

Spiritual Guidance

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

Let Life Take You Along For The Ride

I recently decided to start a business. The business will officially launch in November 2020. From the moment the seed of this idea was planted, it took off and developed a life of its own. I decided to let it take me along for the journey.

There were numerous factors that influenced my decision to start this business; no one of them more important than the other. It was the combination of all the factors that finally made me decide to flip the switch and make it happen.

Once the decision was made to start the business, and the wheels were set in motion, all my efforts fell into place and everything went quite smoothly. The initiative took on a life of its own.

From the onset I decided to go along for the ride. I became increasingly curious where this was going to lead me. I still don't know where it's going to lead me. As of the time of this article's writing, the business has not even launched yet. But with great curiosity I am consciously deciding to go along for the ride to see where it takes me.

I smile when I think about the mystery of life and how we can never know what's going to show up next. If you had told me six months ago that I would be starting a business, I may have thought you were crazy. I had no idea this was coming. It was not something I planned for. It just happened.

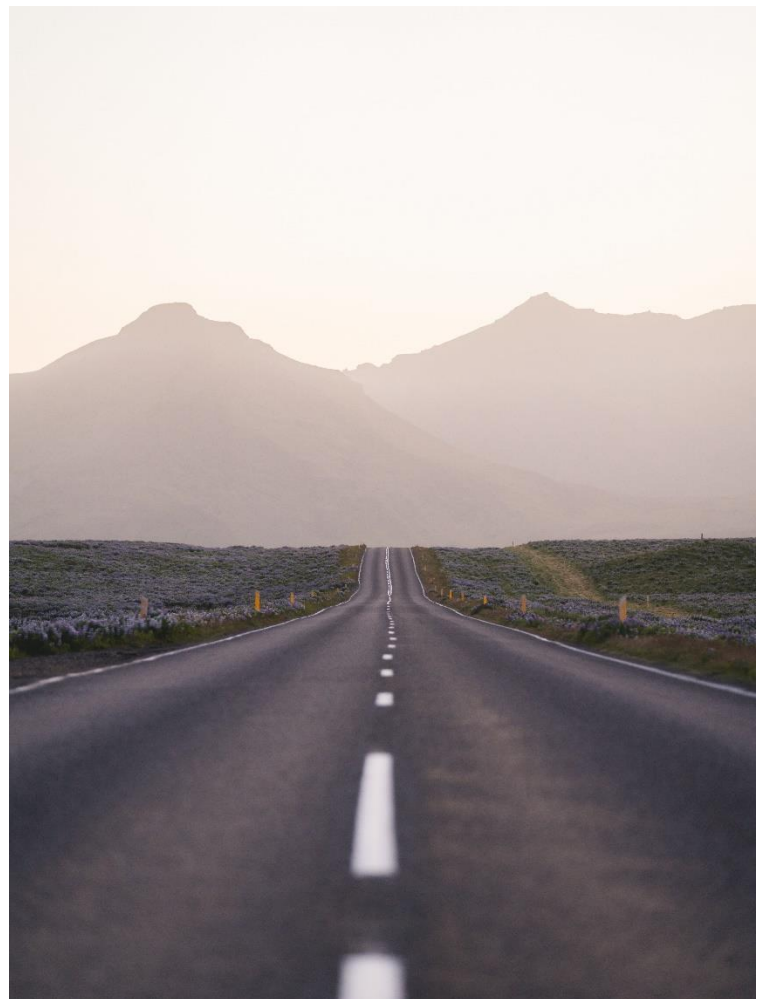


Photo Credit: pexels.com - Matt Hardy

Alas...we can't plan for life. We may think we can, but life just happens. There is a wonderful saying... 'We plan and God laughs!' Yes, God laughs indeed at the folly of our misguided belief we can plan for what happens in our life. There's nothing wrong with planning, per se. Planning can be a very good thing. Take a grocery list, for example. It can be very helpful to have a grocery list so that when you arrive at the grocery store, you remember what you are supposed to pick up.

Planning is not a bad thing. But let us be aware what planning is all about. Planning is an attempt to control our fears over what would happen if we didn't plan! In other words, we plan because we are afraid of what would

happen if we didn't! Most of us are not aware of why we plan. Most of us are afraid of what would happen if we didn't plan. Those that are aware of the reason they plan, can accept when plans don't go exactly 'as planned' or when something pops up out of left field.

Those that can let life take them along for the ride are not immune to planning. But what these people can do is make adjustments to their life when their so-called plans don't work out.



In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

If You Want What Visible Reality...

If you want what visible reality
can give, you're an employee.

If you want the unseen world,
you're not living your truth.

Both wishes are foolish,
but you'll be forgiven for forgetting
that what you really want is
love's confusing joy.

Jelaluddin Rumi

3. Quote or Question

"I see my path, but I don't know where it leads. Not knowing where I'm going is what inspires me to travel it."

~ Rosalia de Castro ~

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 – Our Energy Imprints

Hello to the Family of Light!

Today I would like to talk about our energy imprints.

When we enter a room or a garden, in fact any space in our physical world, we bring with us our energy. When we leave this space, we also leave behind an energy imprint of ourselves that others with heightened awareness can sense.

These energy impressions that remain in the air have various densities: distorted energy patterns create dull, low vibrations; harmonious energies create elegant, high vibrations.

At this time upon our planet it may seem that some energy imprints left by others are heavy. We are continually being asked by our star friends to focus on energy imprints of pure light. These have increased steadily since the beginning of planetary life. These imprints stimulate the light within us and remind us that we are created from light. Each time we create a thought based on love we are: 1) intensifying our divine light 2) leaving an energy imprint to encourage others and 3) linking into the fundamental energy imprints of light that have been upon and within our earth since its very creation.

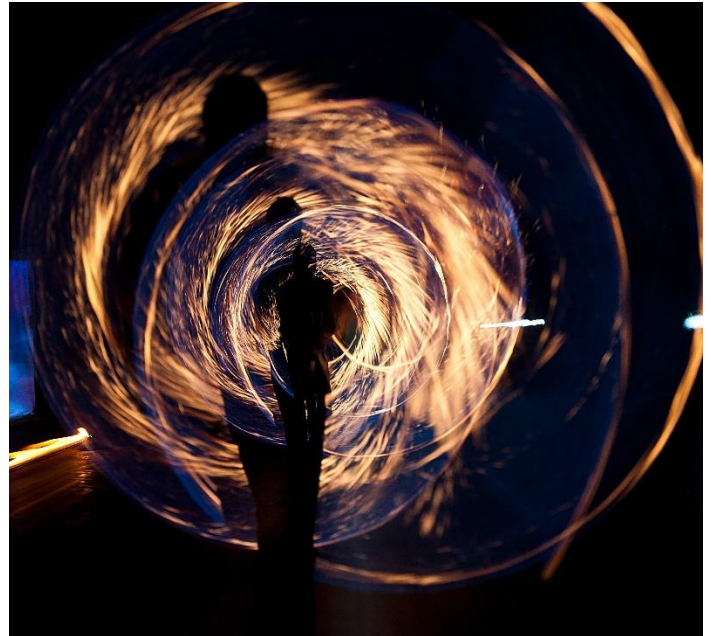


Photo Credit: pexels.com - Pixabay

The elegant, loving and intelligent energy imprints of light were here on our planet before the imprints of distortion. They will always be here for they are the harmonious basis for the material construction of our world—be it plant, animal, human, or other. Light is our home. As we grow in spiritual understanding, we realize that the energy imprints of distortion are not native to Planet Earth. They will eventually dissipate.

We are asked by the celestial realms and by our extraterrestrial friends to return to our fundamental energy imprint of light, of Love. Rooted here, we lead lives of example and encouragement. How do we do this?

We consciously choose and create different thought and actions. We consciously choose to change our patterns of living so that we are continually mindful of what energy imprints we bring in and leave behind when we leave a person, a room, a garden, a pet. We ensure that what we think and how we act towards ourselves and towards all life create energy imprints of exquisite, sacred vibration.



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 this op-ed, eco-philosopher and Buddhist scholar Joanna Macy introduces us to the bardo--the Tibetan Buddhist concept of a gap between worlds where transition is possible. As the pandemic reveals ongoing collapse and holds a mirror to our collective ills, she writes, we have the opportunity to step into a space of reimagining." <https://www.dailygood.org/story/2595/joanna-macy-entering-the-bardo-joanna-macy/>

"How many of you know how to watch television?" I asked my class one day. After a few bewildered and silent moments, slowly, one by one, everyone haltingly raised their hands. We soon acknowledged that we were all 'experts,' as Harold Garfinkle would say, in the practice of 'watching television.'" This short excerpt by Bernard McGrane provides a profound thought experiment that can help us "wake up" to what might be really going on when we turn on the television. <https://www.dailygood.org/story/1759/zen-tv-bernard-mcgrane/> **Be The Change:** Practice McGrane's experiment when you find yourself in front of the television screen this week.

"I'd like to explore the essential place of compassion in our lives in a very simple way. As human beings we have a conscious awareness that is open to what is. Our very nature is openness. On a feeling level this openness shows up as sensitivity, tenderness, rawness, as an exquisite receptivity and responsiveness. As a consequence of this delicacy, we are also easily hurt. Its like the softness of our skin--which is easily bruised, yet allows us to experience a wide range of subtle textures and temperatures." John Welwood shares more in this short essay on self compassion. <http://www.johnwelwood.com/practices/self-compassion-rv.pdf> **Be The Change:** This week try meeting your pain with compassion. Notice if something shifts when you make room for what is-- to simply be.

"It's a fundamental fact of human life that we want our lives to be under control -- we develop plans, goals, routines, systems, tools, schedules, structure to our lives. But while developing some structure is a very helpful thing for most of us ... the truth is, there's so much that we don't control. Life is chaotic, out of control, shaky. It's what Pema Chodron calls "groundlessness" -- the feeling of no solid ground under our feet." Leo Babauta shares more in this post. <https://www.dailygood.org/story/2600/embracing-groundlessness-when-everything-seems-out-of-control-leo-babauta/> **Be The Change:** What is your relationship to groundlessness? How might you take a fledging step towards embracing it more fully today? Check out this excerpt from Pema Chodron for more inspiration: "To Be Continually Thrown Out of the Nest."

"According to a recent survey, if you're a democrat, theres a 60 percent chance that you view the Republican Party as a threat to the United States, and a 40 percent chance that you regard it as "downright evil." If you're a republican, the same odds apply to your perceptions of the Democratic Party. These are telling statistics, a warning that we've lit a fire under our divisive tribal tendencies and put our democracy at risk. More than that, weve put all future generations at risk by failing to come together to address our critical social, economic, and environmental challenges. 'Difficult Conversations' offers a framework for finding common ground and healing our divide. It does this by offering a new set of 'survival' strategies" that counter the instinctual fight, flee, or freeze survival drive reaction that difficult conversations often trigger." Author Kerne Beare shares more about the three key strategies here. <https://www.dailygood.org/story/2604/difficult-conversations-the-art-and-science-of-working-together-kern-beare/>

How would you live every day as if it were your last? Go skydiving? Attempt to ride a bull for 2.7 seconds? Kathleen Taylor has spent over 20 years as a counselor and community engagement facilitator for the dying and has found that in the last chapter of their lives, most people become their authentic selves. They become courageous - they change their minds, apologize, forgive... they find joy in the smallest moments. In this TEDx talk, Taylor urges us not to wait until we are at the end of our lives to find our true selves.

<https://www.dailygood.org/story/2607/rethinking-the-bucket-list-ted-com/> **Be The Change:** For further reflection, here is Bronnie Ware's thought-provoking piece, "Top Five Regrets of the Dying" <https://www.dailygood.org/view.php?sid=188>

As a professional dancer in the wake of a devastating back injury Judith Blackstone found herself lying on the ground in a state of prayerful grief, and desperation. It was then that, by releasing her weight to the ground, she discovered subtle currents of energy could be felt arising from the floor, moving her body organically towards balance. Since childhood she had been aware of a numinous presence in the world. Now she was beginning to feel it within her. In the decades that followed she dove deeply into various ancient spiritual traditions and contemporary mind-body therapies. The Realization Process that evolved organically out of her explorations, was a response to her own crisis of healing and the varied needs of her students. "The body is both the arena of psychological defense and the arena of spiritual awakening. So in the Realization Process, we regard psychological maturity and spiritual awakening as one and the same process. They both involve freeing the body of the defensive holding patterns and attuning to the most subtle, primary level of being." Judith shares more about this ground of being and her own healing journey and lifework here.

<https://www.dailygood.org/story/2608/trauma-and-the-healing-power-of-fundamental-consciousness-judith-blackstone/>

"Dr. Sharon Blackie is a renowned writer and teacher whose work weaves together psychology, mythology, and ecology to reveal how our cultural myths have led us to the individual and collective social and environmental problems we face today and how reconnection with our more ancient mythology would better serve our relationship with the Earth, our souls, and the cosmos. The central premise of her work is that the old myths, stories, and philosophies of the West show us the way back to a world in which everything is not only alive, but has purpose and intentionality of its own." She shares more about her book, "If Women Rose Rooted," in this fascinating interview. <https://www.dailygood.org/story/2609/stories-to-tend-the-soul-of-the-world-moon-magazine/> **Be The Change:** Do you have a cherished story in your culture or family that connects you to the soul of the world? If yes, make sure to share it with others today. If not, consider making your way into the world to find one.

"This bright red coat warms me in winter not only because of what it's made from but also because of what it's covered with: hundreds of signatures, all scribbled in black or silver ink. Last time I counted, people had signed my coat in at least eight languages besides English, from Arabic to Hindi to Dakota to Chinese. Most of the signers have been complete strangers to me. What they've had in common is a hunger to belong. A desire for community." Read the inspiring story of Phyllis Cole-Dai's 'signature red coat' here.

<https://www.dailygood.org/story/2617/i-am-one-of-everybody-phyllis-cole-dai/> **Be The Change:** Send a note of appreciation to Phyllis here. And if you'd like your name inscribed on her coat, let her know! <https://www.dailygood.org/?pg=contact&mid=224036>

6. Substituting One Cruelty For Another

This is a beautiful article about being present. It is about learning to respond instead of react. Here is a beautiful quote from the article, "Meister Eckhart says, "It is not by your actions that you will be [awakened] but by

your being. It is not by what you do, but by what you are that you will be judged". Read more at <https://www.awakin.org/read/view.php?tid=2445>.

7. Now I Become Myself

Enjoy this beautiful poem from Mat Sarton about becoming our true Self. <https://www.awakin.org/read/view.php?tid=2438>

8. The Game Is To Be Where You Are

This sublime article by Ram Dass invites an awareness of who we are and how to be in this world. Read more at <https://www.awakin.org/read/view.php?tid=2461>

9. Trail of Light

Reprinted from www.KarmaTube.org.

This beautifully moving film features Aralyn Doiron, a delightful woman who has trained to be a Death Walker, someone who values a relationship with death and someone who values life. She suggests that it is only when we acknowledge that we are going to die one day, that we can truly start to live. The fact that many of us are separated from death is a disconnect from our humanity. She encourages having normal conversations about death, something we don't usually talk about, bringing death more into our lives in an enlivening way. Death teaches us about impermanence and about valuing what we have in the moment.

<https://www.karmatube.org/videos.php?id=8662>

10. Medicine Man

Reprinted from www.KarmaTube.org.

Jafta and Katriena are not people who take pills - they prefer to rely on nature's medicine. Even when he was a young boy, Jafta would visit the mountains to collect healing herbs. Now aged 84, he still cycles out to the mountains to hunt for herbs. He doesn't sell these herbs, but shares with those around him when they are ill. He gives from the heart, not expecting anything in return. It is his calling.

<https://www.karmatube.org/videos.php?id=8663>

11. Charlie Chaplin: Let Us Free The World

Reprinted from www.KarmaTube.org.

Some call it the greatest speech ever made. This remix puts Charlie Chaplin's climactic address from "The Great Dictator" (1940) into present-day context, showing how the spirit of liberty, brotherhood, and equality that defeated fascism seven decades ago must be urgently reclaimed.

<https://www.karmatube.org/videos.php?id=2739>

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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