

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



Choose Once Again

Last month I dealt with a situation simply by choosing once again. In this situation that was causing me some dis-ease, I chose to shine some light on it and see it differently. Sound mysterious? It wasn't. It was rather easy, and natural. Let me explain further.

Have any of you heard of PayPal? If so, perhaps you have had experience using and working with this online payment service. I have been using PayPal for my ministry work for almost a decade.

After almost a decade of using PayPal, last month I started to get requests for documentation from PayPal. I found these requests a bit odd, given that I had been using this account for almost a decade and had never had any such requests from PayPal. I began to provide the requested documentation. As each request was filled, another request for other documentation would come forth. Sometimes PayPal would ask for more detailed documentation and something PayPal would ask for other information. At some point PayPal indicated they may place restrictions on my account until they received the documentation they requested.

This situation went on for several weeks. It started to become frustrating when I would be asked to resubmit the same information I had already submitted. I became aware that different PayPal representatives were asking for information from me each time. It appeared that whatever issue PayPal was trying to address, different people were communicating with me that clearly had not been privy to the communication I already had with other PayPal representatives. The result of this multi-faceted approach to problem solving by PayPal was that I sometimes had to repeat the communication I already had with a representative.



The longer this situation went on, the more frustrated I became. Until one morning...

When I awoke, my first thoughts were about the unfolding situation with PayPal. All my frustrations came bubbling to the surface. But another thought also came bubbling to the surface. I asked myself... "What if I'm not seeing this situation correctly? What if PayPal is actually trying to help me? It seems like an odd way to help someone, but what if???"

As I sat with these questions for only a minute, my thoughts about the situation started to change. I began to see that all the requests by PayPal were not negative, or bad, or even frustrating. I began to see how the experience was actually helping me to better understand how PayPal worked and how I could make PayPal work better for me. By the time I left my room, only a few minutes later, I was excited about these new insights and somehow felt like the problem had been solved for me.

About an hour later I turned on my computer to start my workday. Greeting me in my email inbox was a message from PayPal stating that the issue with my PayPal account (for which there never was a clear description of what the issue was!) was resolved and my account status had been returned to normal. It felt clear to me that the resolution to whatever the problem was, had nothing to do with the documentation I had provided (or not). The resolution to the problem was my choice to see the situation differently. In this case, once I began to see the situation as something other than threatening, a new possibility emerged. I began to see the situation as something that could help me. Ultimately, my vision changed from one of fear to one of love.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Emptiness

Consider the difference
in our actions and God's actions.

We often ask, "Why did you do that?"
or "Why did I act like that?"

We do act, and yet everything we do
is God's creative action.

We look back and analyze the events
of our lives, but there is another way
of seeing, a backward-and-forward-at-once
vision, that is not rationally understandable.

Only God can understand it.
Satan made the excuse, *You caused me to fall*,
whereas Adam said to God, *We did this
to ourselves*. After this repentance,
God asked Adam, *Since all is within
my foreknowledge, why didn't you
defend yourself with that reason?*

Adam answered, *I was afraid,*
and I wanted to be reverent.

Whoever acts with respect will get respect.
Whoever brings sweetness will be served almond cake.
Good women are drawn to be with good men.

Honor your friend.
Or treat him rudely,
and see what happens!

Love, tell an incident now
that will clarify this mystery
of how we act freely, and are yet
compelled. One hand shakes with palsy.
Another shakes because you slapped it away.

Both tremblings come from God,
but you feel guilty for the one,
and what about the other?

These are intellectual questions.
The spirit approaches the matter
differently. Omar once had a friend, a scientist,

Bu'l-Hakam, who was flawless at solving empirical problems, but he could not follow Omar into the area of illumination and wonder.

Now I return to the text, "And He is with you, wherever you are," but when have I ever left it!

Ignorance is God's prison.
Knowing is God's palace.

We sleep in God's unconsciousness.
We wake in God's open hand.

We weep God's rain.
We laugh God's lightning.

Fighting and peacefulness
both take place within God.

Who are we then
in this complicated world-tangle,
that is really just the single, straight
line down at the beginning of *ALLAH*?

Nothing.
We are
emptiness.

Jelaluddin Rumi

3. Quote or Question

"Lasting change happens when people see for themselves that a different way of life is more fulfilling than their present one."

~ Eknath Easwaran ~

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 – June 2020

Hello to the Family of Light!

Today I would like to continue speaking about our common denominator: realizing that we are first light and then from there we become a physical structure—a material body. This light is with us when we are born. In fact, you can consider the manifestation of the soul in the body as light.

As light is the foundation of all living things upon the earth, we are asked to lovingly treat all life as intelligent and sacred. We are also asked to lovingly treat ourselves as intelligent and sacred.

It takes light to create a thought. If the essence of a thought is heavy—not aligned in love—then the manifestation of that thought will also be heavy and unaligned. If you create a thought which is aligned to the light with which you have created it—a thought based on love—then the manifestation of that thought is perfectly aligned to your physical self, your physical world and to you inner, divine Self. You are unified.

This new world which is now steadily emerging is coherent. It is a world consciously based on light—on loving intelligence. It displays harmony, peace, encouragement, cooperation, sharing and constructive creation. This world is based on the golden rule which we all cherish: treat others as we, ourselves, wish to be treated.

Within us lie systems—digestive systems, cellular systems, and many others, all which illustrate the intelligent complexity of physical life. This also holds true for stellar systems, galactic systems and other interconnecting matter, all forming a united whole. Here we observe the inherent intelligence of matter. We are intelligent, loving beings, formed from light and precipitated into physical matter. How we lead our lives is based on how we use our free will.

If you take the time to re-connect with your inner light, you touch the very core of yourself, just as you touch the centre of a flower with your finger. Here, you move into the essence of creation, into a vast system of light, love and intelligence. Here, you experience wider awareness, tremendous outpouring of love, and pure frequency of sound and light. You become unified with all life, on earth and elsewhere. This is the foundation of the new emerging world of which we are all a part—if we so wish it.

A turning point is being presented and we are invited to embrace it.

There are many beings of elegant, loving vibrations from beyond our space and time who are now with us and our planet. They are here to accompany and to encourage. We are continually guided, inspired and uplifted; we are always shown the next part of our journey. All we need do is open ourselves to a nobler idea and way of living.

If we hold true to the light which birthed us upon this good earth, we will harmoniously create and share marvellous openings and direction for the betterment of our world and all life upon it.

In divine fellowship,

Regiena



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.

As we grow accustomed to life under lockdown, we are discovering the richness that can emerge from the quiet, contemplative nature of solitude. Hoping to tap into the inner wisdom of our collective attempt to find light amidst darkness, writer Emily Rose Barr asked one simple question of individuals across the globe: What are you doing that's bringing a little extra joy, light, or laughter to your days? As the answers poured in, she realized that perhaps the paradoxes of our time -- hope and fear, connection and isolation, anger and compassion -- are not meant to be reconciled, but simply to be lived. Read more to learn how the discomfort of uncertainty invites us to take care of ourselves with renewed deliberation and embrace the mysteries that call us into stillness. <http://www.dailygood.org/story/2499/where-fear-meets-hope-stories-from-here-and-there-emily-rose-barr/> **Be The Change:** As you go about your week, tune into the paradoxes that surround you. When you feel afraid or sad, be mindful of what these moments might be trying to teach you. When you feel joyful or relaxed, let yourself sink into your body and appreciate its steady companionship. Be gentle with yourself and those around you as we ride this tremendous wave of uncertainty.

"The capacity to be alone is the capacity to know enough about yourself and who you are, and be comfortable enough with that. That way, when you are with another person, you're not trying to make that person into somebody you need them to be in order to buttress a fragile sense of your own self. You can actually turn to a person and see them as another person, and have a real relationship with them." Sherry Turkle shares more. <http://www.dailygood.org/story/2501/the-capacity-for-successful-solitude-sherry-turkle/> **Be The Change:** Make a little extra time in your days, and weeks, to think and dream.

Noirin Ni Riain is an Irish spiritual singer, theologian, teacher, author and Interfaith minister. Known as the High Priestess of Gregorian Chan, Noirin has released sixteen albums since 1978, including three with her sons Eoin and Micheal O' Suilleabhain. Her voice has rung out for peace on many continents, from United Nations conferences to gatherings with the Dalai Lama. In this short excerpt, titled "Little Priestess", she describes her early sense of vocation, and the abrupt way in which an early dream was shattered. Eventually leading her to a new and expanded one. <http://www.dailygood.org/story/2503/the-little-priestess-listening-with-the-ear-of-the-heart-noirin-ni-riain/>

"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." Rachel Naomi Remen shares more. <https://www.awakin.org/read/view.php?tid=2406> **Be The Change:** What is a koan that life is presenting you with at this moment? For more inspiration, read "Why Play with Koans". <http://www.dailygood.org/story/1331/why-play-with-koans-sam-mowe/>

Diana Beresford-Kroeger is a world-recognized botanist, medical biochemist and author (and now filmmaker). She is known for her extraordinary ability to translate scientific complexities of nature for the general public with both precision and poetry. "If you speak for the trees, you speak for all of nature", says Beresford-Kroeger, one of the world's leading expert on trees. She has studied the environmental, medicinal, and even spiritual aspects of trees, has written about them in leading books, and maintains gardens on her property that burst with flora. From a very young age, she understood she was the last voice to bring Celtic knowledge to the New World. Orphaned at age 11 in Ireland, she lived with elders who taught her the ways of the Celtic triad of mind, body and soul, all rooted in a vision of nature that saw trees and forests as fundamental to human survival and spirituality. <http://www.dailygood.org/story/2508/diana-beresford-kroeger-the-call-of-the-trees-awakin-call-editors/> **Be The Change:** Indulge your body, mind and soul in the gift of forest-bathing. Take a walk amongst some old trees native to your place in the world. It could be in your immediate neighbourhood, a public park, or if you are lucky to live close enough to one, a nature reserve. Give thanks to the trees and commit to heeding their call!

"The hardships we face may feel amplified by our increasing need to stay home, isolating ourselves from others in service of the common good. Discovering ways to foster ease, belonging, kindness, and well-being under these circumstances may feel challenging, yet opportunities for nourishment can find their way into our worlds. The gifts of technology can offer us meaningful connection and support as many of us find increasing comfort in even the simple sound of another persons voice over phone or video." From the Gratefulness Team comes this compilation of resources, practices, and reflection questions geared towards supporting grateful gatherings in this new era. <http://www.dailygood.org/story/2509/gathering-gratefully-in-the-time-of-coronavirus-the-gratefulness-team/> **Be The Change:** What gifts feel apparent in your life amidst the challenges?

"'Anyone with any degree of mental toughness ought to be able to exist without the things they like most for a few months at least,' Georgia O'Keeffe, impoverished and solitary in the desert, wrote in considering limitation, creativity, and setting priorities as she was about to revolutionize art while the world was crumbling into its first global war. There are echoes of Stoicism, of Buddhism, of every monastic tradition in O'Keeffes core insight -- that only in the absence of our habitual comforts, without all the ways in which we ordinarily cushion against the hard facts of our own nature and our mortality, do we befriend ourselves and discover what is most alive in us. The contrast, uncomfortable at first, even painful, becomes a clarifying force. Without the superfluous, the essential is revealed." <http://www.dailygood.org/story/2511/the-value-of-being-uncomfortable-maria-popova/> **Be The Change:** The next time you find yourself in an uncomfortable situation, get curious about how it might be inviting you to evolve.

"We are in the midst of an emergency that is forcing us into varying states of economic distress, isolation and anxiety. We are united in our vulnerability and our courageous attempts to think and live differently as the fragility of the economy reveals itself to us. There is a deep desire among us to find freedom and imagination in this moment. Much of the work, of course, is in cultivating the resources within to help weather the storm." The team at Dumbo Feather has put together this care package of inspiration and information to help navigate the turbulence and uncertainty of this time. <http://www.dailygood.org/more.php?n=8440> **Be The Change:** Spend some time each day doing something that brings you closer to the ground of your own being.

With spectacular visual images, this film reminds us of the necessity of connecting with the sacred in everyday life. It honors the sacred through sensory feelings of connection, with both the vast expanses such as mountain tops and waterfalls, and with the single dandelion sending its seeds into the future. This connection is further enhanced by the peaceful music that accompanies the images, providing a total experience of having touched the sacred. <http://www.karmatube.org/videos.php?id=7960> **Be The Change:** Make time to connect with the sacred in a new way today.

"The Benedictine-Camaldolese monk, Bruno Barnhart says it very well: We humans prefer a manageable complexity to an unmanageable simplicity. A complex instability is our typical default setting. Restless with where and how and who we are, we think we need to be somewhere else, or live some other way, or be someone else." David Mckee shares more. <http://www.dailygood.org/story/2520/turning-ourselves-towards-stability-and-hospitality-david-mckee/> **Be The Change:** What would moving towards unmanageable simplicity in your life look like?

6. Harder I Work, The More I Love

Reprinted from www.awakin.org.

Lynne Twist

Burnout is being disconnected from Source. I don't think it's as related as we'd like to think, to working too long or too hard or eating pizza and Coke instead of veggies and water. All those things play into it -- I don't recommend working yourself to death or anything. But true burnout is being disconnected from Source. That's really where it happens.

We all know times when we were soaring: we were working 24/7 and we wanted to work 24/7, and what we were producing was so exciting that we couldn't stop. That's an example of being connected to Source in a way that your body will go with you.

At the same time, I do think it's important to take care of one's capacity to serve. That's the other thing I feel responsible to take care of: to nourish my own capacity to serve, and that comes from Source. That comes from meditation. That comes from being in nature. That comes from being in touch with the love I have for my husband and my children and my family. My love for God. My love for the spirit world. My love for the shamans. When I'm in touch with that, I can do anything. And then that's a source of enormous joy.



We once had a conference in Ireland with the Nobel laureates. We sponsored women to come from war zones all over the world. This conference was very confronting.

At one point on the second day, I was having lunch with colleagues from Iran, four lawyers who worked with Shirin Ebadi. A group of six women arrived in a van. My colleagues saw the van pulling up and they ran across this green lawn crying with joy. They were all lawyers who had worked together for years before they got arrested. As the women got out of the van, women who had been in prison for years and tortured, they all ran towards each other and they hugged and they rolled around on the grass and they cried and they danced. It's making me cry thinking about it.

Then that night we had a party, the most joyous, raucous, wild, wonderful party of all women dancing with each other that I'd ever seen in my life; women from the Congo, women from Ethiopia, women from Honduras, all of whom had been through hell — the kind of things they've been through, you can't even talk about.

My assertion from that enormous experience, and I've had many experiences like that, is that the pain and the joy are one. It's all connected. And often the deeper people have allowed themselves to go into the pain, the greater capacity they have for joy.

I've seen that particularly with African women, with their incredible burdens in many cases. But when they celebrate — which they find a way to do every day, through singing, through dancing, through feeding each other — the joy is just breathtaking. I've been in Rwanda after the genocide and found the joy there in those people. I've been in Ethiopia after the famine. The capacity for human joy is probably unlimited.

I find it in myself. I find that my capacity for joy is enhanced by my capacity to face the suffering world and engage with it. My capacity for joy and lightheartedness and fun and release is strengthened by my capacity to face the

darkness. And my capacity to face the darkness is strengthened by my capacity to celebrate joy. The harder I work, the more I love.

7. 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.



8. What Can You Trust?

Reprinted from www.awakin.org.

Doug Powers

In young people's minds right now, the main issue is what they can trust in their own experience.

In the 50s and 60s, we trusted ideologies, religions, universities, and economists. There were many levels of expertise in different realms. Individuals trusted that they had goodwill and were trying to do the best they could to understand the very complex mechanisms of modern society and culture.

Now that faith in those people has completely collapsed, they didn't know where to look. In the 60s and 70s, when we were rebelling against authority, we still had an authority we were rebelling against, so there was still an identity; we were half an identity and half a rebellion. There was still the structure of something. Now, however, there's no place to look where you can trust the authority or the structure. Intentions are no longer clear. We no longer simply believe that people have goodwill- they might have goodwill, but they'll probably have other intentions too.

So, the biggest problem is where to look. Now, that starts with a question of authority, but then, it worked into a question of even with each other - in relationships, can we trust each other? And then, we almost got to a place where we don't even trust ourselves. So now, we've worked our way to a point where the only thing we can trust is our own immediate emotion in the moment. I'm not even sure we can trust that, because it seems very unstable. So, the fundamental issue is: where do we look as a sort of ground to examine and determine the thoughts and actions that we're going to take, to determine on what basis of criteria we are going to use to evaluate our thoughts, actions, and lives that we're confident in.



9. To Find Something, Don't Look For It

Reprinted from www.awakin.org.

Robin Wall Kimmerer

Between takeoff and landing, we are each in suspended animation, a pause between chapters of our lives. When we stare out the window into the sun's glare, the landscape is only a flat projection with mountain ranges reduced to wrinkles in the continental skin. Oblivious to our passage overhead, other stories are unfolding beneath us. Blackberries ripen in the August sun; a woman packs a suitcase and hesitates at her doorway; a letter is opened and the most surprising photograph slides from between the pages. But we are moving too fast and we are too far away; all the stories escape us, except our own.

We poor myopic humans, with neither the raptor's gift of long-distance acuity, nor the talents of a housefly for panoramic vision. However, with our big brains, we are at least aware of the limits of our vision. With a degree of humility rare in our species, we acknowledge there is much we can't see, and so contrive remarkable ways to observe the world. Infrared satellite imagery, optical telescopes, and the Hubble space telescope bring vastness within our visual sphere. Electron microscopes let us wander the remote universe of our own cells.

But at the middle scale, that of the unaided eye, our senses seem to be strangely dulled. With sophisticated technology, we strive to see what is beyond us, but are often blind to the myriad sparkling facets that lie so close at hand. We think we're seeing when we've only scratched the surface. Our acuity at this middle scale seems diminished, not by any failing of the eyes, but by the willingness of the mind. Has the power of our devices led us to distrust our unaided eyes? Or have we become dismissive of what takes no technology but only time and patience to perceive? Attentiveness alone can rival the most powerful magnifying lens.

A Cheyenne elder of my acquaintance once told me that the best way to find something is not to go looking for it. This is a hard concept for a scientist. But he said to watch out of the corner of your eye, open to possibility, and what you seek will be revealed. The revelation of suddenly seeing what I was blind to only moments before is a sublime experience for me. I can revisit those moments and still feel the surge of expansion. The boundaries between my world and the world of another being get pushed back with sudden clarity an experience both humbling and joyful.



10. The River Cannot Go Back

Reprinted from www.awakin.org.

Kahlil Gibran

It is said that before entering the sea
a river trembles with fear.
She looks back at the path she has traveled,
from the peaks of the mountains,
the long winding road crossing forests and villages.
And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear forever.
But there is no other way.
The river can not go back.
Nobody can go back.
To go back is impossible in existence.
The river needs to take the risk
of entering the ocean
because only then will fear disappear,
because that's where the river will know
it's not about disappearing into the ocean,
but of becoming the ocean.



11. Educate The Heart

Reprinted from www.KarmaTube.org.

Poet and author Shane Koyczan narrates this poignant short video on the importance of educating children's hearts as well as their minds. While children need knowledge to prepare them for life, those who love and care for them must also educate their hearts. Teaching compassion, acceptance, tolerance and respect are needed along with knowledge to adequately prepare children for the world.

<https://www.karmatube.org/videos.php?id=7927>

12. Contact With The Sacred

Reprinted from www.KarmaTube.org.

With spectacular visual images, this film reminds us of the necessity of connecting with the sacred in everyday life. It honors the sacred through sensory feelings of connection, with both the vast expanses such as mountain tops and waterfalls, and with the single dandelion sending its seeds into the future. This connection is further enhanced by the peaceful music that accompanies the images, providing a total experience of having touched the sacred. <http://www.karmatube.org/videos.php?id=7960>

13. King of the Island

Reprinted from www.KarmaTube.org.

Dreams don't always turn out like we envision. It takes real courage to let go of those cloudy visions and embrace what we find in the light of day. This is a wonderful story about how to use our dreams like stars to travel by while still keeping our hearts open to life as it is. <http://www.karmatube.org/videos.php?id=8621>

HEART AND SOUL ADVERTISEMENTS:

Consistent with Spiritual Guidance's philosophy, mission and vision (refer to <http://www.servingyourjourney.com/about.html> for more details) Spiritual Guidance offers free advertising in this e-newsletter to those persons and organizations interested in promoting their spiritual-related products, services or events. If you do choose to advertise in this e-newsletter, Spiritual Guidance requests you submit your text ad (no graphics please) to rmeagher@servingyourjourney.com by the 25th of the month, for distribution in the following month's e-newsletter.

14. Sacred Attention Therapy

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

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

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

15. A Course in Miracles Global Community Centre

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

Spiritual Guidance

Serving your personal journey toward enlightenment...

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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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