

***Our soul intention for this e-newsletter is to create a positive, uplifting, inspiring and spirit-filled message (in amongst the conventionally-perceived journalism practiced today). We extend this offering to you and hope, if only for a moment in time, we provide a hint of another reality that is there for your embracing. Enjoy! You are invited to share this e-newsletter with those family, friends, colleagues and acquaintances you think may be interested.***

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*If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### An Endless Cacophony of Worthless Activity

This past month has felt busy. There has been an endless list of things to do. My days felt more full than usual. Most days I would look back over the list of things I wanted to do, to realize they did not get completed. The uncompleted items would be added to the 'to do' list for the next day. And so, it went for much of the month.

During one of my welcomed day-long bike trips one weekend, I reflected on my busyness. I actually enjoy having a lot of things to do. And I enjoy even more the sense of accomplishment associated with getting a long list of items scratched off my 'to do' list. But sometimes that 'to do' list becomes a source of discord.

As I peddled my way along the beautiful roads and pathways on a brilliantly-beautiful summer's day, I was struck by the meaninglessness and worthlessness of my busyness and, in particular, my 'to do' list. Oh yes, there's a certain practicality to life. There are some things that must be done—brushing one's teeth, going to the grocery store...to name but two simple necessities. But when I look at my 'to do' list with a discerning eye, most of the things on the 'to do' list could go without 'doing' and the world would not come to an end.

Most of the items on the 'to do' list is a cacophony—a harsh discordant mixture of tasks—of worthless activity. I can create a very convincing argument for wanting, needing even, to complete the tasks. But when it comes down to it, not completing the task won't have a significant affect on my life. In truth, none of the items on the 'to do' need doing at all!

There is a beautiful lesson from a spiritual teaching that speaks of the healed mind not planning.<sup>1</sup> The teaching does not condone not planning. On the contrary, planning can have very practical and useful applications in our lives. For example, making a grocery list can be a helpful task when it comes time to go to the grocery store—when we arrive at the grocery store, we have a pretty good chance of getting what we need.



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<sup>1</sup> A Course in Miracles

# Spiritual Guidance

Serving your personal journey toward enlightenment...

However, what the healed mind realizes is the reason we plan and make the 'to do' list. We plan and make the 'to do' list because we are afraid of what would happen if we didn't plan. The healed mind understands the underlying impetus for needing or wanting to plan.

Is having an endless cacophony of worthless activity bad? Is having a 'to do' list bad? Is planning bad? Certainly not! So long as one is open to what life actually gives us, in amongst our planning, then plan away. The healed mind understands that when we plan, God laughs!

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



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## 2. Poem

### From Fear to Love and Forgiveness

What is this cancer inside me?  
The fiery anger that lingers,  
In its thin disguise...  
The coldness and the brittleness  
That comes from my pores  
At a moment's notice.

Could it all be fear,  
And nothing but fear?  
Is there no roadmap  
That can lead me to peace  
And freedom?

Can I really feel  
Whole and at one  
By simply crossing  
The bridge of forgiveness?

Why does something  
That seems so simple  
Bring out my greatest  
Resistance?

Obstacles, obstacles, obstacles.  
Is that all there is to life—  
A series of obstacles  
Separating me from others?

When will I awaken to  
The full awareness  
That all obstacles  
Between myself and others  
Are self-imposed?

I have manufactured them  
Through my own fear of love  
And my own fear of God.

Gerald G. Jampolsky

## 3. Quote or Question

*“There are no failures - just experiences and your reactions to them.”*

~ Tom Krause ~

## 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 – The Home Vibration

Hello to the Family of Light!

Today I would like to speak to you of the sacred vibration that lives inside your body, your heart and your mind.

There are many types of vibration: the vibration of your fingers as you move them, the vibration of electricity in the brain, the vibration of the blood circulating in your body, the vibration of the earth's magnetic field that changes with your emotions. These vibrations are a part of your everyday existence. You might think they are separate from each other. Actually, they all are rooted in one sacred, vibrational foundation that can be called the "home vibration." This is the vibration of light that slows down its frequency to become physical form. Yet, even though the light frequency slows down to move into a material world, it also maintains its original frequency. A paradox.

Each time you feel Love, you resonate to this home vibration. You become one with it. This means that every time you are unified with this root vibration, all other vibrations in your body and mind move into it. You become one in this sacred vibration which you, yourself, initiated by feeling Love.

You have probably experienced this. One day when you are feeling unsettled, you decide to stop what you are doing and thinking and go to a quiet place. You close your eyes, take a few deep breathes and surrender yourself to this delightful feeling of harmony and tenderness. You let yourself float in the sublime radiance of Divine Love. This is the home vibration.

In the space around us, there are other worlds and beings of refined frequency that we may sense, see, even touch when we heighten our awareness. Beings in these dimensions vibrate to the home vibration of Love. They are here to help us move consciously into this sacred vibration and to remain grounded there. You probably ask, "Why should I bother? Aren't I doing my best?" Yes, I think we are doing our best and I thank you for your dedication.

But let us consider the following.

The feeling of familiarity is a very powerful one. How comfortable we are being with familiar people in a familiar place! We are relaxed and content. Now let's move into a more profound sense of familiarity—moments when, for no reason, you are suddenly filled with bliss, with right-ness and joy. You can't find a reason. For that one moment, goodness and Love permeate every part of you. What is this? This is your soul reminding you of an intense inner familiarity—your connection to this deep rhythm and frequency of the home vibration.

The more we are in contact with our soul, the more we realize that the grounding of all vibrations lies here in a place of quiet mind and heart, of inner expansion and exploration. This place—the seat of truth—is familiar to us.

Once we cultivate and nourish our conscious contact with our soul, we no longer have to do our best; we are our best. We consciously begin to live, within and without, the perfect unified home vibration of Love. Then calmly, through heightened awareness, we glide into contact with other worlds and beings and realize we are all one family. We are loved and we are helped. We discover that this new emerging world has always been within us and now it is becoming visible and tangible. Its foundation is our grounding: a fine and infinite home vibration called Love.

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

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 5. Good News Of The Day

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

"Caught in the maelstrom of the moment, we forget this cyclical nature of history -- history being merely the rosary of moments the future strings of its pasts. We forget that the present always looks different from the inside than it does from the outside -- something James Baldwin knew when, in considering why Shakespeare endures, he observed: "It is said that his time was easier than ours, but I doubt it -- no time can be easy if one is living through it." We forget that our particular moment, with all its tribulations and triumphs, is not neatly islanded in the river of time but swept afloat by massive cultural currents that have raged long before it and will rage long after." <http://www.dailygood.org/story/2522/zadie-smith-on-optimism-and-despair-maria-popova/> **Be The Change:** For more inspiration, here's James Baldwin on "Resisting the Mindless Majority". <http://www.dailygood.org/more.php?n=8457a>

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. <http://www.karmatube.org/videos.php?id=7927> **Be The Change:** Explore resources for educating the heart as well as the mind. <http://www.dailygood.org/more.php?n=8467a>

"It is especially in times of uncertainty, in tremulous times of fear and loss, that the curtain rises and the minstrel show resumes -- a show of hate that can be as vicious and pointed as the murderous violence human beings are capable of directing at one another, or as ambient and slow-seething as the deadly disregard for the universe of non-human lives with which we share this fragile, irreplaceable planet.[...] How to end the mockery and the minstrel show is what poet Jane Hirshfield -- one of the most unboastfully courageous voices of our time, an ordained Buddhist, a more-than-humanitarian: a planetarian -- explores in "Spell to Be Said against Hatred," a miniature masterwork of quiet, surefooted insistence and persistence." <http://www.dailygood.org/story/2530/spell-to-be-said-against-hatred-maria-popova/> **Be The Change:** What is your own "spell" against hatred? For more inspiration, read Hirschfield's thoughts on "Living By Questions." <http://www.dailygood.org/story/1351/living-by-questions/>

Prolific artist, musician and lover of Mother Earth, Lonnie Holley treasures the discarded and nurtures the neglected, finding healing in the transformative power of art. This short documentary is not so much a portrait of the prolific artist and musician, as an experiential reflection on art as a way of life. Atlanta-based Holley's work is a product of the environment in which he was raised Jim Crow Alabama and reflects the impact of being socially discarded. Holley compulsively creates and his work is a means to deal with loss. Its through his unique perspective and the process of creating beauty that Lonnie draws us into an imaginative and captivating world. <http://www.karmatube.org/videos.php?id=8688> **Be The Change:** How has art and music healed and changed you in this difficult time?



When a CIA analyst began an interfaith quest for citizen diplomacy by standing shoulder to shoulder with a veiled woman, and listening to the Imam ask, "Don't we all bleed when we're hurt?" she was grateful to be praying alongside Muslims instead of interrogating them in Afghanistan for the CIA after 9/11. She continues to work with Muslim communities in the belief that peace in the Middle East can only emerge from small, grassroots efforts. Politicians could profit from her story... <http://www.dailygood.org/story/1666/the-very-best-way-to-pray-for-peace-ianessa-gans-wilder/>

"There is a special kind of shadow that happens in deep woods that are old and have been left undisturbed. Underneath the canopy of ancient hardwood trees the greens are deeper, the soil blacker, the smells richer. And there is a shadow that is over everything, calling out that there is a deeper world than the human of which we are a part. Something came out of that place and entered my body. I felt more whole, more human, more loved, more a part of the world. And in some indefinable way I knew who I was." Stephen Harrod Buhner shares more in this beautiful essay. [https://www.stephenharrodbuhner.com/wp-content/uploads/2018/09/Article\\_TasteOfWildWater.pdf](https://www.stephenharrodbuhner.com/wp-content/uploads/2018/09/Article_TasteOfWildWater.pdf) **Be The Change:** What is your experience with wild nature? For more inspiration, read "The Solace of Wild Places." <http://www.dailygood.org/story/1619/the-solace-of-wild-places-in-nature-and-ourselves-lucia-ferrara-bettler/>

In 1964, William "Lynn" Weaver, joined 13 other black students in the integration of an all white high school in Tennessee. From the first day he was told he did not belong and he started to believe it until Mr. Hill, his former seventh grade science teacher, started tutoring him outside of school. Some of his other former teachers joined in this effort. Years later he discovered that Mr. Hill was responsible for applying for a college scholarship on his behalf. Dr. Weaver, who died in May 2019, was Chief of Surgery at a hospital in North Carolina. In this StoryCorps interview, he credits Mr. Hill's unknown act of kindness with saving his life. <http://www.karmatube.org/videos.php?id=7788> **Be The Change:** Has someone made a difference in your life without you knowing at the time? If so, how can you gift that forward?

"When we are spiritually bypassing, we often use the goal of awakening or liberation to rationalize what I call premature transcendence: trying to rise above the raw and messy side of our humanness before we have fully faced and made peace with it. And then we tend to use absolute truth to disparage or dismiss relative human needs, feelings, psychological problems, relational difficulties, and developmental deficits. I see this as an 'occupational hazard' of the spiritual path." Spiritual bypassing is a term coined by pioneering author, clinical psychologist, and psychotherapist, John Welwood. According to him, "If there's a large gap between our practice and our human side, we remain unripe. Our practice may ripen, but our life doesn't. And there's a certain point when that gap becomes very painful." He shares more in this fascinating interview. [http://www.johnwelwood.com/articles/TRIC\\_interview\\_uncut.pdf](http://www.johnwelwood.com/articles/TRIC_interview_uncut.pdf) **Be The Change:** Is there a dimension of your humanness that you have been unconsciously bypassing? Consider how you might take a step towards acknowledging it at this time.

## 6. From Transaction to Trust

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

### Mark Manson

The most precious and important things in life are, by definition, nontransactional. And to try to bargain for them is to immediately destroy them. You cannot conspire for happiness; it is impossible. But this is often what people try to do, especially when we seek out self-help and other personal development advice -- they are essentially saying, "Show me the rules of the game I have to play and I'll play it," not realizing that it's the very fact that they think there are rules to happiness that is preventing them from being happy.

While people who navigate life through bargaining and rules can get far in the material world, they remain crippled and alone in their emotional world. This is because transactional values create relationships that are built upon manipulation.



Adults need to be shown that bargaining is a never-ending treadmill, that the only things in life of real value and meaning are achieved without conditions, without transactions. It requires good parents and teachers not to succumb to the adolescent's bargaining. The best way to do this is by example, of course, by showing unconditionality yourself. The best way to teach an adolescent to trust is to trust him. The best way to teach an adolescent respect is to respect him. The best way to teach someone to love is by loving him. And you don't force the love or trust or respect on him -- after all, that would make those things conditional -- you simply give them, understanding that at some point, the adolescent's bargaining will fail and he'll understand the value of unconditionality when he's ready.

It's difficult to act unconditionally. You love someone knowing you may not be loved in return, but you do it anyway. You trust someone even though you realize you might get hurt or screwed over. That's because to act unconditionally requires some degree of faith -- faith that it's the right thing to do even if its results aren't what you expect.

## 7. Inclining Toward Freedom, Even Through Imperfections

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

**Larry Yang**

If we focus only on awakening, we miss most of the spiritual practice. I'm much more interested in how we practice with not awakening, with not being enlightened, because, frankly, those states of being are more present in my life than not.

Lately, as I strive to promote diversity and anti-racism both inside and outside of dharma communities, I'm finding new depths of disappointment and disillusionment at the limitations of my own capacities, at the imperfections of our communities, and at the harm occurring in our larger culture. We don't live in an enlightened world—have you noticed? As a dharma teacher, I was trained to teach the insights and kindnesses that I have felt. However, these days I feel propelled to teach from where I am—to be real and authentic in the moment, in the midst of places where I do not have answers, and from the limitations of my own flaws.



We must dig deep into our practice in order to navigate the extremes of despair and disillusionment. We must listen to what is underneath it all, to where freedom is calling from, by asking: Can I open to this? Can I turn toward this? Or in the inadequate language with which we must communicate, can I love this too? Can we incline toward the despair and imperfections of this life with the same diligence we give other objects of mindfulness? Can we practice presence when life feels impossible?

It may seem counterintuitive, but when we practice awareness and offer kindness to the uncooked, imperfect aspects of our lives, we actually strengthen our mindfulness. We don't need to attach to either awakening or non-awakening; neither is anything more than an experience to hold with tender awareness.

Awakening and not awakening are two sides of the same coin. They are the same experience. We can't experience awakening without experiencing not awakening. We can't experience insight without becoming intimately familiar with our conditioned patterns.

Thus, even in my imperfections, even in my failures, I can still incline my heart toward freedom. This is how I see the paths of awakening and non-awakening interweaving. This is freedom in the midst of suffering. This is resilience despite the forces of violence and oppression. We can create beautiful lives right where the world is not yet awake.

Each time we practice awareness and kindness, we transform not only our personal world but the world itself. We begin to be able to hold the unholdable, to connect the broken heart and the raging mind. We look for the precious wisdom embedded within that bitter rage, and as soon as we begin to look, we are no longer consumed by the rage itself. We turn toward the direct experience of despair and weave it into care, love, and, dare we say, freedom. This is the magnitude of our spiritual practice. It asks us to include all the contradictions and paradoxes of awakening and not awakening and everything in between. It is the in-between—the range from extreme to subtle, the spectrum connecting opposing forces—that constitutes the totality of our lives, our practice, and our freedom.

## 8. Four Types of Listening

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

### Otto Scharmer

In my years of working with groups and organizations, I have identified four basic types of listening.

“Ya, I know that already.” The first type of listening is downloading: listening by reconfirming habitual judgments. When you are in a situation where everything that happens confirms what you already know, then you are listening by downloading.

“Ooh, look at that!” The second type of listening is object-focused listening: listening by paying attention to factual and to the novel or disconfirming data. In this type of listening you pay attention to what differs from what you already know. You attend to ideas about reality that differ from your own rather than denying them (as you do in the case of downloading). Object-focused or factual listening is the basic mode of good science. You ask questions and you carefully observe the responses that nature (data) gives to you.

“Oh, yes, I know how you feel.” The third and deeper level of listening is empathic listening. When we are engaged in real dialogue, we can, when paying attention, become aware of a profound shift in the place from which our listening originates. As long as we operate from the first two types of listening, our listening originates from within the boundaries of our own mental-cognitive organization. But when we listen empathically, our perception shifts from our own organization into the field, to the other, to the place from which the other person is speaking. When moving into that mode of listening we have to activate our empathy by connecting directly, heart to heart, to the other person. If that happens, we feel a profound switch; we forget about our own agenda and begin to see how the world unfolds through someone else’s eyes. When operating in this mode, we usually feel what another person wants to say before the words take form. And then we may recognize whether a person chooses the right word or the wrong one to express something. That judgment is only possible when we have a direct sense of what someone wants to say before we analyze what she actually says. Empathic listening is a skill that can be cultivated and developed, just like any other skill in human relations. It’s a skill that requires us to activate a different source of intelligence—the intelligence of the heart.

“I can’t express what I experience in words. My whole being has slowed down. I feel more quiet, present and more my real self. I am connected to something larger than myself.” This is the fourth level of listening. It moves beyond the current field and connects to a still deeper realm of emergence. I call this level of listening generative listening, or listening from the emerging field of the future. This level of listening requires us to access our open heart and open will — our capacity to connect to the highest future possibility that wants to emerge. On this level our work focuses on getting our (old) self out of the way in order to open a space, a clearing that allows for a different sense of presence to manifest. We no longer look for something outside. We no longer empathize with someone in front of us. We are in an altered state — maybe communion or grace is the word that comes closest to the texture of this experience that refuses to be dragged onto the surface of words.

You’ll notice that this fourth level of listening differs in texture and outcomes from the others. You know that you have been operating on the fourth level when you realize that, at the end of the conversation, you are no longer the same person you were when you started the conversation. You have gone through a subtle but profound





change. You have connected to a deeper source — to the source of who you really are and to a sense of why you are here — a connection that links you with a profound field of coming-into-being, with your emerging authentic Self.

## 9. Mass Movement

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

### *J. Krishnamurti*

We see throughout the world extremes of poverty and riches, abundance and at the same time starvation; we have class distinction and racial hatred, the stupidity of nationalism and the appalling cruelty of war. There is exploitation of man by man; religions with their vested interests have become the means of exploitation, also dividing man from man. There is anxiety, confusion, hopelessness, frustration.

We see all this. It is part of our daily life. Caught up in the wheel of suffering, if you are at all thoughtful you must have asked yourself how these human problems can be solved. Either you are conscious of the chaotic state of the world, or you are completely asleep, living in a fantastic world, in an illusion. If you are aware, you must be grappling with these problems. In trying to solve them, some turn to experts for their solution, and follow their ideas and theories.

Gradually they form themselves into an exclusive body, and thus they come into conflict with other experts and their parties; and the individual merely becomes a tool in the hands of the group or of the expert. Or you try to solve these problems by following a particular system, which, if you carefully examine it, becomes merely another means of exploiting the individual. Or you think that to change all this cruelty and horror there must be a mass movement, a collective action.

Now the idea of a mass movement becomes merely a catchword if you, the individual, who are part of the mass, do not understand your true function. True collective action can take place only when you, the individual, who are also the mass, are awake and take the full responsibility for your action without compulsion.

Please bear in mind that I am not giving you a system of philosophy which you can follow blindly, but I am trying to awaken the desire for true and intelligent fulfillment, which alone can bring about happy order and peace in the world.

There can be fundamental and lasting change in the world, there can be love and intelligent fulfillment, only when you wake up and begin to free yourself from the net of illusions, the many illusions which you have created about yourself through fear.

When the mind frees itself from these hindrances, when there is that deep, inward, voluntary change, then only can there be true, lasting, collective action.



## 10. It Is Life That Asks The Questions Of Us

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

### ***Viktor Frankl***

The question can no longer be “What can I expect from life?” but can now only be “What does life expect of me?” What task in life is waiting for me?

Now we also understand how, in the final analysis, the question of the meaning of life is not asked in the right way, if asked in the way it is generally asked: it is not we who are permitted to ask about the meaning of life — it is life that asks the questions, directs questions at us... We are the ones who must answer, must give answers to the constant, hourly question of life, to the essential “life questions.” Living itself means nothing other than being questioned; our whole act of being is nothing more than responding to — of being responsible toward — life. With this mental standpoint nothing can scare us anymore, no future, no apparent lack of a future. Because now the present is everything as it holds the eternally new question of life for us.



The question life asks us, and in answering which we can realize the meaning of the present moment, does not only change from hour to hour but also changes from person to person: the question is entirely different in each moment for every individual.

We can, therefore, see how the question as to the meaning of life is posed too simply, unless it is posed with complete specificity, in the concreteness of the here and now. To ask about “the meaning of life” in this way seems just as naive to us as the question of a reporter interviewing a world chess champion and asking, “And now, Master, please tell me: which chess move do you think is the best?” Is there a move, a particular move, that could be good, or even the best, beyond a very specific, concrete game situation, a specific configuration of the pieces?

One way or another, there can only be one alternative at a time to give meaning to life, meaning to the moment — so at any time we only need to make one decision about how we must answer, but, each time, a very specific question is being asked of us by life. From all this follows that life always offers us a possibility for the fulfillment of meaning, therefore there is always the option that it has a meaning. One could also say that our human existence can be made meaningful “to the very last breath”; as long as we have breath, as long as we are still conscious, we are each responsible for answering life’s questions.

## 11. Educate The Heart

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

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

## 12. Yoga in Juvenile Detention

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

Leslie Booker teaches yoga and meditation to youth in detention facilities in New York City through the Lineage Project. The youth at Horizon Juvenile Detention Center have been convicted for a range of offenses, some quite serious and violent. But as Booker points out, they are 13, 14, 15 years old -- little more than children -- and many of them have grown up in extremely trying circumstances. Before Booker introduced the teens to the practice of meditation, aggression and withdrawal seemed to be among their only options for managing the insurmountable stress of life both at home and in the detention facility. With this program, the youth experience relief, if even for an hour, and learn skills to make better decisions in their lives.

<http://www.karmatube.org/videos.php?id=8690>

## HEART AND SOUL ADVERTISEMENTS:

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

### 13. Sacred Attention Therapy

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

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

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

### 14. A Course in Miracles Global Community Centre

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



# Spiritual Guidance

Serving your personal journey toward enlightenment...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

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