

# 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](mailto:rmeagher@servingyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### A Mantra for Positivity

Much has been said and written about the power of positive thinking. Indeed, science and spirituality have had much to say about how positive thinking can improve our health and well-being.

Take Masaru Emoto's ground-breaking book "The Hidden Messages in Water." Emoto examined how the molecules of water are affected by our thoughts, words, and feelings. The findings were remarkable and led the way for a whole science behind the power of positive thinking. In summary, Emoto found that when we are filled with positive thoughts, when we express positive words, and when we feel positive feelings, the crystalline structures of water molecules were beautifully formed. As opposed to when we are filled with negative thoughts, express negative words, and when we feel negative feelings, the crystalline structures of water molecules were deformed and often collapsed.

Emoto's findings were significant, in part, because of the science behind the water content of the body. Data varies, but it is generally thought that the body is made up of 60% water, with the brain and the lungs comprising upwards to 80% water. If positive thoughts, words and feelings can affect the crystalline structure of water molecules, then positive thoughts, words and feelings can surely affect the cellular structure of the human body. Therefore, Emoto's research showed that positive thoughts, words and feelings can affect our overall health and well-being.



Photo Credit: [pexels.com](https://www.pexels.com) - Ego Kamelev

Spirituality also has much to contribute to the science of positive thinking. Most any spiritual teaching I have studied incorporates teachings about positive thinking, words and actions. These positive thoughts, words and actions nurture the soul and move us collectively toward enlightenment. Any spiritual practice I have engaged in has had the effect of improving my overall health and outlook on life—from meditation to yoga, a positive mindset offers remarkable life-giving and healing energy.

It may be too easy, for some, to accept the fact that we simply need to choose positive thoughts, choose to express positive words, or choose to feel positive feelings. For some, practicing positivity through various tools and techniques is a helpful way to build our positivity muscle and capacity, and allow positivity to be our life force. I am one of those people. The more I practice positivity through tools and techniques, the more positivity becomes engrained in my DNA, my psyche, and my way of being.

I recently started a new business and, at times, struggled with keeping my thoughts positive about the endeavor. I could easily think all kinds of reasons why I shouldn't go ahead with the adventure. I remember one day, in the midst of 'start up' efforts, I decided to focus my attention on why I should proceed with my business venture, instead of why I should not. On the same day I decided to focus my attention on positive

thoughts about starting the business, a passage came into my life that I now use as a daily mantra for positivity. I want to share it with you. The passage comes from A Course in Miracles and is stated as follows:

*I will use the power of my will today. It is not my will to grope about in darkness, fearful of shadows and afraid of things unseen and unreal. Light shall be my guide today. I will follow it where it leads me, and I will look only on what it shows me. This day I will experience the peace of true perception.*

As with the above mantra, positive thoughts help us to dispel our fears. Positive thoughts allow us to walk through life guided by a life force that is imbued with light and love. When we allow the light of positivity to expand outwards, the world around us transforms. Anything is possible. Everything is beautiful. All is love.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



Photo Credit: pexels.com - Jill Wellington

## 2. Poem

### In Gratitude to You

My whole being pulsates  
with the fire of desire  
for our everlasting union.

My very breath is but Yours.  
My heart is a limitless beacon  
of Your Love.

My Spirit, being Yours, is the light of the world.  
My eyes but radiate and reflect  
our Perfect Love.

My very essence vibrates with You as the  
harmony of music not yet heard.

My vision is but Your Love  
flowing through me,  
seeing only its own reflection.

My only fulfillment is following Your  
Directions and Guidance.

My voice, being Yours, can only bless.  
My prayer is but an eternal song of gratitude,  
That you are in me, and I am in You,  
And that I live in Your Grace forever.

Gerald G. Jampolsky

## 3. Quote or Question

*"I believe that although the religions of the world are apples and oranges and are more different than they are alike, still there is a quality of 'fruitfulness' that characterizes them all and out of which a 'common ground' for shared conversation can be established."*

~ Dr. Paul Knitter ~

## 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 – Light and Radiance

Hello to the Family of Light!

Imagine that from the centre of your heart, you create a path of gold light which extends outwards into the world and beyond into space, and from there into other dimensions and planes of existence. Imagine now that you are simultaneously creating a path of gold light from your heart inwards, inside your body. Pay close attention to your emotions and your mind. Keep your emotional body steady in love and your mind calm and quiet.

Concentrate now inwardly. Feel your body glowing in this golden light, your heart filled with gratitude and your personal mind detached so that you promote an awareness which goes beyond your immediate self.

Your intelligent and loving heart becomes the balance between the golden path of light that flows outwards and the golden path that flows inwards.

The quality and impact of your radiance to the outside world is dependent on the purity and power of your inner radiance. This inner radiance is your soul speaking. It says, "Behold, the world stands ready to receive your spiritual outpouring for the transformation of your earth. All life will be returned to its original form of beauty and fullness."

Kindly do not underestimate the power you hold to elevate our world. Our very atmosphere is charged with gleaming energies of pure, divine frequencies. These enter and expand the consciousness of those on earth who, through their own free will, are ready to receive them. We know that our inner spiritual light is being magnified. When we acknowledge this, we express our willingness to open our minds and hearts to learn, to grow in understanding, to expand and to love more. In quiet moments we are lead to this inner guidance which show us how our gifts, talents and interests are of service to humankind.



The Light inside us will be revealed, gradually or more rapidly. It depends on us.

We are encouraged to surrender joyously to this inner light and to strengthen it. Here it flows out effortlessly to create pathways of golden light for others to recognize and to combine with their own.

Through this continual increase of light and radiance we restructure our world and enjoy lives of sharing and fulfillment.



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](http://www.nextagemission.com) to listen to her 10-minute meditations, her quiet musical compositions and read her spiritual texts. Regiena can be reached at [regiena.heringa@gmail.com](mailto:regiena.heringa@gmail.com).

## 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).*

"Look, you might as well know, this thing is going to take endless repair: rubber bands, crazy glue, tapioca, the square of the hypotenuse. Nineteenth century novels. Heartstrings, sunrise: all of these are useful. Also, feathers. To keep it humming, sometimes you have to stand on an incline, where everything looks possible; on the line you drew yourself." Barbara Kingsolver shares more in this beautiful excerpt from her 2008 Commencement speech at Duke University, "How to Be Hopeful." <https://www.dailygood.org/story/2622/hope-an-owner-s-manual-barbara-kingsolver/> **Be The Change:** For more inspiration read this excerpt from Martin Luther King Jr's Nobel Prize acceptance speech: "We Shall Overcome." <https://www.awakin.org/read/view.php?tid=261>

"In our daily lives, there are endless forms of uncertainty far more things we cannot know than know. Objectively, this could be cause for great delight, wonder, and surrender. We could be relieved and appreciative that we do not have to perpetually hold onto the steering wheel, captain the ship, drive our lives. There is much to discover that can surprise us, so much to which we can gratefully yield, so much permission to let go of our need to know or control what will happen. And yet when we experience the presence of true uncertainty in our lives, it can be rattling. It goes against the conditioning most of us have internalized that not knowing is threatening that it must be hidden or overridden, solved or resolved, as quickly as possible." Kristi Nelson shares more in this piece that resonates richly with our times. <https://www.dailygood.org/story/2324/deepening-our-comfort-with-uncertainty-kristi-nelson/>

"Compassion literally means to suffer together. Among emotion researchers, it is defined as the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering." We are living in a time where a deep understanding of, and value for, compassion is more critical than ever. More from Dachner Keltner on the evolutionary roots of compassion here. <https://www.dailygood.org/story/2625/what-is-compassion-greater-good-magazine/> **Be The Change:** Experiment with trying to look for the basis of shared humanity in every single one of your interactions this week. Notice how this orientation affects you, and perhaps others.

"On awakening, bless this day, for it is already full of unseen good which your blessings will call forth, for to bless is to acknowledge the unlimited good that is embedded in the very texture of the universe and awaiting each and all." Pierre Pradervand is the author of 'The Gentle Art of Blessing: A Simple Practice That Will Transform You and Your World.' He posits that making the conscious choice to bless every person or being in your life can truly make a world of difference. More here. <https://www.dailygood.org/more.php?n=8651> **Be The Change:** Practice the gentle art of blessing this week (or this year, or this lifetime!) For more inspiration check out this Awakin Call with Pradervand. <https://www.awakin.org/calls/238/pierre-pradervand/>

"As I walked into the parking lot, I spotted the woman returning her shopping cart, and I remembered something in my purse that could help her in a different but hopefully profound way. It wasn't a handful of cash or a lead on a job for her husband, but maybe -- just maybe -- it would make her life better. My heart pounded as I approached the woman. "Excuse me," I said, my voice trembling a bit. "I couldn't help overhearing what you said to the cashier. It sounds like you're going through a really hard time right now. I'm so sorry. I'd like to give you something." And I handed her a business-sized card. When the woman read the card's only two

words, she began to cry. And through her tears, she said, "You have no idea how much this means to me." Cheryl Rice shares more in this piece about the two simple words that touched her life and then rippled out to touch many others. <https://www.dailygood.org/story/1420/two-words-that-can-change-a-life-cheryl-rice/> **Be The Change:** Today, take time to share a few kind words with someone. You never know just how much they might need it. You can learn more about Cheryl Rice's movement here. <https://youmattermarathon.com/>

Since 2014, Backalley Barbers has been offering free haircuts in Geylang, Singapore, for impoverished persons in nursing homes, migrant worker shelters, and rental communities. Young volunteers learn basic hair cutting skills from professionals, and then offer these skills to community members who cannot afford a haircut. The conversations that take place in the process lead to lasting friendships and many shared experiences, building community, one haircut at a time. <https://www.karmatube.org/videos.php?id=8661>. **Be The Change** What basic needs exist in your community that you can impact in a positive way, especially if you join forces with others?

"A bower of roses creates a special kind of sacred space, filled with a scent that can connect us to the past. Whether freshly cut and placed in a crystal vase with winter greens, or tumbling out of an old watering can, dried for a Victorian potpourri or the center of an herb filled tussie mussie, the rose connects us to our inner selves, to memories of another time, another place, as past and present merge. A dried pressed rose petal, falling out of a precious book, means someone was once deeply loved. Throughout the ages the rose has symbolized love, life, sexuality and passion, death, the sun, the moon, the heart, the soul, perfection itself. Hafiz, a Sufi poet, calls it the "heart enchanting flower." Lucia Bettler shares more in this lovely meditation on the rose. <https://www.dailygood.org/story/2627/the-soul-of-the-rose-lucia-ferrara-bettler/> **Be The Change:** Is there any particular kind of flower that holds a special place in your heart? What does it evoke for you?

"Dr. Elaine Aron is a clinical depth psychologist and the author of the seminal 1997 book *The Highly Sensitive Person: How to Thrive When the World Overwhelms You*. With Sounds True, she has published *The Highly Sensitive Person's Complete Learning Program: Essential Insights and Tools for Navigating Your Work, Relationships, and Life*. In this episode of *Insights at the Edge*, Tami Simon speaks with Dr. Aron about what it means to be a highly sensitive person and recent research into the phenomenon. They consider whether the trait is genetic or adaptive, as well as the various ways sensitive behaviors manifest in day-to-day life. They also discuss how best to approach romantic relationships with highly sensitive people and the possible social advantages of sensitivity. Finally, Dr. Aron shares the connection between extreme sensitivity and intuition, as well as attitudes necessary for embracing the entirety of your unique, sensitive self." <https://www.dailygood.org/story/2629/are-you-a-highly-sensitive-person-tami-simon/> **Be The Change:** Learn more about Elaine Aron's work here. <https://hsperson.com/>

Fabiana Fondevila is a storyteller, activist and teacher from Argentina. Her upcoming book, *'Where Wonder Lives'* invites readers on a unique journey through inner landscapes, kindling fresh awareness of life's mysteries. In the following excerpt she delves into humanity's age old search for meaning through two seemingly contradictory, yet deeply complementary paths. <https://www.dailygood.org/story/2630/where-wonder-lives-practices-for-cultivating-the-sacred-in-your-daily-life-fabiana-fondevila/>

"Most of us tend to think of time as linear, absolute and constantly "running out" -- but is that really true? However much time feels like something that flows in one direction, some scientists beg to differ." Read on to learn more about what we know and don't know about the nature of time, and how our perception of it influences our lives. <https://www.dailygood.org/more.php?n=8671> **Be The Change:** Is there anything you aspire to shift in your own relationship to time? Think of three small steps you can take in that direction this week, and put them into action.



A presentation, in the inimitable style of spoken word artist Prince Ea, of where humanity stands today and how we must all work together to make it to the fourth second. This film won first prize in the short film category of the Film4Climate initiative in 2016. Can we come together to create a tidal wave of change?

<https://www.karmatube.org/videos.php?id=8761> **Be The Change:** How can you join this global call to action for climate change? Start by sharing films like this one with your family, friends, and local community. And share your own personal stories of change.

"Before me lies a slope of wild grasses, saturated in the copper light of early autumn. Insects dabble in wild asters and Queen Anne's lace, and animal trails wind through the dense greenery. But just where the terrain should plunge steeply through a woodland of maple, beech, cherry, and ash trees, it flattens out like a gigantic tennis court or helicopter landing pad. What just a few weeks earlier and for many thousands of years before had been a hillside in rural northeastern Pennsylvania has been sliced in half by a five--acre concrete slab. It is, in fact, the site of a new gas pad." Trebbe Johnson shares more in this essay on giving thanks to wounded places. <https://www.dailygood.org/more.php?n=8674> **Be The Change:** Give gratitude for a wounded place in your own life and landscape today.

## 6. How Caterpillar Turns Into A Butterfly

This is a wonderfully-refreshing analogy of what happens for a caterpillar to turn into a butterfly. To be uplifted, read more at... <https://www.awakin.org/read/view.php?tid=2462>

## 7. The Three Narratives

This interesting article presents three narratives, or stories, that are unfolding in our lives. Read more at... <https://www.awakin.org/read/view.php?tid=2443>

## 8. Half A Pomegranite

This is a beautiful story about the Buddha and his disciples. The teaching is about our gratitude for the gifts that others offer us. Read more at... <https://www.awakin.org/read/view.php?tid=2465>

## 9. Time Confetti And The Broken Promise of Leisure

"Technology saves us time, but it also takes it away."...is one of the spirited insights from this thought-provoking article by Ashley Whillans. Have you ever heard of the term 'time confetti' and its impact on our health and well-being? Read more about time confetti here... <https://www.awakin.org/read/view.php?tid=2467>

## 10. Friendships Shaped By A Pair of Scissors

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

Since 2014, Backalley Barbers has been offering free haircuts in Geylang, Singapore, for impoverished persons in nursing homes, migrant worker shelters, and rental communities. Young volunteers learn basic hair cutting skills from professionals, and then offer these skills to community members who cannot afford a haircut. The conversations that take place in the process lead to lasting friendships and many shared experiences, building community, one haircut at a time. <https://www.karmatube.org/videos.php?id=8661>

## 11. The Honorable Harvest

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

We humans are members of the Universe who must take life in order to live our own lives. How do we learn to honor and respect the countless lives that sustain us? We can begin with please and thank you. Listen as Robin Wall Kimmerer gently shares the wisdom of the honorable harvest.

<https://www.karmatube.org/videos.php?id=8596>

## 12. Three Seconds

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

A presentation, in the inimitable style of spoken word artist Prince Ea, of where humanity stands today and how we must all work together to make it to the fourth second. This film won first prize in the short film category of the Film4Climate initiative in 2016. Can we come together to create a tidal wave of change?

<https://www.karmatube.org/videos.php?id=8761>

## 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 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](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...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

### **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

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