

***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.....	5
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	6
4. Regiena Heringa – The Consciousness of the Caretaker.....	6
5. Steve Dolesch – Breaking Out of Our Shell.....	8
OTHER GIFTS AND E-NEWSWORTHY ITEMS: .....	9
6. Good News Of The Day .....	9
7. Heart Is Not About Emotions.....	12
8. The Great Gesture That Unites Us.....	12
9. The River of Silence.....	12
10. Who Me, Stealing? .....	12
11. From Wonder into Wonder, Existence Opens.....	12
12. The City Planting A Million Trees In Two Years .....	12
13. Rise Up Again .....	13
HEART AND SOUL ADVERTISEMENTS:.....	14
14. Sacred Attention Therapy .....	14
15. A Course in Miracles Global Community Centre.....	14

*If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [meagher@servinyourjourney.com](mailto:meagher@servinyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Help Is All Around Us

Last month I headed off on one of my day-long bike rides to bask in the beauty of the Gatineau Hills. For hundreds, if not thousands of cyclists, the Gatineau Hills is a cycling haven and summertime playground. After a couple of loops of the park, I decided to stop to have my lunch. When I hopped back on my bike, I was met with a completely deflated (flat) back tire.

I knew I had a bike repair kit in my pannier bags. However, I had a flat tire repaired at the bike shop the day before and the bike shop had installed a style of inner tube that had a nozzle that my bike pump did not fit. Even if I could repair the leak in the inner tube, I would not be able to pump up the tire. I resolved myself to having a nice, yet very long, walk home. I was at the furthest point from home, about 30km, and figured it would take me 4-6 hours to get back home on foot.

Less than 5 minutes into my walk home a young man and woman cycling by and stopped to ask if I needed help. I explained my situation and the young woman said she had a pump that would fit the nozzle on my inner tube. We proceeded to pump up the tire. I thanked the young couple and hopped on my trusty steed, relieved that I may be able to cycle back home.

After less than a kilometer, I could tell my tire was losing air again. I was able to coast down a hill for another kilometer to arrive at a major intersection which served as a major congregation for cyclists, hikers and nature lovers alike.

I hopped off my bike, my tire almost completely deflated by this point. It took less than 2 minutes and a young man cycled by, stopped and asked if I needed help. I explained my situation. We discussed the options to repair the leak sufficiently to enable me to get home. We both felt that if I could inflate the tire to a high tire pressure, it should last me until I get home (as this was the case the day before). This young man had a bike pump required for my tire tube and pumped up my tire for me, nice and firm. I felt confident this would do the trick. I thanked the young man for his kindness and headed off toward home.

I cycled less than another kilometer, and the tire was losing air fast. I knew that this tire had to be replaced. I remembered at this point that I had a spare inner tube in my pannier bag that had a nozzle that my bike pump would fit. But this bike, which I got last year, had disc brakes. I had no experience removing a tire with disc brakes. So, once again, I resolved myself to a shorter, yet still long (only 25+ kilometers now), walk home.

After less than a kilometer, I passed a popular picnic park. I decided it was best to call my partner to explain the unfolding situation and let him know that I would be later getting home than usual. My partner suggested I ask someone for help to drive me home. I thanked my partner for the suggestion, but explain that I would need someone with a flatbed truck to fit the bike in, as the bike would not fit in a regular car, or even a car with a hatchback.

Just as I got the words out of my mouth (“I would need someone with a flatbed truck...”), a man with a flatbed truck pulled into the picnic area. I couldn’t believe my eyes! He rolled down his window and asked me for directions to a local tourist site. Forgetting momentarily about my predicament, I gave the man directions. He promptly thanked me and began driving off. I then suddenly remembered I could have used his help. As I waved my arms to flag him down, I watched him speed off in the direction I had instructed. I stood there feeling quite forlorn! My ‘meal ticket’ had passed through my fingertips! So close...and yet so far!

Once again, I resolved myself to a long walk home and began my journey. Not more than a couple of minutes passed, and another young man cycled by, stopped, and asked if I needed help. I explained the situation, that I didn’t know how to take a tire off a bike with disc brakes. He smiled and said, “I have disc brakes on my bike and I had to repair a flat tire earlier today! So, you’re in luck!”, he said.

This latest savior patiently instructed me how to remove the wheel, replace the inner tube, inflate the tire, and put the tire back on the bike. Voila! Fifteen minutes later I was ready to roll! I thanked the young man and blessed him a good day. I called my partner to provide an update and informed him I would be home regular time, afterall. The cycle back home was uneventful.

On my cycle home, I reflected on the previous unfolding events. Four separate times someone stopped to help me. It felt like God was insistent that I not be stranded and He kept sending in the reinforcements to help me get back home. The time spans between resolving myself I would be walking home and then someone showing up to help me were so brief! Literally less than 5 minutes in each of the 4 situations.

The experience has convinced me that help is always around us. We merely need to open ourselves to receiving help. In all cases, I simply resolved myself, calmly, that I would be walking home. “It was a nice day, and while it would be a long walk, I have lots of water and a bit of food, all will be fine.”, I thought. I allowed myself to accept the situation and went with the flow. In the acceptance, I removed my blockages to fear. With no fear, I believe I opened myself to help presenting itself, seeing it, and accepting it.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Say I Am You

I am dust particles in sunlight.  
I am the round sun.

To the bits of dust I say, *Stay*.  
To the sun, *Keep moving*.

I am morning mist,  
and the breathing of evening.

I am wind in the top of a grove,  
and surf on the cliff.

Mast, rudder, helmsman, and keel,  
I am also the coral reef they founder on.

I am a tree with a trained parrot in its branches.  
Silence, thought, and voice.

The musical air coming through a flute,  
a spark of a stone, a flickering

in metal. Both candle,  
and the moth crazy around it.

Rose, and the nightingale  
lost in the fragrance.

I am all orders of being, the circling galaxy,  
the evolutionary intelligence, the lift,

and the falling away. What is,  
and what isn't. You who know

Jelaluddin, You the one  
in all, say who

I am. Say I  
am You.

Jelaluddin Rumi

## 3. Quote or Question

*“Don’t compare your life to others. You have no idea what their journey is all about.”*

~ 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 – The Consciousness of the Caretaker

Hello to the Family of Light!

The solar winds from our star strike the earth and then move out into space beyond. Our earth, however, is protected by the magnetic field that surrounds it. Space is filled with rays of energy. Some you can see, some you can hear and others that have yet to be detected by scientists as they continue research into worlds of different forces, enigmatic space and numerous dimensions.

All physical worlds pulsate; they receive, hold and send vibrational patterns and frequencies whether from the vastness of space or from the smallest subatomic particle in your body. The thoughts that you create and the love that you feel, vibrate inside of you and pour out into the world. This energy, which is never destroyed, affects matter and events and blends with the vibrations of others on earth and of those from other worlds.

Presently upon our planet there is an important heightening of consciousness that we can call “the consciousness of the caretaker.” It asks us to look after all life in a loving, intelligent and responsible way. It asks us to become vigilant of the sacred nature of the energy within us. How often do we sit quietly and acknowledge this inner divine Source? How often do we express our gratitude for our lives and our gifts? How well do we use our free will by making decisions based on the intuition of our souls?

Imagine that you are filled with your favourite colour of light or your favourite sound or fragrance. Now imagine that you are viewing the world *through* your favourite colour or your favourite sound or fragrance. Notice an easy and peaceful flow of energy from your inside world to your outside world. Here you have become the caretaker of planetary and universal energies. You have consciously transformed the outer world with your marvellous inner vibrations and frequencies of harmony and peace.

The consciousness of the caretaker is found everywhere: The ground provides for the worm and the leaf lends shade. Magnetic lines in space carry ships from distant planets to our world and our star, the sun, spreads its light across millions of kilometres of space.

There is a perfect, infinite point of pure Love and pure Light within each of us. It is our birthplace. From this perfect point arises God consciousness that brings us understanding and direction. From here we are encouraged to generate from within, a sacred unified field of energy and extend it forever outwards to lovingly greet life in other worlds and dimensions.

# Spiritual Guidance

Serving your personal journey toward enlightenment...

August 2021 e-Newsletter

Page | 7

Respectfully and graciously, we take up the role of caretaker of this magnificent universal consciousness which, through peace and harmony, embraces all existence, including our dear Planet Earth.

In Divine fellowship,  
Regiena



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 – Breaking Out of Our Shell

Previously in You Only Live Once many years ago:

“We sincerely wish that everyone lived only once and for ever.” Araniarah-Adrika

Sincerely, it is the best wish that everyone here on Mariharana could have. Dull, you may say. No. You see, true life and true living can never be dull nor have dull moments. It is a myth that living eternally that you do not learn a thing or two along the way. Eternal life means to be ascended. However, it does not always mean being ascended physically into wherever. It also means, more importantly, to be consciously ascended, break out of our shells. There are more shells than the body. Our psychological shell, our mind shell, and our spiritual shell. There are more shells that we can and dare to imagine. Most of us live in our shells. People, beings, are not turtles, molluscs, armadillos including eggshells, I suppose. We need to liberate ourselves from our own enslavement which is one of our shells.

“Indeed, enslavement is one of the worst, if not the worst, shells one creates, my dear Steven. Here, sit with me. Let us just chill, as you would say.”

I sit beside Araniarah-Adrika on the stone wall with our legs dangling, admiring the Summer’s warm evening and stars from where we are: Champlain Lookout in Gatineau Park, my very favourite inspiration point. I put my head on her shoulder, left one if you wish to know. Then, I go into a deep trance like state. I was standing in front of Araniarah-Adrika with our eyes locked. My body became unshelled showing my heart pulsating in unison with hers. My blood can be seen flowing through my veins. We put our hands up and joined them. Strangely, my eyes were teary with joy and deepness of Life. Araniarah-Adrika became radiant with Life. She lighted up the whole area of Champlain Lookout. Then, we began to dance to the rhythm of our heartbeats. Visualise, if you can, (no imagining, two different things), us being light and spirit dancing slow. Any slow of your own choosing would do.

All one can wish for is eternal, soul loved life of the heart. A heart pulsating for and of Life, soul life. But it is never enough to wish. Wanting is the journey. Do it. Do not stand around moping your life away. Break out of your shells and start living and be alive. Ascend and transcend your being. Sad to see so many moping their life away. Ascension into True Life is our goal.



**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).*

"I want to describe a method invented by the Quakers, a method that protects individual identity and integrity while drawing on the wisdom of other people. It is called a Clearness Committee. If that name sounds like it is from the sixties, it is--the 1660s! From their beginnings over three hundred years ago, Quakers needed a way to draw on both inner and communal resources to deal with personal problems because they had no clerical leaders to solve their problems for them. The Clearness Committee is testimony to the fact that there are no external authorities on life's deepest issues, not clergy or therapists or scholars; there is only the authority that lies within each of us waiting to be heard." Parker Palmer shares more in this thoughtful piece.

<https://www.dailygood.org/story/2755/the-clearness-committee-a-communal-approach-to-discernment-in-retreats-parker-palmer/> **Be The Change:** When was the last time you felt your inner teacher emerge? When was the last time you held that space for another? How might you practice inviting the soul to "speak its truth" today?

"How does one discover and embody their unique life purpose? The subject of life purpose is addressed here in light of the following:

1. There are three distinct purposes: to wake up, grow up and show up.
2. A person is born with a unique purpose that is best understood in the context of their soul.
3. The key to becoming clear about life purpose is engaging in soulwork.
4. Several forces work against purpose discovery and require attention.
5. Eight facets comprise a unique soul-level purpose: known as a person's "Purpose Octagon." Jonathan Gustin, founder of the Purpose Guides Institute shares more in the following excerpt.

<https://www.dailygood.org/story/2756/discovering-and-embodying-one-s-unique-life-purpose-jonathan-gustin/>

"As humans, we inevitably experience harm: we feel hurt, we get hurt, and we hurt others. We free ourselves from this experience not by imagining we can escape harm but knowing we can heal it--moving from wound to scar--and then learning to love the scars. This can, of course, be the work of a lifetime. Luckily, I have long loved scars. When I was four, I accidentally cut my left eye. As a result, a small scar formed directly under my eye and inside the eye, where the pupil stayed dilated with a keyhole in it. After I had the eye removed at twenty-one, a photographer I knew told me she wanted to record people's scars, so I asked her to photograph me with my empty socket. It may be that at twenty-one I looked youthful, even radiant, but that one-eyed image of myself is my favorite photo; in fact it's the only picture of myself where the subject feels beautiful." Author, educator, and restorative justice practitioner Leah Seligman shares more in this powerful piece.

<https://www.dailygood.org/story/2757/leaf-seligman-on-redemption-and-beautiful-scars-leaf-seligman/>

"In our way we are always told not to ask for anything. We are always told in our community, as a practice, that when we have to start asking for something, that's when we're agreeing that people be irresponsible. Irresponsible in not understanding what we're needing, irresponsible in not seeing what's needed, and irresponsible in not having moved our resources and our actions to make sure that need isn't there, because this is the responsibility that we, and the people that surround us, mutually bear. So in our community we cannot go to a person and say, "I want you to do this for me." All we can do is clarify for them what is

happening and what the consequences are for our family, or for our community, or for the land. We must clarify for them what needs to be done and how it needs to be done, and then it is up to them and if they fall short of that responsibility, at some point they will face the same need themselves." Jeannette Armstrong shares more about the profound world-view and practices of the Okanagan people in this insightful essay.

<https://www.dailygood.org/story/2760/indigenous-knowledge-and-gift-giving-jeannette-armstrong/>

**Be The Change:** Many of the practices and perspectives in the above piece challenge mainstream culture and norms. Pick one that particularly calls out to you, or perhaps, if you prefer, one that slightly intimidates you - and try implementing it in your own life for a period of your own choosing

"We know things in the core of our being that we have not necessarily been taught. And some of this deep knowing may actually be at odds with what our culture or religion or nation has tried to teach us. This book is about reawakening to what we know in the depths of our being, that the earth is sacred, and that this sacredness is at the heart of every human being and life-form. To awaken again to this deep knowing is to be transformed in the ways we choose to live and relate and act." John Philip Newell is a modern-day Celtic bard and spiritual teacher in the prophetic tradition who communicates across the boundaries of religion and race, following in the footsteps of other "wandering" teachers from the Celtic diaspora scattered across the centuries. What follows is an excerpt from his new book, "Sacred Earth, Sacred Soul."

<https://www.dailygood.org/story/2761/sacred-earth-sacred-soul-john-philip-newell/>

"A Broad-billed Hummingbird hangs for a few seconds, not three feet away. The brilliant sapphire gorget flashes for an instant, and then the tiny bird is gone in a shot, his raspy cry fading like a lost thought into the oaks. I close my eyes and try to feel the impact that the hundreds of hummingbirds I've seen over the past few days have had on my psyche. The swirl of their presence, their diminutive size, their radiant color, their adroit quickness, their bickering flurries, all seep into me, and finally well up into awed appreciation, just for their being in the world. Past, future, and self fall away. In that moment, I've become the planet-as-human, in wonder at hummingbirds, feeling them as part of the splendor of life." <https://www.dailygood.org/story/2762/practicing-the-art-of-wonder-through-radical-presence-lessons-from-the-hummingbird-k-lauren-de-boer/>

**Be The Change:** Practice the art of wonder through radical presence today.

One foggy morning 30 years ago Bob Sadler was out looking for the perfect photo along a riverbank. A rowing competition was on. A homeless man happened by, looked at him and said, "I suppose the question for you is -are you an artist or are you just an observer with a camera?" It changed Sadler's life. He thought, "Every corporation that says 'we should pull together' has one of these pictures! What am I doing this for?" He stopped and relaxed, and something shifted. The story that follows is quite amazing...

<https://www.conversations.org/story.php?sid=394> **Be The Change:** How do you relate to the idea that each of us is an artist of our days? For more inspiration listen to an interview with Bob Sadler here.

<https://www.awakin.org/calls/164/bob-sadler/>

As we all know but often hesitate to share with others, life can be hard at times. Without community and support, it is even harder. This film highlights the lessons of living with resilience by relying on inner strength held up by the support of community. Mpumelelo Ncwadi from South Africa lives from this wisdom which was passed on by his father who taught him that "You should never live your internal life based on the outward appearances of your neighbors." Struggle may be part of the journey but when we lean on each other we can not only survive but thrive through the challenges that life brings.

<https://www.karmatube.org/videos.php?id=8832> **Be The Change:** Recall and share with another person a time in your life that you overcame a challenge with the support of family, friends, nature, and your inner spiritual connection.

"Two helpful words to keep in mind at the beginning of any writing adventure are pleasure and spaciousness. If we connect a sense of joy with our writing, we may be inclined to explore further. What's there to find out? Perhaps too much stock has been placed in big ideas or even small ones -- a myth! but regularity seems like a key. Don't start with a big idea. Start with a phrase, a line, a quote. Questions are very helpful. Begin with a few

you're carrying right now." More on writing and discipline from poet Naomi Shihab Nye...

<https://www.dailygood.org/story/2765/the-two-driving-forces-of-creativity-maria-popova/> **Be The Change:**

Consider your own relationship to words and writing. If you don't have a writing practice, consider adopting one for a week and notice what surfaces within and without.

"Folks who do systems analysis have a great belief in 'leverage points.' These are places within a complex system (a corporation, an economy, a living body, a city, an ecosystem) where a small shift in one thing can produce big changes in everything. This idea is not unique to systems analysis -- it's embedded in legend. The silver bullet, the trinitab, the miracle cure, the secret passage, the magic password, the single hero who turns the tide of history. The nearly effortless way to cut through or leap over huge obstacles. We not only want to believe that there are leverage points, we want to know where they are and how to get our hands on them. Leverage points are points of power." In this in-depth piece Donella Meadows, educator, environmental scientist and author of "Limits to Growth," details her evolving list of "Places to Intervene in a System."

<http://www.dailygood.org/more.php?n=8928> **Be The Chang:** What are some of the current paradigms you operate within? What does Donella's invitation to live into the power to profoundly and madly let go surface for you?

"Our developmental dilemma stems primarily from our disconnection from nature, from both our outer and inner natures: the loss of our experienced belonging to and entanglement within the natural world and the loss of our communion with the very core of our own individual human nature our Soul. What we have lost, in particular, is the journey of soul initiation a psycho-spiritual undertaking that connects us in the most profound way to both the Earth community and the source of our deepest humanity. This journey, if revitalized and reclaimed, can transform everything for us, individually and collectively." Bill Plotkin is the author of "The Journey of Soul Initiation." As a depth psychologist, wilderness guide, and founder of western Colorado's Animas Valley Institute, he has led thousands of women and men through nature-based initiatory passages. Here he shares more on the need for soul initiation in our times. <https://www.dailygood.org/story/2766/the-descent-to-soul-an-overview-of-the-terrain-bill-plotkin/> **Be The Change:** Learn more about Bill Plotkins and his work and writing here. <https://www.animas.org/about-us/our-founder/>

"Pat McCabe (Weyakpa Najin Win, meaning Woman Stands Shining) is an ambassador between two worlds. A Navajo mother, grandmother, artist and ceremonial leader, she has been deeply immersed in land-based, indigenous ways of living and being. Having grown up in a multicultural neighbourhood next to Stanford University in California, she is also accustomed to the realities of the modern, industrialised world. It makes her an invaluable bridge-builder and cross-cultural communicator, and a powerful voice for the deep and broad transformation needed in the modern world to deal with its ecological and social crises." More in this in-depth interview with Pat. <https://www.dailygood.org/story/2767/pat-mccabe-is-a-voice-for-peace-helena-norberg-hodge/> **Be The Change:** For more inspiration read this short passage from Lao Tzu, "From Wonder into Wonder Existence Opens." <https://www.awakin.org/read/view.php?tid=475>

## 7. Heart Is Not About Emotions

What is your heart to/for you? If you are like most people, the heart is the central focus of our emotions. But Cynthia Bourgeault suggests we need to return to the teachings of the great faith traditions to uncover the true meaning and function of the heart. Read more here... <https://www.awakin.org/read/view.php?tid=2502>

## 8. The Great Gesture That Unites Us

The Great Gesture this article speaks of is 'gratitude'. Gratitude is our great passage through life that has the potential to unite us all. Read more here... <https://www.awakin.org/read/view.php?tid=2503>

## 9. The River of Silence

Have you ever considered death to be a 'powerful gateway to tenderness'? Zenju Earthlyn Manuel has and shares this beautiful and loving teaching in this article... <https://www.awakin.org/read/view.php?tid=2508>

## 10. Who Me, Stealing?

Have you ever stolen anything? This thought-provoking article from Constance Habash brings the concept of stealing into interesting perspective through the yogic teaching of Asteya. Read more here... <https://www.awakin.org/read/view.php?tid=2507>.

## 11. From Wonder into Wonder, Existence Opens

This exquisite poem from the Master Lao-Tzu explores wonder. Read more here... <https://www.awakin.org/read/view.php?tid=475>

## 12. The City Planting A Million Trees In Two Years

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

As described so eloquently here by the mayor of Freetown, Sierra Leone, the loss of forest due to the impact of climate change is about much more than the loss of beauty and shade. Mayor Yvonne Aki-Sawyerr is leading her city's efforts to make Freetown a tree town by planting one million trees in two years, increasing the vegetation cover by 50%. The goal is to reduce the risk of landslides and flooding and to reintroduce

biodiversity. Loss of forest is about the loss of ability to live and Freetown is on its way to insuring the ability of all of its residents to live. <https://www.karmatube.org/videos.php?id=8812>

## 13. Rise Up Again

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

As we all know but often hesitate to share with others, life can be hard at times. Without community and support, it is even harder. This film highlights the lessons of living with resilience by relying on inner strength held up by the support of community. Mpumelelo Ncwadi from South Africa lives from this wisdom which was passed on by his father who taught him that "You should never live your internal life based on the outward appearances of your neighbors." Struggle may be part of the journey but when we lean on each other we can not only survive but thrive through the challenges that life brings.

<https://www.karmatube.org/videos.php?id=8832>

## 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.*

### 14. 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)).

### 15. 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...

August 2021 e-Newsletter

Page | 15

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

[rmeagher@servinyourjourney.com](mailto:rmeagher@servinyourjourney.com)

[www.servinyourjourney.com](http://www.servinyourjourney.com)

Linked In: [ca.linkedin.com/in/robertmeagher](https://ca.linkedin.com/in/robertmeagher)

Facebook: [www.facebook.com/Servinyourjourney](https://www.facebook.com/Servinyourjourney)