

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



Allow Things To Go Where They Need To Go

As some of you may know, I facilitate numerous online study groups each week. These study groups bring together an eclectic mix of people from North America, Europe and beyond.

These study groups gift those in attendance with a rich discussion and sharing. The variety of views is astonishing at times. While there is much alignment among the participants, sometimes there can appear to be disagreements about what is shared.

I usually begin each gathering with a piece of poetry, then a few minutes of silence, as grounding meditation, and then we move into the evening with a reading. The remainder of our time together is used to reflect on the reading. People share their questions, comments, reflections and inquiry.

As the sharing portion of the gatherings unfold, sometimes the discussion can go in interesting directions. Usually the discussion meanders and bounces around. Sometimes I attempt to bring the discussion back to the focus of the initial reading. Sometimes I don't. I have received comments from participants, outside of the study group gatherings, that discussion sometimes get off topic and that they would prefer the discussions remain focused on the topic at hand.

As the years have rolled on, I am becoming more and more comfortable allowing the discussion threads to take us where they need to go. Granted, even I have limits on where the discussion may take us. But I am a patient man and will at least, initially, allow most any discussion to be brought into the gathering. What I have learned is that discussion threads take us where our healing is needed. If we truly learn how to listen, there are healing words offered in any discourse. We simply need to learn patience.



Photo Credit: pexels.com - Dani Hart

In a recent gathering, one of the participants chose to share a personal experience of how they dealt with their fears. This person's sharing about fear was not directly related to the initial reading. However, there was one small snippet of their sharing that touched me at a soul level and provided much healing. Others in the group also expressed their gratitude for this sharing on how to deal with fears.

I have witnessed all too frequently that the words that are spoken in the gatherings are of healing to at least one other person in the meeting space. The words we speak will always resonated with someone. That is why

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they are spoken. I remember one particular gathering where there was a rather vocal and boisterous sharing that resembled a preacher standing on the pulpit in a church spouting off biblical verse after biblical verse. While most of the people in the gathering cringed at the discord, there was one person who later (after the gathering) shared with me that they received much healing from the 'preaching.'

It has been said that If we truly learn how to listen, everyone becomes our teacher. Every word that is spoken can offer something to someone. The key is patience. Sometimes the person speaking themselves is the person who needs to hear the healing words. Sometimes the act of speaking our mind is healing in, and of, itself. Often times, the healing is extended to those around us too.

Be patient and kind with others. Allow, even facilitate, them to say what it is they need or want to say. You may be surprised where your listening takes you.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



Photo Credit: pexels.com - fauxels

2. Poem

Honesty

To be honest is to demonstrate
a total lack of any deception.

It is to omit nothing
because of our own fears
of being attacked or rejected.

To be honest we must be
totally free of guilt and fear,
to recognize that either
we are honest—or we are not;
and there is no in-between.

To be honest is to experience the
perfect harmony of having only
loving thoughts, loving words,
and loving deeds.

It is to take full responsibility
for our own behavior and
to blame no one for anything.

To be honest is to be perfectly free
and unafraid to be exactly
what we are...LOVE.

Gerald G. Jampolsky

3. Quote or Question

“Adopt the pace of nature: her secret is patience.”

~ Ralph Waldo Emerson ~

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 – Soul and Mind

Hello to the Family of Light!

Today I would like to speak to you of soul and mind.

As you know, the material world is composed of energy. This energy is found in the farthest star, the closest heart and the smallest thought. We are made up of energy. We breathe it, we eat it and we think it. This universal energy acts upon us, with us and within us. It nourishes and maintains physical life. It creates fields and it influences fields.

The two main areas where individuals consciously direct energy for balanced living are from the soul and the mind. If the mind follows the guiding principles of the soul, an individual lives in harmony. When you contact your soul through quiet reflection, you feel a marvellous inner flow of Love and well-being which you then radiate to the outer world. From that inner place of sacredness (your soul) you then begin to create thoughts that are perfectly aligned to it. These thoughts come naturally because your mind has been “raised” to meet the exquisite frequency of your soul.

It is interesting to note that when you are immersed in the language of your soul—Love—it is impossible for your mind to create negative thoughts. Why? Because your soul and your higher mind are unified.

I invite you to perform an experiment. For one hour or one day, keep in constant contact with your soul, allow thoughts to surface from this divine base and radiate outwards. Notice the content and quality of these emerging thoughts and note also how the outer world modifies itself to harmonize to your unified radiance.

This union of soul and mind is extremely powerful because it creates a firm field of coherence and



Photo Credit: [Unsplash.com](https://unsplash.com/photos/Greg-Rakozy) - Greg Rakozy



Photo Credit: [Unsplash.com](https://unsplash.com/photos/redcharlie) - redcharlie

influences everything in the physical world. This perfect joining of soul and higher mind can even change the molecular structure of matter.

Like a star ship that uses its force field to clear a path through its travels in space, we, too, are clearing a path for the emerging new world. We are becoming very familiar with the language of our soul, now that we create thoughts that come directly from our higher, sacred mind. Our ideas, creations and actions are more lovingly refined as we increase our compassion for the well-being of all life in our world and of the very planet itself.

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.

"The more open, present and awake we are, the less objective our relationships become. So-called relationship becomes simple relating. The noun transforms into a verb -- an apparent thing opens up into an alive process. If I no longer take myself as an object, I also cannot make you into one. Nor can I create what is happening between us into something. We may call it friendship but it is really a dynamic mystery, a lively, unfolding, open-ended process of listening, sharing, and discovery." John Prendergast shares more in this excerpt from his book, "In Touch: How to Tune in to the Inner Guidance of Your Body and Trust Yourself". <http://www.dailygood.org/story/2541/the-challenge-of-relationships-john-j-prendergast/> **Be The Change:** This week, try stepping consciously into the dynamic mystery of relating. Explore more from Prendergast in this interview on "The Deep Heart." <http://www.dailygood.org/story/2444/the-deep-heart-tami-simon/>

"There are dozens of books on the topic of difficult, crucial, challenging, fierce, important conversations. Those times when you know you should talk to someone, but you don't. Maybe you've tried and it went badly. Or maybe you fear that talking will only make the situation worse. Still, you feel stuck, and you'd like to free up that stuck energy for more useful purposes." Judy Ringer is a conflict resolution trainer, and a black belt in Aikido. Here she offers a checklist for difficult conversations, along with best practice strategies, tips and additional resources. <http://www.dailygood.org/story/2543/we-have-to-talk-a-checklist-for-difficult-conversations-judy-ringer/> **Be The Change:** Experiment with one or more of the best practices in Ringer's post. For more inspiration, check out this short talk on "5 Ways to Listen Better." <http://www.dailygood.org/story/1844/julian-treasure-on-5-ways-to-listen-better-julian-treasure/>

Empathy and sympathy are not just two different approaches to confronting the emotional challenges of others; they are diametrically opposite responses in many important ways. Sympathy places another's problems at a distance from us, places us in a position of superiority, and "drives separation", says the film's narrator, Dr. Bren Brown. Empathy, on the other hand, requires that one internalize the feelings of another. That shared experience drives interpersonal connection, she says. "What makes things better is connection." <http://www.karmatube.org/videos.php?id=4646> **Be The Change:** The next time you find yourself feeling sorry for someone, try to shift your reaction from sympathy to empathy.

In 2002 Thom Bond was a successful environmental engineer, passionate about designing smart buildings that used alternative energy. Then he chanced upon Marshall Rosenberg's landmark book Non-Violent Communication: A Language of Life. "By the time I read Chapter 1, it hit me that I had found what I was looking for...A set of concepts and ideas to be able to move through conflict." Thom realized instinctively that he'd found a new technology -- one that was human-oriented as opposed to building-oriented that would allow for more effective and harmonious use of energy. <http://www.dailygood.org/story/2545/non-violent-communication-a-language-of-life-preeta-bansal/> **Be The Change:** Explore 64 Days of Peace. A free training resource for anyone who is ready to make a personal commitment to learn the principles and concepts of NVC and begin to incorporate them into daily life: <https://www.nvcnvc.org/64days>

Right now life is reduced to the essentials: to caring for loved ones, finding food, getting exercise without being with other people, staying well, celebrating those who help and mourning those who have succumbed to illness. But let's think of this as a realignment rather than a reduction. Lucky for us, being reduced to the essentials gives us the opportunity reconnect with who I am beyond the everyday self. Today I am looking for the poise that connects my day-to-day self with my Deeper Being in order to find a place of rest within. Because, in fact, She is always there, waiting for me to turn in her direction.

<http://www.dailygood.org/story/2553/reduced-or-realigned-patty-de-llosa/> **Be The Change:** We often tell friends in trouble how there are other people in much worse situations, but it is sometimes hard to do it for ourselves. Take a moment to recognize the scale of suffering of people all over the world, and see how you might be able to lighten someone else's burden.

We often think of kindness as something a person has, or doesn't. But kindness, like all actions and skills, can be taught and has to be practiced. The Random acts of Kindness Foundation has a workshop for doing just that! <http://www.dailygood.org/story/2555/random-acts-of-kindness-education-workshops-48-3-4-unknown-yet/>

Be The Change: Wander among the inspiring ideas and learn more about the resources from Random Acts of Kindness Foundation. <http://www.dailygood.org/more.php?n=8524a>

"I was having some downtime in a high place. Having slowed, I could see how much a rushed life had whiplashed my body. When I'm caught in that frame of reference, everything seems whiplashed. Birds fly scattershot and even ants seem indecisive, irritable. The earth grows blurred because I grow blurred. The old rhythms, of course, persist. Things move fast, like larks or light. But none of it rushes." So begins this beautiful meditative piece by John Landretti. <http://www.dailygood.org/more.php?n=8525> **Be The Change:** Slow down and let your presence hold a dialog with silence today. For more inspiration, read "The Gift of Presence and the Perils of Advice", by Parker Palmer. <http://www.dailygood.org/story/2152/the-gift-of-presence-and-the-perils-of-advice-parker-j-palmer/>

"A supreme challenge of human life is reconciling the longing to fulfill ourselves in union, in partnership, in love, with the urgency of fulfilling ourselves according to our own solitary and sovereign laws. Writing at the same time as Hesse, living in exile in the mountains, having barely survived an attack of the deadly Spanish Flu that claimed tens of millions of lives, the polymathic creative force D.H. Lawrence (September 11, 1885-March 2, 1930) took up the question of this divergent longing with great subtlety and splendor of insight in his autobiographically tinted novel 'Aaron's Rod', rooting the plot's climactic relationship resolution in a stunning passage about trees." <http://www.dailygood.org/story/2556/dh-lawrence-on-trees-solitudes-and-what-roots-us-maria-popova/> **Be The Change:** For more inspiration, here's a passage by Herman Hesse, "Trees are Sanctuaries." <https://www.awakin.org/read/view.php?tid=2170>

Venkat Krishnan is the founder of GiveIndia-- an innovative platform that launched in 2000 to catalyze a "giving culture." It was one of the first crowd-sourcing platforms in the world dedicated exclusively to social welfare. Venkat later went on to launch DaanUtsav, an annual festival that takes place each October, and aims to unite people from diverse backgrounds across the country in a celebration of giving. Read more about his unique journey, vision and contributions to the greater good here. <http://www.dailygood.org/story/2557/venkat-krishnan-the-joy-of-giving-awakin-talks-editors/> **Be The Change:** This weekend, tune into an Awakin Talks conversation on 'Impact and Transformation' between Venkat Krishnan and ServiceSpace founder Nipun Mehta. More details and RSVP info here. <https://www.awakin.org/talks/>

6. We Were Made For These Times

Enjoy this short piece about how we can choose to respond to the events that unfold in our lives. Follow this link to read the story... <https://www.awakin.org/read/view.php?tid=2428>

7. Discipline Of Tao

Enjoy this beautiful, short teaching on the discipline of Tao. Follow this link to read the teaching... <https://www.awakin.org/read/view.php?tid=2432>

8. To Be Continually Thrown Out Of The Nest

This is a very interesting passage about the perils of seeking control. We are reminded that life is about challenges and how we handle those challenges. Follow this link to read more... <https://www.awakin.org/read/view.php?tid=2436>

9. Advice From 100 Year-Olds

Reprinted from www.KarmaTube.org.

Three centenarians were asked the secret of their longevity. With simple grace and wisdom they give us an insight into the optimism and humor that sustain them. as they each share what is most important to them. They exemplify the value of listening to and learning from the lessons of one's own life as they remind us to "keep right on to the end of the road". <http://www.karmatube.org/videos.php?id=8560>

10. Empathy vs. Sympathy

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11. Random Acts of Kindness Education Workshops

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We often think of kindness as something a person has, or doesn't. But kindness, like all actions and skills, can be taught and has to be practiced. The Random acts of Kindness Foundation has a workshop for doing just that! <http://www.karmatube.org/videos.php?id=7861>

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.

12. 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).

13. 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>.

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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