

***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



#### **Don't Be Fooled...It's Not Others Who Are Misbehaving**

Earlier today I went for a drive to the grocery store. Amidst the characteristically and gratefully uneventful journey to the grocery store, there were a few drivers I witnessed being less than courteous. Some I felt were being downright rude.

When I arrived at the grocery store, the outing was characteristically and gratefully uneventful. Like with the drive, however, there was the odd patron who would seemingly be completely unaware of what was happening around them, resulting in causing some other patrons upset, including me.

As the day unfolded, I occasionally noticed people doing what felt and looked like unkind things. Granted, there were far more examples of good deeds that unfolded.

The day described above was not an unusual day. It was not the only day that I went out for a drive to witness driving infractions. It was not the only day that I witnessed people being unaware of what was going on around them. It was not the only day I witnessed people being unkind or doing unkind things.

I have become accustomed to witnessing and experience people misbehaving. But what I've also become accustomed to is stopping and asking myself when and where I remember doing the exact same thing! I am no longer fooled by my thinking that other people are misbehaving. I only have to stop and think and I soon realize that the very thing I am accusing another of doing, I have done myself.

It never fails, however egregious the infraction or misbehavior appears to be, I don't have to think long before I can remember having behaved the same way myself. Even in the most extreme example, where I will see in the media that someone has murdered another person, if I'm honest with myself, I can remember having thoughts of wanting to harm another.

And so it is, one of the immutable laws of the universe, whatever we think, resulting in whatever we do, comes back to us. My seeing infractions, my witnessing unaware people, watching people being unkind, is simply reflecting back to me my own thoughts and actions. It's not the other person who is misbehaving. The other person is merely mirroring back to me my own behavior.

Fortunately, the same is true for our positive thoughts and actions. We see those around us too. But it's the negative thoughts and actions we see that we are far less likely to take responsibility for. Perhaps it's what the masters meant in the ancient teaching... "Beware of your thoughts."

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Letting Go

Help me to let go of my preoccupations  
with the future.

Give me the strength to stop  
my futile attempts  
to predict and control the future.

Let me see no value in my plan  
of what the future should be.

Rid me of my senseless questions  
about tomorrow

And of all my desires to manipulate  
and control others.

Remind me that my fears and uncertainties  
of tomorrow are only related to  
my unfounded fear of You.

Help me be still,  
help me listen and love.

Awaken me to the truth of Your Presence  
being only in the now of this moment.

Life me up into Your Arms and  
remind me that I am Your Creation,  
and that I am the Perfection of Love.

Help me to acknowledge that I am Your Messenger  
of Love, and free me to shine  
Your Light everywhere.

Let me feel Your Freedom within me, and  
let me laugh at the illusions  
that my ego once made  
me feel were so real.

Let me be light; let me be joy; let me know that I am  
the reflection of You wherever I am,  
and wherever I go.

Gerald G. Jampolsky

## 3. Quote or Question

*"It is better to see one time than to hear one hundred times."*

~ Mongolian Proverb ~

## 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 – Signature of Light

Hello to the Family of Light!

In your physical world all rotates and spins: the earth, planetary systems and galaxies, the atoms in your body and the thought forms generated in your brain. All material matter is in movement, pushing outwards and upwards. Even your inner body, this light body which births your material body, glimmers and radiates. The moment you are in a material construction you are in movement.

In all of this, how is it that there is such order to the physical world, to the creation of trees, plants, star systems and multi galaxies?

Within the movement of matter, regardless how small or how imposing, there is a tremendous force—a core force—that ensures all is conducted in perfect order. This core force is Love. It is Love that holds the material world together. You might call Love a “divine glue.” Herein lies vast and perfect intelligence which can be translated as light, for in light there is information and communication.

We are asked to introspect. How well are we connected to this inner force of Love? How freely do we allow the particles of light within us to expand and intensify? Even if we are not consciously aware of the pulsation of inner light, it continues its motion just the same, for the movement of light in the body is the movement of the soul.

Let us reflect together.

Close your eyes, sit quietly and feel the pulsing of the body. Ask to receive Love and allow It to fill you up. Surrender to It. As you let go, feel your body expanding in perfect peace. As you sense greater Love and peace, imagine that the light particles inside your cells are growing bigger and brighter, feeding the lovely magnetic fields that surround each cell and each atom. Ask Love to intensify and feel the perfect coming together of the light radiating, the magnetic fields strengthening and this exquisite Love-force flowing through all. Expand your consciousness and ask to be connected to the rotating light of the stars and galaxies.

Afterwards ask yourself, “How do I feel? Does my mind feel expanded? Have I now a more profound connection to life in the universe?”

Although our earth is moving through turbulence, we can choose otherwise. Turbulence is chaotic energy having no clear direction. But we *have* clear direction. We hold within ourselves the superbly refined patterns and frequencies of light that originate in the centre of all life—Love. We are in the light of the stars, in the intelligence that manifests the purity and beauty of creation. We all share the same light based on the same infinite, sacred force of Love that unites us all, be it on Planet Earth or in the many dimensions and worlds that surround us and lie within us.

We have been given the opportunity to strengthen the frequency of our inner light, to be grateful for its remarkable healing vibration and to lead lives that reflect this. Here we create and emit signatures of Light that uplift our world and attract the many universal beings of goodness who have been called to help us and our world.



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).

## 5. Steve Dolesch – Being Candles

*"Until we have seen someone's darkness, we don't really know who they are. Until we have forgiven someone's darkness, we don't really know what love is."*

~ Marianne Williamson ~

My question: what is there to forgive? Nothing! We need only to love that being to lighten its life.

I need to expand on the text. It goes beyond forgiving. It's not to continue going towards such persons who have darkness in them. Yes, you may forgive, but you should stay away so as not to live that darkness over and over. So, I understand what Marianne is saying, but if you don't see beyond, you will stay in that trap. You need to stay away from those persons especially those who have abused you physically, emotionally, spiritually and mentally for years. I know a few who find it hard to forgive.

Most psycho-therapists ignore the whole body and mind of a being. They tend to focus on the psyche and not also the spiritual side of the mind; such as feelings, perceptions, mental formation and consciousness. You see, a being is much more than mind. It's also thoughtful (having thoughts positive or negative), having a soul. We have a mind that has two parts: mind consciousness and soul consciousness. Both are united. You cannot study or take care of only one without the other.

We have seeds in our mind like acceptance, anger, discrimination, sadness, happiness, etc. Personally, for years I have listened mostly to women who come into my life and share their lives with me. When I was 17, I saved a woman from committing suicide twice. I only said 'talk to me, I'm listening to you.' Not only hearing but listening. Come to think of it, hearing is mental but listening is more heartfelt and spiritual. What an experience that was; 17 years old, no official training, no 24/7 centres existed in the 1970s. So, I had to train myself!

Forgiving for most of us is very difficult. It's one of the most difficult things we do or don't. So, for one to forgive the darkness that many around you have, it's like being in a war zone and you being the target! The thing is how you get away from such darkness? For one thing, it helps to have truly good people around you. Truly good people. I know that feeling. I have a special being living with me who needs my presence. I try my best to be very present for her. Not only physically, but also spiritually.

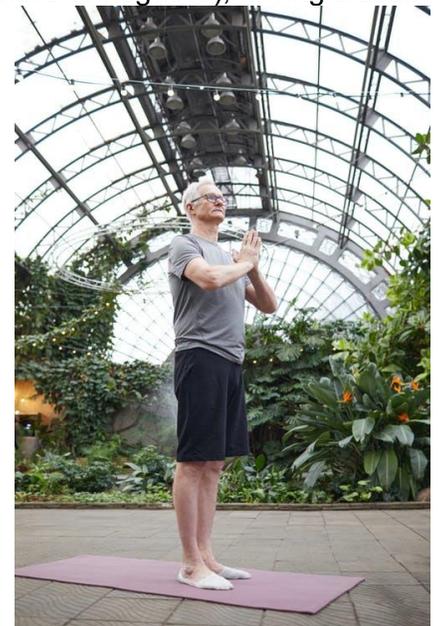


Photo credit: pexels.com - Marcus Aurelius

We need to be candles ever so discrete to those who are hurting. Candles are discrete and not like spotlights. Gently lighting the lives of others but also ourselves.

NOTE: In Buddhist psychology there is Store Consciousness. I inadvertently understood Soul Consciousness. There reside the seeds of acceptance, anger, discrimination, compassion, sadness, etc. The mind, as noted, has two parts or levels: Mind Consciousness and Store Consciousness. The seeds come up to our Mind Consciousness if one says something nice or otherwise. However, I do like Soul Consciousness because one needs to connect and stay united with his or her soul. As I wrote Soul Consciousness, it gave me inspiration to add a little regarding our connection with our soul. Instead of rekindling our union, we might 're-candle' our

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Serving your personal journey toward enlightenment...

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union with the one who is living in our body. Light up our mind consciousness so that we see, hear and live with our soul.



**ABOUT THE SPIRITUAL GUIDE AND TEACHER:** Steve Dolesch was born in Budapest, Hungary, in 1955. Born with Cerebral Palsy, Steve lived with his grandparents while his parents immigrated to Canada. Steve came to Canada in 1965, to live with his parents and sister, in Toronto. Today, Steve lives in Gatineau, Quebec. He can be reached at [stevedolesch@gmail.com](mailto:stevedolesch@gmail.com).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 6. Good News Of The Day

*The stories below are reprinted from [www.dailygood.org](http://www.dailygood.org).*

With spectacular visual images, this film reminds us of the necessity of connecting with the sacred in everyday life. It honors the sacred through sensory feelings of connection, with both the vast expanses such as mountain tops and waterfalls, and with the single dandelion sending its seeds into the future. This connection is further enhanced by the peaceful music that accompanies the images, providing an immersive experience.

<https://www.karmatube.org/videos.php?id=7960> **Be The Change:** As you go through your day make note of the people and places you encounter who help you to connect with the sacred.

"I had never been good at practicing mindfulness, or being mindful--period--until I got a dog. Observing your breath, extolled as the surefire way to become present, left me in such a deep state of hyperventilation I quickly wanted a break from taking a break. I was in constant, anxious movement, starting projects but never finishing them, leaving things halfway done, forgetting items, moving from one thing to the next, constantly apprehensive. But then I got George Lucas: a miniature schnauzer that was the doppelganger of the Star Wars director, down to the salt-and-pepper beard and pensive dark eyes." This lovely piece from Parabola magazine shares a story of mindfulness, connection and a canine teacher. <https://www.dailygood.org/story/2677/walking-with-george-sofia-velez-calderon/> **Be The Change:** As a special gift to readers in these challenging times, Parabola has made a PDF of "The Search For Meaning" issue available for download. You can check it out here. <https://parabola.org/2020/04/02/our-april-gift-to-you-a-free-pdf-of-the-search-for-meaning/>

"Here is an extraordinary conversation with the late congressman John Lewis, taped in Montgomery, Alabama, during a pilgrimage 50 years after the March on Washington. It offers a special look inside his wisdom, the civil rights leaders spiritual confrontation within themselves, and the intricate art of nonviolence as 'love in action.'" More from On Being. <https://www.dailygood.org/story/2678/john-lewis-love-in-action-on-being/> **Be The Change:** What are these times calling forth in your life? Take a moment to reflect on this question, and take action in that direction today.

In late fall of 2011, after a simple car ride with the windows rolled down, and the music turned up, 17-year-old Elizabeth Buechele posted this update on her social media feed, "Day 1: Happiness is... those perfect car rides where the radio just plays all the right songs." Day 1 turned into Day 2, and now more than nine years later, Buechele has gleaned and shared a "Happiness is..." moment from every single one of the 3000+ days since that joyful car ride. Learn more about how the founder of The Smile Project is reminding people around the world, to tune in and take notice in daily ways, of the good that surrounds us.

<https://www.dailygood.org/story/2679/happiness-is-amrita-mandagondi/> **Be The Change:** Learn more about Elizabeth's journey and The Smile Project here. <https://www.the-smile-project.com/blog>

"For hundreds of thousands of years, human beings worked through trauma communally through ritual practices. Ritual was the re-regulating practice after trauma or a death. What happens when we abandon those forms? Again, another thread of what the soul yearns for is dropped. I've spent the last 20-plus years developing ritual practices for community around grief, around gratitude, around initiation, around reclaiming lost parts of our being, around renewing the world." In the following interview Francis Weller delves into the themes of his latest book, "In the Absence of the Ordinary: Essays in a Time of Uncertainty."

<https://www.dailygood.org/story/2680/deschooling-dialogues-on-initiation-trauma-and-ritual-with-francis-weller-francis-weller-alnoor-ladha/> **Be The Change:** What has supported you in your own times of grief? And is there anything you are grieving now? A part of our call in these times, according to Weller is, "to reimagine the presence of the sacred." Where do you experience that presence in your life?

"Every element in the Japanese garden from the shape of the pruned pine trees to the careful placement of stepping stones has intention and is specifically designed to cultivate nuanced awareness. The contrast between what is placed and what is left blank, brings to life a pictorial space that leaves room for our imagination. Symbolism and metaphor in the garden also offer powerful tools to help humans reconcile their own lives and relationships to both society and the larger forces of nature. The American garden scholar Kendall Brown argues that 'The opportunity for direct engagement with nature is what makes all gardens compelling but, as Japanese gardens function so effectively as philosophical and physical microcosms, their power is even stronger.'" More in this lovely essay. <http://www.dailygood.org/more.php?n=8744> **Be The Change:** When have you felt your practice at its most vibrant? Reflect on what you attribute this to. What might further vivify your practice in this current time?

"Through a 'not-so-smart' smartphone mishap, the Universe tapped me on the shoulder recently and invited me into the Universal Flow of abundance and creativity. I'd meant to send a text message to a certain Julia I know, but my smartphone decided that a different Julia would be the recipient instead." Eileen Rivers shares what happened next in this sweet reflection that weaves together art, poetry and the power in kindred community. { [read more](#) } **Be The Change:** Move toward your dream today. For more inspiration, check out Julia Cameron's advice on getting out of your own way. <https://www.dailygood.org/story/805/julia-cameron-on-how-to-get-out-of-your-own-way-maria-popova/>

Take a stroll through Helen Stewart's enchanted garden, and discover the allure of living in creative relationship with soil and soul. Gardening is in Helen's blood. Her great grandfather ran the world's largest nursery of his time. Following in his footsteps, Helen, a former sheep farmer, turned artist, author and community weaver -- has gradually transformed the grounds of her heritage home in Victoria, Canada, into a place of wonder and quiet revolution. There is a combination of reverence, ecological wisdom, and whimsy to her approach. While all manner of creatures are nourished by her garden, Helen only plants things that she intends to draw, and she is guided by a conviction that gardens are meditative spaces. They deepen not just our contact with ourselves, but also our connection to the world, and give us new ways of seeing our place in it. This short film, that shares its title with Helen's latest book, is a sanctuary unto itself. Watch, and let a little bit of Helen's green, growing world spill into yours. <https://www.karmatube.org/videos.php?id=8767>

On Sue Cochrane's website is a button that says "Click Here for Unconditional Love" - it leads to a selection of writings that offer exactly that. It isn't just the words of Sue's stories that touch the reader, but the wordless energy behind them. Sue Cochrane survived a traumatic childhood to become a pioneering family court judge. Throughout her career she strived to put the heart back into the body of the law. Her first stark cancer diagnosis came when her three adopted sons were little more than babies. In the eighteen years that followed, Sue lived and loved through a series of profoundly serious diagnoses, including Stage IV breast cancer, and a brain tumor that was deemed inoperable. In the midst of intense uncertainties and difficult treatment regimens, she never stopped learning, never stopped loving. Her courage and compassion touched thousands of lives. On February 13th of this year, Sue passed peacefully at home. In honor of her beloved life and legacy, we share one of her "Unconditional Love" posts here. <https://www.dailygood.org/story/2413/kintsugi-the-golden->

[joinery-of-love-sue-cochrane/](#) **Be The Change:** Send a message to Sue's family to express condolences, and share appreciation for Sue's luminous life, here. <http://www.dailygood.org/?pg=contact&mid=147461>

"I must begin by asking myself, 'What do I want?' What do I want, really -- not because of my background and education, self-image and vanity, but what does this 'I' that I am actually want from this short life? Indeed. What, or who am I? And what for? That stops me. And I begin, in silence, to listen - to look up to what I can see and know about the great Universe..." Jim George was a celebrated Canadian diplomat, environmental activist, and author. Across the course of his prolific career, he held a series of challenging, adventurous posts around the world. First and foremost, however, he was a spiritual seeker, one who established meaningful connections with some of the most influential teachers of the last century. He was 101-years-old when he passed, and as one of his interviewers put it, George was, "a translucent diamond radiating the wisdom and experience of a well-lived life." In this short and potent piece, written in his nineties, George shares the essence of his 'vision quest.' <https://www.conversations.org/story.php?sid=675> **Be The Change:** What is your vision quest? Do share it with DailyGood if inspired to do so. And for a deep-dive into more of James George's worldview and insights, check out, "If Not Now, When." <https://www.conversations.org/story.php?sid=6>

"Wintering is a season in the cold. It is a fallow period in life when you're cut off from the world, feeling rejected, sidelined, blocked from progress, or cast into the role of an outsider. Perhaps it results from an illness or life event such as bereavement or the birth of a child; perhaps it comes from a humiliation or failure. Perhaps you're in a period of transition and have temporarily fallen between two worlds." Katherine May's poignant and personal book, "Wintering: The Power of Rest and Retreat in Difficult Times," braids together insights from literature, mythology and the natural world. It makes a compelling case for the transformative power of slowing down and stepping back. Read an excerpt here. <https://www.dailygood.org/story/2688/wintering-the-power-of-rest-and-retreat-in-difficult-times-katherine-may/> **Be The Change:** Learn more about the book and some of the personal struggles that May 'wintered' through in her own life, in this NPR interview. <https://www.npr.org/2020/12/03/941789158/wintering-is-painful-but-embracing-the-cold-makes-it-hurt-less>

Everything in society tells us to distrust others. I think it's the other way around. We need to profoundly trust in those around us, in their potential and in who they are," the grandmotherly Nelsa Curbelo Cora says. In 1999, she walked into the violence infested city of Guayaquil, Ecuador to BE peace. Through her grassroots work, many of Guayaquil's most dangerous gangs have disarmed, agreed to abandon violence--and now work together to rebuild their community! Watch this profile of Nelsa Curbelo Cora's work. <https://www.karmatube.org/videos.php?id=178>

Growing up the youngest of 10 siblings in a Watts, Los Angeles housing project, and a member of the famed Crips gang, Aqeela Sherrills witnessed from the inside the pain and devastation of the countrys most violent urban street gang war, which would proceed to claim 30,000 lives between 1983-2003. By 1992, he and his brother and a few other key community players had brokered a historic peace agreement between the rival Bloods and Crips. He is now a leading campaigner against gang violence and the death penalty, as a subject matter expert on victim service and community-based public safety. Tragically, in 2004 Sherrill's own 18-year-old son died to gun violence while at home on break from college. In response, Aqeela in 2005 visited sacred sites around the world, and upon returning to Watts he embarked on a new phase of work and activism, launching The Reverence Project. He shares more in this powerful talk. <https://www.dailygood.org/story/2689/the-reverence-movement-aqeela-sherrills/>

"In my early 20s, I apprenticed myself to the The Queen Mothers of Kroboland in Ghana with the hope of understanding more about my cultural heritage. Early one morning, I arrived at the compound of Paramount Queen Mother Manye Nartike, who was particularly animated by a rumor she had heard about our diasporic practices in relation to land. In disbelief she admonished me, 'Is it true that in the United States, a farmer will put the seed into the ground and not pour any libations, offer any prayers, sing, or dance, and expect that seed to grow?' Met with my ashamed silence, she continued, 'That is why you are all sick! Because you see the

Earth as a thing and not a being." <https://www.dailygood.org/story/2692/the-gift-of-ecological-humility-leah-penniman/> **Be The Change:** Look out your window. Right now, here in this moment, what is being broadcast to you?

"There is a question rolling around even in the most secular of corners: What do religious people and traditions have to teach as we do the work ahead of repairing, renewing, and remaking our societies, our life together? Krista Tippett's conversation with Rabbi Ariel Burger, a student of the late, extraordinary Elie Wiesel, delves into theological and mystical depths that are so much richer and more creative than is often imagined even when that question is raised." <https://www.dailygood.org/story/2693/be-a-blessing-on-being/> **Be The Change:** Who or what are you bearing witness to in this time? How is the process of witnessing shaping you? For more inspiration, check out this conversation between Parker Palmer and Burger: Learning to Face the Dark. <https://www.globalonenessproject.org/library/interviews/turning-face-dark>

## 7. The Hole-y Bucket

This timeless parable brings meaning to the life that reads it well. Read more at...  
<https://www.awakin.org/read/view.php?tid=2481>

## 8. Emptiness Café

Have you ever contemplated emptiness? Susan Kahn, a philosophy and Emptiness Teacher, shares a beautiful poem on this timeless teaching. Read the poem here...  
<https://www.awakin.org/read/view.php?tid=2473>

## 9. Not Taking Things Personally

Do you tend to take things personally? You might want to read this article...  
<https://www.awakin.org/read/view.php?tid=2477>

## 10. If There Is No Self, Whose Arthritis Is It?

Have you read about the three characteristics of experience? If not, this article by Sylvia Boorstein may interest you. <https://www.awakin.org/read/view.php?tid=2454>

## 11. Contact With The Sacred

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

With spectacular visual images, this film reminds us of the necessity of connecting with the sacred in everyday life. It honors the sacred through sensory feelings of connection, with both the vast expanses such as mountain tops and waterfalls, and with the single dandelion sending its seeds into the future. This connection is further enhanced by the peaceful music that accompanies the images, providing a total experience of having touched the sacred. <https://www.karmatube.org/videos.php?id=7960>

## 12. Drawn Into The Garden

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Take a stroll through Helen Stewart's enchanted garden, and discover the allure of living in creative relationship with soil and soul. Gardening is in Helen's blood. Her great grandfather ran the world's largest nursery of his time. Following in his footsteps, Helen, a former sheep farmer, turned artist, author and community weaver -- has gradually transformed the grounds of her heritage home in Victoria, Canada, into a place of wonder and quiet revolution. There is a combination of reverence, ecological wisdom, and whimsy to her approach. While all manner of creatures are nourished by her garden, Helen only plants things that she intends to draw, and she is guided by a conviction that gardens are meditative spaces. They deepen not just our contact with ourselves, but also our connection to the world, and give us new ways of seeing our place in it. This short film, that shares its title with Helen's latest book, is a sanctuary unto itself. Watch, and let a little bit of Helen's green, growing world spill into yours. <https://www.karmatube.org/videos.php?id=8767>

## 13. Peace Town

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"Everything in society tells us to distrust others. I think it's the other way around. We need to profoundly trust in those around us, in their potential and in who they are," the grandmotherly Nelsa Curbelo Cora says. In 1999, she walked into the violence infested city of Guayaquil, Ecuador to BE peace. Through her grassroots work, many of Guayaquil's most dangerous gangs have disarmed, agreed to abandon violence--and now work together to rebuild their community! Watch this profile of Nelsa Curbelo Cora's work.

<https://www.karmatube.org/videos.php?id=178>

## 14. One Thousand Cranes

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

Cranes are revered in Japan as mystical creatures and are said to live for a thousand years. A thousand paper cranes are often given to wish for the recovery of a seriously ill person. In this moving video one woman with a traumatic past uses her fingers, eyes and heart to teach young people from difficult backgrounds the skill of

origami so that like her they are able to make something beautiful. Though their scars do not go away in the process, they learn to use the lines of those scars to create something of beauty to share with others. She eloquently points out that one person cannot do it alone but with a collective effort, bit by bit, each person's potential for growth and hope can be realized. <https://www.karmatube.org/videos.php?id=8791>

## 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.*

### 15. 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)).

### 16. 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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