

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



What Part Of Me Is Thinking Or Feeling?

I went for a walk to the grocery store yesterday. It was a beautiful Spring day and it was lovely to walk along the streets with the warm air blowing on my skin and in my hair. I arrived at the grocery store, selected what I needed, and then headed home, with groceries in hand.

As I walked home, I became aware of my thoughts, feelings, and judgements. I remember looking at a tree that had buds just starting to come out. I remember thinking, "Oh!, how lovely!" I remember seeing people sitting outdoors on a tavern patio, enjoying a drink with friends. I remember thinking, "It must be cool, just sitting there, and drinking a cold drink." I remember seeing some Christmas lights high up in a tree. I remember thinking, "How did those lights get so high up?!...Why are they still up there, it's the end of March!" There was a never-ending conveyor belt of thoughts, and feelings associated with the thoughts.

Shortly before I arrived home, it dawned on me to ask the question, for any of the things I saw, who was doing the seeing? For any of the things I thought, who was doing the thinking? For any of the feelings I felt, who was doing the feeling?

The part of Rob that looked at the budding tree was that part of Rob that loves nature...the nature-lover Rob. The part of Rob that looked at the people sitting on the outdoor patio, enjoying a drink with friends, was the introvert Rob, the part of Rob that wouldn't engage in that sort of behavior. The part of Rob that looked at the Christmas lights high up in the tree and asked "How did those lights get so high up?!...Why are they still up there, it's the end of March!"...was the part of Rob that seeks for efficiency and consistency in all things. Afterall, wouldn't one take down Christmas lights before the end of January?!!!

So, what's the point of this inquiry and realization? Very simply, any 'part' of me that thinks, feels or judges is not in direct communion with the Divine. Any part of me that thinks, feels or judges is the part of me that I have carved off from the Divine and made my own.

Thought or feeling is born from judgement. I see something and I make a judgement—it's good, it's bad, it's right, it's wrong. I feel something because of something I experience—I feel happy, I feel sad, I feel joy, I feel anger. This too is born from judgement.

Judgement is not of the Divine. The Divine does not judge. The Divine simply observes and acknowledges what is. There is no thought of "I like this." or "I don't like this." Whatever 'this' is...simply is.

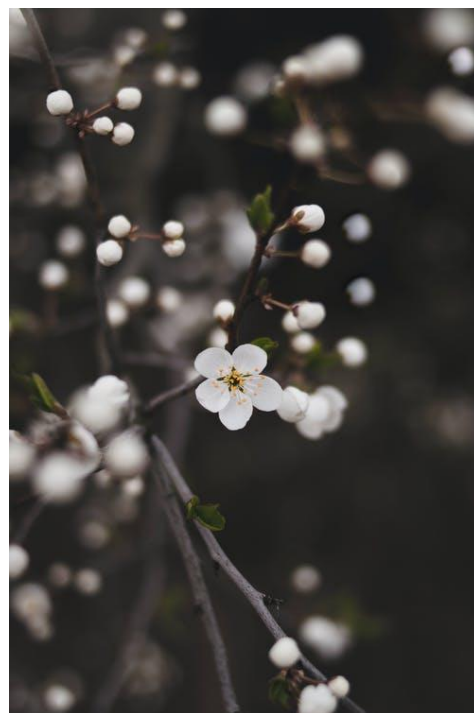


Photo Credit: Pexels - Dominika Roseclay

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Serving your personal journey toward enlightenment...

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Our practice, our work, is in bringing back together, unifying, all the different parts of ourselves we have made to walk through this world. In that bringing back together, we unify all aspects of ourselves and allow the Divine to 'be' present within us.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Loving

May your loving
 be like your breathing,
Smooth and easy,
 free flowing,
 effortless,
 continual,
 with no interruptions,
Breathing in God's limitless Love
And breathing out
 the boundless love
 that is in your heart.

Gerald G. Jampolsky

3. Quote or Question

“Only when we have established peace in our entire being can there be peace all over the world.”

~ Sri Chinmoy ~

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 – Part One - Resonance

Hello to the Family of Light!

How do we connect to those from other worlds, dimensions, planetary systems and galactic and intergalactic space? How do we develop a friendship with beings from the stars?

To answer these questions we are invited to study nature. Here, an important component can be found: relationships. Life helping life—rain nourishing plants, trees cultivating forest floors, gravitational pull and movements of planets keeping orbits tidy and magnetic lines creating pathways for interstellar travel. In nature we observe the intelligence of geometric patterns and the perfect grace of the sunflower as it turns its head to follow the sun, our star. In our extraterrestrial neighbours we find firm spiritual poise, superlative intelligence and a dedication to helping humankind.

Special friendships can be created through sympathetic resonance. Imagine that you are sitting inside a very big piano! You sing one note and then you hear your note resonating on different strings. Your note has been “noticed.” You have created a harmonic relationship.

When we fashion signatures of Light by leading lives based on Love, we create a resonance between our vibrational patterns and those of our star friends. We create a harmonic relationship.

Our extraterrestrial friends, many of whom are living among us, hold a refined and stable vibration—Divine Love—which is permanently anchored within them. They know that their very beings vibrate inside this tremendous force of Love and Light of the Creator. This inspires our star friends to build peaceful communities and offer assistance to others who are open to more comprehensive ways of living. Their societies are harmonious as they are founded on spiritual principles, especially on the Golden Rule which asks that we treat others as we wish to be treated. Their way of life offers limitless opportunities to explore and develop consciousness, and science and technologies, to name just a few.

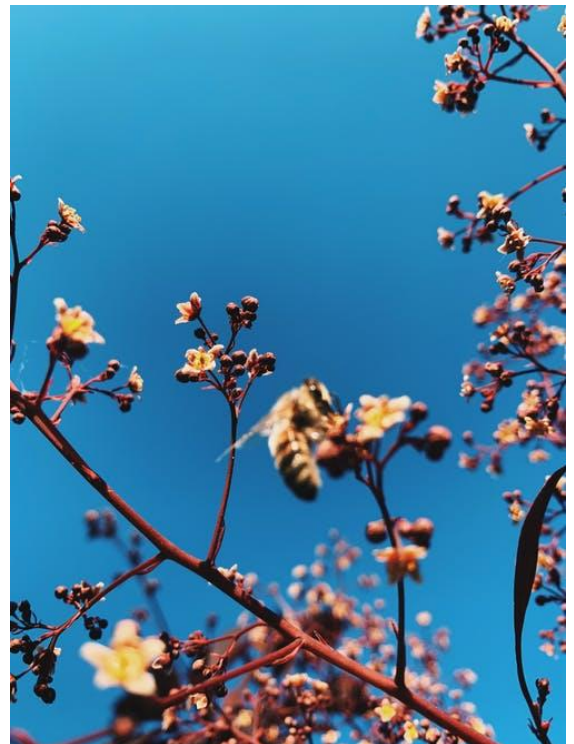


Photo Credit: Pexels - Harry Cooke

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We, the world-wide family of Light, are spiritual people because we place God-Love above all else. As we orient our lives towards bettering ourselves and helping others, we continually deepen our spiritual identity and joyfully resonate to the way our star friends live.

Part Two of *Developing a Friendship with our Star Friends* will be presented in May 2021.



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.

5. Steve Dolesch - Truth

"I feel sorry for you because you actually believe in your own lies!" I heard that when I listened to talk, a Dharma talk by a nun of the Buddhist path just a few minutes ago when she was sharing about a cult leader who abused his wife, his own children and other women becoming his harem. A female detective was on his case and at the end of the movie, a true story, says to him "I feel sorry for you because you actually believe in your own lies." At that moment, he was shaken. I left this comment beneath the video on YouTube: The cult leader changed because the way she told him that. It was honest, true from her heart and not from her head. She was strong enough spiritually to say that with him disarming. What I wish to share with you is how many lies we all believe be them our own or of others who make us believe in them as true. Don't worry we all do.

It is difficult to discern what is truth and what are lies. There is, however, one way to differentiate is by listening to your gut or your heart. The gut is strong. I know sometimes when I go to a place and almost instantly I have this feeling that tells me to get out as soon as possible. Let me share a personal experience when I was a boy. At one point not long after I arrived in Canada from Hungary, my parents and little sister were already here and my father brought me to this family in Newcastle, Ontario to stay. At first it was wonderful. I went to school and was thriving in everything. Then, my father came back after a year or so to bring me back to Toronto. Well, after a few months, he brought me back to live with the family. I remember sitting at the dining-table having this feeling of something is wrong. My gut was telling me that. My heart as well.

When the lady came back from the foyer, she had this look on her face that I felt that my father told her something untrue. From that moment I struggled in school and while I was with the family, I wasn't welcome anymore as I was the first time. The family must have accepted the lies that my father told them and project them onto me. Making me feel as if it was true. Then, a few months later, my father came back this time he brought me to a village in Québec named Austin. I ended up in a place for severely mentally limited people. I never heard from my parents after that. My little sister and I found each other after almost 50 years thanks to the internet. She also corrected what I believed what happened: my father was perpetrating the lie and badness and not my mother or sister. They didn't have a clue where I was or still alive and kicking. Well, I was.

So, there are many ways of living lies. To break that circle is to have a strong sense of who you are. I had lots of good people helping me and still do. Every place I went, there were at least two people who helped me out. You don't need many. All you need is one or two. There is one, however, you need, that is you. You are your own truth. The thing is you need to recognise that. The detective was there at the right moment. I guess the leader saw himself in her and that she was strong enough to let him see her for who she was. He tried to mess up her mind but it didn't work. So, don't let anyone mess with you.



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.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

6. Good News Of The Day

The stories below are reprinted from www.dailygood.org.

Claire Dunn is a guide to the wilds inside and out, and her passion is nature-based human development. Since quitting her job campaigning for the Wilderness Society over a decade ago, she has travelled her own mystical path. She left the confines of the offices, shopping centres and other concrete boxes of modernity to discover something deeper, more instinctive. She spent a year in the bush, which she recounts in her memoir *My Year Without Matches*, and now runs re-wilding events and guides Vision Quests. Since settling back into city life, she's been writing a second memoir about re-wilding the urban soul.

<https://www.dailygood.org/story/2695/claire-dunn-nature-s-apprentice-sarah-rowley/> **Be The Change:** For more inspiration, check out this passage by Llewellyn Vaughan-Lee, "Meaning and the Song of the Soul."
<https://www.awakin.org/read/view.php?tid=2337>

In July of 2020, beloved ServiceSpace friends Kozo Hattori, and Sue Cochrane, came together for a virtual conversation in the presence of community. Both were navigating stark realities with cancer. Their luminous exchange was threaded with laughter, insight, tender truths, poignant moments and profound life-wisdom. Kozo peacefully "changed address," on March 1st. His transition came just weeks after Sue's own passing. What follows is an edited selection of excerpts from the conversation between these two extraordinary beings, who leave in their wake, an incandescent legacy of love and courage.

<https://www.dailygood.org/story/2698/the-world-needs-your-cargo-kozo-hattori-and-sue-cochrane-kozo-hattori-sue-cochrane/> **Be The Change:** What is the cargo you are carrying? What do the above quote and conversation spark within you? Do something today to honor the deep legacy that Kozo and Sue shared with our world.

From award-winning author James O'Dea comes a handbook for Sacred Activism, where spiritual insight and radical action meet. O'Dea shares the arc of his own development as both an activist and mystic. He explores what it means to be conscious activists, and what it takes to move beyond rigid belief systems and outdated structures of power and control, and to accelerate the possibilities of collective evolution. Read an excerpt here. <https://www.dailygood.org/story/2699/james-o-dea-conscious-activism-james-o-dea/>

"To heal from our traumas, from soul loss, we must restore the conditions which offer something alluring and compelling to coax the soul back home. In other words, what reconstitutes the psyche after trauma, in addition to understanding what happened, is reestablishing our place within the wider cosmological context. We must be restored and re-storied to complete the rough initiation that was precipitated by the trauma. In other words, we must return to our lives as vital and engaged participants in the deep song of the world." After studying initiation practices in various cultures, Francis Weller distilled a set of variables that must be in place in order for a successful transition from youth to adulthood. "These same conditions," he says, "are what help us restore the psyche after trauma." He explores further in this excerpt. <https://www.dailygood.org/story/2701/rough-initiations-francis-weller/> **Be The Change:** Have you experienced any rituals of initiation in your own life? Of the five conditions for initiation that Weller names in his article, which ones do you relate to most strongly? Which ones, if any, do you feel a need for at this time?

Neighbors and plants can surely help us bloom, especially in the hard times. Stuck in her apartment, a lonely woman waits for time to pass until one day she hears a knock at the door. On her doorstep, she finds a plant left by a friendly neighbor and discovers the joy that caring for others can bring. This tender animation was

made by students of the Animation & Illustration department at San Jose State University.

<https://www.karmatube.org/videos.php?id=8781> **Be The Change:** What can you do today to help a lonely neighbor who needs a visit or a little sunshine in their life?

"We have a soul at times.

No one's got it non-stop,
for keeps."

In an article in the New York Times, Edward Hirsch called Wislawa Szymborska "a philosophically inflected poet who investigates large unanswerable questions with terrific delicacy. She pits her dizzying sense of the world's transient splendor against unbearable historical knowledge." Here the Polish Nobel laureate explores the nature of the soul with her characteristic wit, keen observations and attentiveness to the buried implications of the human journey. <https://www.dailygood.org/story/2696/a-few-words-on-the-soul-wislawa-szymborska/>

Be The Change: For more inspiration, read Szymborska on, "The Creative Power of Uncertainty."

<https://www.brainpickings.org/2017/03/27/wislawa-szymborska-nobel-speech/>

"Are languages then just a collection of words, syntax, and semantics? I'd like to sometimes see them as seeds and sometimes as fields - alive as the minds, tongues, throats, bodies and air they pass through; germinating, growing roots, bearing fruit, evolving like beings. But also holding space, expanding out like a unique land of perception. A non-physical geography hosting human and non-human drama. A living medium, a speech-scape." In this evocative piece, writer and teacher M. Yuvan layers anecdotes that shine a small, bright light on India's linguistic diversity and weaves in similar stories from around the world. What does it mean for the future of the human species to keep the richness of our multiple languages alive? How does language tether the soul to the wisdom of the Earth? <https://www.dailygood.org/story/2700/speaking-river-speaking-rain-m-yuvan/> **Be The Change:** Do you speak more than one language? If yes, could you connect more deeply to the layered texture and sensations of words that contain the same meaning, but across languages? If no, could you learn a new language and possibly, a different world-view?

"Can we dare to think people are kind, and shape organisations around this view?' That's the question Rutger Bregman examines in his latest book 'Humankind', and it's one that anyone involved in youth and community work like me wrestles with on a daily basis. But is Bregman's optimistic analysis grounded in reality?" More in this piece from OpenDemocracy. <https://www.dailygood.org/story/2702/all-you-need-is-love-james-ballantyne/>

Be The Change: For more inspiration, check out this reading by George Saunders, "Kindness Includes Everything."

"In modern Western society, we want to preserve everything and we want to live forever. We wage war on old age and write songs about being forever young. Because death is seen as no more, no less than the end of the line--something to be held off and resisted--we live in constant fear of it. But to the Celts, death was inextricably intertwined with life. Every month the moon died and was reborn. Every winter the Sun died and was reborn. The tide came in and the tide receded. To think that you could avoid these natural cycles was not only unthinkable but undesirable. Out of all the dying, something precious and new is always born." Sharon Blackie and Stephen Jenkinson share more in this thought-provoking piece.

<https://www.dailygood.org/story/2704/eldering-in-the-age-of-consumption-sharon-blackie-stephen-jenkinson/>

Be The Change: For more inspiration, check out this powerful conversation, recorded during the beginning of the pandemic, with Parker Palmer and other luminous voices: Courage & Vulnerability- Corona & the Wisdom of Elders. <https://www.awakin.org/calls/470/parker-palmer-with-mary-pipher-and-michael-penn/>

Liz Tichenor was ordained as a priest at 27. Just a few months before her ordination, Tichenor lost her mother to suicide. A year and a half later, her infant son, just 40 days old, died from a likely curable but misdiagnosed medical condition. Her stunning memoir, "Night Lake: A Young Priest Maps the Topography of Grief," shares a story of finding a way forward through searing tragedies, and slowly learning how to live again. In this moving, personal essay, she speaks to the power of 'joining our wildernesses.'

<https://www.dailygood.org/story/2703/joining-our-wildernesses-liz-tichenor/>

For ten semesters, Americ Azevedo's seminar, 'Time, Money, and Love in the Age of Technology,' cultivated in students an awareness of the larger issues that form a context for their lives. He was well qualified. Earlier in his life he was reading a passage from Krishnamurti, "Live the Truth." That same day he stood in front of a room full of trainees, uneasy with his job and its values. He turned to the trainees and said, "I can no longer do this work. We're not real with each other in this place. I quit." Back at his desk, he saw everything in a new light. A spiritual fog had lifted. In some ways, it all began when he was bullied and called stupid as a child, and found a way to relate to his bullies and rid himself of the epithet. Read his story here.

<https://www.conversations.org/story.php?sid=342> **Be The Change:** Think twice before you apply labels to yourself or other people even in your mind. Give them and yourself the benefit of the doubt. For more inspiration read this piece by Azevedo, "How to Realize True Wealth."

<https://www.dailygood.org/story/853/realizing-true-wealth-amic-azevedo/>

"Death has been visiting my life a lot in this past year. During those times, I have frequently heard Mary Elizabeth Frye's well-known poem, 'Do No Stand At My Grave and Weep.' This morning as I was lolling abed, I began naming my departed-beloveds in my mind, calling their sweet faces to mind and silently speaking their names one by one. This is one of the ways I honor them and deal with their absence. In the midst of that familiar ritual, I 'heard' a distinct voice speaking into my mind. This is what it said..." Barbara McAfee shares more in this heartfelt piece, that includes her song, "Oh For Crying Out Loud."

<https://www.dailygood.org/story/2705/oh-for-crying-out-loud-barbara-mcafee/> **Be The Change:** How open do you feel to your own experiences of sorrow? For more inspiration, check out "Grief as Deep Activism," by Francis Weller. <https://www.dailygood.org/story/2214/drinking-the-tears-of-the-world-grief-as-deep-activism/>

"Certain places -- like where springwater falls over a slickrock ledge, sculpting the land of canyons, or where steam bubbles from dark cauldrons in Yellowstone while bison hunker nearby -- have a power to radically alter my state of consciousness, such that suddenly my bodymind re-members the most expansive thoughts, ecstatic feelings, deepest mysteries, or the biggest cosmic questions of my life. It's almost as if I get something like a 'contact high' from the land." <https://www.dailygood.org/story/2707/blowing-open-the-dusty-windows-of-perception-geneen-marie-haugen/> **Be The Change:** Consider the questions the author poses at the end of her piece, "Maybe your windows (or doors) of perception are never dusty or closed, but if they are, how do you open them? What do you see or feel, remember or imagine?"

"My biggest regret is that I wasn't born beautiful-- there, I've said it." Jenny Jackson delivers these words with captivating candor in this poignant, short film by Green Renaissance. Lacking the experience of warmth and kindness in childhood, Jackson grew into a person she barely recognized. In her forties three words on a sandwich board brought a moment of self-reckoning that ripened over slow years. In her mid-sixties she began to deeply explore all the parts of her life that she had not truly dealt with. "If you live long enough, you will experience great hurt. What you make of that is up to you. It can be beautiful or it can be ugly." Discover the gift of Jackson's resilient spirit, her wisdom, humor and art here.

<https://www.karmatube.org/videos.php?id=8505> **Be The Change:** Dig deep and feel your way to the bottom of a hurt. What is something beautiful you can make of it moving forward? For more inspiration from Jenny Jackson, watch this follow-up film with her that was made by popular demand.

<https://www.youtube.com/watch?v=miLs1AfMrIY>

Leptoptilos dubius is the name of a gangly stork, "Once close to extinction, the bird has rebounded in biologist Purnima Devi Barman's home state of Assam in northeastern India. And that success, according to

widespread consensus, is primarily because of Barman, who has single-handedly transformed the species from a reviled nuisance to a beloved cohabitant among a surprisingly broad cross-section of people." Learn more about Burman's innovative work that has created new jobs, and rescued an endangered species.

<https://www.dailygood.org/story/2709/she-convinced-a-community-to-love-a-bad-omen-emily-sohn/> **Be The Change:** Learn more about Barman's work and her "All-Woman Army for Conservation" efforts. <https://www.dailygood.org/story/2709/she-convinced-a-community-to-love-a-bad-omen-emily-sohn/>

One definition of resilience is: the capacity to recover quickly from difficulties. This past year, many of us have faced adversity, trauma, tragedy, threats, or significant sources of stress such as family and relationship problems, serious health problems, or workplace and financial stressors. Let this three-minute video be a meditation on resilience, taught by the rivers of the world. <https://www.karmatube.org/videos.php?id=8749> **Be The Change:** Take some time to rest and recharge today. For more examples and stories of resilience, visit Healing Forest. <https://healingforest.org/2020/07/24/resilience-examples-stories/>

"Awakened awareness practices focus on dis-identifying with the conceptual mind, specifically the false self or ego that we imagine ourselves to be. To call the ego a false self is not to disparage it or even judge it. It is to name it as what it is: a psychological process with which we have become overly accustomed to identifying. The false self has no enduring quality it is neither thing, noun, nor person. It is a process that we mistake for who we are." Adyashanti shares more in this thoughtful piece.

<https://www.dailygood.org/story/2710/awakened-awareness-adyashanti/> **Be The Change:** Spend some time today, turning 'to that which is looking." For more inspiration, read Adyashanti on, "Response vs Reaction." <https://www.awakin.org/read/view.php?tid=796>

"Tracing an ancient route across the Sahara Desert once caravanned by pilgrims on their journey to Mecca, Anna Badkhen contemplates human movement across shifting landscapes, the impermanence of memory, and what remains eternal in the face of erasure." <http://www.dailygood.org/more.php?n=8806> **Be The Change:** For more inspiration, read this BrainPicking's post on "Desert Solitaire: A Love Letter to Solitude." https://www.brainpickings.org/2015/06/22/desert-solitaire-edward-abbey/?mc_cid=1e7e714d0f&mc_eid=76262496ff

"It's about this time in the long stretch of winter that I begin to ache for spring. By March, I tend to become a bit dulled to the beauty of winter. Though my prayer and meditation keep my heart open to seeing the passage of time and seasons with appreciative eyes, mostly I just want the cold days to be over. As the earth begins to thaw, we often want the process to hurry up. I long for bright flowers blowing in a spring breeze and warm summer evenings on the porch. While impatience with winter is only human, I pause and remember the need to move slowly through this time of year." What follows is a lovely meditation on waiting for the thaw, followed by three classic poems that capture aspects of this transitional time." DailyGood writer, Virginia May Drotar, shares more in this lovely piece. <https://www.dailygood.org/story/1983/waiting-for-the-thaw-virginia-may-schiros-virginia-may-drotar/> **Be The Change:** Virginia (aka Ginny) and Duane Drotar are the stewards and founders of Shadowbrook, a budding, transformative experiment in community-building, based in Ohio. Shadowbrook is meant for people of all means, and from all backgrounds, it is a space, "where silence and shadow work, mutual exchange and justice re-birthing, and whole person wellness and service, intersect." Join an intimate circle with Virginia and Duane (today!) to hear more about their shared journey, aspirations and plans for Shadowbrook. To join, RSVP here. <https://www.servicespace.org/event/view.php?eid=12874>

Liesl Clark and her family traveled to Nepal on a "quest to find answers." They returned home with a new perspective on community and a better way of living. Clark saw how the Nepalese cared for each other, insisting on sharing gifts equally within the community and taking responsibility for the aging, fragile, and infirm without regard to family ties. She believed these principles could be applied to their area and possibly beyond. With help from her friend Rebecca Rockefeller, Clark began The Buy Nothing Project with a Facebook page and a list of ideals. Their hope was to focus more on community and connections and less on stuff, thereby removing physical wealth from the equation. The project encourages the feeling that we are all connected and

that everyone has something to offer. Some cook meals for others. Some collect food growing on trees and vines in public places, food that may often be left to rot. The movement, started from one collective on Bainbridge Island, Washington, now has more than 1.5 million members and counting. Watch this video to learn more of the backstory behind the local gift economies of this experimental social movement sweeping across the globe. <https://www.karmatube.org/videos.php?id=7739> **Be The Change:** Visit 31 Ways to Build Community to learn about other ways to foster connections in your neighborhood. <http://denverdweller.com/31-ways-to-build-community-in-your-neighborhood/>

"From Jeroen Toirkens comes 'Nomad' -- a fascinating and strikingly beautiful visual anthropology of the Northern Hemispheres last living nomadic peoples, from Greenland to Turkey. A decade in the making, this multi-continent journey unfolds in 150 black-and-white and full-color photos that reveal what feels like an alternate reality of a life often harsh, sometimes poetic, devoid of many of our modern luxuries and basic givens, from shiny digital gadgets to a permanent roof over one's head." View some of Toirken's stunning photographs and read more here. <https://www.dailygood.org/story/2713/the-world-s-last-nomadic-people-s-maria-popova/>

"Your phone rings in the middle of the night. As you reach blindly to answer, do you fear that someone you love has been in an accident? Has suddenly died? For a time, early in my marriage to Jihong, such calls would often wake us. The phone was on Jihong's side of the bed. He'd lift the receiver to his ear and mumble a dazed hello. "Go back to Japan!" a loud male voice would yell, or something worse. Jihong would hang up. We nestled in each other's arms. You're paying a sad price for living 'in freedom,' I said to him, in my mind." Phyllis Cole-Dai shares more in this poignant and timely piece. <https://www.dailygood.org/story/2715/picture-a-face-phyllis-cole-dai/> **Be The Change:** Is there a practice that you engage in as an antidote to the energies of hatred and division in our world? If you feel called to, try out the practice Phyllis shares at the end of her piece.

7. The False Dichotomy Between Being And Doing

Are you one of many who contemplate 'being' versus 'doing'? If so, you may enjoy this insightful article from Rob Burbea. Read more at... <https://www.awakin.org/read/view.php?tid=2468>

8. Thirsty For Wonder

Mirabai Starr explores contemplative practices and life in her article "Thirsty For Wonder". Read more at... <https://www.awakin.org/read/view.php?tid=2421>

9. Two Drop of Oil

What is the secret of happiness? This beautiful parable shares the answer. Read more at... <https://www.awakin.org/read/view.php?tid=2483>

10. A Higher Level of Conscious Engagement

James O'dea writes "We can increase our inner strength to make critical choices for ourselves and for the planet by refraining from cluttering up our lives with too much superficial choice. The choice to surrender to higher guidance, to listen deeply to one's inner voice and soul's beckoning, is not passivity, but a higher level of conscious engagement." Read the entire article here... <https://www.awakin.org/read/view.php?tid=2486>

11. Ambiguity of Violence

Have you ever felt aggression was the right action in the right context? This thought-provoking articles discusses the ambiguity of violence. Read more at... <https://www.awakin.org/read/view.php?tid=2407>

12. Bloom

Reprinted from www.KarmaTube.org.

Neighbors and plants can surely help us bloom, especially in the hard times. Stuck in her apartment, a lonely woman waits for time to pass until one day she hears a knock at the door. On her doorstep, she finds a plant left by a friendly neighbor and discovers the joy that caring for others can bring. This tender animation was made by students of the Animation & Illustration department at San Jose State University.

<https://www.karmatube.org/videos.php?id=8781>

13. All Cats Are Black

Reprinted from www.KarmaTube.org.

If you live long enough, you will experience great hurt. What you make of that is up to you. It can be beautiful or it can be ugly. "The important thing is not how one looks, but how you are able to connect to the people and the world around you." - Jenny Jackson. <https://www.karmatube.org/videos.php?id=8505>

14. How to be Resilient

Reprinted from www.KarmaTube.org.

One definition of resilience is: the capacity to recover quickly from difficulties. This past year, many of us have faced adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. Let this three-minute video be a meditation on resilience, taught by the rivers of the world. <https://www.karmatube.org/videos.php?id=8749>

15. The Buy Nothing Project Gift Economies

Reprinted from www.KarmaTube.org.

Liesl Clark and her family traveled to Nepal on a "quest to find answers." They returned home with a new perspective on community and a better way of living. Clark saw how the Nepalese cared for each other, insisting on sharing gifts equally within the community and taking responsibility for the aging, fragile, and infirm without regard to family ties. She believed these principles could be applied to their area and possibly beyond. With help from her friend Rebecca Rockefeller, Clark began The Buy Nothing Project with a Facebook page and a list of ideals. Their hope was to focus more on community and connections and less on stuff, thereby removing physical wealth from the equation. The project encourages the feeling that we are all connected and that everyone has something to offer. Some cook meals for others. Some collect food growing on trees and vines in public places, food that may often be left to rot. The movement, started from one collective on Bainbridge Island, Washington, now has more than 1.5 million members and counting. Watch this video to learn more of the backstory behind the local gift economies of this experimental social movement sweeping across the globe. <https://www.karmatube.org/videos.php?id=7739>

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.

16. 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).

17. 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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