

Serving your personal journey toward enlightenment...

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.

In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:.....	2
1. Personal Story of Spiritual Lessons.....	2
2. Poem	4
3. Quote or Question.....	5
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	6
4. Regiena Heringa – Relaxation, Surrender and Unfoldment.....	6
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	8
5. Good News Of The Day	8
6. Mistakes: Results That Show The Truth of Things	10
7. Does The Mind Exist During Our Sleep?.....	10
8. The Central Commitment Of The Creative Life	10
9. The Wisdom Of Uncertainty	11
10. A Pandemic Letter to My 17-Year Old Son	11
11. Breaking Reins.....	11
12. The Church Forests Of Ethiopia	11
13. The Wayfinders – Why Ancient Wisdom Matters In A Modern World.....	12
HEART AND SOUL ADVERTISEMENTS:.....	13
14. Sacred Attention Therapy	13
15. A Course in Miracles Global Community Centre.....	13

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



The Journey of 'S'elf Discovery

In Richard Harvey's 3-stage model of human awakening, the first stage is all about the journey of self-discovery. The 'self' this stage speaks about is the true, authentic self. It is often spelt 'Self' in spiritual teachings, with a capital 'S'. What is this journey of 'S'elf discovery? What does the journey look like? How does one travel on this journey? Where does the journey end? And what does one discover at the end? Who and/or what is this true, authentic 'S'elf?

What is this journey of 'S'elf discovery? The journey of 'S'elf discovery includes a process of shedding early life conditioning. This early life conditioning is poignantly adopted from childhood. Our early years are formative and they can leave an indelible mark on us. This early life conditioning is carried forward into our adolescent and adult years. The result is a contracted adolescence and adulthood. We carry around remnants of our early life conditioning and don't move fully into adolescence or adulthood. We are actually living a 'kid-olescent' and 'kid-ult' existence (kid + adolescent = kid-olescent; kid + adult = kid-ult). The kid-olescent and kid-ult are chronologically mature, but they are not psychologically mature. The result of this 'kid-escent' or 'kid-ult' existence are behaviors, reactions and decisions that are psychologically immature. The kid-olescent and kid-ult allows their early life conditioning to infiltrate their existence and keeps them tied to their early life experiences. Until the kid-olescent and kid-ult sheds their early life experiences, they are subject to a limited life—a life limited by beliefs of who they think they are, what they think the world is, and what they think their place is in the world.

What does the journey look like? The journey of 'S'elf discovery is a lot like 'peeling the layers off an onion.' Our early life experiences result in the building up of layers of protective covering that grew as a result of our sense of danger and a need to protect ourselves from what we thought was going on around us. As each layer of the protective child-hood covering is peeled away, scars are revealed. The sensation can be like ripping a band-aid off a festering sore. Eventually the scars heal, however, until the next layer is peeled away. You may notice, however, that as each layer of the onion is peeled away, the core of the onion becomes a lighter and lighter color. So too is the journey of 'S'elf discovery. As we shed more and more of our childhood conditioning, our story becomes more bathed in light. The brighter the light becomes, the purity of our true, authentic 'S'elf starts to reveal it'S'elf.

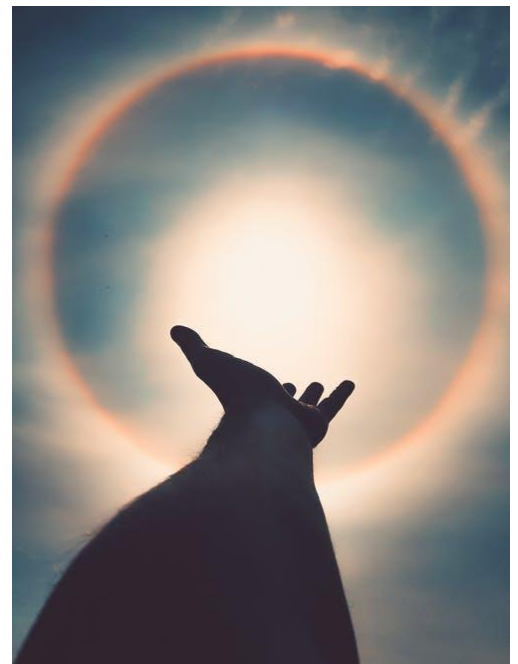


Photo Credit: Pexels.com - Jonas Ferlin

How does one travel on this journey? There is no one way to travel on the journey of 'S'elf discovery. Each one must find his/her way. Most people never find the courage to undertake the journey. But for those that do, there are many decisions to make along the way. Do I go this journey alone? Do I work with someone? Is there a community of people who could support me through the journey? The Way of Sacred Attention teaches there are three pillars of personal and spiritual growth and development: the teacher, the teaching, and the sanga, or spiritual community. The journey of 'S'elf discovery is similar. One can benefit from a teacher (or therapist, or healer), a teaching (a method or modality), and a sanga (a community of people that can support the seeker on their journey).

Where does the journey end? The journey of 'S'elf discover may never end, as we hopefully continue to learn about ourselves our entire embodied lives. However, at a point we realize all the beliefs we held about ourselves, the world, and our place in the world, have changed. We realize we are not the person we thought we once were. We arrive at this point through forgiveness, in the spiritual sense. Forgiveness arises as a practice of letting go of the past with the realization that what we thought happened to us never actually did—it only happened in our mind. It did not happen in truth.

What does one discover at the end? This is a very personal question. Not everyone discovers the same things. But there are some common themes that emerge for those who have shed their early childhood conditioning. Those who have emerged from their early childhood conditioning have done so because they have learned how to forgive. They have risen into the heart space that is filled with love, harmony, compassion, and joy. The tell-tale sign of someone who has shed early childhood conditioning is they have rediscovered a sense of peace in their life. What we may discover at the end is our true, authentic 'S'elf.

Who and/or what is this true, authentic 'S'elf? Our true, authentic 'S'elf is devoid of attachment to anything or anyone. We no longer cling to our story. We no longer find value in the past and all that it meant to us. We jettison our story of early life experiences. We hold on to nothing. We learn to live in the eternal 'now.' While we may plan for the future, we accept whatever happens, not what we may have planned for or wanted to happen. Our relationships are not based on what we need or want from the other person, but what we can share with the other. Our true, authentic 'S'elf learns that in giving we receive and that the only thing worth giving is love. Alas, we realize that the only thing we want to do with love is to give it away. We rest in peace knowing that this love will return to us, because we have given it away.

The journey of 'S'elf discovery is primarily about shedding early life conditioning. The process is analogous to peeling away the layers of an onion. While the process can feel painful at times, the more layers that are removed, the closer we come to our true, authentic 'S'elf. The journey is a personal one, indeed. It can be aided by a teacher, a teaching, and a supportive community. The journey holds the promise of discovery—that we are not the person we thought we once were. Should we journey to the end, through a process of forgiveness, we discover our true, authentic 'S'elf. Our true, authentic 'S'elf no longer holds on to the past, is at peace, and has come to rest in the heart of God.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



Photo Credit: Pexels.com - Kun Fotografi

2. Poem

“I Am”

I am to be found
Within the smallest seed
I lie in sweet repose
In winter's iron ground
I spring forth in dazzling light
In nature I abound.

I am to be found
In a new born baby's cry
An old man's last soft breath
The age's weary eye...
The mystery of death
The heart suffused with pain
The mourners bitter tears.
You do not cry in vain.

I am to be found
In the lover's warm caress
In sunset's molten glow
In twilights sweet redress
In dawns ethereal light
In deepest inky night
Through all your fears and woes
When fate runs you a-ground..
Yes, even in that pit of doom
Still! even there, I'm found.

I am to be found
Within all things I made
Each feathered bird in flight
Each tiny creeping thing
I live within your heart
I'm in the song you sing
I'm everywhere you look
I'm where you cannot see
So rest and be assured
Your soul
Is safe
With
Me.

~ Alison Stormwolf

3. Quote or Question

“Peace is the manifestation of our inseparable oneness with all.”

~ Sri Chinmoy ~

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 – Relaxation, Surrender and Unfoldment

Hello to the dear Family of Light!

Today I would like to talk to you about relaxation: relaxation of the body, of the heart and of the mind.

Pure relaxation is found in the soul of each individual upon our good earth. When you breathe in deeply and let go of tension, you begin to move into the feeling of surrender, of letting go. This does not mean you give up on life! In fact, as you surrender to the peace of your soul, a greater strength and sense of purpose flood your being.

Relaxation and surrender lead you to a marvellous environment of unfoldment. What is this unfoldment?

Imagine that you see a wildflower—a daisy—in front of you. You notice that some of the petals on the flower are only half open and you see that a tiny thread of a spider's web has forced these petals to remain closed. As you gently remove the thread, the flower gradually opens fully, for the petals are now freed. They can unfold and consequently the flower shines in full glory.

What prevents us from complete unfoldment, from revealing our souls to ourselves and to the world?

Our hearts and our minds. Our limited thoughts and our restrained love close us up. We block ourselves and, as a result, we are unable to enjoy the sweet joy and peace that surge up from our divine spirit.



Photo Credit: Pexels.com - Laura Lambden

There is a shortcut to reach this unfoldment and it is an easy one: As you physically and mentally relax, widen your heart and your mind by creating loving thoughts and feeling them. Automatically, you will be led into your inner divine centre. Here you realize how cherished you are as a unique individual.

Play with the vibration of your thoughts and heart. Notice that high, noble, loving thoughts hold an exquisitely clear and calm frequency. Notice how the heart gladly matches this frequency. You create here the perfect environment for the unfoldment of your soul. It is freed. It is revealed to your inner self and to the outer world.

Amidst all the unsettlement in this world, there is a steady flow of perfect frequencies of light available to all who are open and ready to receive them. These are gifts from our guides and star friends to further our understanding and learning. We are simply asked to recognize that all life is one. We are to realize that life is

the unfoldment of this divine essence which we easily touch by relaxing and surrendering to our inner sacredness. Therein lies the unfoldment of the universe and so much more.

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.

"In 1990, I had the opportunity to meet a 106-year-old Buddhist Lama living in a cave in a remote part of Nepal. As I was walking up the highest mountains in the world, I realized that I had a chance to actually ask a question of the old wise man in the cave. As I was walking, I contemplated what I should ask him that would be of benefit, not just for me, but for all of us because most people don't have the opportunity to ask a question of a 106-year-old Lama in a cave. I thought about it really deeply and what came to me was, what can we do to bring healing and protection to the Earth?" Cynthia Jurs, Founder of the Gaia Mandala Global Healing Community, shares more in this interview. <http://www.dailygood.org/story/2562/the-earth-treasure-vase-healing-project-the-gratefulness-team/> **Be The Change:** What action can be within your power to take today, towards healing and protecting the Earth?

"I first met Master Mingtong Gu 8 years ago. A friend had invited me to his studio in Petaluma, CA, for a qigong workshop. Qi (chee) means life-force energy, gong means cultivation. Slow, easy movements. Low risk enough. And evidence-based. I was a doctor of internal medicine, trained to think critically and methodically, cautious of anything that might fall into the realm of "miracles." But I was also desperate. I had suffered for years with complex autoimmune illnesses, including Hashimoto's thyroiditis and chronic fatigue syndrome, the shadow conditions of Western medicine." Cynthia Li shares a stirring first-hand account of her introduction to Qi Gong, and insights into the profound shifts this ancient practice catalyzed in her life. <http://www.dailygood.org/story/2563/what-qi-gong-taught-one-doctor-about-healing-cynthia-li-md/>

"Let me tell you about Don. He's a retired DC firefighter, about to turn 89, living alone in his Maryland apartment. Father of six, grandfather to a tribe, he's an Irishman, and darn proud of it. Around the start of the pandemic, he dropped me a line out of the blue, a reader offering his take on my novel 'Beneath the Same Stars'. Since then, we've struck up a fairly regular email correspondence. We share stories about family escapades, our bad knees, the loved ones we've lost and are losing, the dear ones who take care of us and bring us joy. We banter about politics and public health and books and the best way to cook broccoli." So begins this brief yet potent exploration by Phyllis Cole-Dai on the power of kindness. <http://www.dailygood.org/story/2550/a-bit-of-heaven-phyllis-cole-dai/> **Be The Change:** How have you experienced kindness from another recently? How have you offered it to another?

"It seems like our society is at a low point in terms of how we talk about challenging, controversial topics within our political discourse and even our spiritual reflections. I believe the only way through this polarization is a re-appreciation for silence. Silence has a life of its own. It is not just that which is around words and underneath images and events. It is a being in itself to which we can relate and become intimately familiar." Richard Rohr shares more in this short reflection. <http://www.dailygood.org/story/2564/the-opposite-of-meditation-is-not-action-it-s-reaction-richard-rohr/>

"If love is what we need more of-- and we do --then Sharon Salzberg and bell hooks are two of the most important voices of our time. As a leading teacher of loving-kindness meditation, Sharon Salzberg answers the all-important question: how, precisely, do we bring more love into our lives? As one of America's leading political and cultural critics, bell hooks advocates for the power of love to transform not only our lives, but our society, overturning the culture of domination." More from both of them in this engaging dialog.

<http://www.dailygood.org/more.php?n=8544> **Be The Change:** For more inspiration, read this short passage from Sharon Salzberg on "The Power of Patience." <https://www.awakin.org/read/view.php?tid=977>

"The present pandemic, which in a few short months has wreaked havoc across our world, is most likely caused by an imbalance in the natural world, as loss of habitat and biodiversity is not only driving animals to extinction but directly causing animal viruses to spread to humans. In response our leaders are using the images of conflict: We are at war with Covid 19, we keep hearing; it is an invisible enemy we need to vanquish. But although this virus is disrupting our lives, causing sickness, death, and economic breakdown, it is itself a completely natural phenomenon, a living thing reproducing itself in the way nature intended. Are these images of conflict and conquest appropriate or even helpful? Do they help us to understand and to respond, to bring our world back into balance?" Sufi master Llewellyn Vaughan-Lee shares more on finding balance in an unstable world. <http://www.dailygood.org/story/2569/finding-balance-in-an-unstable-world-llewellyn-vaughan-lee/> **Be The Change:** Try taking each step as if you were on a sacred journey today. For more inspiration read Christina Feldman's short piece, "When My Life is in Danger."

<https://www.awakin.org/read/view.php?tid=2358>

"Social distancing recommendations will remain in place for months to come, and until there's a vaccine, limits on big gatherings will likely continue. For the elderly or those who live alone, the isolation can be particularly grueling. But, people are finding new ways to interact with each other, even under extraordinary circumstances." NPR offers some strategies to connect with others.

<http://www.dailygood.org/more.php?n=8555> **Be The Change:** This week carve out time to connect with another in a new way.

"How do you go about finding your purpose if its not obvious to you? Is it something you develop naturally over the course of a lifetime? Or are there steps you can take to encourage more purpose in your life? Likely both, says Kendall Bronk, a researcher who directs the Adolescent Moral Development Lab at Claremont Graduate University. People can find a sense of purpose organically--or through deliberate exercises and self-reflection. Sometimes, just having someone talk to you about what matters to you makes you think EditSign more intentionally about your life and your purpose, says Bronk." <http://www.dailygood.org/story/2570/seven-ways-to-live-in-the-direction-of-your-purpose-jill-suttie/> **Be The Change:** Take a moment to reflect on the connection between joy and purpose in your life.

"This Brilliant Darkness is a book born of insomnia. It's a collection of snapshots and written profiles by author Jeff Sharlet that take us deep into other people's lives. And by doing that, Sharlet says, he's really trying to tell us his own story. "I originally sort of thought of it as a memoir through other people's lives. It's bookended by two heart attacks, my father's, and then two years later, my own," he says. "I'm a journalist, and my life was sort of falling apart and the only way I knew how to put it together was through stories. So it's a collection of the strangers whose stories I shared, they shared with me in those years between those heart attacks, and attempting to find a narrative together."" NPR shares more. <http://www.dailygood.org/more.php?n=8558> **Be The Change:** What have you learned in the darkness that you could not have learned in the light?

Over the past century, nearly all of Ethiopia's native forests have been cleared for farming and grazing. Now it is up to the Orthodox Churches--who for centuries have safeguarded pockets of primary forest that grow around them--to preserve Ethiopias quickly shrinking biodiversity and teach people how to live with forests.

<http://www.karmatube.org/videos.php?id=8655> **Be The Change:** Check out the Global Oneness Project, a treasure trove of multi-media stories that play a powerful role in education.

<http://www.dailygood.org/more.php?n=8559a>

"All natural things curl, swirl, twist, and flow in patterns like flowing water. Thus we sense something similar in clouds, smoke, streams, the wind-blown waves of sand on the beach, the pattern of branches against the sky, the shape of summer grasses, the markings on rocks, the movement of animals. Even solid bones have lines of flow on their exterior and in their spongy interior. Spiders build their webs, caterpillars their cocoons in water-like spirals. The rings in an exposed log look like a whirlpool. And looking up in the night sky we can see a river of stars.[...]Taiji Quan has been compared to a great river because each posture flows smoothly into the next without break." Kenneth Cohen, shares more in this reflective post on the wisdom of water and how it infuses the ancient practice of Taiji Quan-- and our lives. <http://www.dailygood.org/story/2573/taiji-quan-the-wisdom-of-water-kenneth-cohen/> **Be The Change:** Try moving with the wisdom of water-- mentally and physically-- through your day.

"The rapid acceleration of violent events around the globe: the uprising of religious fundamentalism, xenophobia, homophobia, speciesism, misogyny, societal breakdown, mass animal die-offs, the unparalleled disintegration of the cryosphere, and the rapid decay of our very biosphere; it all weighs heavy on my mind and heart. There is no denying that we are living through what scientists are calling, the 6th Great Extinction Event. These are indeed unprecedented times.[...] The bottom line is that I don't write for comfort. I don't write to make friends. I don't write to preserve the status quo. I write to rattle cages until the locks fall off. I write to demolish old paradigms. I write to give voice to the voiceless: animals, Earth, and the Soul. I write to make hearts bleed with grief, and heal from Self reclamation. I write to shock, anger, irritate, and destroy the ignorance of antiquated belief systems. I write to bring light to the critical conversations that are swept under the rug and spotlight the cracks in our consciousness that have separated us from life."More in this excerpt from Deb Ozarko's book, 'Beyond Hope.' <http://www.dailygood.org/story/2565/beyond-hope-letting-go-of-a-world-in-collapse-deb-ozarko/>

6. Mistakes: Results That Show The Truth of Things

This article shows a wonderful new way of looking at what we call our mistakes. Read the full article at this link... <https://www.awakin.org/read/view.php?tid=2437>

7. Does The Mind Exist During Our Sleep?

Ever wonderful what happens to the mind when you sleep? Enjoy this enlightening article by Annamalai Swami... <https://www.awakin.org/read/view.php?tid=2441>

8. The Central Commitment Of The Creative Life

Enjoy this insightful article by Mary Oliver about the opportunities that await us through creative endeavor...
<https://www.awakin.org/read/view.php?tid=2442>

9. The Wisdom Of Uncertainty

Are you comfortable with the unknown? Do you struggle with uncertainty? Perhaps this article will provide some exquisite insight for your journey... <https://www.awakin.org/read/view.php?tid=2448>

10. A Pandemic Letter to My 17-Year Old Son

Have you written a letter to a loved-one lately? See what this mother wrote to her son...
<http://www.dailygood.org/story/2577/a-pandemic-letter-to-my-17-year-old-son-phyllis-cole-dai/>

11. Breaking Reins

Reprinted from www.KarmaTube.org.

'Breaking Reins' is a 13-minute gem of a film-- cut with precision, and sparkling with the truth of human experience. Epic themes fold into it compactly: Love and loss, grief's stranglehold, Nature's alchemy, and the resurrection of unbridled hope. Directed by a 14-year-old, shot over less than 2 days, and starring a first-time actor who in his day job has worked 1:1 with over 2,000 horses, 'Breaking Reins' is a triumph in unscripted filmmaking, and a testament to the power of community. You won't want to miss this quiet masterpiece from Smooth Feather Youth. See the video here... <http://www.karmatube.org/videos.php?id=8672>

12. The Church Forests Of Ethiopia

Reprinted from www.KarmaTube.org.

Over the past century, nearly all of Ethiopia's native forests have been cleared for farming and grazing. Now it is up to the Orthodox Churches—who for centuries have safeguarded pockets of primary forest that grow around them—to preserve Ethiopia's quickly shrinking biodiversity and teach people how to live with forests. <http://www.karmatube.org/videos.php?id=8655>

13. The Wayfinders – Why Ancient Wisdom Matters In A Modern World

Reprinted from www.KarmaTube.org.

Wade Davis, anthropologist and passionate scholar of indigenous cultures that span the globe, shares the value of learning from these dynamic, living societies, as we face the challenges threatening the earth. He takes us on a journey to "the heart of the world" and asks the question, "What does it actually mean for a people to believe that the earth is resonant and alive and responsive to their desires and that they themselves have a reciprocal obligation to that landscape?" <https://www.karmatube.org/videos.php?id=8620>

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 Zoom or Skype videoconference. 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...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

rmeagher@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

Linked In: ca.linkedin.com/in/robertmeagher

Facebook: www.facebook.com/Servingyourjourney