

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



From Outward Therapist to Inner Guide

There may be no greater gift than the transformation possible through the healing or therapeutic relationship. My one and only embodied therapist saved my life. Not in the sense that I was wanting to take my life or end my life. The healing relationship saved me *from* a life of egoic-based separation.

Working with my therapist served as the mirror on my perceptions. Another trusted soul was able to poke at my perception of reality and gently guide me to question that existence.

The journey with my therapist began tentatively. I was afraid. But I had grown less resistant to my fear of change than my fear of staying the same. The way I was living my life was no longer serving me. I was not at peace, yet I didn't quite realize this was the core issue at the time.

As the relationship with my therapist grew and matured over time, I was granted the blessing of knowing my authentic self was being witnessed. I could show up and try and put on a façade and act like someone I was not. But I quickly grew to know my therapist could see right through me. At first this was unsettling. But it quickly became an immense relief. I could, perhaps for the first time in my life, be exactly who I was, without judgement.

After my therapeutic relationship came to a formal end, something quite poignant started to unfold. An inner guide started to emerge, and this inner guide was a graceful extension of the embodied therapist I had been working with. Through my working relationship with my embodied therapist, I was able to develop a stronger connection with my authentic being, what might be called 'Higher Self' in some milieu.

What was evident to me at the time was that this new, authentic teacher and inner guide was not a replacement for my embodied therapist but an extension of the therapeutic relationship—a sort of Therapist 2.0! This new therapeutic relationship was one based on opening myself to the wisdom of the heart. This new therapeutic relationship was training me to move away from my fears into the presence of God—to be 'in' love as a state of being.



The transformation from the outward therapist to inner guide was, in retrospect, a natural progression for me. Not a progression in terms of advancement or raising my level of consciousness. The progression was more about an expanding awareness of returning to my original state of being. I needed to grow in relationship with

my inner guide to return to my original state of being. My outward therapist played a critical and fundamental role in ushering me toward this primordial awareness. My outward therapist was a stepping stone along the road of the healing relationship.

Some of you might be asking, "But what did the first therapist actually do to facilitate this transformation?" The therapist didn't 'do' so much as 'be.' The therapist was a grounding presence that modelled the possibilities inherent in being in the present moment. The therapist did not offer any advice. The therapist merely witnessed me; and through a process of gentle inquiry, the therapist guided me to an awareness of my true, authentic and divine self.

As for the inner guide, the 'how' of the healing relationship is reminiscent of trust. For many people, opening yourself to an inner guide may be analogous to building your intuition. The relationship with this inner guide goes beyond intuition, however. The inner guide nurtures an enduring trust in life. When you develop a trust in the unfolding, problems melt away and all that remains is peace.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Commitment

To be peaceful and joyful, there is but
one commitment to make.

It is to live life, one second at a time,
as if it is an eternal moment.

It is to make the decision,
regardless of the behavior we observe,
no matter where we are,
nor whom we are with,

To be a vehicle of God's Perfect Love,
To be totally accepting and defenseless,
To give all of ourselves away in Love,
To give total, maximal, and unconditional Love
to everyone, excluding no one.

It is to make the commitment
with every thought,
with every breath,
with every heartbeat,

To be helpful to those in need,
who are crying out for help and
are suffering because of lack of love.

It is to make the decision
to have the fire of compassion in our hearts,
to love the universe and all that is in it
with tender loving care.

It is to make the decision to trust and
accept God's boundless Love for ourselves,
and thereby, become a messenger of God's Love.

It is to demonstrate and teach only Love,
for that is what we are.

Gerald G. Jampolsky

3. Quote or Question

“Wisdom tells me I am nothing. Love tells me I am everything. And between the two my life flows.”

~ Nisargadatta Maharaj ~

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 – Note from the Light – March 2020

Energy Fields and Radiance

Surrounding all matter be it plants, animals, humans or other, there is an energy field created by the light found in the particles of this vibrating matter. These minute energy fields combine to establish one unified field. Through the conscious use of free-will, you can decide on the brilliance, the direction, the colour, the sound and the fragrance of these fields, all which affect your physical world. These fields also radiate internally to render the cells in your body coherent.

Your Planet Earth is similar to this construction. Individuals upon your earth, like minute energy fields of divine light, come together to establish a unified, planetary field which is then radiated inwards and outwards.

The intention created through the respectful use of free-will is important. When you create an energy field of harmony and well-being for all life, you establish a pathway for your world to open up to spiritual understanding and practice. Such pathways stimulate a tremendous flow of divine energy and uplifts the consciousness in your world.

Let us go a little further.

Your earth was once separated from other worlds, when tumultuous, negative energies came and imprinted your planet. Although your earth continues to be closely and lovingly guarded, this isolation is lessening. Due to the spiritual intent and dedication of so many of your citizens, there is a marvellous event taking place. Let us explain this with the following illustration.

Imagine a ball hanging in the space in front of you. Surrounding this sphere you see a layer of darkness close to it. Touching this layer and moving outwards to infinity is a majestic layer of blinding light. This light extends beyond the portal of your earth's highest atmosphere and into deep space. Imagine now millions of your citizens consciously pouring divine energy into this tremendous and unbounded layer of light. This sacred energy then flows backwards into the layer darkness and forwards into infinity. Darkness is weakened, recedes and is removed. Here you observe the transformation of life upon your planet.

Great assistance is being given to you at this significant time. Your minds and hearts are opening up quickly now, ready and enthusiastic to explore this continued expansion of your consciousness. You realize it is easier for you to absorb and use the light that is being sent to you.

As we work together in universal and cosmic friendship, kindly nurture these openings. Gratefully accept and use the gifts you have and are presently being given, to be of service. Love all life dearly—including your own. You, your world and your planet are evolving rapidly, moving into vast reaches of mind and space which are facilitating the emergence of a new world—one which no longer needs to be isolated.

We ask you not to push away darkness. Shine through it. In this manner the darkness will dissolve and you will be free.



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 Shari Swanson, a former lawyer and DailyGood volunteer attended her first ServiceSpace retreat, she experienced her deepest aspirations being reflected back to her by the community. The alchemy of that experience helped give her the confidence to wholeheartedly follow her dream of writing a children's book. "Honey: The Dog Who Saved Abe Lincoln" was released earlier this month. In this piece Swanson gives us a glimpse of the backstory, and more details about her heartwarming debut.

<http://www.dailygood.org/story/2455/shari-swanson-a-storyteller-rediscovers-her-song-sandra-nickel/> **Be The Change:** What kind words can you offer to someone who might be feeling discouraged today?

"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." Llewellyn Vaughn-Lee shares more in this beautiful passage. <http://www.dailygood.org/story/2456/meaning-and-the-song-of-the-soul-llewellyn-vaughan-lee/>

"No one can say with certainty how our civilizational crisis will play out. We don't know exactly how much suffering and destruction human and nonhuman might lie in store for us, or how soon. But we do know, with increasing certainty, that the actions of human beings have created horrific disasters and an existential predicament; and we also know that the actions of human beings for good or for ill will determine the future of our great grandchildren and the great grandchildren of thousands of other living beings. The stakes could scarcely be higher. We cannot wait to see what happens before we act on this awareness. Rather, we are obliged right now to do whatever we can to help prevent or mitigate the horrific scenarios that we have set in motion. What could be a greater moral imperative?" Terry Patten shares more.

<http://www.dailygood.org/story/2458/gratitude-grief-and-finding-your-yes-terry-patten/> **Be The Change:** For more inspiration, read 'Grief as Deep Activism', by Francis Weller.

<http://www.dailygood.org/story/2214/drinking-the-tears-of-the-world-grief-as-deep-activism/>

"It has been many weeks, and I finally got the itch to write again, this time about a symbol that in just a few days has given me a profound sense of relief: growing your own garden. I'm not speaking about an herb garden. I mean cultivating, in your own fertile mind, a set of values and standards by which you will measure your life's worth separately from what anyone else says or thinks." The following post by Leila Janah, the inspiring founder of SamaSource who passed away earlier this year, shares four strategies, including vital reading on moral philosophy, for keeping a cynical world at bay <http://www.dailygood.org/story/2462/growing-your-own-garden-emotional-resilience-for-entrepreneurs-leila-janah/> **Be The Change:** Are you growing your own garden? For more inspiration learn about Leila Janah's life and contributions here.

<http://www.dailygood.org/more.php?n=8345a>

"Christian Conte, PhD, is a mental health specialist and leading authority on anger management. With Sounds True, Christian has published *Walking Through Anger: A New Design for Confronting Conflict in an Emotionally Charged World*. In this episode of *Insights at the Edge*, Tami Simon talks with Christian about his Yield Theory of emotional management, focusing on the process of listen, validate, explore options. Christian explains the events that led to his interest in anger management, as well as the origins of Yield Theory. He emphasizes the importance of meeting others where they are, giving them the opportunity to drain anger's charge from their limbic system. Christian and Tami discuss why it's necessary to cultivate humility and how Yield Theory might be applied to our currently divisive culture. Finally, they speak on the cartoon world that angry responses often create, as well as the importance of watching what we add to our minds."

<http://www.dailygood.org/story/2440/healing-conflict-listen-validate-and-then-explore-options-tami-simon/> **Be**

The Change: For more inspiration, read "10 Life Changing Facts About Anger."

<http://www.dailygood.org/story/312/10-life-changing-facts-about-anger/>

This powerful video takes us inside San Quentin Prison to witness 32 men in one circle who reclaim who they really are over the course of 52 weeks in the GRIP Program (Guiding Rage Into Power). GRIP transforms these men who have committed violent crimes into non-violent Peacemakers as they learn to change their own behavior and to further become agents of change so that they can diffuse conflict around them. It is a story of healing, forgiveness and hope. <http://www.karmatube.org/videos.php?id=8547> **Be The Change:** Reflect on this quote from two Insight-Out participants: "Hurt people hurt people. Healed people heal people." How does it resonate in your life?

Paul Fleischman is the author of numerous books, and has been honored by the American Psychiatric Association for his unique contributions to psychiatry and religion. He points to our sense of wonder as the apparatus by which we experience the intelligence of the universe within. "The wonder of the universe is wondering in us, he writes. And, To live with wonder one must persevere in unknowing, re-encountering and participating. More in this excerpt from his book: *Wonder: When and Why the World Appears Radiant*

<http://www.dailygood.org/story/661/wonder-when-and-why-the-world-appears-radiant-paul-fleischman/> **Be**

The Change: Has your own sense of wonder dulled or been enhanced over the years? When do you experience its presence most keenly?

"Love Letters from la Pineta" by DailyGood volunteer Jane Jackson is more than a book -- it is a living gesture of love that wings its way between the visible and invisible world. A book that embodies hospitality in its deepest sense. For to truly welcome love and all its bright gifts we are required to keep our hearts open when grief's shadow descends. And that is exactly what Jane does in this book letter by heartfelt letter. Written in the years following her beloved husband Blyden's passing, the letters are addressed to him, and to Jasmine their granddaughter who arrived on this Earth after he had "changed address." She writes them from Mornese -- the Italian town she and Blyden had dreamed of visiting together, and that Jane pilgrimaged bravely to alone after his transition. She finds miraculously waiting for her there in a community of less than a 1000 people-- a deep sense of home, and a sense of belonging." Read an excerpt here. <http://www.dailygood.org/story/2465/love-letters-from-la-pineta-jane-jackson/> **Be The Change:** Reflect on the experience of belonging and how it shows up for you at this stage in your life. How might you extend that experience to others?

"Justin Michael Williams is a meditation teacher and personal coach who is also a Billboard top 20 recording artist. With Sounds True, he has published Stay Woke: A Meditation Guide for the Rest of Us. In this special video episode of Insights at the Edge, Tami Simon speaks with Justin about his upcoming "Stay Woke, Give Back" tour, in which he will explain his unique approach to meditation and give copies of Stay Woke to youth in various cities across the US. Justin explains his "freedom meditation" technique and the experiences that led him to practicing mindfulness. Tami and Justin also discuss the blind spots of traditional meditation, the need for spiritual practices to acknowledge real-life struggles, and the dangers of spiritual bypassing. Finally, they talk about why it's essential we begin teaching all children mindfulness skills from an early age and how we as a society can make that happen. " <http://www.dailygood.org/story/2466/justin-michael-williams-stay-woke-tami-simon/> **Be The Change:** Read a sample chapter of 'Stay Woke' here.

<http://www.dailygood.org/more.php?n=8351a>

Arthur Kleinman's wife, Joan, began to struggle with a rare form of early Alzheimer's disease at 59. Eight years after losing her, the Esther and Sidney Rabb Professor of Anthropology in the Faculty of Arts and Sciences and professor of psychiatry and of medical anthropology at Harvard Medical School chronicles their journey in "The Soul of Care: The Moral Education of a Husband and a Doctor." The book is part memoir, part examination of love and marriage, and an intimate look at how 40 years in the medical profession left him entirely unprepared to care for a loved one. <http://www.dailygood.org/more.php?n=8355> **Be The Change:** Reflect on your deepest experience of caregiving. What did it reveal to you?

Forms of religious devotion are shifting and there's a new world of creativity toward crafting spiritual life while exploring the depths of tradition. Rabbi Amichai Lau-Lavie is a fun and forceful embodiment of this evolution. Born into an eminent and ancient rabbinical lineage, as a young adult he moved away from religion towards storytelling, theater, and drag. Today he leads a pop-up synagogue in New York City that takes as its tagline everybody-friendly, artist-driven, God-optional. It's not merely about spiritual community but about recovering the sacred and reinventing the very meaning of "we." He shares more in this interview with On Being shares more. <http://www.dailygood.org/story/2468/first-aid-for-spiritual-seekers-on-being/> **Be The Change:** Where does your own uniqueness lie? How can you support others in being who they are? Read more by Rabbi Amichai Lau-Lavie here. <http://www.dailygood.org/more.php?n=8357a>

For the first time ever, we have five generations in the workplace at the same time, says entrepreneur Chip Conley. What would happen if we got intentional about how we all work together? In this accessible talk, Conley shows how age diversity makes companies stronger and calls for different generations to mentor each other at work, with wisdom flowing from old to young and young to old alike. <http://www.dailygood.org/story/2471/what-baby-boomers-and-millennials-can-teach-each-other-ted-com/> **Be The Change:** Do you tend to learn more easily from people who are much younger, or much older than you?

"The simplest and hardest thing to do each day is to be here --fully, completely, without turning away. There's a story I love about a master who sends his apprentice to meditate by a river until he's learned all the river has to say." Mark Nepo shares more in this short piece. <http://www.dailygood.org/more.php?n=8362> **Be The Change:** In conversation with a friend or loved one, describe a time when you sat on the banks watching the river of life-- and a time when you jumped in. Explore the difference in the two experiences.

Spiritual Guidance

Serving your personal journey toward enlightenment...

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6. When Someone Deeply Listens To You

Reprinted from www.awakin.org.

John Fox

When someone deeply listens to you
it is like holding out a dented cup
you've had since childhood
and watching it fill up with
cold, fresh water.

When it balances on top of the brim,
you are understood.
When it overflows and touches your skin,
you are loved.

When someone deeply listens to you
the room where you stay
starts a new life
and the place where you wrote
your first poem
begins to glow in your mind's eye.
It is as if gold has been discovered!

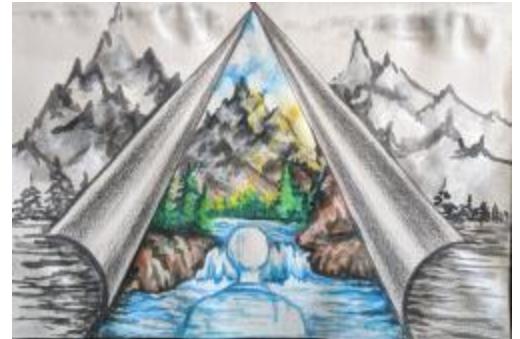
When someone deeply listens to you
your bare feet are on the earth
and a beloved land that seemed distant
is now at home within you.



7. Being Human

Reprinted from www.awakin.org.

*I wonder if the Sun debates dawn
some mornings
not wanting to rise
out of bed
from under the down-feather horizon
if the sky grows tired
of being everywhere at once
adapting to the mood
swings of the weather
if clouds drift off
trying to hold themselves together
make deals with gravity
to loiter a little longer
I wonder if rain is scared
of falling
if it has trouble
letting go
if snow flakes get sick
of being perfect all the time
each one
trying to be one-of-a-kind
I wonder if stars wish
upon themselves before the die
if they need to teach their young
how to shine
I wonder if shadows long
to just-for-once feel the Sun
if they get lost in the shuffle
not knowing where they're from
I wonder if sunrise
and sunset
respect each other
even though they've never met
if volcanoes get stressed
if storms have regrets
if compost believes in life
after death
I wonder if breath ever thinks of suicide
if the wind just wants to sit
still sometimes
and watch the world pass by
if smoke was born
knowing how to rise
if rainbows get shy back stage
not sure if their colors match right*



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*I wonder if lightning sets an alarm clock
to know when to crack
if rivers ever stop
and think of turning back
if streams meet the wrong sea
and their whole lives run off-track
I wonder if the snow
wants to be black
if the soil thinks she's too dark
if butterflies want to cover up their marks
if rocks are self-conscious of their weight
if mountains are insecure of their strength
I wonder if waves get discouraged
crawling up the sand
only to be pulled back again
to where they began
if land feels stepped upon
if sand feels insignificant
if trees need to question their lovers
to know where they stand
if branches waver at the crossroads
unsure of which way to grow
if the leaves understand they're replaceable
and still dance when the wind blows
I wonder
where the Moon goes
when she is in hiding
I want to find her there
and watch the ocean
spin from a distance
listen to her
stir in her sleep
effort give way to existence*

8. The Liminal Space

Reprinted from www.awakin.org.

Heather Platt

What do you do when a friend has lost a child and you can't ease their grief? Or when your partner loses her job and you can't resolve it for her? Or a client has to make a big decision and you can't make it for him? Or your church or community group decides to close its doors and there is loss written on everyone's faces? Or a group you're facilitating is in conflict and can't see their way through to resolution?

Though you feel invested in all of these situations, the outcome in each of them is outside of your responsibility and control.

The best that you can do is hold space for the people involved.

It all begins in the liminal space...

The space in between stories is the *liminal space*. In anthropology, a liminal space is a threshold, an interim space of ambiguity or disorientation that occurs in the middle stage of rituals, when participants no longer hold their pre-ritual status but have not yet transitioned to the status they will hold when the ritual is complete. In liminal space we are between identities, between who we once were and who we are becoming, like the chrysalis stage between caterpillar and butterfly.

Grief, transition, loss, birth, divorce, trauma, job loss, bankruptcy, marriage, betrayal, relocation, graduation, conflict – nearly every human experience has within it some element of liminal space. The liminal space is a space of openheartedness, when we are raw, vulnerable, and exposed. In order to survive without further wounding, we need a container that will hold us with gentleness and strength, without short-circuiting the process or forcing us into the wrong outcome.

Holding space isn't easy and it can make us feel powerless. We want to fix things, give good advice, control the outcome, or avoid the conversation all together.

In order to hold space for others in our lives, we have to learn to hold space for ourselves first. When we neglect our own needs, we risk burnout, addiction, and other unhealthy coping mechanisms.

Holding space is what we do in the liminal space when we walk alongside another person (or ourselves) on a journey without judging, fixing, belittling, or shaping the outcome. While supporting their boundaries and protecting our own, we offer unconditional support, compassion, and gentle guidance.



9. In Eyes Of God, We're All Minorities

Reprinted from www.awakin.org.

Barbara Brown Taylor

Krister Stendahl, former dean of Harvard Divinity school, told a reporter shortly before his death in 2008, "In the eyes of God, we are all minorities. That's a rude awakening for many, who have never come to grips with the pluralism of the world."

From my limited perspective in a small college classroom, I believe that increasing numbers of [youth] are coming to grips with pluralism -- embracing it, even -- though they are getting very little help from their elders as they think through what it means to be a person of faith in community with people of other (and no) faiths. No preacher has suggested to them that today's Good Samaritan might be a Good Muslim or a Good Humanist. No confirmation class teacher has taught them that the Golden Rule includes honoring the neighbor's religion as they would have the neighbor honor theirs.



Come to think of it, I do know one preacher who tried something like that - from the pulpit of a cathedral in a major city, no less. I do not remember what the subject of her sermon was, only the response to it. She must have suggested that the Christian way was one among many ways to God (a wave and not the ocean), because afterward a man came up to her and said, "If God isn't partial to Christianity, then what am I doing here?"

I wish ordinary Christians took exams, so I could put that question on the final. As natural as it may be to want to play on the winning team, the wish to secure divine favoritism strikes me as the worst possible reason to practice any religion. If the man who asked that question could not think of a dozen better reasons to be a Christian than that, then what, indeed, was he doing there?

An old story is told about Rabia of Basra, an eighth-century Sufi mystic who was seen running through the streets of her city one day carrying a torch in one hand and a bucket of water in the other. When someone asked her what she was doing, she said she wanted to burn down the rewards of paradise with the torch and put out the fires of hell with the water, because both blocked the way to God. "O, Allah," Rabia prayed, "if I worship You for fear of Hell, burn me in Hell, and if I worship You in hope of Paradise, exclude me from Paradise. But if I worship You for Your Own sake, grudge me not Your everlasting Beauty."

In Christian tradition this comes under the heading of unconditional love, though it is usually understood as the kind of love God exercises toward humans instead of the other way around. Now, thanks to a Muslim mystic from Iraq, I have a new way of understanding what it means to love God unconditionally. Whenever I am tempted to act from fear of divine punishment or hope of divine reward, Rabia leans over from her religion into mine and empties a bucket of water on my head.

10. Wild Soul – A Nature Poem

Reprinted from www.KarmaTube.org.

Here's a nature poem from one of the wild places of our amazing planet. A short poem that urges you to come closer to nature and add some wildness to your soul. <http://www.karmatube.org/videos.php?id=8564>

11. Insight-Out: Guiding Rage into Power

Reprinted from www.KarmaTube.org.

This powerful video takes us inside San Quentin Prison to witness 32 men in one circle who reclaim who they really are over the course of 52 weeks in the GRIP Program (Guiding Rage Into Power). GRIP transforms these men who have committed violent crimes into non-violent Peacemakers as they learn to change their own behavior and to further become agents of change so that they can diffuse conflict around them. It is a story of healing, forgiveness and hope. <http://www.karmatube.org/videos.php?id=8547>

12. Stop Trying To Be Perfect

Reprinted from www.KarmaTube.org.

Perfection is a prison. We are living in a time where we are constantly pressured with messages of what we should look like, what we should be, what is ideal vs. what is unwanted, what is perfect. All these messages tell us that we are not enough and will never be enough. But it's all a lie. Perfection is a lie. So before you judge yourself, watch this! <http://www.karmatube.org/videos.php?id=8566>

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

Serving your personal journey toward enlightenment...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

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