

***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



#### Stories, Drop the Stories

Recently, I've become aware of something that is significant for my healing. This awareness brings with it the opportunity for me to heal myself and bring me peace. It's not a revelation necessarily, just a very simple, plain truth.

I have noticed that whenever I react to anything or anyone with anything other than the love, there is a 'story' playing itself out in my head. My reaction to a thing or person in a given situation may range from annoyance, aggravation, or anger, to mild irritation, curiosity, or disbelief. Written all over my reaction is judgement. It is a perception, or observation, that whatever or whoever it is I am seeing is not conforming to the way I think it, or she/he, should be.

Why is this awareness significant? When I recognize there is a judgement or perception being projected, I become aware that there is a story playing itself out in my head. The story may be about the way I think something or someone should be or behave. The story may be about how I think something or someone should be, instead of how it is, or she/he is. Whenever I wish for something or someone to be other than what it is, or the person is, dis-ease results. I am pulled out of my peace.

If I choose to look at what is unfolding, I can recognize that the story playing out in my head is something from the past repeating itself. This story is typically associated with some sense of loss, grievance, or hurt. The story is never about the event unfolding. The story is always about some unresolved matter from my past.

The gift of this awareness, and the opportunity for healing, rests in my choice to not react to the unfolding event or situation. But to bring my awareness into my daily meditation and stillness and unpack the story. I examine the story and allow it to reveal to me the illusion of my loss, grievance, or hurt. I allow the story to show me what it is I'm holding on to that is causing me pain. When I get to the core issue(s) of my story, I then lay the foundation for forgiveness. As I allow forgiveness to enter my mind, I am healed.

To recap, I carry around unconscious stories from my early-life conditioning. These stories play themselves out whenever I react to anything or anyone with anything other than love. If I look at these stories, I can uncover my blockages to love. When I uncover my blockages to love, I can forgive myself. Forgiveness heals me and brings me peace.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Of Being Woven

“The way is full of genuine sacrifice.

The thickets blocking the path are anything  
that keeps you from that, any fear  
that you may be broken to bits like a glass bottle.  
This road demands courage and stamina,  
yet it's full of footprints! Who *are*  
these companions? They are rungs  
in your ladder. Use them!  
With company you quicken your ascent.

You may be happy enough going along,  
but with others you'll get farther, and faster.

Someone who goes cheerfully by himself  
to the customs house to pay his traveler's tax  
will go even more lightheartedly  
when friends are with him.

Every prophet sought out companions.  
A wall standing alone is useless,  
but put three or four walls together,  
and they'll support a roof and keep  
the grain dry and safe.

When ink joins with a pen, then the blank paper  
can say something. Rushes and reeds must be *woven*  
to be useful as a mat. If they weren't interlaced,  
the wind would blow them away.

Like that, God paired up  
creatures, and gave them friendship.”

This is how the fowler and the bird were arguing  
about hermitic living and Islam.

It's a prolonged debate.  
Husam, shorten their controversy.  
Make the *Mathnawi* more nimble and less lumbering.  
Agile sounds are more appealing to the heart's ear.

Jelaluddin Rumi

## 3. Quote or Question

*“If you reach deeply into your own heart and the heart of other, understanding will arise. If there is understanding, acceptance and love will follow, and suffering will be eased.”*

~ Thich Nhat Hanh ~

## 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 Two - Contact

Hello to the Family of Light!

How can we make contact with our star friends?

Think of how you feel when you see a freshly opened flower, or the gracious smile of a stranger, or experience the warmth of encouragement of a dear friend. These are expressions of beauty, of compassion, of Love.

The perfect vibration in the cosmos is Love. All physical manifestation, no matter the dimension or world, originates in Love, in thought and in Light. When you uplift your mind, you expand your heart and you are saying our star friends, "I am here."

Your loving thoughts and your noble intentions ripple out into the universe like calm water which ripples outwards when you touch it with your finger. These same thoughts and intentions also transform your energy fields and allow them to radiate resplendent colours similar to the aurora borealis. Through your virtuous movements of mind, heart and intention you establish exquisite patterns of individuality that attract the attention of our extraterrestrial friends.

The next step is to cultivate expanded consciousness.

Imagine that you are sitting comfortably on a large rock in the middle of a lake. You look down and observe the colour and form of this rock. From there you look into the clear water and see plants and fish. This is your first, most immediate environment. Now look further to the shoreline. Can you see the grass, the sand, trees and possibly other rocks? Look up and observe the sky. What colour is it? Are there clouds? These observations make up your secondary environment.

Now, continue sitting on the rock, and begin to sense these two environments only through your awareness. Let go of linear thought and become conscious of the inner composition of the rock you are sitting on and your surroundings. Feel the energy, the alertness, the living particles of this environment. Then link what you sense outside of yourself to what you sense inside of yourself.

Gradually you understand, through this heightened awareness, that you are connected to all living matter everywhere, whether that matter is inside of yourself or outside of yourself. There is no division. Everything and everyone vibrates to a great sacred Whole. Here you experience expanded consciousness which prepares you for contact with our star friends.

Each time we choose loving thoughts, we access higher vibratory worlds and create opportunities to open up to contact with residents of other worlds and dimensions.

Our star friends are not magicians. They have evolved just as we are evolving to finer ways of being and thinking.

Through the expansion of our hearts and minds, we create lives of grace and gratitude and help others just as our extraterrestrial friends are helping us. As our world transforms into a higher way of being, we are invited to work more and more in partnership with those of other planets, worlds and dimensions.

Our star friends remind us that all life unfolds from one Source— the Divine Spirit— found in the smallest particle of vibrating matter, from Planet Earth to the vast, eternal and infinite cosmos. This is called sacred unity.



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 – Be I Am

“If you want peace, it will be with you immediately.” This is a quote from Thay Thich Nhất Hahn in his book *At Home In The World*. I recommend it.

Welcome to my sharing about Be I AM.

I am here and have seen how I have evolved and the world around me. I saw and know how I grew up with my parents and my little sister, being absent from when I was 11 or 12. I never saw them again. My new beginnings were with other people who happened to drop in from nowhere. From somewhere but in a magical manner. What I'm trying to say is that every place I lived there were two or three people who helped me. Every place I went to, I also had to adapt peacefully. The quote above by Thay (Teacher in Vietnamese) Thich Nhất Hahn is just that: A Beginning Anew or new beginning by wanting and creating Peace from a simple but powerful statement. It's not a wish or hope. It is a statement.

Be I Am needs to be convincingly real and true to yourself. Never mind the others. If you truly mean to make that statement, which is not automatic, you can create peace in yourself and then around you. I'm saying this and I'm not preaching. I don't like preaching in general. It's like 'you better do this and that, or else.' It doesn't work like that. I'm getting emotional here. It's not easy to write about something that I have hardly experienced if not at all. However, I truly feel it. Feel the wanting to create that energy in me and around me. You see, I know I can create that! Your question: What are you waiting for? I'm not waiting for anything. In fact, anyone and everyone can. The thing is, do we truly want to? Do we all want to create a spiritual peace and not merely a wish? Thay Thich Nhất Hahn asked this: 'To Be Or Not To Be, That Is Not The Question.' Because the answer is, drum roll, please: Be!

Be peace now! To be and yes, be. To be frank, I'm often in battle not necessarily with others but with myself. That is why I need to create peace inside of me. How can I create peace around me if I am not at peace with myself? One needs to be peace with him or herself before promoting it around them. By the way, the answer to your question: what are you waiting for is: attitude. We all have an attitude problem along with perception. We need to be perceptive of our perception of ourselves before judging others and create a Beginning Anew attitude. A truly peaceful one.



**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).*

"That in love and in life, freedom from fear -- like all species of freedom -- is only possible within the present moment has long been a core teaching of the most ancient Eastern spiritual and philosophical traditions. It is one of the most elemental truths of existence, and one of those most difficult to put into practice as we move through our daily human lives, so habitually inclined toward the next moment and the mentally constructed universe of expected events --the parallel universe where anxiety dwells, where hope and fear for what might be eclipse what is, and where we cease to be free because we are no longer in the direct light of reality. The relationship between freedom, fear, and love is what Alan Watts explores in one of the most insightful chapters of *The Wisdom of Insecurity: A Message for an Age of Anxiety* (public library) -- his altogether revelatory 1951 classic, which introduced Eastern philosophy to the West with its lucid and luminous case for how to live with presence." <https://www.dailygood.org/story/2718/the-only-real-antidote-to-fear-maria-popova/> **Be The Change:** For more from Alan Watts, check out this passage, "The World Mirrors the Soul and the Soul Mirrors the World." <https://www.awakin.org/read/view.php?tid=2327>

This meditative film brings us on a journey of slowing down so that we can understand the rhythms and the circles of life, in order to more fully connect with the big circle, "the slow breathing of the earth." It reminds us to slow the pace of our lives, even for a few minutes at a time, so that we are able to feed the person inside. The wise narrators charge us to be aware of the phases of the moon and of what season it is, so that we can be present and in the moment as we create our lives. <https://www.karmatube.org/videos.php?id=8798> **Be The Change:** The film says, "you have the right to invest in yourself." What can you do today to invest in yourself in a way that helps you to slow into the rhythm of life?

Marina Keegan's posthumous writings are moving, sensible and funny. Her parents, with the help of her college professor, put them together to honor Keegan's loving, compassionate spirit after her tragic death. By doing so, they transformed their anger, sadness and grief into a force for positivity and forgiveness that will inspire you <https://www.dailygood.org/story/845/marina-keegan-and-the-opposite-of-loneliness-alice-peck/> **Be The Change:** Channel your grief, sadness or anger into a creative expression of some kind today.

"While we take for granted that time has a given direction, physicists don't: most natural laws are time reversible which means they would work just as well if time was defined as running backwards. So why does time always move forward? And will it always do so?" <https://www.dailygood.org/story/2636/what-is-time-and-does-it-always-move-forward-unknown-yet/> **Be The Change:** For more inspiration, check out this lovely post, "I Have Time." <https://www.dailygood.org/story/1172/i-have-time-patty-de-illosa/>

"Birds have been a part of my life for as long as I can remember, and hummingbirds have held a special place in my heart for the simple reason that they, early on, became personal to me. On some level, you could say I became a writer because of hummingbirds, and they have appeared in my fiction since I was very young." Jeff Vandermeer shares more in this lovely essay. <http://www.dailygood.org/more.php?n=8821> **Be The Change:** Look around you. Notice the tiny life forms in your surroundings -- what 'secrets of living' might you learn from them?



"Before you know what kindness really is you must lose things, feel the future dissolve in a moment like salt in a weakened broth." Thus begins Naomi Shihab Nye's poem Kindness, animated poignantly by Ana Perez Lopez for the On Being Project. The poem, first published in 1980 and read softly here by the poet, contrasts strikingly with the typographical approach to the animation done during the pandemic lockdown of 2020.

"Before you know kindness as the deepest thing inside, you must know sorrow as the other deepest thing." Nye's words have relevance for us now as we not only negotiate great losses but reemerge to a new normal, with Kindness, for "only Kindness makes sense anymore". <https://www.karmatube.org/videos.php?id=8820>

**Be The Change:** Learn more about the powerful backstory of this poem in this On Being interview with Naomi Shihab Nye. <https://onbeing.org/programs/naomi-shihab-nye-before-you-know-kindness-as-the-deepest-thing-inside/>

"According to the great wisdom traditions of the West (Christian, Jewish, Islamic), the heart is first and foremost an organ of spiritual perception. Its primary function is to look beyond the obvious, the bounded surface of things, and see into a deeper reality, emerging from some unknown profundity, which plays lightly upon the surface of this life without being caught there: a world where meaning, insight, and clarity come together in a whole different way." Cynthia Bourgeault shares more in this beautiful, in-depth essay.

<https://www.dailygood.org/story/2719/the-way-of-the-heart-cynthia-bourgeault/> **Be The Change:** For more inspiration, check out this short film on "Awakening the Wisdom of the Heart." <https://www.karmatube.org/videos.php?id=5694>

In the spring of 2017, Nandini Murali, a South Indian journalist and author, returned from an out-of-town assignment to an eerily quiet home. Typically, her husband would greet her at the front door, but that morning he hadn't answered her phone calls. It was Nandini who discovered his body, and confronted an unfathomable reality. T.R. Murali, one of the most prominent urologists in India, and her beloved husband of 33 years, had ended his own life. "Space dissolved," writes Nandini, of that moment. "Time stood still. The axis of my life heaved, cracked and split." On the first anniversary of her husband's death, Nandini launched SPEAK (Suicide Prevention Postvention Education Awareness Knowledge). SPEAK seeks to cultivate awareness instead of stigma, and to break the taboos, shame, and secrecy around suicide through public campaigns and sensitization. Through SPEAK, Nandini has mobilized social support for prevention, intervention, and postvention efforts in India and beyond. In the course of these efforts, her searing personal grief has shape-shifted into deeply activated compassion and powerful clarity of purpose. Read an excerpt from her new book, "Left Behind: Surviving Suicide Loss." <https://www.dailygood.org/story/2720/left-behind-surviving-suicide-loss-nandini-murali/>

Crisis Kitchen is a mutual aid group that has emerged during the coronavirus pandemic in Portland, Oregon, as a means to help people thrive. It was begun by laid off restaurant workers as the COVID-19 pandemic worsened and caused more and more people to become food insecure. High quality, delicious meals are prepared and delivered by volunteers, utilizing donated space and are available for free. This vibrant alternative care economy sends out 1,000 meals per week as an investment in the well being of the whole community, and as "an expression of love that is easily given to people you do not know".

<https://www.karmatube.org/videos.php?id=8821> **Be The Change:** Reflect on acts of kindness that you have received during the past year. How can you pay them forward?

Fabiana Fondevila is an Argentinian writer, speaker, teacher, and all-around wonder activist. She began her career as a journalist and war correspondent, working for the main outlets in her native country. Returning to spiritual questions, she then spent years interviewing some of the world's top thinkers, mystics, scientists and philosophers in search of a map. And then, life transpired: her older sister took her own life after a lifetime of mental illness, and Fabiana's parents died shortly before and after, undone by the pain. This led Fabiana deeper into the path. But this time, no books or schools or lineages seemed potent enough to shine a light in the darkness. By chance, she stumbled upon weeds in her garden that steered her to a treasure trove of ancient plant wisdom. Weeds led to trees, trees to birds, birds to clouds, and through this muddy, verdant trail

she found her way back to herself. <https://www.dailygood.org/story/2722/fabiana-fondevila-the-many-flavors-of-wonder-awakin-call-editors/> **Be The Change:** Be on the lookout for the presence of wonder today. You can explore more of Fabiana's work through her website. <https://www.innertraditions.com/author/fabiana-fondevila>

In 1973, the U.S. Army Corps of Engineers prepared to open a new dam project, flooding miles of the Stanislaus River Canyon, a beautiful, pristine river valley flowing from the western Sierra Nevada mountains into California's Central Valley. In 1979, Mark Dubois chained himself to a boulder behind the New Melones Dam and threw away the key. "If you guys are going to flood 9 million years of evolution, why not take one more creature with you," he said. Mark's action brought nationwide attention to the threats to our rivers and built a growing movement to protect them, helping to bring a halt to major dam building in the U.S. This is a story of a person who dared to fall in love with life's miracle, this sacred Earth, and reminds us of what it means to ignite our own passion and step into our life's purpose. <https://www.karmatube.org/videos.php?id=8826> **Be The Change:** Mark Dubois's philosophy of activism is that, first, one must fall in love. Discover his heartfelt approach to environmental protection in this interview in Works & Conversations. <https://www.conversations.org/story.php?sid=679>

"Above a clear, rocky stream, a tiny green tree frog perches on the belly of a leaf. Turning its minute snout toward the water, the frog lets out three chirps in the dark, struggling to make itself known. The act of naming is never a discovery, but a description of what always was there, a sound connected to a thought in time. The heart within the translucent chest of the tiny frog by the stream beats with blood dating back 300 million years, long before the first utterance of human language. And until recently, it survived, like 86 percent of terrestrial life, without a scientific name, unable to break through what taxonomists refer to as the Linnean shortfall." Science writer Natalie Middleton shares more. <http://www.dailygood.org/more.php?n=8837> **Be The Change:** What is the meaning of your name, and the story behind it? Reflect on what, and who it connects you to.

"The gardener digs in another time, without past or future, beginning or end...Here is the Amen beyond the prayer," Derek Jarman wrote as he grieved his dying friends, faced his own death, and contemplated art, mortality, and resistance while planting a garden between an old lighthouse and a new nuclear plant on a barren shingled shore. Jarman is one of the artists whom Olivia Laing profiles and celebrates in *Funny Weather: Art in an Emergency* (public library) -- her superb collection of meditations on art, activism, and our search for meaning, drawing on the lives of artists whose vision has changed the way we see the world, ourselves, and others." Maria Popova shares more. <https://www.dailygood.org/story/2726/gardening-as-resistance-notes-on-building-paradise-maria-popova/> **Be The Change:** For more inspiration, read "Working with Soil, Attending to Soul." <https://www.awakin.org/read/view.php?tid=1033>

"Might I venture to say that our most compelling imperative today--if one is permitted to speak in those ways--is to reclaim the thickness of our tongues and learn the names and faces of our neighbours; it is to realize that our worldview is just a tittle in a never-ending sentence; it is to see that there are more ways to learn than school and polished degrees could ever accommodate and more ways to live than could be captured in a Facebook post. The imperative is to recognize that our theories of change have to change and that urgency is not always a function of increased effort and logical coherence. We must reacquaint ourselves with allies that cannot be seen, too subtle for the modern eye, and forgotten human capacities that are wondrous beyond compare, too outrageous for rational thought. We must recognize that our crises emerge from clinging too tightly to a single story, from drinking out of a single drying wellspring while others flow unattended. This recognition also implies that there are no convenient 'others,' no convenient enemies, and that we are the systems we oppose. It means admitting that we don't know the answers, talk less of the questions -- and that's okay." Bayo Akomolafe tells a story of western values in this thought-provoking piece. <https://www.dailygood.org/story/2728/they-sang-with-a-thousand-tongues-bayo-akomolafe/> **Be The Change:** Learn more about Akomolafe's work and check out more of his writing here. <https://bayoakomolafe.net/#:~:text=The%20heart%20knows%20something%20we,not%20given%20or%20uncontested%3B%20and>

"Radical Joy for Hard Times is a worldwide community of people dedicated to bringing meaning, beauty, and value to places that have been damaged by human or natural acts. Through its online community and annual Global Earth Exchange event, Radical Joy uplifts and inspires values of relationship, community, ARTivism, and presence. Anyone can do the Radical Joy practice, which at its core invites us to share our sorrow or gratitude for places that have fallen on hard times. Founder Trebbe Johnson is the author of Radical Joy for Hard Times: Finding Meaning and Making Beauty in Earths Broken Places and 101 Ways to Make Guerrilla Beauty. Here she shares more about how Radical Joy invites us to spend time in wounded places: exposing our hearts to difficult feelings of loss and guilt; listening to the land and to one another; and opening ourselves to possibilities for finding and creating beauty." <https://www.dailygood.org/story/2729/radical-joy-for-hard-times-trebbe-johnson/> **Be The Change:** Participate in the 12th annual Global Earth Exchange in June and join others around the world in making beauty for a hurt place. <https://radicaljoy.org/global-earth-exchange/>

Matthew Sanford says he's never seen anyone live more deeply in their body -- in all its grace and all its flaws - without becoming more compassionate toward all of life. He's a renowned teacher of yoga. And he's been paralyzed from the chest down since a car accident in 1978, when he was 13. He teaches yoga to the able-bodied. He also adapts yoga for people with ailments and disabilities, including military veterans. But Matthew Sanford has wisdom for us all on the strength and grace of our bodies, as we move through the ordinary span of our lives." <https://www.dailygood.org/2012/05/29/the-body-s-grace-a-paralyzed-yoga-teacher-s-insights/> **Be The Change:** Six years ago Ellen Pavitt was in a plane crash that left her paralyzed. In facing her new reality she felt a deep aspiration to grow spiritually and to be more loving. She now sees those two aspirations as one and the same. Join an intimate circle with Pat Benincasa in conversation with Ellen this Thursday: We Create Our Own Reality. <https://www.servicespace.org/event/view.php?eid=12979>

## 7. Invisibility In A Time Of Transparency

Have you ever wanted to disconnect from the dizzying pace of society? Do you ever wish you could turn off social media, if just for an hour!? Have you ever wanted to be invisible, instead of constantly in the public eye or drawn into public discourse via social media? This article by Akiko Busch is a thought-provoking piece on being 'unseen' in a time of social and other media frenzy. Read more here... <https://www.awakin.org/read/view.php?tid=2488>

## 8. Radical Reflection

This article explores and encourages contemplation as a bridge to awakening and "the place where all things merge." Read more here... <https://www.awakin.org/read/view.php?tid=2460>

## 9. Rich Man And The Beggar

What is the secret of giving? This beautiful parable tells the story of a rich man who gives a diamond to a beggar and how the act transforms both their lives. Read more here... <https://www.awakin.org/read/view.php?tid=2490>

## 10. Slowing Down

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

This meditative film brings us on a journey of slowing down so that we can understand the rhythms and the circles of life, in order to more fully connect with the big circle, "the slow breathing of the earth." It reminds us to slow the pace of our lives, even for a few minutes at a time, so that we are able to feed the person inside. The wise narrators charge us to be aware of the phases of the moon and of what season it is, so that we can be present and in the moment as we create our lives. <https://www.karmatube.org/videos.php?id=8798>

## 11. Kindness – By Naomi Shihab Nye

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"Before you know what kindness really is you must lose things, feel the future dissolve in a moment like salt in a weakened broth." Thus begins Naomi Shihab Nye's poem Kindness, animated poignantly by Ana Pérez López for the On Being Project. The poem, first published in 1980 and read softly here by the poet, contrasts strikingly with the typographical approach to the animation done during the pandemic lockdown of 2020. "Before you know kindness as the deepest thing inside, you must know sorrow as the other deepest thing." Nye's words have relevance for us now as we not only negotiate great losses but reemerge to a new normal, with Kindness, for "only Kindness makes sense anymore". <https://www.karmatube.org/videos.php?id=8820>

## 12. Awakening the Wisdom of the Heart

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

"Our heart knows what our mind has forgotten - it knows the sacred that is within all that exists, and through a depth of feeling we can once again experience this connection, this belonging." ~Llewellyn Vaughan-Lee. What does it mean to live from the heart? According to Dena Merriam, founding member of the Contemplative Alliance, it means living with a fuller appreciation of what it means to be a human being on this earth. The wisdom of the heart shows us our connection to the whole. If we move from a consciousness of just thinking about ourselves first, to one of the well-being of the whole, things will evolve naturally into a much more caring, loving, and sustainable society. Listen to Dena and other leaders from different spiritual practices share their thoughts on how we can live from the heart. <https://www.karmatube.org/videos.php?id=5694>

## 13. Crisis Kitchen

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Crisis Kitchen is a mutual aid group that has emerged during the coronavirus pandemic in Portland, Oregon, as a means to help people thrive. It was begun by laid off restaurant workers as the COVID-19 pandemic worsened and caused more and more people to become food insecure. High quality, delicious meals are prepared and delivered by volunteers, utilizing donated space and are available for free. This vibrant alternative care economy sends out 1,000 meals per week as an investment in the well being of the whole community, and as "an expression of love that is easily given to people you do not know".

<https://www.karmatube.org/videos.php?id=8821>

## 14. The Voice Of A River

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In 1973, the U.S. Army Corps of Engineers prepared to open a new dam project, flooding miles of the Stanislaus River Canyon, a beautiful, pristine river valley flowing from the western Sierra Nevada mountains into California's Central Valley. In 1979, Mark Dubois chained himself to a boulder behind the New Melones Dam and threw away the key. "If you guys are going to flood 9 million years of evolution, why not take one more creature with you," he said. Mark's action brought nationwide attention to the threats to our rivers and built a growing movement to protect them, helping to bring a halt to major dam building in the U.S. This is a story of a person who dared to fall in love with life's miracle, this sacred Earth, and reminds us of what it means to ignite our own passion and step into our life's purpose. <https://www.karmatube.org/videos.php?id=8826>

## 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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