

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



There Is No “You”, There Is No “Me”...There Is Only “We”

This message is for all of humanity.

I was recently complimented by a colleague on an achievement that had been reached. My colleague sent me an email saying... “YOU have done incredibly well.” My colleague was referring to a milestone that had been reached in marketing and promoting a collaborative initiative we had been working on for almost 10 years.

I was momentarily flattered by the compliment. It felt good to be acknowledged. It felt good that someone understood all the hard work that went in to reaching this milestone. It felt good to be noticed.

I then began to ponder what got us to this point of accomplishment. The milestone was not reached by me alone. The success was made possible because of the efforts of both myself and my colleague. It would be quite easy to enumerate what my colleague did and what I did. It would be quite easy to separate the tasks from one another. It would be easy to say “He did this...and I did that.”

But the truth lay in the realization that it was our working together that enabled us to reach the milestone. It was our working together that allowed us to realize the success we had realized. In fact, without each other none of it would have been possible. We each made our contribution to the effort. But the outcome was the synergy of our collective efforts.

I responded back to my colleague’s congratulatory email with the following:

“There is no ‘you’. There is no ‘me’. There is only ‘we’. Without each other, we have nothing.”

The isolated success story above is a microcosm of what is a growing need for humanity. There has never been a time when we, as a human society, need each other more. There are a lot of successes we can celebrate. But none of them are possible without each other. Our own success is dependent on others. We cannot be successful on our own. We cannot even survive on our own.



The reason is simple. We are not 'me' or 'them'. We ARE one! Terms such as 'me', 'you', 'they', 'them'...only serve to divide us. 'We' is indivisible. There is no separation in 'we'.

There is no you. There is no me. There is only we. Without each other, we have nothing.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Body Intelligence

Your intelligence is always with you,
overseeing your body, even though
you may not be aware of its work.

If you start doing something against
your health, your intelligence
will eventually scold you.

If it hadn't been so lovingly close by,
and so constantly monitoring,
how could it rebuke?

You and your intelligence
are like the beauty and the precision
of an astrolabe.

Together, you calculate how near
existence is to the sun!

Your intelligence is marvellously intimate.
It's not in front of you or behind,
or to the left or the right.

Now try, my friend, to describe how near
is the creator of your intellect!

Intellectual searching will not find
the way to that king!

The movement of your finger
is not separate from your finger.

You go to sleep, or you die,
and there's no intelligent motion.

Then you wake,
and your fingers
fill with meanings.

Now consider the jewel-lights
in your eyes. How do *they* work?

This visible universe has many weathers
and variations.

But uncle, O uncle,
the universe of the creation-word,

the divine command to *Be*, that universe
of qualities is beyond any pointing to.

More intelligent than intellect,
and more spiritual than spirit.

No being is unconnected
to that reality, and that connection
cannot be said. *There*, there's
no separation and no return.

There are guides who can show you the way.
Use them. But they will not satisfy your longing.

Keep wanting that connection
with all your pulsing energy.

The throbbing vein
will take you further
than any thinking.

Muhammad said, "Don't theorize
about essence!" All speculations
are just more layers of covering.
Human being love coverings!

They think the designs on the curtains
are what's being concealed.

Observe the wonders as they occur around you.
Don't claim them. Feel the artistry
moving through, and the silent.

Or say, "I cannot praise You
as You should be praised.

Such words are infinitely
beyond my understanding."

Jelaluddin Rumi

3. Quote or Question

“The only way love can last a lifetime is if it's unconditional. The truth is this: love is not determined by the one being loved but rather by the one choosing to love.”

~ Stephen Kendrick ~

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 – February 2020

Imitation and Inspiration

In your world, imitation is a powerful tool for inner growth. However, kindly ensure that those whom you imitate in heart, mind and action, are sincere.

There are many earth citizens who live in exquisite frequencies of thought and creation. These individuals, although physically born upon your planet, dwell in elegant vibrational spheres and fields which extend outwards and inwards to affect all matter everywhere, including your own consciousness if you so wish it. They, along with other beings within and beyond your solar system, are leaders and examples of integrity and wholesomeness. They are here to guide your entry into this new emerging world which you are beginning to witness.

You may observe falsehoods and the apparent disintegration of spiritual values. These are deliberate expressions of resistance in a world which is moving into a more complete way of harmonious living. You are swiftly unifying of all aspects of your being—from the physical to the transcendental. You are beginning to absorb the truth that you are whole and complete within the pure vibration of Divinity. As humankind becomes more conscious of this upliftment, falsehoods and other energies of resistance deepen their attempt to curb this completeness. They will fail.

All that falters in the Light falls away from the Light.

We ask you to assume your personal qualities and talents. Acknowledge all that you are and possess which demonstrates to the outer world, your existence in this divine Light. You are being asked to become a living example of luminous unity so that others in your world can imitate you.

Close your eyes and let inspiring images and feelings surface which you have experienced in this lifetime of in other life experiences. Open your eyes and notice those around you who inspire you. Begin to imitate their way of behaving and creating.

Imitate not what has been created by another, but, rather, imitate how the individual who inspires you, lives in your world.

Unbeknownst to many of you, much inspiration and imitation also comes from the higher vibrations of the invisible realms. With your consent, continual radiance of refined octaves of frequency enter your physical bodies and, most importantly, your hearts and minds. At times we visit you; at times you visit us. At times we meet elsewhere in magnificent light patterns of transcendental understanding. Why is this so? To ensure that you are refreshed in these higher frequencies so that you are continually encouraged and inspired. To ensure that you are able to express to the outer world, the sacredness you experience within.

In truth, we are asking you to imitate yourself! Endeavour to reflect your divine self in your outer-world activities. You then become a living example of heartfelt leadership for all.

There is a fine linking between imitation and inspiration. If you use your free will wisely, you will quickly realize that your soul often nudges you to imitate the behaviour of those who inspire you.

Hence we ask you to reflect on the following: Kindly realize that who you are and how you live in the vaster worlds of Light. Inspire those around you. When you inspire others, you become a focus of imitation for others. This is the language of the teacher and the master.



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 human cultures rub up against each other, we talk of melting pots and borderlands. When geographic cultures meet up and create a free-flowing arrangement of habitats and life forms, the term used is Biogeographic transition zone. Russ Mcspadden shares the surprises such a vortex presents in this piece from Orion. <http://www.dailygood.org/more.php?n=8237> **Be The Change:** Learn about the animal and plant life that calls your region home and consider how you can better co-exist in your local web of life. <http://www.dailygood.org/more.php?n=8237a>

"One morning in a local coffee shop, I was surprised to see a man at work on a little painting at a table nearby. It wasn't a place where artists gathered. I walked over, took a peek, and was surprised again. It was really good. I complimented the stranger on his work. He seemed to welcome the interruption, and I asked him a few questions. He was just passing through town and living from hand to mouth. Before long, having had nothing of the sort in mind, I found myself in a conversation that crossed into territory usually reserved for more intimate friends. All along, I half-way expected to be hit up for a little cash, but nothing of the sort happened. The more we talked, the more I was touched by this total stranger and his story..."

<http://www.conversations.org/story.php?sid=43> **Be The Change:** We have so many chances to take a chance and strike up a conversation with a stranger. Try it sometime, even in a little way.

When Joshua Prager was 19, a devastating bus accident left him a hemiplegic. He returned to Israel twenty years later to find the driver who turned his world upside down. In this mesmerizing tale of their meeting, Prager probes deep questions of nature, nurture, self-deception and identity.

<http://www.dailygood.org/story/2448/in-search-of-the-man-who-broke-my-neck-ted-com/> **Be The Change:** Have you ever, like Prager deliberately attempted to find and interact with someone who caused harm to you? What did you learn from the encounter?

Brandur Patursson is an artist from the Faroe Islands who works with light in the creation of his glass and metal sculptures. After losing 70% of the sight in one eye he started understanding what it is to really see. He realized that we see with our eyes, but how we perceive things is what truly gives them meaning in our lives. If we can literally see and reflect on someone's else's feelings instead of their effect on us, he suggests that we could be more tolerant. This short film is itself a mesmerizing reflection on how opening our eyes to who and what is around us allows us to be moved. <http://www.karmatube.org/videos.php?id=8436> **Be The Change:** Try to consciously perceive today something you have seen before but not quite taken in. How does this new perception change how you feel?

"Listening, Erich Fromm argues, is 'is an art like the understanding of poetry' and, like any art, has its own rules and norms. Drawing on his half-century practice as a therapist, Fromm offers six such guidelines for mastering the art of unselfish understanding. <http://www.dailygood.org/story/2449/erich-fromm-s-six-rules-of-listening-maria-popova/> **Be The Change:** For more inspiration read, "A Deeper Listening," the transcript of an interview with Myron Eshowky. <http://www.dailygood.org/story/2032/myron-eshowky-a-deeper-listening-awakin-call-editors/>

"The thirteen-year-old author of this book invites you, his reader, to imagine a daily life in which your faculty of speech is taken away. Explaining that you're hungry, or tired, or in pain, is now as beyond your powers as a chat with a friend. I'd like to push the thought-experiment a little further. Now imagine that after you lose your ability to communicate, the editor-in-residence who orders your thoughts walks out without notice. The chances are that you never knew this mind-editor existed, but now that he or she has gone, you realize too late how the editor allowed your mind to function for all these years. A dam-burst of ideas, memories, impulses and thoughts is cascading over you, unstopably. Your editor controlled this flow, diverting the vast majority away, and recommending just a tiny number for your conscious consideration. But now you're on your own. Now your mind is a room where twenty radios, all tuned to different stations, are blaring out voices and music. The radios have no off-switches or volume controls, the room you're in has no door or window, and relief will come only when you're too exhausted to stay awake." Writer David Mitchell shares more in this introduction to his son Naoki Higashida's extraordinary first book, "The Reason I Jump" <http://www.dailygood.org/more.php?n=8322>

Be The Change: For more inspiration read or listen to this NPR interview with Temple Grandin. <http://www.dailygood.org/more.php?n=8322a>

"There is something odd about this notion of time as property. We are asked to give things time; we speak of taking time time off of something, time toward something. But how do we give or take this fine-grained sand that slips through the fingers the moment we try to cup it? Perhaps time is not so much the substance in the hand as the substance of the hand." Maria Popova explores Kahlil Gibran's reflections on time in this post. <http://www.dailygood.org/story/2451/kahlil-gibran-on-befriending-time-maria-popova/> **Be The Change:** How do you relate to time in your own life?

Renowned author Mitch Albom introduces us to a story of love, a story about the making of a family through love. He shows us that the rules of what a family should look like don't matter as long as there is love bringing them together. He introduces us to Chika, who became the much beloved daughter of he and his wife Janine after Chika's mother was killed in the earthquake in Haiti in 2010. Chika's life was shortened by a difficult and rare brain tumor. The powerful love and joy she left behind continues to remind us that our job is to carry our children, to carry all of the children of the world. <http://www.karmatube.org/videos.php?id=8551> **Be The Change:** Read more about Chika's story and how finding her changed Mitch Albom's life.

<http://www.dailygood.org/more.php?n=8324a>

Reverend Victor Kazanjian is the executive director of the United Religions Initiative (URI), a global grassroots interfaith peacebuilding network. URI has more than a thousand multi-faith groups working in over a hundred countries with a million volunteers to build bridges of cooperation between people of all faiths and cultures. Victor is ordained as a priest in the Episcopal Church and was trained as a community organizer working to address the systemic causes of poverty and injustice through the support of community-based groups. He's also studied and deeply embodies Gandhian principles of pluralism and grassroots change. Along with Gandhi's grandson, Arun Gandhi, he for many years led the Gandhian Legacy Tour to India. Learn more about his work and journey in this inspiring interview. <http://www.dailygood.org/story/2452/seeking-wholeness-in-a-time-of-brokenness-awakin-call-editors/> **Be The Change:** For more inspiration, tune into this Saturday's Awakin Call with Home Nguyen, the founder and CEO of MindKind Institute with decades of experience in personal leadership, mind-body practices, and executive coaching. His mission is to develop mindful, influential and compassionate leaders and to help them master their awesome power in order to make a real difference in the world. More details and RSVP info here. <http://www.awakin.org/calls/451/home-nguyen/>

Why are we waylaid by criticism or unable to get past a minor snub from our best friend? That's our negativity bias. We humans have a propensity to give more weight in our minds to things that go wrong than to things that go right so much so that just one negative event can hijack our minds in ways that can be detrimental to our work, relationships, health, and happiness. Overcoming our negativity bias is not easy to do. But a new book, The Power of Bad: How the Negativity Effect Rules Us and How We Can Rule It, coauthored by social psychologist Roy Baumeister and New York Times writer John Tierney, inspires hope.

<http://www.dailygood.org/story/2453/overcoming-the-brain-s-negativity-bias-jill-suttie/> **Be The Change:** For

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more inspiration here's a passage from the Dalai Lama on "Lessening the Power of Negative Emotions."
<http://www.awakin.org/read/view.php?tid=2116>

"We have a special grammar for personhood. We would never say of our late neighbor, "It is buried in Oakwood Cemetery." Such language would be deeply disrespectful and would rob him of his humanity. We use instead a special grammar for humans: we distinguish them with the use of he or she, a grammar of personhood for both living and dead Homo sapiens. Yet we say of the oriole warbling comfort to mourners from the treetops or the oak tree herself beneath whom we stand, "It lives in Oakwood Cemetery." In the English language, a human alone has distinction while all other living beings are lumped with the nonliving "its." As a botany professor, I am as interested in the pale-green lichens slowly dissolving the words on the gravestones as in the almost-forgotten names, and the students, too, look past the stones for inky cap mushrooms in the grass or a glimpse of an urban fox." Robin Wall Kimmerer shares more on the grammar of animacy in this shimmering piece. <http://www.dailygood.org/more.php?n=8312> **Be The Change:** For more inspiration from Kimmerer read this excerpt, "Returning the Gift." <http://www.dailygood.org/story/1662/returning-the-gift/>

"One day, third-grade teacher Kyle Schwartz asked her students to fill in the blank in this sentence: "I wish my teacher knew _____." The results astounded her. Some answers were humorous; others were heartbreaking. All were profoundly moving and enlightening. The results opened her eyes to the need for educators to understand the unique realities their students face in order to create an open, safe, and supportive classroom environment. When Kyle shared her experience online, teachers around the globe began sharing their own contributions to #IWishMyTeacherKnew." Read a selection of notes from Schwartz's class here. <http://www.dailygood.org/more.php?n=8330> **Be The Change:** Make an extra effort this week to understand the unique realities of the people you interact with.

"In 2009, after completing my medical residency at a county hospital in Los Angeles I signed up to split my time between San Francisco and some of the most economically destitute parts of the planet. It was a simple calculation about where to best use my skills. In an academic medical center in San Francisco, there could be 50 doctors on one floor. If I disappeared hardly anyone would notice. In rural Burundi, there were often fewer than one doctor per 100,000 people. So, I went there....The gradient of power is never quite as stark as the encounter of an American physician with a poor patient from a rural community in a low-income country. The inequity gap across education, race, nationality, gender, wealth, is as great as between almost any two people on the planet. At the same time the relationship between doctor and patient can lean sacred. As I listen to someone's body or gently examine their belly, the possibility of something redemptive arising exists for both of us. What does it mean to stand in solidarity? What must be the privilege of the health worker to truly stand alongside them?" Sriram Shamasunder shares more in this arresting compilation of excerpts from his Burundi journals. <http://www.dailygood.org/more.php?n=8329> **Be The Change:** Sriram Shamasunder is co-founder of the HEAL Initiative at UCSF. Learn more about HEAL's groundbreaking approach to fostering equity in global health here. <http://www.dailygood.org/more.php?n=8329a>

"In Kingian Nonviolence, a philosophy developed out of the teachings of Martin Luther King Jr., there is a distinction made between nonviolence spelled with a hyphen, and nonviolence spelled without a hyphen. 'Non-violence' is essentially two words: 'without' 'violence.' When spelled this way, it only describes the absence of violence. As long as I am "not being violent," I am practicing non-violence. And that is the biggest misunderstanding of nonviolence that exists." Kazu Haga shares more in this excerpt from his book, "Healing Resistance: A Radically Different Response to Harm." <http://www.dailygood.org/more.php?n=8333> **Be The Change:** For more inspiration listen to an excerpt from Martin Luther King's speech, "The Drum Major Instinct." <http://www.karmatube.org/videos.php?id=2959>

"The heart has had a very central role in medicine. Aristotle describes the temples of Asclepius, which was the first medical center. He described this as a group of buildings with courtyards and, in one of the courtyards of the temples of Asclepius there was a statue of Venus, the goddess of love. What that's about is that the perspective of the heart is central to the practice of medicine." In this riveting interview, acclaimed author Dr.

Rachel Naomi Remen delves into what it means to be human, shares the story of her connection to Quan Yin, explores the soul of medicine, the dance between mastery, mystery, and more.

<http://www.conversations.org/story.php?sid=631> **Be The Change:** Reflect on when you last experienced the healing quality of silence in another person. For more inspiration read Remen's post on "The Recovery of the Sacred,". <http://www.dailygood.org/story/204/the-recovery-of-the-sacred/>

In 1999 Liz Mitten Ryan, award-winning artist, mother of six and founder of a successful fine art publishing company in Vancouver, moved with her architect husband, and a herd of eleven horses, to Gateway 2 Ranch - a 320-acre slice of paradise nestled in the grasslands of British Columbia. For several months their home was a simple tent in the midst of an enchanted landscape studded with lakes, wild flowers, emerald hills and whispering woods. In this vast solitude it became customary for Liz to spend her days following the herd. Communing with them she began to recognize their deep gift for connection to all of life, and how being in their presence awakened that sense of connection within her own heart. Thus began the path of her deepest calling -- to connect with animals and spirit and to share that understanding with the world as best she could. Watch the entire, award-winning film on her work: "Herd: A Spiritual Journey."

<http://www.karmatube.org/videos.php?id=7424> **Be The Change:** Reconnect to the song in your own heart.

6. Meditation: The Process Of Retraining The Mind

Reprinted from www.awakin.org.

Bhante Gunaratna

Gently, but firmly, without getting upset or judging yourself for straying, simply return to the simple physical sensation of the breath. Then do it again the next time, and again, and again, and again.

Somewhere in this process, you will come face to face with the sudden and shocking realization that you are completely crazy. Your mind is a shrieking, gibbering madhouse on wheels barreling pell-mell down the hill, utterly out of control and hopeless. No problem. You are not crazier than you were yesterday. It has always been this way, and you just never noticed. So don't let this realization unsettle you. It is a milestone actually, a sign of real progress. The very fact that you have looked at the problem straight in the eye means that you are on your way up and out of it.



In the wordless observation of the breath, there are two states to be avoided: thinking and sinking. The thinking mind manifests most clearly as the monkey mind phenomenon we have just been discussing. The sinking mind is almost the reverse. As a general term, sinking mind denotes any dimming of awareness. At its best it is sort of a mental vacuum in which there is no thought, no observation of the breath, no awareness of anything. It is a gap, a formless mental gray area rather like a dreamless sleep. Sinking mind is a void. Avoid it.

When you find you have fallen into the state of sinking mind, just note the fact and return your attention to the sensation of breathing. Observe the tactile sensation of the in-breath. Feel the touch sensation of the out-breath. Breathe in, breathe out and watch what happens.

Don't set goals for yourself that are too high to reach. Be gentle with yourself. You are trying to follow your own breathing continuously and without a break. That sounds easy enough, so you will have a tendency at the outset to push yourself to be scrupulous and exacting. This is unrealistic. Take time in small units instead. At the beginning of an inhalation, make the resolve to follow the breath just for the period of that one inhalation. Even this is not so easy, but at least it can be done. Then, at the start of the exhalation, resolve to follow the breath just for that one exhalation, all the way through. You will still fail repeatedly, but keep at it.

Every time you stumble, start over. Take it one breath at a time.

This meditation is a process of retraining the mind. The state you are aiming for is one in which you are totally aware of everything that is happening in your own perceptual universe, exactly the way it happens, exactly when it is happening; total, unbroken awareness in present time. This is an incredibly high goal, and not to be reached all at once. It takes practice, so we start small.

7. Silence

Reprinted from www.awakin.org.

Jean Klien

Silence is our real nature. What we are fundamentally is only silence.

Silence is free from beginning and end. It was before the beginning of all things. It is causeless. Its greatness lies in the fact that it simply is. In silence all objects have their home ground. It is the light that gives objects their shape and form. All movement, all activity is harmonized by silence.

Silence has no opposite in noise. It is beyond positive and negative.

Silence dissolves all objects. It is not related to any counterpart which belongs to the mind.

Silence has nothing to do with mind. It cannot be defined but it can be felt directly because it is our nearness.

Silence is freedom without restriction or center. It is our wholeness, neither inside nor outside the body.

Silence is joyful, not pleasurable. It is not psychological. It is feeling without a feeler.

Silence needs no intermediary.

Silence is holy. It is healing. There is no fear in silence.

Silence is autonomous like love and beauty. It is untouched by time.

Silence is meditation, free from any intention, free from anyone who meditates.

Silence is the absence of oneself. Or rather, silence is the absence of absence.

Sound which comes from silence is music. All activity is creative when it comes from silence. It is constantly a new beginning.

Silence precedes speech and poetry and music and all art.

Silence is the home ground of all creative activity. What is truly creative is the word, is Truth. Silence is the word.

Silence is truth.

The one established in silence lives in constant offering, in prayer without asking, in thankfulness, in continual love.



8. Meaning And The Song Of The Soul

Reprinted from www.awakin.org.

Llewellyn Vaughn-Lee

Meaning is what calls from the depths of the soul.

It is the song that sings us into life. Whether we have a meaningful life depends upon whether we can hear this song, this primal music of the sacred. The “sacred” is not something primarily religious or even spiritual. It is not a quality we need to learn or to develop. It belongs to the primary nature of all that is. When our ancestors knew that everything they could see was sacred, this was not something taught but instinctively known. It was as natural as sunlight, as necessary as breathing. It is a fundamental recognition of the wonder, beauty and divine nature of the world. And from this sense of the sacred, real meaning is born, the meaning that makes our hearts sing with the deepest purpose of being alive.



Sadly, today so much of life is covered in distractions, in the addictions of consumerism. The soul’s music is not easy to hear amidst life’s constant clamor, and wonder and mystery have become more and more inaccessible. As a culture we seem to have lost the thread that connects the worlds together: the inner world from which meaning is born, and the outer world where we spend our days. The stories of the soul are no longer told, instead our dreams have become the desires of materialism. Even spirituality is often sold in the marketplace, another drug that promises to placate us, to cover the growing anxiety that something essential is missing.

To find meaning we have to reclaim our sense of the sacred, something our culture appears to have overlooked or forgotten. The sacred is an essential quality of life. It connects us to our own soul and the divine that is the source of all that exists.

The sacred can be found in any form: a small stone or a mountain, the first cry of a newborn child and the last gasp of a dying person. It can be present in a loaf of bread, on a table, waiting for a meal, and in the words that bless the meal. The remembrance of the sacred is like a central note within life. Without this remembrance something fundamental to our existence is missing. Our daily life lacks a basic nourishment, a depth of meaning.

When we feel this music, when we sense this song, we are living our natural connection with the Earth and all of life. Meaning is not something that belongs to us, rather our life becomes “meaningful” when we live this connection, when we feel it under our feet as we walk down the street, in the scent of a flower, in rain falling. [...]

We are all part of one living being we call the Earth, magical beyond our understanding. She gives us life and her wonder nourishes us. In her being the worlds come together. Her seeds give us both bread and stories. For centuries the stories of seeds were central to humanity, myths told again and again—stories of rebirth, life recreating itself in the darkness. Now we have almost forgotten these stories. Instead, stranded in our separate, isolated selves we do not even know how hungry we have become. We have to find a way to reconnect with what is essential—to learn once again how to walk in a sacred manner, how to cook with love and prayers, how to give attention to simple things. We need to learn to welcome life in all its colors and fragrances, to say “yes” again and again. Then life will give us back the connection to our own soul, and once more we will hear its song. Then meaning will return as a gift and a promise. And something within our own heart will open and know that we have come home.

9. A Heart Of Warmth Is Not Something Impossible

Reprinted from www.awakin.org.

Tenzin Palmo

What does love mean? In the West, we mistake the meaning of love; we bandy the word around all the time, from “I love ice-cream” to “I love God”. But we mistake love for desire, for greed, for lust, and for attachment. We think that to love something or someone means to hold on very tightly and to think of it as “mine”. And because of this grasping mind, we suffer very much. We suffer from the fear that we will lose what we desire, and we suffer from grief when we do lose. Think about that. We usually mistake attachment for love. But attachment is not love. Attachment is grasping, attachment is clinging. And this is the root cause of our being in this state of suffering.



The Buddha said that there is a truth of suffering and that there is a cause of suffering. The cause of suffering is grasping. We hold things so tightly because we don't know how to hold things lightly. But everything is impermanent. Everything is flowing-- it's not static or solid. We cannot hold on to anything. As long as we try to hold on to the flow of the river, we either end up with nothing-- because we can't grasp water in a tight fist. Or else, we dam up the flow and end up with something very stagnant, smelly and stale. The actuality is movement. If we try to hold on tightly, we kill it. And that causes so much pain; it causes so much fear in our lives. That's not love. Love is a tremendous opening of the heart. It's a heart which thinks "May you be well and happy" and not "May you make me well and happy". In order to cultivate that kind of heart which wishes for the happiness of others, we can start first by opening with our family. This means by trying to make them happy and being open towards them. But not clinging or grasping-- just being there for them. Showing them love, showing them affection, because they are the first people who need our love and affection. But it's not a tight grasping affection. When I was 19, I decided to go to find a Lama, and I said to my mother "I'm going to India" and she said, "Oh yes, when are you leaving?" She didn't say "What do you mean you are going to India? How could you leave your poor old mother?" She said, "Oh yes, when are you leaving?" not because she didn't love me, but because she did love me. She loved me and she wanted me to fulfill my own potential and be happy. She was not thinking "Oh, but if you're going to leave me, I'm going to be lonely. I'm going to be miserable. How can you abandon me?" So, because of her non-attachment, she rejoiced in my happiness. Even while I was away, though I am sure she missed me very much, but she rejoiced in all the things I did, the places I went and the people I met. [...]

That's love. And that heart of warmth is not something impossible. It's something we can all develop. That joy in making others happy, in thinking how we can give a little happiness, a little joy to others that we meet, through a kind word, through a smile, through a gift or whatever. Not always thinking "Oh, but they never gave me anything, so why should I give them anything?", or "They never smile at me, so I'm not going to smile at them." That's such a petty, small mind. Think about a society in which everyone is at least nice to each other. That would be heaven, would it not? And yet it doesn't take that much to be pleasant, even to people who are not pleasant in return. If we were affable to everybody, then on the whole, people would be agreeable in response.

Because it's really true that we get out of life what we put into it. And if we are always radiating negative thoughts and feelings – anger, resentment or just self-absorption—then that's what we'll get back. [...]

So it's up to us. We create this world as we project it from our mind. We can make this world into something meaningful. We can make some genuine contribution to our environment. Even just within our own circle, by helping others to feel better, we can have a life that has some purpose. So that at the end of our life, we can look

back and say, "well, at least I did what I could." Or we could waste it-- we can go through life grumbling, and moaning and complaining and blaming other people in the family, an unhappy childhood and one's parents or the government and society. Whether we go up or whether we go down or whether we stand still, is up to us. And if we want to be miserable, we can be absolutely miserable. We have full permission. But if we don't want to be miserable, that is also up to us. Things can change. Things are changing moment to moment. We can change. And if we change ourselves, everything changes. Everything changes.

10. Reflection

Reprinted from www.KarmaTube.org.

Brandur Patursson is an artist from the Faroe Islands who works with light in the creation of his glass and metal sculptures. After losing 70% of the sight in one eye he started understanding what it is to really see. He realized that we see with our eyes, but how we perceive things is what truly gives them meaning in our lives. If we can literally see and reflect on someone's else's feelings instead of their effect on us, he suggests that we could be more tolerant. This short film is itself a mesmerizing reflection on how opening our eyes to who and what is around us allows us to be moved. <http://www.karmatube.org/videos.php?id=8436>

11. Finding Chika

Reprinted from www.KarmaTube.org.

Renowned author Mitch Albom introduces us to a story of love, a story about the making of a family through love. He shows us that the rules of what a family should look like don't matter as long as there is love bringing them together. He introduces us to Chika, who became the much beloved daughter of he and his wife Janine after Chika's mother was killed in the earthquake in Haiti in 2010. Chika's life was shortened by a difficult and rare brain tumor. The powerful love and joy she left behind continues to remind us that our job is to carry our children, to carry all of the children of the world. <http://www.karmatube.org/videos.php?id=8551>

12. Herd: A Spiritual Journey

Reprinted from www.KarmaTube.org.

In 1999 Liz Mitten Ryan, award-winning artist, mother of six and founder of a successful fine art publishing company in Vancouver, moved with her architect husband, and a herd of eleven horses, to Gateway 2 Ranch - a 320-acre slice of paradise nestled in the grasslands of British Columbia. For several months their home was a simple tent in the midst of an enchanted landscape studded with lakes, wild flowers, emerald hills and whispering woods. In this vast solitude it became customary for Liz to spend her days following the herd. Communing with them she began to recognize their deep gift for connection to all of life, and how being in their presence awakened that sense of connection within her own heart. Thus began the path of her deepest calling -- to connect with animals and spirit and to share that understanding with the world as best she could. Watch the entire, award-winning film on her work: "Herd: A Spiritual Journey." <http://www.karmatube.org/videos.php?id=7424>

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.

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).

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

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

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