

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



Trust In Life And Life Provides

Seventeen years ago, I met my current partner. Sixteen years ago, my partner was diagnosed with Parkinsons. Six months later, he was diagnosed with cancer. Shortly thereafter, my role as life partner expanded to include health and personal caregiver.

As the diagnoses unfolded and a new reality emerged all those years ago, I quickly developed a sense of trust in life.¹ I trusted that I would be provided with what I needed to manage and cope with this situation. I trusted that when I needed to know something, I would be told. I simply trusted.

Fast forward to present day and we are now having to consider palliative and hospice care for my partner. We have many of the legalities of the current situation in place. But the one part of the puzzle that remained elusive was how the transition from in-home care to hospice care would unfold. What would that transition look like? Was there something we could/should be doing now to prepare? And what about the financial aspect of the transition? Enter trust!

It just so happened (no coincidences here!) that a healthcare professional who works in the local palliative care industry was attending my spiritual gatherings. Knowing this person worked in the palliative care industry, I approached them recently to see what I could learn about palliative and hospice care. What unfolded was the most informative and helpful discussion I have had with any healthcare professional over the previous 17 years!

I left the discussion with gladness and gratefulness written all over my heart. Not only did I get answers to questions I have had for years!...but I was given specific instructions and steps to take to initiate a process of assessment for palliative and hospice care. This angel was surely sent from heaven!

While my trust in life has been tested from time to time over the past 17 years, my trust/faith has remained strong. It is stronger still because of the angelic light and love that was bestowed on me during that fateful conversation. I trusted, and life provided.

1. I use the word 'life' as most people would use the word 'God'.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

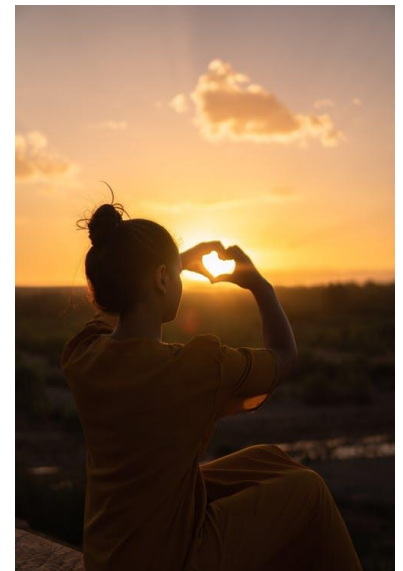


Photo Credit: pexels.com - Hassan OUBAIR

2. Poem

Let us Take Each Other's Hands

Let us take each other's hands
and walk toward the light of God.

Let us stay in the presence of God
and in the oneness of Joy.

Let us be free from separation
of all kinds.

Let us resist the temptation
to judge each other's behavior.

Let us stop our suffering.

Let us, together, once and for all,
let go of all our past hurts,
and unmet desires.

Let us put our total trust in God and
then see only the God-Self in each other
and feel God's never-ending Love
filling us to the brim and over.

Let us let go of all our self-doubts
that we have projected to each other.

Let us join our wills as one
and be directed only by God's Plan.

Let us join in Love

Let us join in Joy

Let us join in Peace

Let us LOVE, LOVE, LOVE...

Gerald G. Jampolsky

3. Quote or Question

"If you are irritated by every rub, how will your mirror be polished?"

~ Djalal ad-Din Rumi ~

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 Equilateral Triangle

Hello to the Family of Light!

Let's play.

Imagine in the air in front of you an equilateral triangle that is drawn by a line of light. Feel balance. Sense that all is planned: no surprises, or interference or improvisation. Now imagine the interior of this same triangle filled with light. What happens? Your mind says, "That's fine. I can handle this because the triangle is still recognizable. It's just filled in with light."

To your perception, the light within this closed geometric form is contained. But is it? Is the light that fills the triangle flat? Doesn't light have dimensions? Is it not all-pervasive? In addressing these questions, your mind says, "Perhaps, but I can't handle this. This is too confusing, it doesn't fit into my perception of reality." Yet, in this game you realize that you have a flat equilateral triangle filled with a multidimensional interior: light.

Why is this important?

The image reminds us of our lives. There are parts that you can predict with a certain accuracy especially those segments which are repetitive, routine and well-known. There are also important elements in our every day lives and in our world that are unpredictable, that move in and out of our daily routine. There is restriction and there is liberty.

Do not let your heart remain in a confined place. Love, like light, does not recognize the boundary of a closed geometric form. It is omnipresent; it is free just as the light that fills, floods and surpasses the confinement of the triangle.

Your thoughts are multidimensional, slipping in and out of this reality which is familiar to us. The very act of thinking has no boundary, for thought is energy. Indeed, thought can be directed to a situation, to a person, to yourself, but it doesn't end there. It continues on forever. We are asked to become accustomed to the idea of eternity and infinity, that there is no beginning or end to life.

Life force is fluid and intermingles. You step outside of your home and touch the tree that is standing in front of it. You say, "This tree is mine." But this is not so. We are not owners; we are caretakers.

We do not own the light in our bodies, because light is not personal. It is universal, cosmic and falls far beyond our greatest understanding. We are custodians of this light. When we move from the idea of owner to caretaker, our consciousness is freed up, it is elevated. We then begin to comprehend that our lives are deeply connected to each other and to all life not only in this world but in other worlds and dimensions.

The equilateral triangle is a familiar form. Let us first feel comfortable with what we know and then plunge through the form into this great light which fills and surpasses the triangle. This is how we expand our understanding and amplify our love and compassion. We become gentle caretakers of each other and our world breathes in harmony and peace.



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.

"One year ago, as 2020 was dawning, we joined with many around the globe in imagining a year of possibility and transformation. It was the start of a new decade and the number 2020 couldn't help but evoke a hope for new, clear ways of seeing. Most of us simply couldn't have imagined the global pandemic that would sweep the world, making our connection to one another more poignant and powerful than ever...And so here, a year later, how will we step across this threshold into the New Year when so much is still unknown? Who do we want to be -- as individuals and as a collective, for ourselves and for our world? And what role does gratefulness play as we step into the New Year with all our very human hopes and longings?" The Gratefulness Team shares a wonderful collection of resources to support these inquiries as we enter into this brand-new year. <http://www.dailygood.org/more.php?n=8709> **Be The Change:** What does transformation mean to you? What motivates you to learn, to grow, to continue deepening and expanding your experience of life and the world?

"Every year KindSpring shares the top 10 most inspiring kindness stories it's featured over the year. These stories range from chance encounters of anonymous acts of kindness to deliberate, thoughtful ways that everyday people choose to make the world a better place for those around them. In an unprecedented year, when uncertainty and confusion covered a vast majority of the news headlines, we also witnessed a simultaneous uprising of the human spirit. Bearing in mind that this is only just a small amount of the incalculable outpouring of love by everyday individuals, here are the Top 10 stories of kindness from 2020!" <https://www.dailygood.org/story/2658/kindspring-top-10-stories-of-2020-kindspring-editors/> **Be The Change:** Be a pinpoint of light in your world. For more ideas on how to spread kindness, and for more inspiring stories, check out KindSpring's website. <https://www.kindspring.org/>

"Tara Brach is an author, clinical psychologist, and the founder and senior teacher of the Insight Meditation Community of Washington. In this episode of Insights at the Edge, Tami Simon speaks with Tara about "the Trance of Unworthiness" --a state in which we believe that we are too inadequate, incomplete, and broken to love ourselves. Tara explains why we are so tough on ourselves and the steps needed to cultivate self-compassion. Tami and Tara also discuss how we can find refuges within no matter our current difficulties." <https://www.dailygood.org/story/2659/tara-brach-true-refuge-tami-simon/> **Be The Change:** For more inspiration, check out this short passage on "The Sacred Art of Pausing," by Tara Brach. <https://www.awakin.org/read/view.php?tid=2231>

"Duane Elgin's book, *Choosing Earth* projects a half-century into the future to explore our world in a time of unprecedented transition. Duane offers a whole-systems view of the converging adversity trends facing humanity and three major scenarios for the future that are most likely to emerge from these powerful trends. By illuminating deep psychological, spiritual and scientific changes that are already underway, it offers hope for the emergence of a mature, planetary civilization beyond our times of crisis. Based on a lifetime of research and a decade of community organizing by the author, *Choosing Earth* is an unvarnished look at the reality of our world in crisis and an invitation for us to actively shape our future rather than be passive victims of denial and delay." Kosmos Journal shares more in this interview with Duane and Colleen Elgin.

<https://www.dailygood.org/story/2660/choosing-earth-with-duane-and-colleen-elgin-duane-elgin-colleen-ledrew-elgin/> **Be The Change:** Learn more about the Choosing Earth Project and how to participate here.

<https://choosingeearth.org/>

Matthew Fox is a spiritual theologian and scholar of mystic spirituality whose theology of creation spirituality was systematically singled out and denounced by two successive Popes, only to see a third Pope incorporate it into Church doctrine. His is a voice that has not shied away from speaking truth to power. "To grasp what is happening in America at this time, it might be good to first meditate on Truth," writes Fox. In a recent Daily Meditation reflection he delves into an exploration of truth and why it matters.

<http://www.dailygood.org/more.php?n=8720> **Be The Change**" For more, tune into a special dialog with Matthew Fox this week on Mysticism, Intuition and the Divine Feminine. More details and RSVP info here.

<https://www.awakin.org/calls/553/matthew-fox/>

What if kindness was a form of music, with its own rhythm, its own flow, its own song?" This engaging video points out the give and take of the whole human experience through highlighting music, with its reciprocal energy which inspires both the musicians and their audiences. The featured street musicians reflect on the power of music to make kindness contagious. <https://www.karmatube.org/videos.php?id=8604> **Be The Change:** As you go through your day, listen closely to the music around you: on the radio, in a store, or even a simple birdsong. How does it make you feel? Find a way to bring a little joy to someone through the gift of music.

"Fragility sticks to everything alive like the quiet wetness of morning dew
in this global pandemic
as a doctor

I see this fragility

Threatening to swallow so much of what we love
like a large red blanket covering a small bed
and I cant unsee it."

So begins this powerful poem by Sriram Shamasunder, a physician whose work takes him to the front lines in Navajo Nation. <https://www.dailygood.org/story/2669/to-walk-in-beauty-once-again-sriram-shamasunder/>

Be The Change: Learn more the HEAL Initiative-- a program co-founded by Dr. Shamasunder-- and their remarkable work in some of the world's most vulnerable regions. <https://healinitiative.org/>

"In some recent discussions with friends who are also creatives, I have heard a variety of responses to the question, 'How has Covid-19 affected your creativity?' Some have been inspired to create new work. Others have spoken about a year of fallowness. It's a term we rarely if ever hear in a culture devoted to--or better put, obsessed with--constant productivity. Take agribusiness: every acre and every creature must give maximum yield all the time, even though that is un-natural. Nature functions in cycles, and one part of that is rest, which leads to renewal. Traditionally, that was the way people understood cultivation: "And six years thou shalt sow thy land, and gather in the increase thereof; but the seventh year thou shalt let it rest and lie fallow..." Mirka Knaster shares more in this thoughtful essay. <https://www.dailygood.org/story/2670/fallow-and-productive-creativity-and-covid-19-mirka-knaster/> **Be The Change:** Reflect on the question for yourself: How has the pandemic affected your creativity?

"As Robin Wall Kimmerer harvests serviceberries alongside the birds, she considers the ethic of reciprocity that lies at the heart of the gift economy. How, she asks, can we learn from Indigenous wisdom and ecological systems to reimagine currencies of exchange?" <https://www.dailygood.org/story/2671/the-serviceberry-an-economy-of-abundance-robin-wall-kimmerer/> **Be The Change:** Do something today in the spirit of honoring mutual flourishing. For more inspiration, check out this essay by Kimmerer, "Returning the Gift." <https://www.awakin.org/read/view.php?tid=2223>

"We are currently living amid a planetary climate emergency, a global pandemic, uprisings against state violence upon Black, Brown, and Indigenous peoples, and a failing economic system the world over. Pandemic lockdowns have forced major lifestyle changes: shifting consumption habits, realizing how deeply connected we are to each other and the environment, and focusing more on the non-material aspects of life for strengthening our well-being. Never before in modern society have we had to redesign our lives with such speed and magnitude: how we live them, how we connect with one another, and what and how we consume. This is precisely where Buen Vivir comes in. Buen Vivir represents a combination of respect and reciprocity, community, solidarity and harmony. The idea is far from novel." More in this essay from YES Magazine. <https://www.dailygood.org/story/2672/a-reset-for-unprecedented-times-natasha-chassagne/> **Be The Change:** What is a "first step" that you can take today? Will you take it?

In the early weeks of the pandemic last year, "NPR asked listeners to respond to art with a poem -- a style of poetry called ekphrastic. For inspiration, Kwame Alexander, NPR's poet in residence, selected two paintings: Kadir Nelson's Heatwave and Salvador Dali's Young Woman At A Window. Both show women inside looking longingly out into the world. The paintings struck a chord with those experiencing the global coronavirus pandemic quarantined inside. We received more than 1,300 submissions. Alexander took lines and excerpts from some of the submissions and created a crowdsourced, community poem of hope." Check it out here. <http://www.dailygood.org/more.php?n=8734> **Be The Change:** Whether you consider yourself a poet or not, try writing a haiku (or other form of verse) on your experience of social distancing.

For the past 30 years, Donald Berwick has been one of the nation's leading authorities and innovators of quality and improvement in the U.S. healthcare system. A pediatrician by training, a professor at both Harvard Medical School and the School of Public Health, and a top health care administrator during the Obama Administration, Berwick challenges administrators, policy makers, and doctors to go beyond the standard discussion of systems, strategies, and statistics to something more essential, more human--something he considers moral. The secret to improving quality in medical care, he argues, is love. <https://www.dailygood.org/story/2674/don-berwick-health-care-as-a-loving-relationship-awakin-call-editors/>

6. Dark Skies Show Us Stars

If you want or need a different way of seeing the dark, read this thought-provoking article by Bear Guerra. Read more at... <https://www.awakin.org/read/view.php?tid=2478>

7. The Broken Among Us Teach Us

This is a beautiful article about what the broken among us teach us. Read more at... <https://www.awakin.org/read/view.php?tid=2482>

8. We Are Weavers

This is a beautiful poem about the life we live and what we leave/weave behind. Read more at...

<https://www.awakin.org/read/view.php?tid=2480>

9. Solitude Is Where Community Begins

"Solitude is where community begins" is how this beautiful article starts. It then goes on to reflect on solitude and community, and solitude in the context of community. It is a beautiful offering indeed! Read more at...

<https://www.awakin.org/read/view.php?tid=2476>

10. Virtually Together

Reprinted from www.KarmaTube.org.

In honor of the first responders and heroes of the COVID-19 crisis, the musicians of River Oaks Chamber Orchestra (ROCO) came together virtually from across the U.S. and Canada to perform ROCO's commission "Anthem of Hope" by Anthony DiLorenzo - offering hope and strength during this difficult time. This coming year, may you be safe, may you be healthy, and may you find peace. And please be kind - to yourself and others. <https://www.karmatube.org/videos.php?id=8622>

11. Musicians on Kindness

Reprinted from www.KarmaTube.org.

"What if kindness was a form of music, with its own rhythm, its own flow, its own song?" This engaging video points out the give and take of the whole human experience through highlighting music, with its reciprocal energy which inspires both the musicians and their audiences. The featured street musicians reflect on the power of music to make kindness contagious. <https://www.karmatube.org/videos.php?id=8604>

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>.

Spiritual Guidance

Serving your personal journey toward enlightenment...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

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