

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.

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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



We Don't See The World As It Is, We See The World As We Are

I want to share a recent, personal experience that made it clear to me that I don't see the world as it is. I see the world as I am. This great spiritual teaching is echoed throughout many traditions and could be simplified to share that the world we see outside of us is merely a reflection of our inner state of being. On a deeper level, perhaps, the teaching is rooted in the law of cause and effect. The majority of people may think that something is happening outside of them (i.e., a war, an atrocity, an argument, etc.) and that they are affected by this thing that is happening outside of them. Said another way, how I am affected (influenced) is an effect (result) of what I perceive as the cause (i.e., a war, an atrocity, an argument, etc.). In truth, however, I am the cause and what I see outside of me is the effect (result). Everything I see is the result (the effect) of my thoughts (the cause). And my thoughts originate from me. I am the cause. What I see (the effect) is a physical manifestation of my thoughts (the cause). Allow me to share how this law of cause and effect can work with a recent, personal experience.

I had come out of a meeting feeling a myriad of emotions—mostly frustration and irritation. Frustration and irritation, however, are merely flavors of a more insidious feeling—anger. I ruminated on my anger until I uncovered what I was truly angry about. Check!...I got that out of my system, right? The residue of my feelings remained for another hour or so, so I decided it was best I go for a walk to further contemplate my feelings in the hopes of expunging my anger over the past events.

As I approached a busy downtown intersection, a pickup truck was moving through an intersection at a snail's pace, due to heavy traffic at this intersection. The pickup truck was forced to stop without having progressed all the way through the intersection. As a result, the truck was blocking the pedestrian crosswalk. A pedestrian, frustrated at the truck blocking the crosswalk (impeding them from crossing the street), decided to take their frustrations out on the truck. The pedestrian started to hit and kick the truck. Loud bangs could be heard as the pedestrian struck the truck with their hands and feet.



The driver of the truck, startled by the sounds of something striking the truck, climbed out of the truck to realize a pedestrian was hitting and kicking the truck. The unfolding exchange between the pedestrian and the driver of the truck quickly escalated until the pedestrian and truck driver got into a fist fight in the middle of the busy intersection. As the fury on display escalated, a small crowd of people gathered to cheer and jeer, depending on the person whose 'side' they were taking. Traffic was now stopped in all directions.

As I watched the scene unfold, a great peace came over me. I was being shown my anger; all its fury and ugliness was on display for me to witness. It had never been more clear to me that my outer world was merely an expression of my inner state of being. Because I felt a great sense of peace, I blessed the scene and all its participants, as I gently walked away.

Spiritual Guidance

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The anger I had felt from the meeting earlier in the day was the feeling I was carrying around with me. The anger manifested itself as an outward expression of anger between a pedestrian and truck driver. The pedestrian and truck driver were simply the mirrors on myself, and the teachers who chose to show me in that moment the ugliness of my anger.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



2. Poem

Anthem

The birds they sang
at the break of day
Start again
I heard them say
Don't dwell on what
has passed away
or what is yet to be.

Ah the wars they will
be fought again
The holy dove
She will be caught again
bought and sold
and bought again
the dove is never free.

Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in.

We asked for signs
the signs were sent:
the birth betrayed
the marriage spent
Yeah the widowhood
of every government—
signs for all to see.

I can't run no more
with that lawless crowd
while the killers in high places
say their prayers out loud.
But they've summoned, they've summoned up
a thundercloud
and they're going to hear from me.

Ring the bells that still can ring ...

You can add up the parts
but you won't have the sum
You can strike up the march,
there is no drum
Every heart, every heart
to love will come
but like a refugee.

Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in.

Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in.
That's how the light gets in.
That's how the light gets in.

Leonard Cohen

3. Quote or Question

"Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue."

~ Buddha ~

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 – November 2019

Gifts of Joy (Story: The Snail and the Clam)

What weight do you carry in your mind and heart? Does it restrict you in becoming the divine being that you are? Can you transform this weight into the joyful recognition and use of your gifts?

Indeed, there is presently a weight upon your planet which seemingly halts the spiritual and scientific progress of your people. However, there is a link between the weighing down by worry and the upliftment to joy. This link is called “perception.” Let us illustrate this with the following story.

There was once a shiny snail drifting in the shallows of a river, trying to find its home in a specific grass which the snail cherished for its comfort and food. *I will never find this home grass*, the snail thought woefully as it tumbled over the ripples of the river. *It is too far away and even if I get there, I might not recognize it.*

A little later on, the silvery snail met an orange-striped clam. The clam was digging its foot in the sand and pulling itself forward, leaving a narrow, sandy furrow. Small creatures were scurrying behind the clam, feasting on tiny morsels of plant food which floated up to the surface of the water from the newly created path. The snail asked what the clam was doing.

“I am opening a pathway for others to enjoy,” said the clam as it stopped momentarily to admire the glitter of the sun shining through the water.

“But isn’t it hard for you, dragging such a heavy body with your one foot?”

The clam smiled with its pink mouth and shrugged. “I never think of the weight I am carrying; I feel only the joy of helping others. It makes me happy.” And with a polite nod of his shell, the clam continued on its way.

The silvery snail easily found its home grass. *There was really no reason for me to fret*, it thought. Hanging down snugly from a sturdy leaf, the snail mulled over what the clam had said. *How can I find a way to bring joy to others and leave my worrying behind? I could shine a little more brightly to those around me. And the weight of my house would be lighter. Yes, that’s what I’ll do!* And with a peaceful grin the shiny snail fell fast asleep.

All individuals upon your good Earth carry a unique identity—a unique vibratory pattern of light. Within this pattern—divinely created—lie gifts for all humankind to grasp a better understanding of life. Each moment that you think, breathe and move you leave an energy imprint in the very air around you. This imprint, like the furrow created by the clam, helps feed and direct others.

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We ask you to reflect on the following: Will you cultivate your gifts to help your world? Will you place more attention on your joyful contributions to your families and communities and less on the weight you carry in your heart and mind? If you do so, the weight within you will disappear and in its place will be joyful creation and greater expansion.



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.

When Amy Green's young son was diagnosed with a rare brain tumor, her undeniable grief was paired with immeasurable hope, resulting in the creation of a video game, "That Dragon, Cancer." In this Ted Talk, Amy shares how through tuning into moments of play and joy throughout her son's journey, she was able to find a way to acknowledge her pain without denying herself the mystery of grace. Click play to learn more about how Amy and her family's story is helping others facing similar struggles.

<http://www.karmatube.org/videos.php?id=7619> **Be The Change:** Reach out to someone you know who might be struggling. Offer a listening ear, comforting smile, and let them know they're not alone.

"Action addiction is an advanced sort of laziness. It keeps us busily occupied with tasks. The busier we keep ourselves, the more we avoid being confronted with questions of life and death. As we keep ourselves occupied with tasks, important or not, we avoid facing life. We keep a safe and comfortable distance to the issues that are sometimes hard to look at. Have we chosen the right career? Are we present enough with our children? Is our life purposeful?" <http://www.dailygood.org/story/2294/why-busyness-is-actually-modern-laziness-rasmus-hougaard-and-jacqueline-carter-listen-btn/> **Be The Change:** Bring attention this week to the pace of your activity and the presence and purpose behind it. Notice what you notice.

What does it mean to love someone? In this heartwarming animated short film produced by Cecilia Baeriswyl and directed by Julio Pot, the dynamics of relationships are explored through an ordinary couple as they learn about the power of giving and receiving. Selected in more than 100 international festivals, this film is at once lighthearted and insightful. <http://www.karmatube.org/videos.php?id=8488> **Be The Change:** Practice 5 random acts of love this week. Be creative with what you choose!

"From an early age, Barbara Brown Taylor knew that she wanted to live a spiritual life." "It started early in my life," she says, "a hunger for the beyond, for the transcendent, for the light within the light, the glow within the grass, the sparkle within the water." Taylor went on to become an ordained Episcopal priest, working as rector of a church. But she later left her job with the church and began teaching the world's religions at Piedmont College in Demorest, Ga. As part of the course, Taylor invited members of different faiths into the classroom to share their beliefs. She also brought her students, who were mostly Christian, to mosques, synagogues and Buddhist and Hindu temples in an effort to help them better understand how various groups worship." The author of 'Holy Envy: Finding God in the Faith of Others' shares more here.

<http://www.dailygood.org/more.php?n=8199> **Be The Change:** For more inspiration, here is a set of thought-provoking discussion questions for those interested in the theme of Holy Envy.

https://barbarabrowntaylor.com/wp-content/uploads/2019/08/HolyEnvy_SGG_4p.pdf

Ian Chillag is the host and creator of the original podcast 'Everything is Alive,' in which inanimate objects are interviewed. The inventive, funny and frequently poignant series is almost entirely improvised. "We cast actors, and I have a running list of objects. When we find someone we like, and we have a couple objects that we've vetted through some research, we give them a couple to choose from. They pick the one that speaks to them. Then I get on the phone with them, and talk for about 20 minutes just about basic character notes --like, if you're playing a piece of tape, what about tapeness would inform your personality. Do you feel -- do you have attachment issues because you're always sticking to things. Are you constantly worried about things breaking, because your only encounter with the world is broken things. Are you tense and kind of clenched up because

you live in a coil. We ask those questions just as a way to get at the core of what the personality is." Chillag shares more in this engaging interview. <https://www.everythingisalive.com/> **Be The Change:** How might your experience of life be different if you walked through this world rooted in a belief that everything is alive? For more inspiration you can check out the podcast here. <https://www.everythingisalive.com/>

The transcendent artistry of Green Renaissance Films allows us to enter into the life of a young man who has journeyed through mental disorder and arrived at a place of wholeness with an openness to the chaos of life. He has come to realize that he does not need to hold fear at bay by trying to order his world, controlling everything. Rather he embraces the chaos and unpredictability of daily living as the magic of the real world, allowing more beautiful things to happen, a world full of possibilities. The beauty of the film's location in South Africa adds an even deeper dimension to this young man's profound insights. <http://www.karmatube.org/videos.php?id=8486> **Be The Change:** Has darkness, or chaos helped to illuminate your life in any way?

Where do compassion and empathy come from? What makes life sentient? This summer, as they have the past several years, professors from across the United States and elsewhere are traveling to three major Tibetan monastic universities in Southern India to train monastics in the philosophy of science, physics, biology, and neuroscience. Tibetan Buddhist monks and nuns have grappled with these questions for centuries but, for the first time in their history, they are using science to help find the answers. For monks and nuns, the program organized and operated by Emory University is the most far-reaching update to their curriculum in 600 years. And for scientists who usually reduce complex systems like the human body into smaller parts, the program is a window into a way of thinking that emphasizes the interconnectedness and cyclical aspects of nature. <http://www.dailygood.org/more.php?op=get&url=https://www.statnews.com/2018/07/26/tibetan-buddhist-monks-and-nuns-try-a-scientific-approach/> **Be The Change:** For more inspiration, read "The Science of Compassion." <http://www.dailygood.org/story/336/the-science-of-compassion-james-r-doty-md/>

In an age when the fate of the world is unknown, George Prochnik makes a case for uncertainty as a form of faith and hope. Restoring a sense of the unknown requires unlearning, calling into question our way of life. In uncertainty, reason fails whereas love guides. This love can be exemplified by those who spend hours practicing arts and handicrafts with no concern for real-world application, but which may give the skills and imagination necessary to envision and resurrect what war and disease have destroyed. In dark times, hope can emerge from a religious sensibility that proclaims, "I do not know what happens next." Faith can emerge when we ask questions until the context deepens and evil is transformed. Faith, hope and love of service can be the beginning of creation. <http://www.dailygood.org/more.php?n=8235> **Be The Change:** Of what are you certain? How has this belief served you? What would your life look like if you released that certainty, replaced it with a deep love, and embraced asking questions? Can you sit with the statement, "I do not know what happens next?"

In this thought-provoking piece, George Prochnick, author of "In Pursuit of Silence", calls on us to examine our relationship with the sounds, or their absence, around us. Drawing on the wisdom of Herman Melville, Henry David Thoreau, and others, Prochnick proposes that by shutting ourselves off to the noise of our surroundings, we shut ourselves off to the world, effectively losing our place within it. "At some point the inability to 'hear oneself think,'" he argues, "becomes the inability to think at all." Read on to learn more about how we can achieve a greater balance between the variety of naturally-sourced and man-made sounds we encounter and the interludes of stillness and silence that beckon our attention. <http://www.dailygood.org/more.php?n=8233> **Be The Change:** Complement this article with "Sanctuaries of Silence", a 360-degree immersive listening experience. <http://www.dailygood.org/more.php?n=8233a>

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Kahlil Gibran, writer, poet, and visual artist, offered parents sage advice on understanding the role of a parent who brings life into the world. In a world that too often overlooks the tenderness and simplicity of children, Gibran reminds us that children are a gift. They do not belong to us as possessions nor do they live to fulfill our dreams. In his great book *The Prophet*, Gibran says, "You are the bows from which your children as living arrows are sent forth." Read on for more of Gibran's inspiring thoughts on the journey of parenting.

<http://www.dailygood.org/story/2411/parenting-advice-from-kahlil-gibran-maria-popova/> **Be The Change:**

Wondering how you can respect a child's individuality? Here are nine suggestions.

<https://janebluestein.com/2014/9-ways-to-encourage-your-childrens-individuality/>

Katy Payne is a renowned acoustic biologist in the Bioacoustics Research Program of Cornell University's Laboratory of Ornithology. She listens to the 'songs' of two of the world's largest creatures from the wild coast of Argentina to the rainforests of Africa. In this interview she tells us how humpback whales compose ever-changing songs and that elephants communicate across long distances by infrasound.

<http://www.dailygood.org/story/2392/in-the-presence-of-elephants-and-whales-on-being/> **Be The Change:**

Katy is part of the research team that produced the original recording you heard, "Songs of the Humpback Whale." Check out her book: *Silent Thunder: In the Presence of Elephants*. She says they are more emotional than human beings, yet they are treated so poorly. How can you support the work of wildlife conservation?

On a solo canoe trip down the Green River, paddling through the Canyonlands of southeast Utah, Craig Childs reflects on what it means to be alone in the wild. Encountering risk, isolation, and joy, and entering into conversation with the land and waters around him, Craig explores what happens when we choose to be in solitude. <http://www.dailygood.org/more.php?n=8234> **Be The Change:** Sometime today make the choice for solitude. Enter the ritual of tuning into your inner frequency and remembering who you are.

Preeta Bansal offers a new "quantum" vision of scale, impact, and social change. In this engaging talk in the American heartland, she shares what might be called a homecoming speech of the truest kind - a return to the heart. Weaving her family's personal moonshot of arriving into middle America concurrently with America's (and humanity's) own literal moonshot through the Apollo 11 mission, she sets the stage for the gravity of heavy realizations from her own rocket-like career trajectory into the highest echelons of conventional power, and back to "a place that operates at a human and community scale bound to land and nature."

<http://www.dailygood.org/story/2389/reimagining-scale-a-quantum-view-of-social-change-preeta-bansal/> **Be**

The Change: Reimagine the locus of scale and impact of your actions today. Focus on bringing about or triggering positive change in your environment through a smile, a loving presence, deep listening, or positive energy, rather than through any strategic plan of action.

This moving video takes us on a journey into the memories of one of the world's most revered trees, a 400 year old Japanese white pine bonsai. The tree's rings hold stories from its inception as a tiny seed, through its early years surrounded by monks who prayed in the surrounding forest. It holds memories of sunlight and purifying rain. Tended by the loving touch and care of five generations of the Yamaki family, the tree and the family survived the devastation of the atomic bombing of Hiroshima. In 1976 it was gifted to the National Arboretum in Washington, D.C. where it remains as a symbol of the merger of lives, forests, and the human family. <http://www.karmatube.org/videos.php?id=8507> **Be The Change:** Experience the love of trees through these shared writings. <http://www.dailygood.org/story/1678/how-do-i-love-trees-let-me-count-the-ways-the-gratefulness-team/>

Drop your "cognitive gatekeeper" and travel along with best selling author Charles Foster as he paints a lyrical picture of whale communication. Follow the riff around a drone, like Byzantine chanters into the magical, mystical world of whales. Intuit the wonder of the world beyond the language of our minds.

<http://www.dailygood.org/more.php?n=8232> **Be The Change:** Find time in your day to slow down, be in nature, and listen to the rich communications that are being shared with you. Expand your view of language by reading below about people who don't use words for communication.

<http://www.dailygood.org/2016/10/14/whistling-in-the-wind-preserving-a-language-without-words/>

When many of us think of India, we think of a land teeming with human life. However, the vast continent also is home to a multitude of plant and animal lives all working in harmony to sustain the complex ecosystem. Dive into this visually beautiful essay to discover some of the small, yet crucial, inhabitants of the Western Ghats forests. <http://www.dailygood.org/more.php?n=7867> **Be The Change:** Locate a small patch of wildness where you live. Go spend an hour or two quietly observing the hidden wonders there. Try to keep this sense of wonder with you as you go about your usual routines.

"On October 23, 2006, Brain Pickings was born as a plain-text email to seven friends. It was then, and continues to be, a labor of love and ledger of curiosity, although the mind and heart from which it sprang have changed -- have grown, I hope -- tremendously. At the end of the first decade, I told its improbable origin story and drew from its evolution the ten most important things this all-consuming daily endeavor taught me about writing and living -- largely notes to myself, perhaps best thought of as resolutions in reverse, that may or may not be useful to others." Brain Pickings is now thirteen, and reflecting on the last three years, its creator Maria Popova adds three more insights to the original ten gleaned from her journey. Read all thirteen here. <http://www.dailygood.org/story/2421/13-life-lessons-from-13-years-of-brain-pickings-maria-popova/> **Be The Change:** Reflect on the past thirteen years of your own life. What insights have surfaced from your experiences in this timeframe?

6. My Neighbor's Corn

Reprinted from www.awakin.org.

Naren Kini

There was once a farmer who grew excellent quality corn. Every year he won the award for the best corn. One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seeds with his neighbors.

"How can you afford to share your best seed corn with your neighbors when they are entering in competition with yours each year?" the reporter asked.

"Why sir," said the farmer, "Don't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn."

So it is with our lives. Those who want to live meaningfully and well must help enrich the lives of others, for the value of a life is measured by the lives it touches. The quality of response and joy depends on the quality of thoughts and love we share and spread.

And those who choose to be joyful must help others find happiness, for the welfare of each is bound up with the welfare of all.



7. Zen of Archery

Reprinted from www.awakin.org.

James Clear

In the 1920s, a German professor named Eugen Herrigel moved to Japan and began training in the martial art of archery, with a legendary archer named Awa Kenzo. Kenzo was convinced that beginners should master the fundamentals of archery before attempting to shoot at a real target, and he took this method to the extreme. For the first four years of his training, Herrigel was only allowed to shoot at a roll of straw just seven feet away.

When Herrigel complained of the incredibly slow pace, his teacher replied “The way to the goal is not to be measured! Of what importance are weeks, months, years?”

When he was finally permitted to shoot at more distant targets, Herrigel's performance was dismal. The arrows flew off course and he became more discouraged with each wayward shot. During a particularly humbling session, Herrigel stated that his problem must be poor aim.

Kenzo, however, looked at his student and replied that it was not whether one aimed, but how one approached the task that determined the outcome. Frustrated with this reply, Herrigel blurted out, “Then you ought to be able to hit it blindfolded.”

That night, Kenzo took Herrigel to the practice hall, with the target hidden in the dark. Settling into his firing stance, Kenzo drew the bow string tight, and released the first arrow into the darkness. Bullseye. He drew another one. Bullseye again.

Complete awareness of body and mind in relation to the goal is known as 'zanshin'. Literally translated, zanshin means “the mind with no remainder.” In other words, the mind completely focused on action.

We live in a world obsessed with results. Like Herrigel, we have a tendency to put so much emphasis on whether or not the arrow hits the target. If, however, we put that intensity and focus and sincerity into the process -- where we place our feet, how we hold the bow, how we breathe during the release of the arrow -- then hitting the bullseye is simply a side effect.



8. Monet Refuses the Operation

Reprinted from www.awakin.org.

Lisel Mueller

Doctor, you say there are no haloes
around the streetlights in Paris
and what I see is an aberration
caused by old age, an affliction.
I tell you it has taken me all my life
to arrive at the vision of gas lamps as angels,
to soften and blur and finally banish
the edges you regret I don't see,
to learn that the line I called the horizon
does not exist and sky and water,
so long apart, are the same state of being.

Fifty-four years before I could see
Rouen cathedral is built
of parallel shafts of sun,
and now you want to restore
my youthful errors: fixed
notions of top and bottom,
the illusion of three-dimensional space,
wisteria separate
from the bridge it covers.

What can I say to convince you
the Houses of Parliament dissolves
night after night to become
the fluid dream of the Thames?
I will not return to a universe
of objects that don't know each other,
as if islands were not the lost children
of one great continent. The world
is flux, and light becomes what it touches,
becomes water, lilies on water,
above and below water,
becomes lilac and mauve and yellow
and white and cerulean lamps,
small fists passing sunlight
so quickly to one another
that it would take long, streaming hair
inside my brush to catch it.

To paint the speed of light!
Our weighted shapes, these verticals,
burn to mix with air
and change our bones, skin, clothes



to gases. Doctor,
if only you could see
how heaven pulls earth into its arms
and how infinitely the heart expands
to claim this world, blue vapor without end.

9. What Is Wealth?

Reprinted from www.awakin.org.

Ryan Holiday

What is wealth? It's having plenty, right? The variables in the equation are pretty simple. What you have, what you've got coming in, and what's going out. If those are in proper proportion to each other, *you're covered*. Except what we tend to miss in this equation is another set of hidden variables that most often take the shape of our relative *needs* and *wants*.

Most people accumulate their wealth by earning as much as they can. That's why they work so hard. Why they take so many risks. Why they invest. But the reason they do this is not to be covered -- it's because they have told themselves that what they need is more, more, more, and that what they have already is not enough.



Seneca, himself a very rich man, did that. The astounding financial benefits of working for Nero had to be partly what attracted him to the tyrant's service. If only he could have listened to his own advice (which he borrowed from Epicurus): "If you wish to make Pythocles rich, do not add to his store of money, but subtract from his desires."

For a virtuous person, there's absolutely nothing wrong with wanting to be wealthy. It can provide comfort, security and, quite possibly, a platform to do good for the world. The Stoics would just urge you to take a minute to think about what your definition of wealth is -- and whether you might already have everything you've always wanted.

There's more than one way to solve this tricky wealth equation, and in your case it may just be that subtraction is easier than multiplication. That changing your understanding of what it means to be rich might be more important, and easier, than changing the number of digits to the left of the decimal point in your bank balance.

10. Life Is Full But Not Overcrowded

Reprinted from www.awakin.org.

Peace Pilgrim

In my mid life, I began to realize that it's as though we have two selves or two natures or two wills with two different viewpoints. Because the viewpoints were so different, I felt a struggle in my life at this period between the two selves with the two viewpoints. So there were hills and valleys – lots of hills and valleys.

Then in the midst of the struggle there came a wonderful mountain-top experience, and for the first time, I knew what inner peace was like. I felt a oneness – oneness with all my fellow human beings, oneness with all of creation. I have never felt really separate since. I could return again and again to this wonderful mountaintop, and then I could stay there for longer and longer periods of time, and just slip out occasionally. Then came a wonderful morning when I woke up and knew that I would never have to descend again into the valley.



I knew that for me the struggle was over, that finally, I had succeeded in giving my life, or finding inner peace. Again this is a point of no return. You can never go back into the struggle. The struggle is over now because you will do the right thing, and you don't need to be pushed into it.

However, progress is not over. Great progress has taken place in this third phase of my life, but it's as though the central figure of the jigsaw puzzle of your life is complete and clear and unchanging, and around the edges other pieces keep fitting in. There is always a growing edge, but the progress is harmonious. There is a feeling of always being surrounded by all of the good things, like love and peace and joy. It seems like a protective surrounding, and there is an unshakeableness within which takes you through any situation you may need to face.

The world may look at you and believe that you are facing great problems, but always there are the inner resources to easily overcome these problems. Nothing seems difficult. There is a calmness and a serenity and unhurriedness – no more striving or straining about anything. Life is full and life is good, but life is nevermore overcrowded.

That's a very important thing I've learned: If your life is in harmony with your part in the Life Pattern, and if you are obedient to the laws which govern this universe, then your life is full and good but not overcrowded. If it is overcrowded, you are doing more than is right for you to do, more than is your job to do in the total scheme of things.

11. A Video Game to Cope with Grief

Reprinted from www.KarmaTube.org.

When Amy Green's young son was diagnosed with a rare brain tumor, her undeniable grief was paired with immeasurable hope, resulting in the creation of a video game, "That Dragon, Cancer." In this Ted Talk, Amy shares how through tuning into moments of play and joy throughout her son's journey, she was able to find a way to acknowledge her pain without denying herself the mystery of grace. Click play to learn more about how Amy and her family's story is helping others facing similar struggles.

<http://www.karmatube.org/videos.php?id=7619>

12. The Gift

Reprinted from www.KarmaTube.org.

What does it mean to love someone? In this heartwarming animated short film produced by Cecilia Baeriswyl and directed by Julio Pot, the dynamics of relationships are explored through an ordinary couple as they learn about the power of giving and receiving. Selected in more than 100 international festivals, this film is at once lighthearted and insightful. <http://www.karmatube.org/videos.php?id=8488>

13. Creative Chaos

Reprinted from www.KarmaTube.org.

The transcendent artistry of Green Renaissance Films allows us to enter into the life of a young man who has journeyed through mental disorder and arrived at a place of wholeness with an openness to the chaos of life. He has come to realize that he does not need to hold fear at bay by trying to order his world, controlling everything. Rather he embraces the chaos and unpredictability of daily living as the magic of the real world, allowing more beautiful things to happen, a world full of possibilities. The beauty of the film's location in South Africa adds an even deeper dimension to this young man's profound insights.

<http://www.karmatube.org/videos.php?id=8486>

14. While I Yet Live

Reprinted from www.KarmaTube.org.

The quilters of rural Gee's Bend, Alabama, many of whom are descendants of slaves, learned to quilt from their mothers and grandmothers. They also learned, sitting under the quilting table as small children, valuable life lessons, and the hopes and dreams their families had for them. Their brightly colored quilts speak of love, peace, joy, and the value of hard work. Like their mothers and grandmothers before them, they sing and pray, sharing their life stories, as they work together. Their quilts have been recognized as valuable forms of art and exhibited in museums. Books have been written about them and their quilts. And yet they are most proud when

"you can feel the love" that is sewn into every one of these quilted masterpieces.

<http://www.karmatube.org/videos.php?id=8510>

15. The Atomic Tree

Reprinted from www.KarmaTube.org.

This moving video takes us on a journey into the memories of one of the world's most revered trees, a 400 year old Japanese white pine bonsai. The tree's rings hold stories from its inception as a tiny seed, through its early years surrounded by monks who prayed in the surrounding forest. It holds memories of sunlight and purifying rain. Tended by the loving touch and care of five generations of the Yamaki family, the tree and the family survived the devastation of the atomic bombing of Hiroshima. In 1976 it was gifted to the National Arboretum in Washington, D.C. where it remains as a symbol of the merger of lives, forests, and the human family. <http://www.karmatube.org/videos.php?id=8507>

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.

16. 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).

17. 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

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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