

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](mailto:rmeagher@servingyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### If You Don't Like Something, Try Liking It!

Last month I got a new pair of eye glasses. What made this of significance for me was that it was my very first pair of eye glasses! Yes, at 53 years young, I was needing eye glasses to help me read. But the ophthalmologist said I also needed glasses for seeing far away. So I was prescribed 'progressive lenses.' Progressive glasses incorporate three different prescriptions in one lens—near for reading, middle distance for working at the computer, etcetera, and far for seeing off in the distance.

From the moment I put on my new glasses, I didn't like them. I quickly became dizzy and nauseous. While my distant vision was better with the glasses, my middle distance was blurry, I could not read with ease (the vision kept wandering in and out of focus), and my peripheral vision was almost useless. Everything was blurry!

Over the next few days, I tried to use my glasses, but I kept thinking about why I didn't like my glasses. I couldn't imagine ever being able to see well with my new glasses. They were far more an annoyance than they helped me see better.

As my list of reasons for not liking my glasses grew, I considered taking them back to the ophthalmologist and having them test my eyes again. Surely, there must have been a mistake made in my prescription. Overall, my new glasses were making my vision worse, not better!



The next morning I woke and decided to try something different. Instead of focusing on why I didn't like my glasses, I decided to think of one reason that I 'did' like my glasses. Well...it was clear to me (pun intended) that my distant vision was more clear with my glasses. Check! Okay, that was at least one reason I liked my glasses. Could I think of another reason I liked my glasses? I was aware that when I wore my glasses outside, the glasses blocked the cold wind. The glasses actually helped to keep my face warmer. Great! That was now two reasons I liked my glasses. In the days that followed, I started to get more comfortable reading with my new glasses. I began to like reading with my glasses because I could see what I was reading more clearly. Hey!...now I was up to three reasons I liked my new glasses.

While I was still concerned that my middle distance was blurry and my peripheral vision was poor, I now had ample reason to like my glasses. As I began to like my glasses more and more, my concerns about middle distance and peripheral vision faded away (pun intended). And when my concerns faded away, so to did my last remaining issues fade away.

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Our minds are very powerful. We focus on whatever we allow our minds to focus on. When I began to look at why I didn't like my glasses, I realized it had nothing to do with the glasses. It had to do with my sense of growing old and my body giving out on me. I was angry that I could no longer do the things I used to and I projected my anger onto the glasses.

As I began to focus on why I liked the glasses, something quite remarkable unfolded. I was able to shift my thoughts from fear and anger to one of joy and love. The transformation from fear to love eventually was completed, all with a simple, conscious decision to move from a focus of why I didn't like my glasses to why I 'did' like my glasses, from a focus on the dark to the light—from a focus on fear to love.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Beyond Suffering

Remind me that when I am in  
the Heart of God, there is  
no suffering. There is no pain.

Help me to be compassionate and  
identify with the dignity of Love  
in all whom my eyes would behold.

Remind me that the gift  
of peace and unconditional love  
is the most valuable thing  
I can give to anyone.

Let me look past the pain that  
human suffering would tempt me  
to identify with  
and to see only the Light of Love  
enveloping and emanating from  
all living forms.

Help me to know that Your Love  
is my only reality  
and to know that what is true and real  
can never be hurt or harmed.

Let me be the beacon of Your Light  
that heals all pain, suffering,  
and separation.

Let me feel the beating of Your Heart  
within me, that I may shine  
Your Love and Light on all  
and know that the Light I see  
is but a reflection of Your Light  
and my Light joined as One.

Remind me to be grateful for Your Love  
and for the opportunity to be  
helpful and loving to all others.

Gerald G. Jampolsky

## 3. Quote or Question

*"It is better to see one time than to hear one hundred times."*

~Mongolian Proverb~

## 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 – January 2020

#### Overlapping—From Superficial to Profound Living

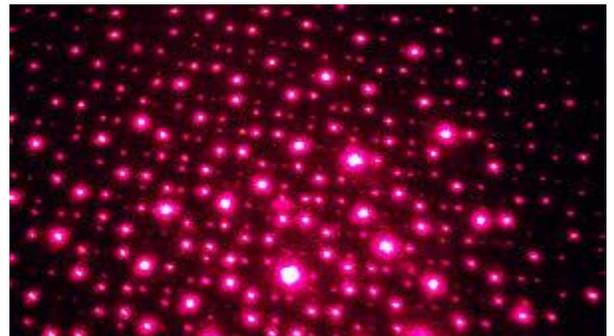
It may seem to you, people of this magnificent planet, that your civilization is falling into ruin. However, this is not so. Kindly remember that often what is perceived at a surface level is not what is truly occurring at a deeper and more stable position.

Let us examine your world at this important juncture of its existence.

Change includes the replacement of one event, object, reality or consciousness with another. This replacement can be viewed as an “overlapping” of events, situations, energies, worlds and dimensions. “Overlapping” indicates the movement of an elevated and refined awareness gradually overlaying your present reality.

At this moment, you are witnessing and experiencing the birth of a new reality which includes cosmic awareness. This is so, for you are vibrating exquisite energy patterns of light, thought and love which resonate to and throughout the Whole of existence. There are many individuals upon your earth—more than you perhaps realize—who are builders of this fine, new world.

In the emergence of this new reality, you experience in your present consciousness and in your physical and emotional bodies, the overlapping of higher thought and purer vibrational patterns. This overlapping of a higher frequency system, encourages you to participate in nobler activity. You are ascending to a higher frequency system. Steadily, you move towards unity, within yourself, within your world and within the multiple worlds and dimensions of which you are also a part.



It is humankind’s destiny to become whole for that is destiny of the cosmos wherein you dwell. It is the nature of Life to advance to higher expression. Therefore, greater ideas and creations will always overlap more confined environments. What you perceive as the de-construction of spiritual values is slowly being overlapped by the re-construction of these same values.

Let us illustrate this point.

# Spiritual Guidance

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Imagine that you are giving an acorn to a friend. In extending your hand, the acorn falls on a rock and its shell cracks. You think the nut is damaged. But when your friend picks it up and opens the shell, you realize that the essence, the fruit itself, is perfectly whole.



In a manner of speaking, your planet can be likened to a cracked crystal. However, in observing it more closely, you discover that only the surface is damaged; your inner planet is perfect. As you consciously absorb and live the heightened frequency of this new world as it overlaps yours, your planet's surface, and all other physical matter in your dimension will become whole, once again.

Good peoples of Planet Earth, continue to grow in inner truth—pure, divine, soul truth—and cultivate loving relationships with each other. Use your free will wisely. Foster awareness of this fine movement of overlapping and how it uplifts your minds and hearts. Realize that at the very core of this new reality is unity. This oneness is the basis of harmonious living for all the inhabited universes.

The greater the unity, the more significant the accomplishments of your people and the more remarkable the fulfillment of each planetary soul which we so deeply cherish.



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](http://www.nextagemission.com) or write Regiena at [rheringa@bell.net](mailto:rheringa@bell.net).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 5. Good News Of The Day

*The stories below are reprinted from [www.dailygood.org](http://www.dailygood.org).*

Jennifer Rauch took a six-month break from the Internet, iPhone, email and ebooks. Instead of unplugging she says, "I was replugging into relationships, into nature and into my community." She argues that Carlo Petrini's (Slow Food) principles "good, clean, fair" also apply to digital media. In regard to "clean"-- is the production of electronic products environmentally sustainable? With regard to "fair"-- are the people making the media products being treated humanely? More in this conversation with Rauch.

<http://www.conversations.org/story.php?sid=604> **Be The Change:** It might be worthwhile just to pause and remind oneself that the digital cloud is not a cloud :) For more inspiration, read "Considering Media in the Light of Relationship and Attention."

After witnessing the brutal handling of a live piglet brought into school for dissection, Milo Runkle discovered that the current legal system offered no recourse for him to press charges on behalf of the animal. The experience spurred him to found Mercy for Animals when he was 15 years old. Over the last 20 years, that organization has become an important group to assist in the move away from factory farming and the worst practices of animal agriculture to create a more kind, compassionate, and gentle human presence on the planet through the foods we eat. Runkle is also the founder of the Good Food Institute, a writer, meditator, and an advocate outside of farm animals for LGBT rights and for the rights of nature. "To me, when we talk about the issue of our treatment of animals and our food system, and transforming it, it really is about compassion, not just compassion for animals, but for those who are forced to do work that causes a lot of suffering." He shares more in this powerful interview. <http://www.dailygood.org/story/2431/milo-runkle-expanding-our-sphere-of-concern-awakin-call-editors/> **Be The Change:** How might you expand your sphere of concern at this time? Learn more about the work of Mercy for Animals here. <http://www.dailygood.org/more.php?n=8277a>

"As expressed in a thousand ways in the Brussats book "Spiritual Literacy: Reading the Sacred in Everyday Life", the Spirit resides not only in formal religious rituals and spiritual practices, but in everyday life -- nature, a cat's eyes, a beautiful painting, a colorful salad, a lover's embrace, a new place. This means that I can Spirit Bathe anywhere, anytime. I can be in my kitchen or kneeling over a flowerbed. I can be at a rock concert for that matter or on top of a grassy hill gazing down at a meadow filled with wildflowers in a riot of colors."

<http://www.dailygood.org/story/2432/spirit-bathing-for-the-worried-and-beleaguered-patricia-adams-farmer/> **Be The Change:** For more inspiration, read, "The Solace of Wild Places."  
<http://www.dailygood.org/story/1619/the-solace-of-wild-places-in-nature-and-ourselves-lucia-ferrara-bettler/>

"Certain places can evoke a profound experience of gratitude for us. Have you ever noticed how your favorite bakery, or neighborhood park, or familiar church, or your own living room, can bring you profound gratitude that you feel in your body?...Place connects us to gratitude, and gratitude connects us to place. And this gratitude also finds its place in our bodies. As we find gratitude in a sense of place like a retreat center, our home, a park, a library or bookstore, we also find gratitude in a sense of place within our hearts and bodies."

<http://www.dailygood.org/story/2433/how-place-can-connect-us-to-gratitude-colette-lafia/> **Be The Change:** What place or places in your own life connect you to gratitude?

Our biases can be dangerous, even deadly as we've seen in the cases of Michael Brown in Ferguson, Missouri, and Eric Garner, in Staten Island, New York. Diversity advocate Vern Myers looks closely at some of

the subconscious attitudes we hold toward out-groups. She makes a plea to all people: Acknowledge your biases. Then move toward, not away from, the groups that make you uncomfortable. In a funny, impassioned, important talk, she shows us how. <http://www.dailygood.org/story/2437/how-to-overcome-our-biases-walk-boldly-toward-them-ted-com/> **Be The Change:** What might walking boldly towards your own biases look like?

"We all come into this world with a need for connection and protection and with a need for freedom. And from the first moment on, we will be straddling these two needs -- what is me, and what is us? The common parlance today is, I need to first work on myself; I need to first feel good about me; solve me before I can be with somebody else, and I find that also a strange thought. You know who you are, you discover who you are in the presence of another. So this constant dance between me and you, between I and thou, is at the core of being human." Therapist Esther Perel shares more in this thought-provoking On Being interview.

<http://www.dailygood.org/story/2441/esther-perel-the-constant-dance-between-me-and-you-on-being/>

**Be The Change:** For more inspiration read this short passage by Barbara Frederickson, "Love is Not an Emotion." <http://www.awakin.org/read/view.php?tid=2321>

"John Prendergast is a retired psychology professor, spiritual teacher, and the author of books such as 'In Touch' and 'Listening from the Heart of Silence.' His new book is titled 'The Deep Heart: Our Portal to Presence.' In this episode of Insights at the Edge, Tami Simon speaks with John about subtle and sublime experiences of the heart. John comments on the childhood wounding that often leads to a fear of vulnerability and a general alienation from the heart's true voice. John and Tami also talk about seeking answers through the heart rather than the mind, as well as the spiritual dimensions one explores while doing so. Finally, they discuss how to crack the armored shell caused by wounding and how you can deal skillfully with the pain of living in an uncertain, often dismaying world." <http://www.dailygood.org/story/2444/the-deep-heart-tami-simon/>

**Be The Change:** Experiment with the guidance in the interview around seeking answers through the heart rather than the head. Notice what this shift surfaces for you.

"Imagine feeling more love from someone than you have ever known. You're being loved even more than your mother loved you when you were an infant, more than you were ever loved by your father, your child, or your most intimate lover--anyone...This love is actually part of you; it is always flowing through you. It's like the subatomic texture of the universe, the dark matter that connects everything. When you tune in to that flow, you will feel it in your own heart--not your physical heart or your emotional heart, but your spiritual heart, the place you point to in your chest when you say, 'I am.'" More in this beautiful passage by Ram Dass.

<http://www.dailygood.org/story/2445/be-love-now-ram-dass/> **Be The Change:** Where does your work lie?

Ram Dass, the spiritual teacher and acclaimed author of 'Be Here Now' passed away on December 22nd. You can read more of his writings here. <http://www.dailygood.org/more.php?n=8298a>

Sue Cochrane is a former family court judge who sought to bring more love into the practice of law. The forces she battled were not confined to the court room -- among them, poverty, violence, addiction, abuse, a terminal diagnosis and more. In this powerful piece, she explores kintsugi -- a stunning Japanese art form in which broken pottery is repaired by filling the cracks with gold. Kintsugi, poems, quotes, and books inspire this remarkable individual, "to find healing in a life that for a long time, was not only cracked, but broken apart -- and, in a few places completely shattered." Cochrane tells her story here as a reminder of our shared humanity, our vulnerability, and the capacity we have to heal our brokenness in beautiful ways.

<http://www.dailygood.org/story/2413/kintsugi-the-golden-joinery-of-love-sue-cochrane/> **Be The Change:**

What aspects of your life have you felt were imperfect? Can you look at them with unconditional love so these "precious scars" can honor your "whole life, leaving nothing out?" For more inspiration, join this Saturday's Awakin Call with Sue Cochrane: Embracing Imperfections. More details and RSVP info here.

<http://www.awakin.org/calls/449/sue-cochrane/>

In 1987, while teaching a class at MIT [the Massachusetts Institute of Technology] on nonviolence, philosophy lecturer Lee Perlman had a novel idea: "Why not take the students to a prison, to talk with men who had

committed extreme forms of violence?" Now, 30 years later, through the MIT Prison Initiative that he founded, Perlman teaches classes to a mixed cohort of both MIT students and prisoners at two medium- to maximum-security Massachusetts Correctional Institutions in Norfolk and Framingham. Dr. Perlman considers himself to be primarily an educator, and has designed and taught a number of courses at MIT which offer students an integrated view of the humanities and sciences in the western tradition. More in this in-depth interview. <http://www.dailygood.org/story/2380/love-and-philosophy-between-prison-walls-and-ivory-towers-awakin-call-editors/> **Be The Change:** How might you take your philosophy of life off the page and into the world? Maybe you can start by engaging with someone on the other side of a principle you care deeply with an open curiosity.

## 6. Do You Remember Your Song?

Reprinted from [www.awakin.org](http://www.awakin.org).

*Alan Cohen*

When a woman in a certain African tribe knows she is pregnant, she goes out into the wilderness with a few friends and together they pray and meditate until they hear the song of the child. They recognize that every soul has its own vibration that expresses its unique flavor and purpose. Then the women attune to the song, they sing it out loud.

Then they return to the tribe and teach it to everyone else. When the child is born, the community gathers and sings the child's song to him or her.

Later, when the child enters education, the village gathers and chants the child's song. When the child passes through the initiation to adulthood, the people again come together and sing.

At the time of marriage, the person hears his or her song.

Finally, when the soul is about to pass from this world, the family and friends gather at the person's bed, just as they did at their birth, and they sing the person to the next life. In the African tribe there is one other occasion upon which the villagers sing to the child.

If at any time during his or her life, the person commits a crime or aberrant social act, the individual is called to the center of the village and the people in the community form a circle around them. Then they sing their song to them. The tribe recognizes that the correction for antisocial behaviour is not punishment; it is love and the remembrance of identity.

When you recognize your own song, you have no desire or need to do anything that would hurt another.

A friend is someone who knows your song and sings it to you when you have forgotten it. Those who love you are not fooled by mistakes you have made or dark images you hold about yourself. They remember your beauty when you feel ugly; your wholeness when you are broken; your innocence when you feel guilty; and your purpose when you are confused.

You may not have grown up in an African tribe that sings your song to you at crucial life transitions, but life is always reminding you when you are in tune with yourself and when you are not.

When you feel good, what you are doing matches your song, and when you feel awful, it doesn't. In the end, we shall all recognize our song and sing it well. You may feel a little warbly at the moment, but so have all the great singers. Just keep singing and you'll find your way home.



## 7. Too Many Names

Reprinted from [www.awakin.org](http://www.awakin.org).

*Pablo Neruda*

Monday is tangled up with Tuesday  
and the week with the year:  
time can't be cut with your tired scissors,  
and all the names of the day  
are rubbed out by the waters of the night.

No one can be named Pedro  
no one is Rosa or Maria,  
all of us are dust or sand,  
all of us are rain in the rain.  
They have talked to me of Venezuelas,  
of Paraguays and Chiles,  
I don't know what they're talking about:  
I'm aware of the earth's skin  
and I know it doesn't have a name.

When I lived with the roots  
I liked them more than the flowers,  
and when I talked with a stone  
it rang like a bell.

The spring is so long  
that it lasts all winter:  
time lost its shoes:  
a year contains four centuries.

When I sleep all these nights,  
what am I named or not named?  
And when I wake up who am I  
If I wasn't I when I slept?

This means that we have barely  
disembarked into life,  
that we've only now just been born,  
let's not fill our mouths  
with so many uncertain names,  
with so many sad labels,  
with so many pompous letters,  
with so much yours and mine,  
with so much signing of papers.

I intend to confuse things,  
to unite them, make them new-born,  
intermingle them, undress them,



until the light of the world  
has the unity of the ocean,  
a generous wholeness,  
a fragrance alive and crackling.

## 8. Beauty Is The Very Nature Of The Kosmos

Reprinted from [www.awakin.org](http://www.awakin.org).

If science gives us objective Truth, or the “it” of Spirit, and morals give us the Good, or the “we” of Spirit, then Beauty—which is in the “eye” of the beholder—helps open us to the “I” of Spirit.

Think of the most beautiful person you have ever seen. Think of the exact moment you looked into his or her eyes, and for a fleeting second you were paralyzed: you couldn't take your eyes off that vision. You stared, frozen in time, caught in that beauty. Now imagine that identical beauty radiating from every single thing in the entire universe: every rock, every plant, every animal, every cloud, every person, every object, every mountain, every stream—even the garbage dumps and broken dreams— every single one of them, radiating that beauty. You are quietly frozen by the gentle beauty of everything that arises around you. You are released from grasping, released from time, released from avoidance, released altogether into the eye of Spirit, where, you contemplate the unending beauty of the Art that is the entire World.



That all-pervading Beauty is not an exercise in creative imagination. It is the actual structure of the universe. That all-pervading Beauty is in truth the very nature of the Kosmos right now. It is not something you have to imagine, because it is the actual structure of perception in all domains. If you remain in the eye of Spirit, every object is an object of radiant Beauty. If the doors of perception are cleansed, the entire Kosmos is your lost and found Beloved, the Original Face of primordial Beauty, forever, and forever, and endlessly forever. And in the face of that stunning Beauty, you will completely swoon into your own death, never to be seen or heard from again, except on those tender nights when the wind gently blows through the hills and the mountains, quietly calling your name.

## 9. The Anatomy of Falling

Reprinted from [www.awakin.org](http://www.awakin.org).

***Michael Singer***

Leaving the seat of Self is not generally a willful act. The laws of attraction will cause it to happen. Consciousness is always drawn to the most distracting object: the bumped toe, the loud noise, or the hurting heart. It's the same law, both inside and out. The consciousness goes to the place that distracts it the most. When a blockage gets hit, the same attraction takes place, and the consciousness gets pulled to the source of discomfort. That place then becomes your seat of consciousness. [It] falls down to where the disturbance is happening, and the whole world looks different.



Let's analyze this fall, step by step. It begins when you get pulled down into the disturbed energy. You end up exactly where you don't belong. Now, as you look out through your disturbed energy, everything is distorted by the haze of your disturbance. Things that looked beautiful now look ugly. Things you liked, now look dark and depressing. But nothing has really changed. It's just that you're looking at life from that seat of disturbance.

Each of these shifts in your perception should remind you to let go. The moment you start seeing that you don't like the people you used to like, the moment you start seeing that your life looks really different, the moment it all starts getting negative - let go.

Once activated, a blockage must run its course. If you don't let go, you get sucked in. You are no longer free; you are caught. Once you fall from your seat of relative clarity, you are under the mercy of the disturbed energy.

This is the anatomy of falling. When you're in this state of disturbance, your tendency will be to act in order to try to fix things. You don't have the clarity to see what's going on; you just want the disturbance to stop. So you start getting down to your survival instincts. You may feel that you have to do something drastic. You may want to leave your husband or wife, or move, or quit your job. The mind starts saying all kinds of things because it doesn't like the space, and it wants to get away from it anyway it can. [...]

It's one thing if the disturbance is going on inside of you. But the moment you allow it to express itself, the moment you let that energy move your body, you have descended to another level. Now it's almost impossible to let go. If you start yelling at somebody, if you actually tell someone how you feel about them from the state of non-clarity, you have involved that person's heart and mind in your stuff. Now both of your egos are involved. Once you externalize these energies, you will want to defend your actions and make them look appropriate. But the other person will never think they were appropriate.

Now even more forces are keeping you down. First you fall into the darkness, and then you manifest that darkness. When you do this, you are literally taking the energy of the blockage and passing it on. What if all you had to do to avoid all of this was to let go in the beginning? If you had, you would have gone up instead of down. That's how it works. When a blockage gets hit, it's a good thing. It's time to open up internally and release the blocked energy. If you let go, and permit the purification process to take place inside, that blocked energy will be released. When it's released and allowed to flow up, it becomes purified and merges back into your center of consciousness. This energy then strengthens you instead of weakening you.

If you fall along the way, just get up and forget it. Use the lesson to strengthen your resolve. Let go right then. Do not rationalize, blame, or try to figure it out. Don't do anything. Just let go immediately, and allow the energy to go back to the highest center of consciousness it can achieve. If you feel shame, let it go. If you feel fear, let it go. All of these are the remnants of the blocked energy that is finally being purified.

Always let go as soon as you are aware that you didn't. Let go. No matter what it is, let it go. The bigger it is, the higher the reward of letting go and the worse the fall if you don't. It's pretty black and white. You either let go or you don't. There really isn't anything in between. So let all of your blockages and disturbances become the fuel for the journey. That which is holding you down can become a powerful force that raises you up. You just have to be willing to take the ascent.

## 10. How An Army of Women Resurrected A River

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

Women in Vellore, India, have resurrected the Naganadhi river and the agriculture of the area that were almost lost to drought. In 2014, the women took matters into their own hands and worked with engineers and hydrologists to build 600 recharge wells by hand: digging wells, making cement rings, placing the rings and stones, and planting drought-resistant saplings along the river basin. This labor-intensive work has resulted in wells that help replenish the groundwater. They have not only brought a dead river back to life, but have ensured their children do not endure the hardship they did. <http://www.karmatube.org/videos.php?id=8497>

## 11. On Courage

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

What does it mean to be courageous? Is it something seen outwardly, as when someone overcomes an overwhelming physical obstacle, or is it "the measure of our heartfelt participation with life, with another, with a community, a work, a future"? This short video provides an eloquent answer through powerful images that encourage further consideration of the question. <http://www.karmatube.org/videos.php?id=8531>

## 12. Human Kindness Recording

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

In a place beyond the thinking mind, there is truth, revelation, liberation and purpose. The films of Nic Askew capture these moments in Soul Biographies. It was at one of these events that he filmed Carrie Tree. "Sometime after being stripped bare by the camera she shared this song, penned after time spent in the Migrant Camp at Calais known as the Jungle." For maximum heart impact, switch off the world. Play full screen. Use headphones. Do not attempt if distracted. Full and undivided attention is your greatest gift. <http://www.karmatube.org/videos.php?id=7344>

## 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](mailto:rmeagher@servingyourjourney.com) by the 25<sup>th</sup> of the month, for distribution in the following month's e-newsletter.*

### 13. 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](mailto:rmeagher@servingyourjourney.com)).

### 14. 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

### **Spiritual Guidance**

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