

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



Home

I have been asked to comment on the current global events regarding the Coronavirus and COVID-19. I have only a few things to say about the unfolding situation.

First, let us not try to make sense of this. 'Sense' cannot be made of that which is not reality. Reality is changeless. This pandemic, as it's been labeled, is ever-changing. Therefore, it is not reality. We cannot know what this means now. We are far less likely to know what this will mean for the future. Take this as an opportunity to practice being in the 'now' and accepting the 'is-ness' of the now.

Second, this feels like a transformational portal we are going through; like the wormhole scene in the movie, 'Contact,' with Jodie Foster. In the wormhole scene, Jodie Foster's character is being hurled through what scientists refer to as a wormhole. A wormhole is reported to be a speculative structure linking disparate points in spacetime. The experience is uncomfortable because it is new and different. As we relax into the transformation, we will experience calm and peace. For those interested, here is a link to that wormhole scene from the movie 'Contact:'



<https://www.youtube.com/watch?v=Z8axMaBL4uo>



Third, there are many messages coming at us, very quickly, during this time. These messages are being offered to us from many different sources. Some of these messages are fear-based. Some are calling out for love. Others are calling us to return to love. One message that I have noticed predominates throughout all the messaging is... 'home.' How many times have you heard someone say, amidst the unfolding situation, "Stay home!"? Or how about... "Go home." Or... "If you are away, return home." This messaging of 'home' is increasingly interesting to me. What interesting parallels may exist in this messaging of 'home' with the spiritual home. Are we being called 'home' in the spiritual sense? In Regiena Heringa's '*Notes from the Light*' below, we are "being asked to return to this birthplace which does not dwell outside of the self."

Lastly, many people around the world have been crying out for change on a global scale. Our requests have been answered. We are in the process of the very change we have asked for. Surrender to this change. Resistance will only lead to suffering. Please don't confuse suffering with something that is happening to you. Suffering is a choice. Suffering is something we create. It is best portrayed in this beautiful, ancient teaching:

The student runs to the spiritual teacher. "Teacher, teacher," says the student. "I am experiencing suffering." After listening to the student's tales of woe, the teacher responds, "You are not experiencing suffering. You are suffering your experience."

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Compassion

That I feed the hungry,
forgive an insult, and love my enemy—
these are great virtues.

But what if I should discover
that the poorest of the beggars
and most impudent of offenders
are all within me,
and that I stand in need
of the alms of my own kindness;
that I myself am the enemy
who must be loved—
what then?

C. G. Jung

3. Quote or Question

“Our own life is the instrument with which we experiment with the truth” .

~ Thich Nhat Hanh ~

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 – April 2020

The Emotional Language of the Soul

Within every physical body there is a perfect light form. In truth, it is this light form which densifies to create your material body. If you voyage backwards from your physical body to its corresponding light body and then into the nucleus of this light form, you observe that this core—the beginning of physical manifestation—is love and intelligence, thought and idea.

The original thought which manifests into light form and then into a physical body is perfect. When individuals, through silence and with open minds and hearts, once again find this core existence of thought and love, they have found their birthplace.

The citizens of your world are being asked to return to this birthplace which does not dwell outside of the self, but within each individual. You have the means to rediscover your origins of love, thought and light. How can this be done?

The emotions expressed from your soul make up a pristine language which resonates in each atom in your physical body. These emotions proclaim love: joy, enthusiasm, patience, harmony, peace, generosity, kindness and many other expressions which you easily recognize within yourself. When this emotional language surges up from within your soul, it lifts up your physical body. It reminds you that your body continues to hold on to its origins of love, light, intelligence and thought.

How can you express this soul language to elevate your physical body when the environment around you is attempting to block it?

To answer this question, we ask you to close your eyes. As you do, begin to re-live moments of joy that you have experienced in this life or in other life experiences. Allow these moments of joy to intensify. This will happen naturally as you move deeper into the feeling of joy. Notice how your mind, your cells and your very centre are flooded with happiness and are being uplifted. Increasingly, surrender to greater absorption of these moments of joy which are accompanied by harmony, peace and well-being. With your awareness and your will power, consciously bring these gracious emotions from your soul forward into present time. Absorb them and become them.

As you progressively fill yourself up with the emotional language of your soul, your mind and heart will become aware of a wider horizon. Your physical body will take on the radiance of these loving emotions and you will overpower the outer environment of discord.

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Nothing in your world is static. All continually flows with love and intelligence into higher and more refined states of frequency, resonance and grace. In expressing this pure language of your soul, you become immersed in the divine way of living. It is here you live from your birth place.



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.

The Nature of Gratitude is a portable program that has been exported to a variety of venues in communities committed to co-creating an atmosphere of gratefulness. The project also enlists participating artists from within those communities to share their gratitude in words and music. <http://www.dailygood.org/story/2472/the-nature-of-gratitude-unknown-yet/> **Be The Change:** What treasures is your heart conscious of in this moment?

If you knew that you were going to die tomorrow, would you still be holding on to those grudges? Have you healed the old wounds with people that you love in your life? These are questions that Shoshana Berger asked a captive audience after her book, "A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death" was published. Co-authored by BJ Miller, the book explores how we show up in our lives and acknowledge the truth that one day we won't be here. The authors, a former senior editor at Wired and a palliative care physician, each had their own experiences that reinforced just how precious our days and hours are. "We all die," Berger said. "If we talk about things openly, we tend to be less afraid."

<https://www.jweekly.com/2019/08/26/how-to-face-the-end-of-life-start-now-authors-urge/> **Be The Change:** Complement this article with the author's Ted Talk, "What really matters at the end of life". https://www.ted.com/talks/bj_miller_what_really_matters_at_the_end_of_life

Clarissa Pinkola Estes stirringly invites us to embrace the moment we are in with all of its fear, uncertainty, and turmoil. She says, "I too have felt despair many times in my life, but I do not keep a chair for it...In any dark time, there is a tendency to veer toward fainting over how much is wrong or unmended in the world. Do not focus on that. Do not make yourself ill with overwhelm." This passage calls us to constructive action -- and recalls us to our deepest purpose. <http://www.dailygood.org/story/1538/do-not-lose-heart-we-were-made-for-these-times-clarissa-pinkola-estes/> **Be The Change:** What is your response to times of great challenge? What would it look like in your life to be "fully lit and willing to show it"?

"A few years ago, I went through an estrangement with a close friend because of the words I used to refer to her partner's behavior. Although he did not hear what she and I said in our phone conversation, by "chance" he saw my e-mail that followed it. I meant no harm. I thought I was being supportive of my friend. But it was careless speech on my part, and it has cost me dearly. The painful repercussions of my experience awoke me to a simple fact. While I had been careful in watching the movement of breath in meditation, I had not been as attentive in watching the words coming out of my mouth. I'd neglected an essential aspect of spiritual practice-- "guarding the tongue." More in this thoughtful essay. <http://www.dailygood.org/story/2264/guarding-the-tongue-the-importance-of-right-speech-mirka-knaster/> **Be The Change:** Experiment with right speech in your conversations with others this week. What situations are you most challenged in? What do you notice coming up in yourself when you "guard the tongue"?

"The rapid spread of novel coronavirus has prompted government, business, and civil society to take dramatic action--canceling events large and small, restricting travel, and shutting down major segments of the economy on which nearly all of us depend. It is a demonstration of our ability, when the imperative is clear, for deep and rapid global cooperation and change at a previously unimaginable speed and scale. There is an obvious desire to protect ourselves and our loved ones. But we are also seeing something more as communities mobilize to address the crisis--a sense of mutual responsibility, born of a recognition that we are ultimately bound to a common fate." David Korten shares more. <http://www.dailygood.org/more.php?n=8382> **Be The Change:** What shifts are you feeling called to make in this time? Take a moment to write down what you have been waking up to in this period.

"Warm greetings of peace, hope, and healing to you and yours. As we navigate these perilous waters of our common life -- with all the grace and gratefulness we can muster -- you might find support in exploring these thoughts on 'Caring for Self and Others in Times of Trouble: Some Spiritual Tools and Tips'. Please share these wherever you wish, taking what you need and leaving the rest."

<http://www.dailygood.org/story/2479/caring-for-self-and-others-in-troubled-times-unknown-yet/> **Be The**

Change: For more inspiration, read Tara Brach's words on "The Sacred Art of Pausing."

<https://www.awakin.org/read/view.php?tid=2231>

"A couple of years ago I started sometimes asking, at the end of my conversations: What makes you despair, and where are you finding hope? It turns out that answers to the two parts of that question are more often conjoined than oppositional. The puzzle of us, the contradictions alive in each one of us and in this moment we inhabit --these are the crucible of my hope." Krista Tippett shares more.

<http://www.dailygood.org/more.php?n=8392> **Be The Change:** For more inspiration read "Restoring Balance and Meaning in Ourselves" -- a passage that begins with a profound Taoist story...

<https://www.awakin.org/read/view.php?tid=2198>

6. Releasing Willpower From Movement

Reprinted from www.awakin.org.

Gert van Leeuwen

Initially, I used to move from willpower; I was concerned only with results. In retrospect, I realize that this created a sort of tunnel vision; my consciousness was debilitatingly limited. I allowed myself to be driven by the wants and automatic patterns I had developed in day-to-day activities. Eventually, I became rather tired of these patterns and wanted to change my behavior through my yoga practice -- and also the development of relaxation.

The most important realization for me was that willpower is directed through thinking, while relaxation can only be felt. This realization and the experience of movement being initiated by relaxing certain muscles gave me enormous focus.

However, I did not know exactly how to develop this focus: should I approach it through my ego-bound decisiveness or through something else, something in my body? I noticed that I could couple the feeling of letting go with my breathing. That worked. It created a shift in my behavior, a shift from an ego-bound, cognitive control (willpower) to an emotionally bound, physical control whereby the focus of the movement was maintained. I developed the routine of connecting myself with essential technical points of attention in every *asana* movement -- with relaxation as the central point within these directives.

I felt that I had found the solution for a complicated problem: if I allowed myself to complete the *asana* purely from feeling, then there was a risk that my technique would suffer, but if I focused on technically correct movement, willpower would take over. As it turned out, neither happened: I was able to maintain the correct technique and remain relaxed. This also became the way for me to release my tunnel vision. My thoughts became quiet and I was able to view the experiences of my body in an open, respectful manner. Through this experience with consciousness, and because I confronted my tension in an entirely new way, I was able to attain a new, higher level of consciousness. I was able to approach my tension from a feeling of relaxation together with a positive contact with my body. The "I"-focused, old manner, which was based on desires and driven by willpower, felt hard and aggressive when compared to this new experience.

I got the feeling that I was no longer the initiator of the movement: I felt how my body reacted to the focus of relaxation and movement initiated through my breath. I was able to observe this peacefully, without interfering, like an interested spectator.

At a certain moment, I felt that my body itself started to organize the movement. It was an awe-inspiring and, above all, totally physical moment.

My body underwent a transformation, and I became very warm. I felt light and full of energy and sensed a transparent connection with the space around me. This new development in my consciousness felt like a lightbulb suddenly went off. I was so surprised by this that my thoughts immediately took over, causing the experience to end. Luckily, I found that by starting over at the beginning (body consciousness) and without longing for this particular end result, I could replicate the experience.

I was less surprised the second time and so was able to lengthen the experience. It felt like an unsteady (but not frightening) connection with myself. Slowly, I regained a clearer overview of the situation without losing the



physical sensations. This 'gathering' of myself felt complicated because I was eager to return to my habitual manner of movement -- namely, control. And control was the one factor that immediately stopped the experience. When I was able to continue moving without losing the sensations in my body, I once again experienced a large shift in consciousness. This could be described as higher consciousness.

Such experiences on a regular basis may well change your point of view in life. You will become more compassionate toward other people and the world in general, and you will cease to feel that you are alone. Returning to your self is like coming home.

7. I Have No Need For An Enemy

Reprinted from www.awakin.org.

In passing my sentence, the judge said, "There's no hope that you can ever be rehabilitated." My sentence of 60-90 years was a tragic and too predictable end of the road I'd been traveling. Quite logically, I considered taking my own life. But in the end, I determined to live. I don't mean I decided merely not to die, but to really be alive from that point on, to embrace life and find some meaning and truth I could live by and for.

It began with me. I became obsessed with the question of what went wrong and how to set it right. I wanted to know where my brokenness started. Was it mine alone or was I one fracture in a much larger disintegration? [...] As I began to wake up, I found myself concerned for other individuals and for us as a whole. I was developing social consciousness, which soon turned into social activism.

This view served me for a while, giving me a sense of moral order. But I soon realized that my activism wasn't very different from my earlier anger. In fact, my anger had crept back in, only now it was wrapped up in the sense that I was doing good and fighting evil. I hadn't gotten rid of my anger at all, only justified it. I still had enemies, was still locked in opposition to them, and I still wanted to win, to destroy them. I'd moved from seeking my enemies' physical destruction to seeking political, intellectual, social, and philosophic destruction, but it was still about enemies. My activism, like my previous thinking, was dualistic.

Over time this dualism gave way to my hunger for simple goodness. The catalyst for this change was nothing more noble than exhaustion. I was simply tired of being angry all the time, tired of waking up every morning to a battle. I needed some rest. This need led me away from easy moral certitude. I developed the ability to see things through the eyes of my enemies. I saw in them the same fear that had so long governed me. The same confusion, the same grasping for security, the same hunger for love. I saw their humanity, and this ruined me as a warrior.

But was this the end of my activism? For a while I thought it was, for who can be an activist without decisively taking sides? How could I fight against prisons when I empathized with the jailers?

I had spent most of my life splitting the world up into two sides, then fighting to defend one against the other. The game had strategies, a clear objective, a field of play, and an opponent. The game has rules and no matter which side we're on, we're bound by the rules. The poet Rumi pointed to something beyond this game when he said, "Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there."



When I began to see myself in others—even in my enemies—I found myself heading for Rumi's field. Here the game is not a game. No one wins unless and until everyone wins. The line between victim and perpetrator no longer runs between "I" and "Other." It now runs right through the center of my soul. I am both, as we are all both.

What then is left to fight for? Where does an out-of-work activist go? Well—God is hiring and God is on the third side. Not the prisoner's or the jailer's side. Not the pro-choice or the pro-life side. Not the Left or the Right.

The third side is that little-represented side of healing. It's the side that cares as much about the enemy as the friend, that says love is the only justice, the only victory there is. It does not want anyone destroyed. It does not want to win if someone else must lose. It wants something much larger than winning and losing.

Asking myself these questions I realized that enemies always serve a purpose. The war relationship is a symbiotic one in which the enemy on one side serves some need within the enemy on the other side, even while both protest this fact and claim they only fight because they have no choice.

I realized I do have a choice. Indeed, the freedom to choose how to respond may be the only total freedom we have. The world outside isn't within our control, but this freedom always is.

I have no need for an enemy.

8. Life May Itself Be A Koan

Reprinted from www.awakin.org.

Rachel Naomi Remen

Consider the Zen practice of the koan, the question or problem proposed by Zen masters to each other or by masters to students. The koan is a dilemma, a mystery which the rational mind cannot solve. The key to the resolution of a koan is a shift in the being of the student which allows for a new understanding of the question itself.

In presenting a koan, the teacher engages the student with mystery in a highly personal way. By putting the habitual mind into a place of stuckness, a sort of fruitful darkness, we may inadvertently step back into that fertile and pregnant place of not-knowing called in Zen "beginner's mind".

The resolution of a koan requires a certain trust of mystery, a faith that there is an answer which will come in time. When the answer and the seeker have grown toward one another the answer seems to emerge by itself. The resolution of a koan is usually obvious; it has been staring us in the face all along, but we have never seen it before. Once glimpsed, it is difficult to believe that we ever saw things another way, and indeed we will never see things in the old way again. Our eyes have been changed by the way in which we have met with the unknown.

Like good science, the resolution of a koan requires a trust in the larger pattern which underlies the happening that the mind does not understand, and the understanding which is gained is often accompanied by a deep appreciation of the elegance of that pattern, the intelligence of the nature of things. A sense of wonder. An appreciation of the very mystery which has frustrated us. A sense of belonging to it.



Many of the problems Life poses us are seemingly without solutions, much like the koans the Zen teacher presents to the student. Yet meaning and wisdom emerge from one of Life's stories much in the way that the resolution of a koan emerges. Awaiting this meaning is almost like awaiting a birth. After we live a story or hear a story we become pregnant with its meaning. Sometimes the pregnancy may take weeks or even years. Often over time, pregnant with one story, we may give birth to many meanings, each one deeper than the one before. Most of the best stories I have ever lived or been told are like this.

Certainly suffering and illness are koans. Life may itself be a koan. Those people who are able to meet with life the way a Zen student meets with a koan will be moved along a spiritual trajectory by events which reduce others to bitterness and defeat. Not only their physical body but the quality of their soul may be changed in the encounter.

9. The Longest Night

Reprinted from www.KarmaTube.org.

Winter Solstice, the longest night of the year, has a parallel in the tale of days we call our lives. During a dark time it can be hard to remember the warmth and joy that also comes and goes. This lovely animated poem reminds us to keep taking one step at a time toward the coming light.

<http://www.karmatube.org/videos.php?id=8568>

10. Connected

Reprinted from www.KarmaTube.org.

Singer songwriter Luke Dick and a talented group of young people connect in this short video to share a message of hope. With youthful enthusiasm the young conductor leads her small group through the song, enabling us to "hear that cosmic spark" of connection. As the drums, guitar, violin, keyboard and voices all combine in joyful music, we are reminded that we are all connected with all that is, with all that was, and with all that will be. <http://www.karmatube.org/videos.php?id=7358>

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.

11. 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).

12. 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

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