

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



Do Something About It, Or Let It Go!

There is a beautiful wisdom saying... "The hardest decisions we will ever have to make in our lives is whether to stay, or to go."

I recently launched an online business. This great adventure gave me the opportunity to explore various ways of advertising my products online. One of the ways that was presented to me was through Google. Google will gladly advertise and promote your products online, so long as you comply with their merchant policies.

Shortly after signing up for Google to advertise and promote my products online, I was informed by Google that my merchant account had been suspended because my products did not comply with their policies. I was informed that my website was misrepresenting my products, but I was not provided with any further detail as to what this misrepresentation was. Therefore, I had no idea how to correct the problem, even if I could.

I spent a few days trying to communicate with Google about the issue, asking for clarification about my account's suspension. But Google did not respond to any of my communication.

So...I was left with a choice: (a) do I do something about this, and take on Google? or (b) do I let this go?

A part of me wanted to take on Google. A part of me was offended at the suggestion (or accusation) that I was misrepresenting my products. I take great pride in the products I sell and I took great care in how the products were described and presented on my website. For someone to suggest I was misrepresenting my products really took me by surprise. And I was frustrated that Google had made a decision to suspend my account without any warning and/or suggestions on how to make any necessary changes in order to comply.

After a few days, I asked myself... "What is really important here? What do I want out of all this?" Surely, it wasn't to prove Google wrong and have them reverse their decision. What was really important to me in this situation, as it is in any situation that involves my perception of conflict, was to have peace.

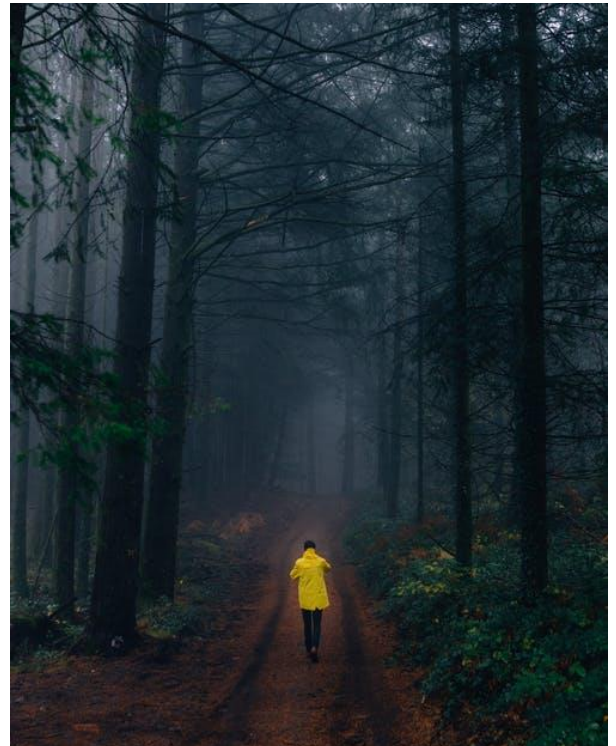


Photo Credit: pexels.com - Louis

Could I have peace by taking on Google and having them reverse their decision? I decided that wasn't where my peace was. Therefore, I chose to walk away.

The key in walking away from any situation is whether or not to truly let it go. Walking away from something but continuing to gripe and grovel about the issue, is not letting it go. Letting go involves surrender and forgiveness. Any situation we choose to walk away from gifts us with an opportunity for practicing surrender and forgiveness.

I will likely be tested in my surrender and forgiveness regarding this situation. In my experience, it will likely be an unfolding process; one that I can embrace for the purposes of practice, and draw upon the strength I build from the experience to apply to the next situation that will require my surrender and forgiveness. For letting go is simply a process of surrender and forgiveness. And the process is simple a matter of choice. Do I stay? Or do I go?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

In Your Light I Learn...

In your light I learn how to love.
In your beauty, how to make poems.

You dance inside my chest,
where no one sees you,

but sometimes I do,
and that sight becomes this art.

Jelaluddin Rumi

3. Quote or Question

"As human beings, our greatness lies not so much in being able to remake the world as in being able to remake ourselves."

~ Mahatma Gandhi ~

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 – Coming Together

Hello to the Family of Light!

If you look closely at the material world you see the coming together of thought, ideas, hands and hearts. This joining is a natural movement because all in the physical world has its origin in one point of light. This point of light is without beginning or end; it is infinite and eternal.

The physical world spins and spirals from a vortex that originates in this sacred point of light. No matter how intense vortices may be, such as those observed in black holes or white holes in space, the very centre of all movement, whether going inside or going outside is still reduced to this point of light—the divine origin of physical creation.

Your world is coming together, even though you might think that it is falling apart. There is a spiritual gravitational force within all living matter that nourishes, encourages and helps humankind to return to its essence. And all this can be accomplished through the loving use of free will.



Look about you and observe the coming together of hearts, of minds and of caring intention. Notice how the waves on a lake fall with each other as they touch the shore. Notice how the loving thoughts you radiate, ripple outwards to touch the loving radiance of others, mingle and fuse. Notice, as you expand your minds, how the frequencies of harmony, peace and wonderment increase inside and outside of yourself. Notice the lovely blending of higher thought and deeper love within yourselves and how you attract and how you are attracted to beings and minds of light that are uniting to restructure our world, directing us to an elegant foundation of this new emerging world.

Imagine that you hold an apple in your hand. Think of it as a perfect sphere of light. Will you ingest this “apple of light?” Will you give it to someone? Will you throw it away? In pondering these questions, you realize that you already have this luminous apple within you. There is no need to consume it. Realizing this, you understand that you can give this light to others simply by radiating the inner truth that you have come together

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with your divine Self. You are now coherent and this coherence forms the foundation of a new and refreshing world as it lifts life outwards and upwards.



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 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.

"A century after the great nature writer Henry Beston insisted that we need "a wiser and perhaps a more mystical concept of animals," observing how "in a world older and more complete than ours they move finished and complete, gifted with extensions of the senses we have lost or never attained, living by voices we shall never hear," Macfarlane and Morris bring us the mystery and wisdom of wild things as complementary and consolatory to our tame incompleteness." More from Brain Pickings about "The Lost Spells" here.

<https://www.dailygood.org/story/2638/the-lost-spells-a-rewilding-of-the-human-heart-in-a-lyrical-illustrated-invocation-of-nature-maria-popova/> **Be The Change:** For more inspiration, read this interview with Micah Mortali, author of "Rewilding: Meditations, Practices and Skills for Awakening in Nature."

<https://www.dailygood.org/story/2443/micah-mortali-rewilding/>

"The Human Library is based on a very simple idea: that conversation is key to understanding. The global, hands-on learning platform, which is based in Denmark, works to create a safe framework for personal conversations that can help to challenge prejudice and discrimination, prevent conflicts, and contribute to greater human cohesion across social, religious, and ethnic divisions. People who can help defy stereotypes volunteer to serve as books, and with their readers enter into conversations where difficult questions are expected, appreciated, and received with an open heart. International coordinator Alma Pripp shares more about how the Human Library is working to help create more inclusive and cohesive communities around the world." <https://www.dailygood.org/story/2639/human-library-the-gratefulness-team/> **Be The Change:** Start a conversation that matters with someone this week.

"Attention is an independent force which will not be manipulated by one's parts. Cleared of all internal noise, conscious attention is an instrument which vibrates like a crystal at its own frequency. It is free to receive the signals broadcast at each moment from a creative universe in communication with all creatures. However, the attention is not "mine." In a moment of its presence, one knows that it does not originate entirely with oneself. Its source surrounded by mystery, attention communicates energies of a quality the mind cannot represent. One needs to be at the service of conscious attention; one prepares for its advent through active stillness." The painter and writer William Segal shares more in this thought-provoking excerpt.

<https://www.dailygood.org/story/2643/william-segal-the-force-of-attention-william-segal/> **Be The Change:**

For more inspiration here is a poem by William Segal, "The Middle Ground."

<https://parabola.org/2016/08/23/the-middle-ground-by-william-segal/>

"I believe we have entered a sacred and very difficult time, a time in which the Hero/Heroines Journey is for all of humanity, not just individuals. How will we engage the forces of destruction the whole world faces?" John Kinyon has dedicated his life to the work of conflict resolution and nonviolent mediation. Here he shares more about the call of our times. <https://www.dailygood.org/story/2644/the-hero-heroine-s-journey-in-communication-john-kinyon/>

Matt Licata's new book is titled, 'A Healing Space: Befriending Ourselves in Difficult Times.' Here he speaks with Tami Simon about what it means to "be a healing space, that is to hold space for ourselves and others, as well as how we can feel held by something greater than ourselves during challenging experiences. They also explore our inner wounds and self-abandonment, spiritual bypassing and the ways in which many practices

allow us to gloss over the real healing needed, and how coming into an embodied state can open us to greater inner depths. Finally, Tami and Matt discuss becoming an alchemist of your own life, discovering the inner gold that each of us has within, and befriending all of ourselves." <https://www.dailygood.org/story/2645/the-alchemy-of-befriending-ourselves-in-difficult-times-tami-simon/> **Be The Change:** For more inspiration, check out read this poem by May Sarton, "Now I Become Myself." <https://www.awakin.org/read/view.php?tid=2438>

"Getting people to receive...to see the gifts they've been given...life itself! Life along the roadside, with the flowers and the weeds, and the pebbles and the trees, and the sounds of birds! And looking up and seeing the clouds, the light and the shadows. We're surrounded! Were in it! And did you know that the Persian word for paradise means "an enclosed garden?" We're in paradise, and we don't see you and we don't see it. What a waste. Wake up! Wake up!" More from renowned photographer Harry Feinstein here.

<https://www.dailygood.org/story/2646/gazing-into-the-heart-of-perfection-harold-feinstein/> **Be The Change:** For more inspiration, check out Richard Feynman's "Ode to a Flower." <https://www.brainpickings.org/2013/01/01/ode-to-a-flower-richard-feynman/>

On a remote mountaintop, former Buddhist monk Lobsang Phuntsok attempts to heal his own childhood abandonment by adopting 85 unwanted children and raising them with love and compassion at Jhamtse Gatsal, a children's community in the foothills of the Himalayas. This film, directed by Andrew Hinton and Johnny Burke, follows Jhamtse's newest arrival, a wild and troubled 5-year-old girl named Tashi, as she learns what love is and how it can help her to heal. <https://www.karmatube.org/videos.php?id=8738> **Be The Change:** How might you show more love and compassion to the "uninvited guests of the universe" in your own community?

"Karl Barth once described theology as 'necessarily the logic of wonders,' and the same 'logic' should suffuse education. If we can cultivate the capacity for wonder in ourselves, and if we can foster it in others, then we might step into a more compelling and magical world. Inhabiting such a place would grant us a particular kind of grace, in which the familiar would never grow old, the unfamiliar would burn with sudden brilliance, and our lessons would never be finished." <https://www.dailygood.org/more.php?n=8699> **Be The Change:** For more inspiration, check out this excerpt: "Wonder: When and Why the World Appears Radiant." <https://www.dailygood.org/story/661/wonder-when-and-why-the-world-appears-radiant-paul-fleischman/>

"I have put on good attitudes before and found ways of accepting situations --thankfully, I found ways out of some--while creating the semblance of normalcy. But for me, a change of attitude wasn't enough. It didn't go deep enough. It wasn't always reliable. In order to live happily in Toronto, I needed to be able to love deeply, loving the people who live here and the place where I live. And especially, I needed to be able to know the dark, maybe even to love it." Barbara Wright George shares more in this excerpt from her book, "Learning to Love: On the Way to Experience." <https://www.dailygood.org/more.php?n=8700> **Be The Change:** For more inspiration, check out this short video on "Why We Need Darkness." <https://www.karmatube.org/videos.php?id=8460>

"This year's top insights speak to the moment, from concrete tips about how to bond with a friend to broader truths about how societies respond to diversity over time. All of them point toward strengths and solutions amid isolation, illness, and conflict. The final insights were selected by experts on our staff, after soliciting nominations from our network of more than 300 researchers. We hope they remind you how we're all connected--and perhaps bring you a little bit of hope." The following offering comes from the team at Greater Good. <https://www.dailygood.org/story/2653/the-top-10-insights-from-the-science-of-a-meaningful-life-in-2020-kira-m-newaman-jill-suttie-jeremy-adam-smith-emiliana-r-simon-thomas-elizabneth-svoboda/> **Be The Change:** As this tumultuous year draws to a close, reflect on what it has revealed to you about life and its meaning.

At the tail-end of a year full of disasters, Laura Grace Weldon experienced a breakdown moment as she considered her children's empty Christmas stockings. Read on to hear how her 11-year-old daughter's heartfelt and hilarious response restored her perspective, and inspired a beautiful, anonymous act of generosity towards another family in crisis. <https://www.dailygood.org/story/2654/when-love-rescued-christmas-laura-grace-weldon/> **Be The Change:** In the spirit of the season, be a 'trembling emblem' of love, and reach out to someone in need today.

Daniel Dancer is an art-activist who creates and films gigantic living paintings made of people that only make sense from the sky. Why? To bring people together, often young students, to create flashes of beauty that teach tangibly about the power of unity, the importance of nature, and the impermanence of just about everything. Listen as Dancer elaborates on the many lessons that the community can take from these ephemeral art actions. <https://www.karmatube.org/videos.php?id=8752> **Be The Change:** Learn more about Respectful Revolution, an organization that seeks to document positive action and inspire change. <https://www.respectfulrevolution.org/>

"During a time of great drought, a Taoist master was asked by members of a village if he could help bring rain to their dry fields. They confessed trying many other approaches before reaching out to him, but with no success. The master agreed to come and asked for a small hut with a garden that he could tend. For three days, he tended the garden, performing no special rituals or asking anything further from the villagers..." So begins an intriguing Taoist parable, that is used here as a springboard into an exploration of synchronicity, and the idea of 'being the change we wish to see in the world'. <http://www.dailygood.org/story/1301/translating-meaning-into-life-a-taoist-parable-alan-briskin/> **Be The Change:** Pay attention today to the relationship between your inner world and your outer reality. For inspiration here's a passage by Dan Siegel on "Developing Mindsight" <https://www.awakin.org/read/view.php?tid=1017>

6. Parliament of Subconscious Mind

This article questions, even challenges, our construct of sense of self. It asks, "How can we reconcile this powerful sense of self with the idea that we're just a collection of sub-minds?" Read more at...

<https://www.awakin.org/read/view.php?tid=2373>

7. A 13-Year-Old In A Museum

Are you creating an image of who you are instead of becoming who you are? This thought-provoking question is explored in this article by Nancy Collier. Read more at... <https://www.awakin.org/read/view.php?tid=2474>

8. The Moment We Encounter True Happiness

Happiness cannot be found with the thinking mind this article tells us. Then how do we encounter happiness? Read more at... <https://www.awakin.org/read/view.php?tid=2470>

9. An Unusual Gift From My Grandfather

Ever wonderful how to teach a child about faith? This is a beautiful story about how a grandfather teacher his grandson about faith and faithfulness. Read more at... <https://www.awakin.org/read/view.php?tid=2376>

10. Four Stages of Groundedness

This interesting piece explores our experience of, and identification with, the physical body, and how this experience and identification changes over time. Read more at...

<https://www.awakin.org/read/view.php?tid=2472>

11. Fools and Dreamers: Regenerating A Native Forest

Reprinted from www.KarmaTube.org.

This 30-minute documentary about Hinewai Reserve, on New Zealand's Banks Peninsula, is an incredible story of how degraded, gorse-infested farmland, has been regenerated into beautiful native forest over the course of 30 years. Once considered a plan expected only of fools and dreamers, manager, botanist Hugh Wilson, is now considered a hero locally and across the country for bringing back 1,500 hectares of native forest, with abundant wildlife and permanent flows of water. <https://www.karmatube.org/videos.php?id=8770>

12. Tashi And The Monk

Reprinted from www.KarmaTube.org.

On a remote mountaintop, former Buddhist monk Lobsang Phuntsok attempts to heal his own childhood abandonment by adopting 85 unwanted children and raising them with love and compassion at Jhamtse Gatsal, a children's community in the foothills of the Himalayas. This film, directed by Andrew Hinton and Johnny Burke, follows Jhamtse's newest arrival, a wild and troubled 5-year-old girl named Tashi, as she learns what love is and how it can help her to heal. <https://www.karmatube.org/videos.php?id=8738>

13. Why We Need Darkness

Reprinted from www.KarmaTube.org.

Diane Knutson is a former National Park Ranger and the creator of the Lights Out Movement in Rapid City, South Dakota. Light pollution not only impacts our view of the universe, but our environment, our individual health, and energy consumption. Not long ago, the starry night sky was clearly visible -- now, songbirds mistake city skylines for the rising sun, eight out of ten children will never see the Milky Way, and exposure to artificial light at night has been linked to physical and mental health problems. Knutson explains the problem with light pollution and provides solutions for regaining a dark sky. <https://www.karmatube.org/videos.php?id=8460>

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>.

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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