

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.

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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



Living in Gratitude

I have recently taught myself to live each day like it was my last. This realization became evident throughout this past summer.

Some of you may know that I am an avid cyclist. My outings typically include packing my panier bags with food, water, and clothing (and other cycling supplies) and heading off for a day-long adventure. This past summer, my favorite destination was the hills of the Gatineau Park. The Park offers challenging terrain that regularly hosts triathletes, Olympians, and other competitive athletes. I have come to welcome the challenge in the Gatineau

Park. The pristine roadways that wind their way through unspoiled forest have become a little piece of heaven for me.

Whether it's cycling through the Gatineau Park, or taking a more relaxed cycle on more gentle terrain, I have become acutely aware of just how grateful I am to be able to spend a day on my bicycle. Whether it was a cycle in the Spring, Summer, or Fall, this season I treated each and every cycle like it was my last cycle for the season. I didn't consciously intend to treat each cycle like it was my last one. It just happened. And as each cycling adventure unfolded and came to an end for that day, I became acutely grateful for the blessing of that day.

The practice of treating each cycling day like it was my last, has spilled over into other parts of my life. Now, each day, whether it includes cycling or not, I feel an immense gratitude for the day. It could even be a mundane day, one where everything goes as planned. Sometimes its these days I am the 'most' grateful for.

This attitude of gratitude has allowed me to live in gratitude. And it's not only the 'good' that I'm grateful for. To truly live in gratitude means to welcome it all! Not only am I grateful for what I see as good, but I'm becoming equally grateful for what I see as other than good. This living in gratitude reminds me of the beautiful poem by Rumi, 'The Guest House':



Photo Credit: pexels.com - Pixabay

Spiritual Guidance

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*This being human is a guest house.
Every morning a new arrival.*

*A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.*

*Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.*

*The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.*

*Be grateful for whatever comes.
because each has been sent
as a guide from beyond.*

Welcome gratitude into your life. It can transform you and your life in ways you could never imagine!

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

I Have Passed This Way

I have passed this way
A thousand times
I have walked the winding path
I have reached the sky and the stars
The dreams of all mankind
The past, the present, the future
Where time drifts in and out
The want of love does all surround
The sun, the clouds, the stars
I have danced across the universe
This music filled my soul
On wings of a new tomorrow
Where life is filled with hope
Just close your eyes and dream with me
Of all that is your reality

Anonymous

3. Quote or Question

"Mindfulness is simply being aware of what is happening right now without wishing it were different. Enjoying the pleasant without holding on when it changes (which it will). Being with the unpleasant without fearing it will always be this way (which it won't)."

~ James Baraz ~

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 Smaller The World, The Greater the Heart

Dear Family of Light!

Today I would like to speak to you of restriction and expansion.

Presently, we are observing diverging thoughts, ideas and relationships. It seems as if we are moving away from each other. Yet, through scientific and technological advancement we have increasingly closer links to each other. As the universe expands our world shrinks. The idea of time changes as the idea of time zones seems less important. Space is changing; what we once perceived as empty outer space, we now know to be quite full. What was once enigmatic has become the ordinary.

Although our physical world is becoming smaller, our consciousness and hearts are expanding. We are beginning to realize that life is vibration— frequency and reverberation. No matter the dimension or plane of existence, all vibration has one origin; it is birthed in the very core of the love of the Divine Creator—the Giver of life—the Absolute.

We are not separate from this centre. We are *within* it and we consciously access this core through heightened awareness. When you close your eyes, quiet the mind and sit in stillness, your awareness, focussed within, brings you to a place of peace. Give it space and this peace deepens and joy bubbles forth. Here is the connection to the divine centre wherein expansion is endless.

So we live in an expanded state within and in a restrictive state without. What can we do?

We strengthen the inner divine self so firmly and so powerfully that as it automatically overflows to influence the world around us. We become glowing examples of love, understanding, compassion, gentleness and sharing.

All life is precious and inner life is especially so. One day you break open a small stone to discover crystals inside or you gently brush away autumn leaves to find a tiny, satiny mushroom pushing up and peeping through. Within the tightly closed clam shell is a living body; within the atoms of our body there is light.

We are asked to reclaim our divine heritage. We are asked to let flow our spiritual nature out into the world by thinking and acting with reverence and with loving intelligence. We are asked to realize that our lives are reflections of the sacred love and infinite light of our Creator and all creation.

In divine fellowship,
Regiena



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa has been transmitting spiritual messages for many years. She has written and illustrated *Upon Nature's Path*, a book of gentle wisdom that offers inner reflection through the loving language of nature. Kindly visit www.nextagemission.com to listen to her 10-minute meditations, her quiet musical compositions and read her spiritual texts. Regiena can be reached 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.

Climate change is the undercurrent that drives and shapes our lives in countless ways. Journalist Judith D. Schwartz sees the term as shorthand. It's almost as if people think climate is this phenomenon, determined solely by CO2, as if we could turn a dial up or down," she tells me over the phone. "We are missing so much." In her quest for climate solutions, Schwartz leans into the complexity of natural systems. As she and I talk, I come to imagine our climate as a beautiful series of overlapping Rube Goldberg-style cycles of carbon, water, nutrients, and energy. Those systems have been knocked out of alignment, sure, but as Schwartz sees it, repair is not impossible." { [read more](#) } **Be The Change:** The micro impacts the macro. What steps can you take to restore the functions of whatever ecosystem you call home? <http://www.dailygood.org/story/2583/at-a-tipping-point-towards-healing-the-climate-breanna-draxler/>

"Hot Gravy," is a story of hope and healing, redemption and forgiveness, captures one such moment. It is featured in the "Guiding Rage Into Power (GRIP) Course Book," developed by Jacques Verduin, founder of GRIP, a yearlong program that enables prisoners "to turn the stigma of being a violent offender into a badge of being a non-violent Peacemaker." We invite you to take a few minutes to meet Jacques, Radha, and a "Lifers Group" in San Quentin and share in the power and poignancy of this program --and the human heart." <http://www.dailygood.org/story/2584/hot-gravy-a-story-of-hope-and-healing-jacques-verduin/>

"Shamans, Native Americans, and wisdom teachers all over the world see the earth as a giant, conscious, living being. They say pollution sickens her in the same way cancer spreads slowly through a human body. Debilitated though she may be, our Mother Earth still retains tremendous power to heal. When we physically ground ourselves on her surface we are gifted with her vital energies." In her new book, 'Awakening Body Consciousness,' Patty de Llosa offers a path to many ways of healing ourselves in the fractured world we are now living in. Read an excerpt from her fascinating chapter on grounding here. <http://www.dailygood.org/story/2578/accessing-the-healing-power-of-earth-patty-de-llosa/> **Be The Change:** Experiment this week with your connection to nature. Care for a plant, take off your shoes on beach or grass, cook your meals with your own hands, look up towards the sky more frequently to take in the expansion of the heavens.

"Krista Tippett and Jane Goodall are two pioneering women in their fields. Krista is perhaps best known for her work with On Being, a public radio show and podcast that explores the human experience through spiritual inquiry, science, social healing, community, poetry, and the arts. At twenty-six years old, Jane embarked on a revolutionary sixty-year study of the complex social and family life of wild chimpanzees in Tanzania. By immersing herself in the chimpanzees habitat and lives, she not only discovered that they use tools, but also came to understand them as unique individuals." What follows is a recent conversation between these two women. <http://www.dailygood.org/story/2587/the-shadow-of-humanity-and-the-spirit-of-animals-unknown-yet/> **Be The Change:** What do you believe you are supposed to be doing with your time on this Earth? Take time to reflect on this question together with friends and family.

"The journey from self-hatred to self-love involves learning to meet, accept, and open to the being that you are. This begins with letting yourself have your experience. Genuine self-acceptance is not possible as long as you are resisting, avoiding, judging, or trying to manipulate and control what you experience. Whenever you judge

the experience you're having, you're not letting yourself be as you are. And this puts you at odds with yourself, creating inner division and conflict. The way to free yourself from shame and self-blame is through making friends with your experience, no matter what experience you're having." John Welwood shares how a process of acknowledging, allowing, opening and entering can bring us into our own unconditional presence.

<http://www.johnwelwood.com/practices/UNCONDITIONAL-PRESENCE.pdf> **Be The Change:** Try experimenting with the process Welwood describes. What does it feel like to encounter your own unconditional presence?

"Watching the sun rise over the wetlands, the mist fading, even here in the midst of nature there is the strange stillness of a world in lockdown waiting, wondering, anxiety, and fear its companions. I am writing these words in the time of the great pandemic, when for a few brief months our world slowed down and almost stopped; when as the stillness grew around us there was a moment to hear another song, not one of cars and commerce, but belonging to the seed of a future our hearts need to hear. This song comes from a place where the angels are present, where light is born, where the future is written." Sufi teacher Llewellyn Vaughan-Lee shares more in this timely offering. <https://www.dailygood.org/story/2589/when-the-source-ran-free-a-story-for-our-times-llewellyn-vaughan-lee/> **Be The Change:** Are there any particular stories, myths or parables you find yourself turning to in times of challenge? Make time to share them in some form with others in your life today.

"No one who met her [Vimala Thakar] could fail to be moved. For she was a great spiritually enlightened revolutionary and activist; a notable Indian figure of the 20th Century who boldly forged a radically independent approach to spirituality and the search for truth. Freed from all religious tradition, she brought the timeless wisdom of the East to the modern egalitarian West without the baggage of religious terminology, endeavoring to awaken people through deep rational inquiry. Fiercely independent, beholden only to her own burning passion for liberation, she crisscrossed the world for many years, traveling to 35 countries through the sixties, seventies and eighties, exhorting all who would listen to wake up to what she would term the 'totality of Life.'" Chris Parish shares more in this tribute, that also includes an excerpt from Vimala Thakar's book 'Spirituality and Social Action: A Holistic Approach.' <https://www.dailygood.org/more.php?n=8595> **Be The Change:** For more inspiration, check out "The Essence of Spirituality," another excerpt from Thakar. <https://www.awakin.org/read/view.php?tid=919&op=audio>

"Everyone has a deep story," says Arlie Hochschild. "Our job is to respect and try to understand these stories." Hochschild is one of the most distinguished sociologists of our time. Considered the founder of the "sociology of emotion," she examines some of the most urgent challenges our societies face: work-family balance, shifting gender roles, alienation, globalization, and the ever-widening political divide. Throughout these issues, she studies how we feel about things, what we think we should feel, and why. Why do people choose what they choose? What are the invisible forces behind our actions? What are the emotional costs, if any? And most recently, why does it seem like people vote against their own interests? What follows is an excerpt from her book, "Strangers in Their Own Land: Anger and Mourning on the American Right." <https://www.dailygood.org/story/2591/crossing-the-empathy-wall-in-divided-times-arlie-hochschild/>

Where do business and spirituality meet? How does one use creativity to unite? How might we walk our unique path in solving problems outside and dissolving the ego inside? A weekday brand-consultant, a weekend rock-climber, author during nights and a lifetime seeker of Truth -- Kiran Khalap's journey is a striking example of a life of emergence which defies linear planning. Read more about his journey here. <https://www.dailygood.org/story/2592/kiran-khalap-navigating-business-creativity-and-spirituality-awakin-talks-editors/>

This prophetic conversation, which Rev. angel Kyodo Williams had with Krista in 2018, is an invitation to imagine and nourish the transformative potential of this moment toward human wholeness. Rev. angel is an esteemed Zen priest and the second Black woman recognized as a teacher in the Japanese Zen lineage. She is one of our wisest voices on social evolution and the spiritual aspect of social healing.

<https://www.dailygood.org/story/2593/the-world-is-our-field-of-practice-on-being/> **Be The Change:** What paradoxes do you find yourself navigating at this time?

6. Glory And Terror Of It

Have you ever considered that your actions, words and thoughts affect everyone around you, and even the universe? This article speaks of the 'glory and terror' of such realization...

<https://www.awakin.org/read/view.php?tid=2450>

7. Movie Of Me, Now Playing 24 Hours A Day

This article is a masterful examination of the 'film' we play every day that makes us believe we are an 'I' or 'me' and the other person is 'you', 'he', 'she'. Get ready to be woken up!...

<https://www.awakin.org/read/view.php?tid=2452>

8. A Route Back To Wonder

Have you ever gazed at the clouds in wonder? This beautiful article explores the wonder of gazing at clouds.

Read more at... <https://www.awakin.org/read/view.php?tid=2451>

9. Mark and Doug: The Power of Friendship

Reprinted from www.KarmaTube.org.

Mark Redding survived a devastating traumatic brain injury in an auto accident when he was in his early 20s. Almost 30 years later, Mark met Doug Kline through the PALS (Providing a Link for Survivors) program at Brain Injury Services, a program that enables clients and community volunteers to connect in a mutually enriching friendship to build skills and combat isolation through community integration. The two became instant "bros." In this video, Doug reflects on the beautiful friendship they shared together for 6 years.

<https://www.karmatube.org/videos.php?id=8489>

10. Of A Different Yarn

Reprinted from www.KarmaTube.org.

Kelly Lim, a crochet artist from Singapore, takes the traditional craft with hook and yarn to new heights. Having learned to crochet when she was seven years old, her art extends from her Creatures, a series of soft sculptures, to large scale installations which add unexpected visual impact to urban spaces. Landscapes, which she launched in 2019, explores textures from nature. A visit to Japan inspired her to make art that people can touch. With the goal to change people's perspective on art, realizing that art is not only seen in galleries, she asserts that, "Every piece of work has a bit of my soul in it."

<http://www.karmatube.org/videos.php?id=7827>

11. How To Be At Home

Reprinted from www.KarmaTube.org.

This tender animation on the theme of isolation reunites filmmaker Andrea Dorfman with poet Tanya Davis ten years after their first collaboration on the viral film "How To Be Alone." "How To Be At Home" speaks to what so many of us are going through these days with quarantines, lock-downs and stay-at-home orders. "Lean into loneliness—and know you're not alone in it." And remember: we are connected. <https://www.karmatube.org/videos.php?id=8743>

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 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).

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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