrow, anger, hatred-- are part of yourself. Awareness is like an elder brother or sister, gentle and attentive, who is there to guide and enlighten. It is a tolerant and lucid presence, never violent or discriminating. It is there to recognize and identify thoughts and feelings, not to judge them as good or bad, or place them into opposing camps in order to fight with each other. Opposition between good and bad is often compared to light and dark, but if we look at it in a different way, we will see that when light shines, darkness does not disappear. It doesn't leave; it merges with the light. It becomes the light.

A while ago I invited my guest to smile. To meditate does not mean to fight with a problem. To meditate means to observe. Your smile proves it. It proves that you are being gentle with yourself, that the sun of awareness is shining in you, that you have control of your situation. You are your- self, and you have acquired some peace. It is this peace that makes a child love to be near you.



10. 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>

11. Wonderment

Reprinted from www.KarmaTube.org.

Lisa learned about wonderment and so many other powerful life lessons from her husband Gary. Words are inadequate to describe this amazing journey with her as she learns that language can get in the way of true communication, that animals know instinctively how to communicate, how to express commitment and how to live in the moment. Like the horses he so dearly loved, Gary is an expert teacher, by his example of a life well lived, of the wonder and the joy to be had when we don't waste one precious moment of life.

<http://www.karmatube.org/videos.php?id=8471>

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.

12. 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).

13. 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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