

Spiritual Guidance

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



Being the Observer

A couple of months ago I was cycling home from an evening coffee with a colleague I had not seen in many years. It was dark out by the time I started back home, so I had on my reflective vest and flashing lights on the front and back of my bicycle.

Less than 100 feet from my home, a cyclist coming in the other direction suddenly cut across the street and abruptly veered toward me. To avoid a collision, I slammed on my breaks. I stopped too quickly, however. The momentum of my moving forward caused me to flip over my handlebars and crash to the pavement.

I remember at one moment I was aware that my feet were above my head. Time seemed to stop. I then felt myself hit the pavement and skid briefly. I remember hearing the bicycle crash and scrape the pavement. I remember hoping the bike was going to be okay.

As I lay on the pavement, I remember wondering if I was injured. So I decided to move slowly. I started with a leg. That one was okay. I moved my other leg. That was okay too. I moved an arm. That arm was okay. Then I moved the other arm. That arm was okay too. I slowly, very slowly made my way to my feet.

I remember looking down the street. I saw the cyclist carrying on their way. It did not appear that they had slowed down at all. They certainly had not stopped. They didn't even look back.

At this moment, I remember feeling an intense rage well up inside of me. It felt like the other cyclist had intentionally veered across the street to hit me. My rage wanted me to yell some profanity at the cyclist. My rage wanted me to hop on my bicycle, chase down the cyclist, and confront them. Even worse, my rage wanted me to physically assault the cyclist for what, in my rage, I felt the cyclist had done to me.

As my rage was having a field day with what it wanted me to do, I became aware there was a part of me that had been watching the entire event unfold. Let's call this part of me the 'observer.' This observer did nothing more than observe. It watched the other cyclist veer toward me. It watched me slam on my breaks. It watched me flip over my handlebars. It watched me crash to the pavement. It watched me pick myself up. It watched me fill with rage.

And through all the watching the observer simply observed. It did nothing more, and nothing less. It simply watched what unfolded. It did not judge. It accepted it all. Most significant, the observer was silent. The observer was at peace.



I quietly walked my bicycle home. Remember, I was less than 100 feet from my home. I remember feeling at peace. I also remember feeling rage. It was like there was an angel on one shoulder and a devil on the other. Except, the observer was watching both!

In the days that passed, I vacillated between rage and peace about the event. Eventually the experience melted away. But what has stayed with me is the memory of the observer. That observer is someone or something I intend to cultivate a relationship with.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Aspen

I was wishing for a miracle.
Wanting you to know how much I love you,
Yet finding words inadequate.
Wanting to show you how much I care
Wanting one more moment to share
Wanting to give you one more smile.

I was wishing for a miracle.
Seeing your sparkling blue eyes
Seeing the strength in your face
Seeing the pureness of your smile
Seeing you. Feeling you.

I was wishing for a miracle.
Remembering your caring hugs
Remembering your inner wisdom
Remembering the way you treated me as a daughter
Remembering the way you shine from within
Remembering you. Feeling you.

I was wishing for a miracle.
Knowing that although the angels will not be long,
You will never truly be gone.
Knowing I will find you in the stars
Knowing you will be the blooming of a rose
Knowing you will be the taste of my kisses
Knowing you will be the shine in my eyes
Knowing you will be the pink sunset of the mountain skies
Knowing you will be a falling golden leaf in the wind
Knowing you will be a beautiful song
Knowing I will always feel your hand on my heart
Knowing you will always be with us
Knowing that when I look for you, wherever, I will find you.

I was wishing for a miracle.
That miracle is you.

Xanthe Harvey

3. Quote or Question

“Where is my happiness? It is inside my peace and nowhere else.”

~ 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 – December 2019

Unifying Yourself

Today we ask you to experience an event within yourself which will help to enhance the inner unity which you are cultivating. Kindly follow our direction.

Imagine that in front of your closed eyes you see a blue sphere of light. Allow yourself to become at ease and familiar with this blue ball as it sends out its rays of love. These blue rays spark an awareness within you to help you absorb them. You will know when you are taking in these rays because you will begin to feel strong currents of love entering your mind and your body. Breathe softly and allow the infusion of love to fill up your entire being. As these rays penetrate your body, you realize that they are composed of very small, fine particles of white light. The rays seem blue on the outside, but within, the fragments are white. This is so, for the essence of light particles in the materials worlds is white.

Stay for a moment enjoying these great blue rays and their particles of pure white light as they vibrate in every cell of your body, brain and consciousness. Feel a tremendous connection with all physical life, be it on your Planet Earth or through to other dimensions beyond your time and space. Realize that the vibratory nature of light is love manifest.

In this experience, the colour blue was chosen in order to aid in the calm expansion of your mind and body.

What is the purpose of this experience?

There is a great need upon your earth for the coming together of hearts, minds, races and nations. In order to assist in this “homecoming” we ask you to unify yourself within yourself. Once this is accomplished, you become a valuable example to others.

We ask you to reflect on the following: What colour are my thoughts? What colour is my joy? What colours are my breath and my intentions? Do they reflect the colour of my heart and the love that is pouring from my heart? Are all these colours harmonious? Kindly understand that if they are, they will move into white and become a part of a greater creation.



Gentle inhabitants of this revolving sphere of blue and white, you are forever cared for and guided. You help others and we help you. Move into moments of inner quiet so that you may enjoy greater unity between your breath, your mind, your heart and your body. In this manner, you will joyfully and peacefully rest within the very soul which brought you to this earth.



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.

Robert Macfarlane writes vividly about outdoor spaces, borders, and the way in which one type of territory transforms subtly into another. His new book, *Underland*, descends into a quite literally overlooked landscape: the one beneath our feet. He wrestles with grand questions about humanity and its effects on the natural world even as he chronicles journeys to isolated caves, the man-made caverns below cities, and scientific research facilities whose underground isolation is essential to their mission. <http://www.dailygood.org/more.php?n=8229>

Be The Change: Macfarlane reminds us that there are consequences to the power of our numbers and technologies, including "a keen sense of time and space running out." Do you feel time is running out on our life as humans on this earth? How could all of us be more aware of "the deep-time future we are presently making"?

Andy Smallman created an "Anonymous Kindness" class some years back, suggesting each participant offer an anonymous kindness act toward someone each week. Recently he met with an anonymous act of kindness toward him: an organ donor's bone to fill a hole in his mouth after oral surgery. Whose bone was it? he asked himself, and came up with a new answer "ours." <http://www.dailygood.org/story/2416/how-oral-surgery-taught-me-a-lesson-in-wholeness-andy-smallman/> **Be The Change:** Smallman points out that we actually will never know what impact our small acts might have. Yet one small act can lead to many small acts that together might change the world. Try it for yourself and see if your small act of kindness creates further generosity. Then check out his website <https://kindliving.net>.

What if you could regulate your stress levels by controlling your breath? A new study from the Feinstein Institute for Medical Research suggests that while fast breathing rates may promote feelings like anxiety, stress, and fear, slowing down our breath may reduce these very same emotions. This article from Greater Good Magazine examines how breathing impacts various regions of the brain responsible for thinking, feeling, and behavior. <http://www.dailygood.org/story/2422/what-focusing-on-the-breath-does-to-your-brain-b-grace-bullock/> **Be The Change:** Feeling stressed? Complement this article with Seven Ways to Slow Down from mindful.org. <http://www.dailygood.org/more.php?n=8260a>

Mindfulness is known to have many advantages, including reducing stress, increasing awareness, improving physical health, and more. However, when it comes to lowering stress levels, without also practicing acceptance, we might not see the results we hope for. "Mindfulness practices that specifically emphasize acceptance teach us a nonjudgmental attitude toward our experiences -- meaning, learning not to label our thoughts, feelings, or experiences as good or bad, and trying not to change or resist them in any way." By learning to accept our difficult experiences, we can allow them to run their course and naturally dissipate, this is not the same thing as being passive. Read more to learn how turning toward our negative emotions with friendliness can help us live life with a greater sense of agency and fulfillment.

<http://www.dailygood.org/story/2424/the-mindfulness-skill-that-is-crucial-for-stress-jill-suttie/> **Be The Change:** Do you savor life or let everyday stresses control you? Take this mindfulness quiz to find out. <http://www.dailygood.org/more.php?n=8262a>

In this thoughtful video, physicist Peter Russell pays tribute to kindness, suggesting that the world would be a drastically different place if we all showed one another more consideration. For Russell, the idea is simple: by approaching interactions with the intention of enabling others to feel better as a result, we can pave the way toward a society that is built on a foundation of love and respect.

<http://www.karmatube.org/videos.php?id=7732> **Be The Change:** Interested in raising your kindness quotient? Visit kindspring.org to join a community of like-minded souls changing the world one small act at a time. <http://www.dailygood.org/>

"A record of our emotional life is written on our hearts," says cardiologist and author Sandeep Jauhar. In a stunning talk, he explores the mysterious ways our emotions impact the health of our hearts -- causing them to change shape in response to grief or fear, to literally break in response to emotional heartbreak -- and calls for a shift in how we care for our most vital organ. <http://www.dailygood.org/story/2412/how-emotions-change-the-shape-of-our-hearts-ted-com/> **Be The Change:** Reflect on what life has written on your physical and symbolic hearts. What is the story of transformation that you are being invited into?

What is the significance and fundamental importance for humanity of "emergence?" It may at first seem abstract but something that emerges has unique properties that were not present in the parts creating it. Therefore it is fundamentally a life-giving source of energy. In this talk Daniel Schmachtenberger outlines emergence as essential to understand the nature of the universe we live in and what it means to be human. <http://www.dailygood.org/more.php?n=8252> Submitted by: *Simon Divecha*. **Be The Change:** Serious engagement becomes an obligation when you begin to ask, "what can I actually do to make my life of greatest use to all life?" Take a little time each day this week to ask that question. Your progressively better answer will lead to the emergence of your life's meaning.

H. Emerson Blake observed of Mary Oliver; "She was, in many ways, the quintessential Orion writer--fully devoted to taking notice of nature, and unflinching in her investigation of the emotional relationship between people and nature." Orion Magazine published this short tribute to Oliver in honor of her birthday this past September. It includes one of her poems titled 'Blueberries.' <http://www.dailygood.org/more.php?n=8263> **Be The Change:** Copy a poem that pulls on the thread in your heart, connecting you to the world; write it on a postcard and leave it somewhere so it can speak to another's heart.

After a powerful encounter with a sperm whale, James Nestor embarks on a quest to understand echolocation. He suggests that if we step away from the technologies we've come to rely on, we may discover senses long forgotten. <http://www.dailygood.org/more.php?n=8236> **Be The Change:** Which of your senses feels the sharpest? Which feels the most dulled? Consider trying to tune into the 'radar-net' of your senses more frequently this week. For more inspiration read this post on 'The Secret Life of the Senses.' <http://www.dailygood.org/more.php?n=8236a>

11-year old Kaia and 10-year old Lily were heartbroken when they first heard about the 15,000 kids at the US-Mexico border locked up and separated from their parents. With the help of friends and family, they aspired to gather 15,000 butterflies to help raise awareness. To date, this kid-led effort has gathered over 30,000 love-filled butterflies, and The Butterfly Effect is quickly gaining traction. Next stop, they'll be displaying all the butterflies in the Senate before they migrate to the detention centers, where they will actually be displayed and received by the migrant children. <http://www.dailygood.org/more.php?n=8250> **Be The Change:** Make a butterfly and send it to The Butterfly Effect. <http://www.dailygood.org/more.php?n=8250a>

Mushim Patricia Ikeda felt she was on a path toward burnout as she sought with others to "engage with systemic change, grow and deepen our spiritual practice, and also care for our families" when there seemed to be no time or space for deep rest. Yet in spite of it she found a path of hope. She asks us, "How can you make your life sustainable--physically, emotionally, financially, intellectually, spiritually? Are you helping create communities rooted in values of sustainability? What are your resources when you feel isolated or powerless?" Don't miss her "Great Vow for Mindful Activists." <http://www.dailygood.org/more.php?n=8253> Submitted by:

Pancho Ramos Stierle **Be The Change:** Take some time, perhaps with a few friends, to examine your situation in the light of the questions above. For more inspiration -- here's an Awakin Call interview with Ikeda. <http://www.awakin.org/calls/291/mushim-patricia-ikeda/>

"In 2006, I started a project where I lived as environmentally as possible for a year--with my little family, on the ninth floor of an apartment building in the middle of New York City--to attract attention to the world's environmental, economic, and quality of life crises. I had no experience as an activist. Yet suddenly my project caught fire. My book and film, both titled No Impact Man, ended up being translated into 20-plus languages. Some philanthropists appeared and offered me funding to hire consultants to get NoImpactProject.org off the ground. About 20,000 people have now participated in our educational immersion program, No Impact Week. And how have I felt through all this? Like a deer in the headlights." Colin Beavan shares insights from his unique journey here. <http://www.dailygood.org/story/2417/no-impact-man-s-guide-to-activism-colin-beavan/> **Be The Change:** Try implementing any or all of Colin's suggestions from the article above in your life this month.

"For more than 20 years, Nipun Mehta and his parents have been opening his doors to friends and strangers every Wednesday evening, creating a space for people to sit in circle together, meditate, share thoughts, and enjoy a meal. The invitation is to "wake up to wisdom in stillness and community," a simple gesture of service and connection that now takes place in people's living rooms across the globe. All of Nipun's life work comes from this same place of generosity, be it Karma Kitchen, a restaurant chain where the meal you eat is gifted to you from a previous customer; Kindspring, a space to practice small acts of kindness and share inspiration with others; or Laddership Circles, a transformational program for people to dive into gift economy practices and learn to lead from within. Under the umbrella organization, Service Space, all of these projects not only seek to. but are, manifesting the gift economy -- an economy based on generosity and abundance rather than scarcity and fear." <http://www.dailygood.org/story/2426/paying-it-forward-an-interview-with-nipun-mehta-nathan-scolaro/> **Be The Change:** How might you practice giving this week in a way that releases your self-contraction, and open you into a greater flow of interconnection?

This lyrical video introduces us to Antoinette, who immediately draws us into her welcoming world of nature and a life lived in sync with the rhythms of the natural world. Early in her life Antoinette was called to living in the wild. "This was the fire that ignited my soul." Antoinette's passion and wisdom are conveyed in her simple words that are poetry to the ears while speaking directly to the heart. Enjoy Antoinette's warm, engaging presence, listen, let her wisdom speak to you, and learn her secret to life. <http://www.karmatube.org/videos.php?id=8508> **Be The Change:** Learn more about the life journey of the amazing Antoinette.

"The natural world is one of the most resplendent and consistent sources of generosity in our lives whether we experience it directly moment-to-moment or not. When we allow ourselves to tune in and pay attention, our Earth is perpetually nourishing and providing for us, sustaining life and offering its abundant gifts with a breathtaking and consistent flourish. We are fed, literally and figuratively, by the Earth's offerings every day." [{ read more }](#) **Be The Change:** Practice giving silent thanks each day for the countless ways in which you are sustained by the Earth.

Any animal lover knows how intelligent our four-footed friends are, and how many emotions they share with us--especially the positive ones. And now scientific research tells us they have sensory and motor abilities that dwarf ours. Dogs are able to detect diseases such as cancer and diabetes and warn humans of impending heart attacks and strokes. Elephants, whales, hippopotamuses, giraffes, and alligators use low-frequency sounds to communicate over long distances, often miles. And bats, dolphins, whales, frogs, and various rodents use high-frequency sounds to find food, communicate with others, and navigate. Read on for empathy among elephants and chimpanzee waterfall dances. <http://www.dailygood.org/story/2418/the-emotional-life-of-animals-marc-bekoff/> **Be The Change:** There are many stories about animals rescuing members of their

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own and other species, including humans. Their display of compassion and empathy for those in need is a lesson for us. How can you help someone in need this week?

6. When My Life Is In Danger

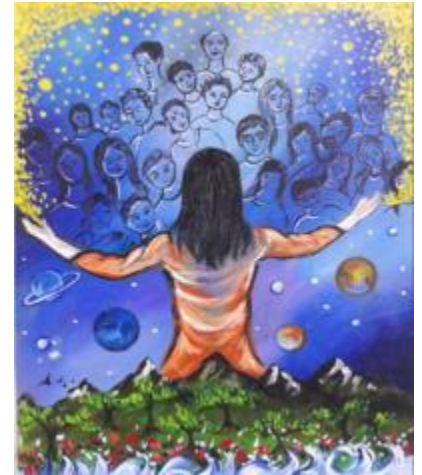
Reprinted from www.awakin.org.

A few years ago, an elderly monk arrived in India after fleeing from prison in Tibet. Meeting with the Dalai Lama, he recounted the years he had been imprisoned, the hardship and beatings he had endured, the hunger and loneliness he had lived with, and the torture he had faced.

At one point the Dalai Lama asked him, “Was there ever a time you felt your life was truly in danger?”

The old monk answered, “In truth, the only time I truly felt at risk was when I felt in danger of losing compassion for my jailers.”

Hearing stories like this, we are often left feeling skeptical and bewildered. We may be tempted to idealize both those who are compassionate and the quality of compassion itself. We imagine these people as saints, possessed of powers inaccessible to us. Yet stories of great suffering are often stories of ordinary people who have found greatness of heart. To discover an awakened heart within ourselves, it is crucial not to idealize or romanticize compassion. Our compassion simply grows out of our willingness to meet pain rather than to flee from it.



We may never find ourselves in situations of such peril that our lives are endangered; yet anguish and pain are undeniable aspects of our lives. None of us can build walls around our hearts that are invulnerable to being breached by life. Facing the sorrow we meet in this life, we have a choice: Our hearts can close, our minds recoil, our bodies contract, and we can experience the heart that lives in a state of painful refusal. We can also dive deeply within ourselves to nurture the courage, balance, patience, and wisdom that enable us to care.

If we do so, we will find that compassion is not a state. It is a way of engaging with the fragile and unpredictable world. Its domain is not only the world of those you love and care for, but equally the world of those who threaten us, disturb us, and cause us harm. It is the world of the countless beings we never meet who are facing an unendurable life.

The ultimate journey of a human being is to discover how much our hearts can encompass. Our capacity to cause suffering as well as to heal suffering live side by side within us. If we choose to develop the capacity to heal, which is the challenge of every human life, we will find our hearts can encompass a great deal, and we can learn to heal—rather than increase—the schisms that divide us from one another.

7. Staying Small to Stay Safe

Reprinted from www.awakin.org.

Peggy Dulany

Somewhere along the line of human evolution, fears caused many of us (especially those who lost their link to the natural environment and came to live in crowded, stressful living conditions) to shrink into a smaller way of understanding -- and living -- our existence. We needed to feel safe. And the unknown made us fearful. So we shrank the unknown into manageable bits that took much of the meaning -- and the magic -- out of it.

It's very understandable when you think of it from the survival point of view: we are mortal, our lives are so relatively short, and, just when we are beginning to be able to understand something larger than our small, limited lives, we die.

We manufacture all kinds of beliefs (religions, ideologies, myths) to rationalize our life and our death, to reassure ourselves that something (heaven, hell, reincarnation), some meaning, will continue after our bodies disintegrate and the light in our eyes is extinguished.

We come to live smaller lives out of fear of the wars that might kill us; of possible violence against ourselves that, in turn, cause us to manifest that against others; of the possibility that the emotional, physical, spiritual violence that we may have encountered in our childhoods and our short lives will be repeated on ourselves or our children.

So we do whatever we have to do to keep ourselves safe: a solution has been to 'hide' from the daring, bold, adventurous child of our self who wanted to go out and explore the world -- and make our self very small and even invisible so that no one will perceive us as a threat and no one will hurt us. We hide as a way of protecting our self and, in doing so, we hide our magnificence, our wholeness, our full creativity, as well as those aspects we were taught were bad. We use a great deal of energy trying to keep these parts of ourselves invisible, sometimes to the extent that even we forget their very existence.

But magnificence and other, less appealing qualities don't like to be shrunk or compartmentalized. They suffer, fester, seek weaknesses in the walls of their containment and escape (to the horror of our safely small selves) in little -- or sometimes larger -- eruptions that startle or lead to disapproval or amazement by others and set our alarm bells to clanging loudly.



8. Trapped by Views

Reprinted from www.awakin.org.

Ajahn Pasanno

We recognize that whatever comes up is just a mental formation within the mind, just a thought or just a perception. We can have a perception about something and realize that it's impermanent, unsatisfactory, and not-self. Sometimes we can act on views or perceptions if they have a usefulness at that particular time, but we are not building our home or sense of self within that.

To tie that in again with loving-kindness: it's being very kind to yourself and others because it doesn't take very long to recollect the last time you were at loggerheads with somebody because of a particular view. You think about it afterward and wonder, "Why did I even go there? What was the point of that anyway?"



If we are not trapped by views, usually we can respond quite skillfully, and that is exceedingly useful. Reflect on the sense of non-contention as a basis for loving-kindness. There is an idiom in the scriptural language that describes this mental state of attaching to views: "This alone is true, anything else is wrong." It isn't as if we have consciously thought this out or even articulated it within the mind, but it is there. We can change our views, but at that particular moment it feels like, "This is right and everything else is wrong."

As soon as we are in that kind of position, it's the basis for contention and conflict. It's the basis for feeling irritation and aversion, whether short or protracted. Ill will is going to be attendant on holding that particular view.

Try to make this very conscious through the cultivation of loving-kindness so as not to allow the formation of views to be so strong. Have a sense of loving-kindness and well-wishing towards yourself because you are usually the first person to suffer when you are tightly locked into a particular view. Then, of course, others suffer as well.

The active application of loving-kindness is not just a nice emotion that we are able to generate sometimes while we are sitting on our cushions. It's a very practical application of how we can interface with the world around us and not be trapped by fixed views. It lays the basis for peace and clarity.

We can let go -- we can let go of a mood, irritation, or aversion; we can let go of a view that's starting to arise; we can let go of a particular perspective of how I think it has to be; we can let go of sense desires; and we can let go of the whole construct of "I am." It's that letting go that allows us to access and experience a real peace.

9. How Can You Live In This World And Yet Be Innocent?

Reprinted from www.awakin.org.

J. Krishnamurti

How can you live in this world and yet be innocent? First, be innocent and then you will live in this world, not the other way round. Be vulnerable, be tremendously vulnerable.

You do not even understand what it means to be innocent; if you are innocent, you can live in this world, in another world, in any world. But if you are not innocent you try to compromise with this world and then all hell is let loose. But learn about this sense of innocency. Don't try to get it. It is not the word. It is that state when you have no pretension's, no masks, no conflict. Be in that state and then you can live in this world. Then you can go to the office; you can do anything. If you know what love is, you can do what you will. There is no conflict, no sin . . ., no pain.... Then you will live in this world totally, differently.

This is indeed the Mutation of the Mind. This is the fundamental transformation of man. The state of innocence is the state of mutation. In mutation is the birth of a new being. He is a being who acts but never reacts, for, by living in the ground of inaction, he acts with charm and grace, a never-ending challenge for all — a challenge that is unexplained and therefore unanswered. Such one lives, just lives, but his very living awakens in others a sense of tremendous urgency. Strange though it may seem, the (hu)man of innocence becomes a potent nucleus for a total and a significant revolution in society. It is not that first there must be the transformation of the individual and then that transformed individual would lead a social revolution. These are not two different processes. In the transformation of the human being there has already begun the movement for fundamental social change. There is no time interval between the two. The process of transformation is just one and integral. The transformed human being represents the beginning of a social revolution. Such a human being does not become a leader giving a call for social revolution. In such a call there is imitation and therefore an action which seeks to approximate itself to an idea.

But in a man of total innocence — in the very act of his living, the social revolution has already started. It is only when a time interval is given between the transformation of the human individual and the transformation of a society that the evil of leadership with all its ugly exploitation comes into being.



10. A Man Without Words

Reprinted from www.KarmaTube.org.

Man Without Words is the inspiring story of how a deaf and languageless man came to discover language and connect with the larger human community. Told by Susan Schaller and featuring her remarkable former student, Ildefonso, this poignant story shows how language changes us, the profound sorrow at realizing what could have been, and the redemption found in service to a higher vision of one's life.

<http://www.karmatube.org/videos.php?id=8528>

11. A Physicist's Message for Humanity

Reprinted from www.KarmaTube.org.

In this thoughtful video, physicist Peter Russell pays tribute to kindness, suggesting that the world would be a drastically different place if we all showed one another more consideration. For Russell, the idea is simple: by approaching interactions with the intention of enabling others to feel better as a result, we can pave the way toward a society that is built on a foundation of love and respect.

<http://www.karmatube.org/videos.php?id=7732>

12. Secret to Life

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This lyrical video introduces us to Antoinette, who immediately draws us into her welcoming world of nature and a life lived in sync with the rhythms of the natural world. Early in her life Antoinette was called to living in the wild. "This was the fire that ignited my soul." Antoinette's passion and wisdom are conveyed in her simple words that are poetry to the ears while speaking directly to the heart. Enjoy Antoinette's warm, engaging presence, listen, let her wisdom speak to you, and learn her secret to life.

<http://www.karmatube.org/videos.php?id=8508>

13. The Bench

Reprinted from www.KarmaTube.org.

Two strangers sit next to each other on a park bench, one a young man and one an older man. They strike up a conversation about the weather. With that simple beginning this short film, which won many awards at film festivals, consists of several beautiful shared moments seen through the lens of compassion. The many ways of seeing and sharing that are evoked enrich the men on the bench and all who witness their interaction.

<http://www.karmatube.org/videos.php?id=8524>

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.

14. Sacred Attention Therapy

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

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

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

15. A Course in Miracles Global Community Centre

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

Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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