

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.

In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:.....	2
1. Personal Story of Spiritual Lessons.....	2
2. Poem	4
3. Quote or Question.....	4
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	5
4. Regiena Heringa - Appreciation	5
5. Steve Dolesch - Appearances.....	7
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	8
6. Good News Of The Day	8
7. Path with Heart	10
8. Die Empty	10
9. I Am Me	10
10. Just Become A Swinging Door	10
11. Virtues Are Like Vitamins	10
12. The Peace of Wild Things	10
13. The Third Harmony – The Story of Nonviolence	11
14. The Wanting Memories Project.....	11
15. The Extra Mile	11
HEART AND SOUL ADVERTISEMENTS:.....	12
16. Sacred Attention Therapy.....	12
17. A Course in Miracles Global Community Centre.....	12

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



Whatever I Am Reacting to Has Nothing To Do With the Other

For some this will be no surprise. For others, this will be hard to accept. Here it is... whatever we are reacting to has nothing to do with the other. Let me explain with a personal story.

Last week I had to rush my partner to the hospital emergency. My partner was feeling very poorly, and had increasingly been feeling poorly for several days. My partner has been living with Parkinson's disease for almost 20 years. During that time, we have paid many visits to the hospital emergency; too many to count. In each case the visits to the hospital result in a banter of tests being run that, with few exceptions, don't reveal anything conclusive. Such was the case last week. That the doctors could not find anything wrong was, in one way, a blessing I suppose.

So as the events of that morning (and day) last week unfolded, a cornucopia of emotions ran over me like a mack truck! Everything from fear, worry, anger, frustration, anxiety, joy, love, compassion...you name it! Any and every possible emotion landed in my lap over the course of that morning and day. Perhaps you can appreciate that by the end of the day I was emotionally drained and physically exhausted.

It was only the next day that some clarity started to emerge over the events of the previous day. As the events unfolded, I perceived an 'other' in the unfolding events. In this case, the 'other' was my partner. I was seeing and feeling an 'other' person. As a result, I bought into the idea that the 'other' was causing me to feel whatever it was that I was feeling. If I was feeling fear, it was because the 'other' was causing this fear. If I was feeling worry or anxiety, it was because the 'other' was causing this worry or anxiety. Nothing could be further from the truth!

Every moment of that prolonged event—from the time we left our home to the time we returned—there never was an 'other' person making me feel anything. I was feeling something based on what I perceived was happening. My partner was not making me feel anything. I was 'feeling', full stop. I was feeling something. To suggest that something or someone was 'making' me feel something was abdicating myself of responsibility for what I was thinking, feeling, seeing, and doing.



Photo Credit: Pexels.com - Andrea Piacquadio

In truth, whatever I am reacting to has nothing to do with the 'other'. Anything I see or feel is my choice. No one or no thing can make me feel or think anything. I am 100% responsible for what I think, for what I feel, for what I see, for what I do.

Deeper than the preceding is the realization that whatever it is I am seeing, is only showing me myself. In the events of that morning last week, I was being shown some aspect of myself. It was being shown to me so I could learn about some aspect of myself. If I learn the lesson(s), the feelings associated with that event will not repeat themselves. If I don't learn the lesson(s), then the event and associated feelings will most surely repeat themselves.

The implications for this teaching are far reaching. As I said at the beginning of the article, for some people this is old news. For others, this will be hard to accept. If you are in the former group, be glad. You have opened yourself to living in peace. If you are in the later group, and you find it hard to accept this truth, don't worry. Life will end up teaching you, one way or another.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Patience

The impatient are always
in a hurry.

They are trapped in the future
attached to fear and time.

The impatient follow self-made
goals that go nowhere.

The patient are never
in a hurry.

They are totally in the present,
bathed in timeless loving.

The patient have no need for goals,
except to be Home
in the Heart of God.

The patient are patient
because they know
they are already there.

Gerald G. Jampolsky

3. Quote or Question

“Everything in heaven and earth breathes. Breath is the thread that ties creation together.”

~ Anonymous ~

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 - Appreciation

Hello to the Family of Light!

Let's take a moment to appreciate who we are, our gifts, our dedication to the spiritual path and our genuine desire to help others. In order to do this, I suggest a small exercise.

Close your eyes and relax the mind. Open the heart. Feel peace, gratitude and freedom. You naturally flow into a feeling that you are a more expansive being than your narrow, physical identity. As your awareness is heightened it is also widened. You sense joy and well-being. You create here an environment for receiving higher, finer energies.

Now begin to feel deeply that you are a wonderful person: truthful, genuine, compassionate, patient and loving. If you sense a resistance to these feelings, let them go. Surrender to these marvellous qualities of your soul because they all express Love. Sit for a while and simply revel in these feelings of the marvellous being that you are; let them flood in and through you. Gradually, you feel increased peace and love for yourself and for the Creator and all Creation.

Now, become aware of your gifts—your talents—and how happily you have used them in your life up to now. Sense a lovely blend of appreciation between who you are as a sacred being and how wonderfully you help the world. With your heart and mind expanded, you are now inside your very soul and ready to receive counsel. Allow ideas to come through the intuition of your soul. Perhaps there will be a feeling of encouragement to further develop your gifts or to further deepen your love towards yourself and the world.

Throughout this process, remain in this quiet and expansive state of peace, joy and love. If thoughts come to restrict you, let them go and place your attention back on your soul. This focus will increase the appreciation that you have for yourself, for who you are, what you do and where you are going. You might notice a link here between the divine Love that you are consciously increasing and the frequency of the energy inside you.

Through the recognition and appreciation of ourselves as sacred beings, our service to the world is filled with this finer, higher vibration that permeates every mind and heart and lifts up our world physically, mentally and spiritually.

The wider the flower opens its petals the more it absorbs the sunlight.

In Divine fellowship,
Regiena

Spiritual Guidance

Serving your personal journey toward enlightenment...

July 2021 e-Newsletter

Page | 6



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 - Appearances

Dear readers, I ask of you to bear with me and let your mind be open to all possibilities as do true detectives who need to have open minds in solving cases. For me, it is paramount that I have my mind open in exploring things that not many ponder upon, even dare to. Many thanks in advance. The subject in question: Why do ghosts or spirits have the appearances of loved ones who have passed away when their physical bodies have decomposed?

The spirit world is as full of wonders as a child's eyes opening wide as it opens its Christmas or Birthday presents. Adults too, must keep that sense of awe but lose it when they reach adult age. How unfortunate for they miss out on many wonders. Some seem inexplicable. Or are they? To many, they seem to be. I may have help from my dear Kimanarah.

Let me pose the question: why, or rather, how is it that a departed one could appear as a spirit or ghost in its original living body when it is decomposed?

"We can, when needed, take a form, appearance, of the departed to comfort the living one. Do not forget that when we incarnate a body, we have its appearance forever. However, we do this only in a time in need. Their physical bodies decompose but not the image. Many, when having near death experiences, see their mother, father, siblings and others, as they appeared when alive. Still, it is the souls that appear as such. Their skeletons are buried. If their skeletons are buried, why the departed appear the same height, weight, age and so on when passing into the spirit realm? However, and this is important, when the skeleton is not where it is supposed to be, that is full resurrection."

Thank you, my dear Kim.



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.

"The ground is both a metaphor and a felt sense. As a metaphor, it means to be in touch with reality. As a felt sense, it refers to feeling our center of gravity low in the belly and experiencing a deep silence, stability, and connection with the whole of life. Feeling grounded does not require contact with the earth; it can happen anywhere and anytime -- even when we're flat on our backs in a rowboat." John Prendergast shares more on the four stages of groundedness. <https://www.dailygood.org/story/2745/four-stages-of-groundedness-john-j-prendergast/>

"In Probable Impossibilities: Musings on Beginnings and Endings, the poetic physicist Alan Lightman sieves four centuries of scientific breakthroughs, from Kepler's revolutionary laws of planetary motion to the thousands of habitable exoplanets discovered by NASA's Kepler mission, to estimate that even with habitable planets orbiting one tenth of all stars, the fraction of living matter in the universe is about one-billionth of one-billionth: If all the matter in the universe were the Gobi desert, life would be but a single grain of sand." Maria Popova shares more. <https://www.dailygood.org/story/2746/probable-impossibilities-maria-popova/> **Be The Change:** Learn more about Lightman and his work here. <https://cmsw.mit.edu/alan-lightman/>

"Once, before I knew him well, I asked Barry Lopez the earliest thing he could remember. Without missing a beat, the most widely traveled and sophisticated spiritual seeker in North American letters in a century--a writer of mystical sensitivity and grace, who'd been up to his armpits in snow, tracking wolves in Alaska, and who charted the migration of snow geese across Canada, who listened to Indigenous peoples across the globe, learning from their knowledge systems, especially in the Arctic--spoke at length about water. His life began, Lopez said, with water." John Freeman shares more in this moving essay. <http://www.dailygood.org/more.php?n=8887> **Be The Change:** What is the earliest thing you can remember? Share your first memory with a dear one today, and listen to theirs.

Singer-songwriter Melanie DeMore has a captivating voice-- a voice that blends her original music with African American folk music, spirituals, and ballads. Through her music and catalytic presence DeMore has uplifted and unified diverse audiences. She has been called in to sing at the bedside of newborns as well as the dying. She has taught and performed in schools, prisons, coffee houses and concert halls. Her program called Sound Awareness has touched many lives across the USA, Canada, Cuba and New Zealand. "Sending You Light," is a powerful, heartfelt offering from DeMore that has brought solace to tens of thousands of people in these uncertain times. Listen to it here. <https://www.dailygood.org/story/2747/melanie-demore-sending-you-light-irene-young-tina-silano-/> **Be The Change:** Share "Sending You Light" with someone in your own life who might benefit from its messages of healing and compassion.

"In 2013, Shay Beider accompanied an anxious little boy into the office of Dr. Faye Ghishan, the Physician in Chief and a pediatric gastroenterologist at Diamond Childrens Hospital in Tucson, Arizona. The boy was soon to undergo an endoscopy, an invasive scope to examine the digestive tract. Such procedures could be traumatic for children because they required an IV placement; nurses often had to chase children down the hall and administer a shot to sedate them. So Beider asked Dr. Ghishan if she might try Integrative Touch Therapy

on the boy, one of the many services she was pioneering through the nonprofit organization she founded, Integrative Touch for Kids (ITK). Within minutes, the boy was calm. Nearly asleep, in fact. "Oh my God," Dr. Ghishan remarked, "you need to do whatever you do for all of my patients!"

<https://www.dailygood.org/story/2748/what-critically-ill-kids-can-teach-us-awakin-call-editors/>

We have all lost someone we love and wondered how our lives could go on without them--without their touch, their encouragement and their wisdom. In this song, composer Ysaye Barnwell gives voice to our deepest longings to remember our departed loved ones and to find the strength to carry their deepest lessons into our lives now. "Songs have intention in themselves but when we sing together, we define who we are," says Ysaye Barnwell, who is also a professor, an activist and a 30 year member of Sweet Honey in the Rock vocal ensemble. Her love of music has brought a diversity of people together to sing with the voice of community and helped them find the power to work for healing and social change in the world.

<https://www.karmatube.org/videos.php?id=8815> **Be The Change:** Recall your loved one's favorite song and sing a line or two to remember them, then light a candle here to honor the memory.

<https://gratefulness.org/light-a-candle/>

"When bird language entered my life, I felt that a new sense had been grafted into me. Bird voices opened a fresh dimension of sensory experience. This expansion drew me into stories of my home in unexpected ways, revealing ecological rhythms and connections, stimulating my curiosity, and suffusing me with a sense of belonging. The practice of listening to other species is the original 'augmented reality.' In opening our minds to the language of species, we experience connection and meaning that far transcend anything offered by electronic simulacra." David George Haskell shares five potent doorways into the language of the birds.

<http://www.dailygood.org/more.php?n=8893> **Be The Change:** For more inspiration, read Haskell's essay, "The Voices of Birds and the Language of Belonging."

Ra Avis didn't call herself a writer till she was accused of the crime that would eventually result in 437 days of incarceration. In the four years between the accusation and the handcuffs, after a friendly push from her husband--a writer himself--she started a blog and named it Rarasaur (frightfully wondrous things happen here). It became a space for writing about love and grace and grief, and won many awards for being gentle-spoken and insistently hopeful. In May of 2015, she wrote a goodbye post on the blog, for the first time alluding to the case that had followed her around for years. She was in jail just a few days later... In May of 2016, with just a few months of a sentence left to serve, Ra's beloved husband, Dave, passed away. Today, Ra works with Initiate Justice, a non-profit organization in California that fights to end mass incarceration by activating the power of the people directly impacted by it. People like her...She continues to write about love and grace and grief, and to touch the lives of friends and strangers alike with her realness-- and radical capacity to care.

[https://www.dailygood.org/story/2749/the-frightfully-wondrous-experience-of-being-here-ra-avis-and-awakin-call-editors/ }](https://www.dailygood.org/story/2749/the-frightfully-wondrous-experience-of-being-here-ra-avis-and-awakin-call-editors/)

"I need to get away for awhile." It's a recurring and persistent internal refrain for many of us. John Harvey did just that. And his book, *The Stillness of the Living Forest: A Year of Listening and Learning* is not only an insightful look into his experience but, perhaps more importantly, it's a call from the wild to the part in us longing to reconnect with something visceral and real; a promise that if we were to act on that soft suggestion all kinds of secrets would be revealed." For fifty-two consecutive weeks Harvey would travel to the same spot in the woods, to, "sit still, engage my senses, and observe the flow of nature through the full four seasons."

<http://www.dailygood.org/more.php?n=8903> **Be The Change:** Choose a spot in your own environs that you can return to on a weekly or a monthly basis. Over the course of a year, make a practice of noting your observations in some form.

7. Path with Heart

Jack Kornfield writes beautifully about the spiritual path in his article “Path with Heart”. He asked a most important question... “Am I following a path with heart?” Read more here...

<https://www.awakin.org/read/view.php?tid=2365>

8. Die Empty

“What do you think is the most valuable land in the world?” This is how Todd Henry begins his article. The answer to the question may surprise you. The lesson in this story is a beautiful one to remind ourselves of.

Read more here... <https://www.awakin.org/read/view.php?tid=2367>

9. I Am Me

Do you love yourself? This question may be at the core of this whimsical article by Virginia Satir. Read more here... <https://www.awakin.org/read/view.php?tid=2496>

10. Just Become A Swinging Door

Do you have a meditation practice? Shunryu Suzuki draws our attention to our breath, the very heart of meditation, and its foundation in our practice. Read more here...

<https://www.awakin.org/read/view.php?tid=2498>

11. Virtues Are Like Vitamins

This is an interesting piece about virtues. Adam Grant uses the metaphor of vitamins to suggest that in life balance is key; and virtues, too, require balance. Read more here...

<https://www.awakin.org/read/view.php?tid=2499>

12. The Peace of Wild Things

Reprinted from www.KarmaTube.org.

“The Peace of Wild Things” is a beautifully animated film of a poem written and read by Wendell Berry as part of the “Poetry Films” series of the On Being Project, which features animated interpretations of beloved poems.

This poem is a warm invitation to return to our early memories of peace and joy, perhaps lying in the grass on a sunny hill, listening to bird and insect sounds, when suddenly, for a moment, "we are free!"

<https://www.karmatube.org/videos.php?id=8805>

13. The Third Harmony – The Story of Nonviolence

Reprinted from www.KarmaTube.org.

"Nonviolence is to be an artist with your humanity," says Ali Abu Awwad, Palestinian Peace Activist. In this short film made by the Metta Center for Nonviolence, veteran activists make clear the need for nonviolence on a worldwide scale at this critical stage in human evolution--not just to solve problems in an isolated crisis but as a way of life that can change the world for all of us. According to Dr. Bernard LaFayette, founder of the Center for Nonviolence & Peace studies, the challenge for each of us is "how to put love into action in a way that you maintain your self respect but you elicit respect from others." The question is, if love always wins, then how do we get there? This film shows how living nonviolently with love is a journey of learning and transformation into our untapped human potential. <https://www.karmatube.org/videos.php?id=8668>

14. The Wanting Memories Project...

Reprinted from www.KarmaTube.org.

We have all lost someone we love and wondered how our lives could go on without them--without their touch, their encouragement and their wisdom. In this song, composer Ysaye Barnwell gives voice to our deepest longings to remember our departed loved ones and to find the strength to carry their deepest lessons into our lives now. "Songs have intention in themselves but when we sing together, we define who we are," says Ysaye Barnwell, who is also a professor, an activist and a 30 year member of Sweet Honey in the Rock vocal ensemble. Her love of music has brought a diversity of people together to sing with the voice of community and helped them find the power to work for healing and social change in the world.

<https://www.karmatube.org/videos.php?id=8815>

15. The Extra Mile

Reprinted from www.KarmaTube.org.

At 85 years old, Oom Hollie embodies the spirit of Ubuntu, "I am who I am because of who we are." Known as The Iron Man because of the strength and resilience of his body, mind and spirit, he and his family suffered great loss many years ago. With the support of their community they were able to move forward and thrive. He is in love with the land and with growing food, not for profit but to share it with others. He lives gratefully each day motivated by an awareness that "one man's happiness is another's and one man's loss is another's."

<https://www.karmatube.org/videos.php?id=8823>

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...

July 2021 e-Newsletter

Page | 13

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

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