

Serving your personal journey toward enlightenment...

Our soul intention for this e-newsletter is to create a positive, uplifting, inspiring and spirit-filled message (in amongst the conventionally-perceived journalism practiced today). We extend this offering to you and hope, if only for a moment in time, we provide a hint of another reality that is there for your embracing. Enjoy! You are invited to share this e-newsletter with those family, friends, colleagues and acquaintances you think may be interested.

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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to rmeagher@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



What if I miss the opportunity to love?

One day last month, while I was eating my lunch, my thoughts wondered to a person in my life. This person had come into my life within the past couple of years and made it clear they wanted to be friends.

In the months that followed, this person communicated with me regularly, inviting the 'friendship' to grow. I was not keen on developing a 'friendship' with this person. Having them as an acquaintance was fine; but friendships take time and energy to develop and nurture, and I was not willing to invest my time and energy into developing a friendship with this person. My lack of willingness was due, in large part, to my judgements about this person and the company they kept. So, over the months since this person initially reached out, we have shared an acquaintanceship, but nothing more.

Also, over the months since this person initially reached out, I have become aware of the kindness, caring, and good deeds this person has shared with others. I have seen firsthand just how kind and thoughtful this person can be. I have witnessed how loving this person can be. But still I kept my heart closed to anything more than an acquaintanceship based on my continued judgements about this person and the company they kept.

So last month when I thought of this person over lunch, I asked myself, "What if they truly are the kind soul they appear to be?" I felt my heart opening. I felt the barriers to my extending love to this person coming down.

I then asked myself... "What if I miss the opportunity to love this person?" A sense of dread came over me. Do I really want to go through my life closing myself off from this person? Do I really want to go through my life closing myself off from anyone?

It doesn't mean I have to change how I interact with this person who reached out a couple of years ago wanting to be friends. I don't have to call them up, apologize on bended knee, and grovel for forgiveness. It doesn't even mean I have to now become friends with them. What it means for me is that I can now see this person as the blessed, dear soul they truly are. I can remove my blockages to love and open my heart to them. I can stop hurting myself by withholding my love.

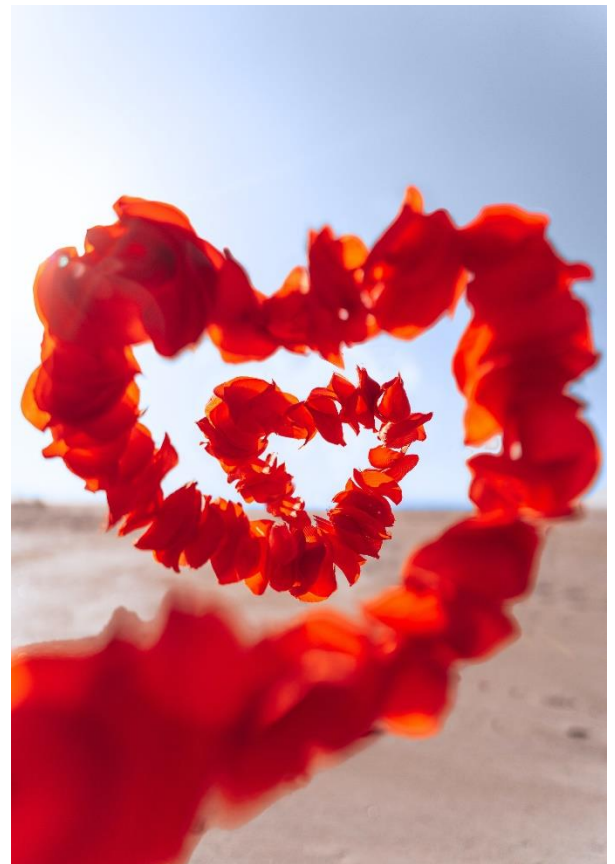


Photo Credit: pexels.com - How Far From Home

So here's an exercise for you...

1. Think of someone in your life that, for whatever reason, you have kept a distance from. Maybe you just don't want to get close to them. Maybe you don't like them. Maybe you see them as your enemy.
2. Ask yourself... "Is it possible there is some good in this person?"
3. Ask yourself... "Will I allow myself to see this good in this person?"
4. Ask yourself... "Can I accept that this person is a good person?"
5. Ask yourself... "Can I accept that this person is worthy of love?"
6. Ask yourself... "Am I willing to extend my love to this person?"
7. After you run through the questions above in regard to anyone in your life that you are holding yourself back from loving, check how you now feel about this person. Has anything changed?

What if you miss the opportunity to love someone? Loving someone is not as difficult as it might seem. It's actually the most natural of all emotions, actions, and behaviors. We all know it. Now...let's do it!

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Song of the Soul

In the depth of my soul there is
A wordless song – a song that lives
In the seed of my heart.
It refuses to melt with ink on
Parchment; it engulfs my affection
In a transparent cloak and flows,
But not upon my lips.

How can I sing it? I fear it may
Mingle with earthly ether;
To whom shall I sing it? It dwells
In the house of my soul, in fear of
Harsh ears.

When I look into my inner eyes
I see the shadow of its shadow;
When I touch my fingertips
I feel its vibrations.
The deeds of my hands heed its
Presence as a lake must reflect
The glittering stars;
My tears reveal it, as bright drops of dew
Reveal the secret of a withering rose.

It is a song composed by contemplation,
And published by silence,
And shunned by clamor,
And folded by truth,
And repeated by dreams,
And understood by love,
And hidden by awakening,
And sung by the soul.

It is the song of love;
What Cain or Esau could sing it?
It is more fragrant than jasmine;
What voice could enslave it?
It is heartbound, as a virgin's secret;
What string could quiver it?
Who dares unite the roar of the sea
And the singing of the nightingale?
Who dares compare the shrieking tempest
To the sigh of an infant?
Who dares speak aloud the words
Intended for the heart to speak?
What human dares sing in voice
The song of God?

-- Kahlil Gibran

3. Quote or Question

“Peace we achieve when we do not expect anything from the world but only give, give and give unconditionally what we have and what we are.”

~ Sri Chinmoy ~

CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

Spiritual Guidance is honored to collaborate with other Spiritual Guides and Teachers to serve your personal journey toward enlightenment. If you would like to be a contributing Spiritual Guide and Teacher to this e-newsletter, please contact Spiritual Guidance (our contact information is at the very bottom of this e-newsletter).

4. Regiena Heringa – The Universal Citizen

Hello to the Family of Light!

When you carefully draw a circle with your pencil, you do not see the beginning or the end of this form. When you breathe, your air is not restricted to a specific town or country or nation. The thoughts we create are not bound by space or time. The love that we are and send forth moves freely outwards and inwards.

The essence of life—this divine life force—has no boundary for it vibrates and resonates in all matter, be it in the star that warms our planet or in the antenna of a butterfly.

Once we realize the nature of this sacred life force, we awaken to a new world, a larger universe, a finer dimension all pulsating this identical life force found in every particle of creation, big and small, visible and invisible. We then comprehend that we are all built of the same “divine stuff.” We realize that the light within us that makes our cells vibrate is identical to the light found within the members our family, our friends, neighbours and strangers. We know that planetary systems, galactic worlds and multiple dimensions vibrate in this same light. Thoughts of love and compassion and acts of kindness in any and all worlds hold the same vibration.

As we move towards a higher awareness of life, we are asked by our star friends to become universal citizens. We are asked to join with other star nations to help lift up our world and to smooth it out through love, understanding, learning and service.

In order to do this, we are asked to consider the following questions: How well do we use our free will? Do our thoughts and actions reflect our inner divinity? Do we treat others as we would treat ourselves? Do we use our gifts and talents to help others? Do we spend time in the silence to receive and to absorb the magnificent outpourings of spiritual energy that are being sent to help us? Are we ready to build a society based on compassion, understanding and encouragement? Are we ready to happily share ideas and knowledge, be they scientific or other, for the benefit of all?

These questions can help set guidelines to assist us in creating, for our new world now emerging, a balanced foundation between the spiritual and the scientific. Our star friends have established their societies in this manner and encourage us to do the same.

Imagine for a moment that you are standing in the midst of hundreds of beautiful wildflowers of exquisite frequency. What will you do here? Will you pick these flowers or photograph them or remember them or take in their essence and become a part of their elegant vibration? The choice is yours.

The time has come for us to awaken to and live in a higher vibration. We are asked as Planet Earth citizens to live *consciously* in Love and to accept, if we so wish, the overarching identity of the Universal Citizen that is presently being offered to us by our star friends. Here we can enjoy a gracious partnership with the many advanced civilizations who are very much aware of us and who wish only to encourage our balanced development of spirit, heart, mind and society.

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 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 – Why Is Everyone’s Life Complicated?

Why do we complicate our lives and why do others complicate our lives? It goes way back to the dawn of life in general. Beings complicate their life and of others as well. It’s because beings are control freaks be them animals or humans. It’s as if something was programmed into our brains or minds that makes us complicate things. Let me explain why I say beings are control freaks.

In order to maintain our status or what you have, we complicate not just the lives of others but that of ourselves as well. The thing is the effect boomerangs back to us. What goes around boomerangs smack back into our face. What we send out might be minute but when it boomerangs back, it hits us harder as it accumulates mass. We send out signals thinking that we are hurtless and in control. Well, I’m sorry to say, the signals may return, maybe not right away, but years later as a million-ton brick. We are asking what hit us not realising that the signals are of our own creation. At the same time, the other person sends out similar signals to the other returning as well. So, it’s a constant game of boomerang.

Our psyche, minds, are blurred by our thoughts, emotions, actions, perceptions and even beliefs, unhealthy ones. We actually suffer from self-inflicted hurts and thrust them onto others who are innocent. Let me explain. We might perceive something untrue of a being and thrust that something to the being and also to others. We share our unhealthy stuff with others who are not even involved. Others may transmit that to others they know and so on. We self-inflict (create) a belief that hurt us, and then, we throw it out. Others may get hit by it and are thinking what on blazes hit me? What we create may hurt us as well. That’s why I say self-inflict with unhealthy thoughts, perceptions and beliefs that create unhealthy emotions and actions running amuck. Let me tell you, such a state hurts both mentally and physically. Our body reacts physically as well as mentally and emotionally. We need to breathe right mindfully. Believe me it works. I practice that.

When I experience this unhealthy stuff, I create a state of calmness in my mind. It might take some time, but I’m strong enough to return to my state of right humour-logical state. Also, I create a sphere of calmness and peace. I listen to Dharma talks or other meaningful talks, and suitable music like sutras or anything light hearted like Hair sung by The Cowsills. That way, I don’t play that boomerang game of destruction of myself and of the other. Besides, I’m not like that. I also go outside and have the Sun nourish me. I also try to close my ears to meaningless chitchat by others at malls that are destructive and go for a hike (with my wheelchair). So, let us simplify our lives to be light to ourselves and to others.



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.

"If you had the spyglass, you could see anything in the world. If you had the spyglass, there was nothing from which you couldn't glean information. It had mesmeric power over the people. It had been created by a king who gave it to his daughter, to be used for the strangest of courtships. If you wished to marry her, you had to achieve only one thing. You had to disappear. You had to become a magician of the invisible." In this excerpt from his new book, Martin Shaw, a celebrated storyteller, draws on myth and metaphor to direct our gaze away from the screen and toward the wonder of the world. <http://www.dailygood.org/more.php?n=8938> **Be The Change:** For more inspiration, watch this short film, "The Lindworm", in which Martin Shaw narrates an ancient tale that poses the question: What have we exiled that returns to us in fury?

<https://emergencemagazine.org/film/the-lindworm/>

"On 19 March 2018, almost five years after being diagnosed with Stage IV colon cancer, thirty-eight-year-old Julie Yip-Williams died, leaving behind a husband and two daughters. Her early years had been anything but easy. Born blind in Vietnam, at two months of age she was almost euthanised on the orders of a grandmother who deemed her to be defective; years later, as an older child, she sailed to Hong Kong with her family and hundreds of other refugees in search of a more peaceful life, eventually settling down in the US where her life improved drastically. She was soon given partial sight by a surgeon, studied at Harvard, and became a successful lawyer, but then, in her thirties, she was struck down by the illness that would kill her. It was then that she began to write what would become a posthumously published memoir, *The Unwinding of the Miracle*. In July 2017, a year before she passed away, Yip-Williams wrote the following letter to her young daughters." <http://www.dailygood.org/more.php?n=8939> **Be The Change:** Read an excerpt from "Unwinding of the Miracle," here. <https://www.bookreporter.com/reviews/the-unwinding-of-the-miracle-a-memoir-of-life-death-and-everything-that-comes-after/excerpt>

A palliative care physician, Dr. B.J. Miller brings design sensibility to the art of living until we die. He learned to see life as a "creative enterprise" and largely redesigned his own physical presence after an accident in which lightning struck him with 11,000 volts, leaving him without both of his legs and part of one arm. Tune in to his wisdom on how we can reframe our relationship to our imperfect bodies and all that we don't control.

<https://www.dailygood.org/2016/04/04/reframing-our-relationship-to-that-we-don-t-control/>

"This much is clear: people calling themselves artists and who are called artists by others -- are making gardens and calling it art, or are making art in which the making of gardens is part of what they are calling art. And for a very long time, people who may not call themselves anything, have been making gardens that other people call art. Further, it would be greatly surprising if all this were not to continue. And given this time of profound meddling with nature and the dreadful results we are experiencing, the garden might be, in all its forms, the place best suited for calling us back to our senses -- a role of gardens long established and held dear, whether consciously or not." In this lovely, introspective piece, Richard Whittaker dives straight into the heart of a powerful, and curious question: What do gardens mean?

<https://www.conversations.org/story.php?sid=689> **Be The Change:** What do gardens mean to you? Take a moment to capture your spontaneous response to this question in some form.

"How can we reconcile the immensely destructive force of fire with its equally limitless creative potential? Forest managers light intentional blazes to clear overgrowth and begin anew the cycle of life. A fireplace becomes a hearth, offering heat, light, and survival for the homes residents. And fiery volcanic activity can obliterate what stands in its path all the while creating new land in a matter of hours and days that becomes highly fertile soil in thousands or millions of years. The element of fire--and its life-giving results in the form of heat and light--represent both a powerful metaphor and an undeniable fact of organic and spiritual transformation. Evelyn Underhill, in her classic book *Mysticism*, states unambiguously 'No transmutation without fire.' And 'Here, as elsewhere...the self must lose to find and die to live.'"

<https://www.dailygood.org/story/2770/rising-from-the-fire-the-art-of-transformation-david-ulrich/> **Be The**

Change: What are some of the experiences of fire, literal or metaphorical in your own life? Take a moment to reflect on how they have transformed you. Ask someone in your community about their own pivotal experiences of being "fire-tested."

"How we spend our days," Annie Dillard wrote in her timelessly beautiful meditation on presence over productivity, 'is, of course, how we spend our lives.' And nowhere do we fail at the art of presence most miserably and most tragically than in urban life -- in the city, high on the cult of productivity, where we float past each other, past the buildings and trees and the little boy in the purple pants, past life itself, cut off from the breathing of the world by iPhone earbuds and solipsism. And yet: 'The art of seeing has to be learned,' Marguerite Duras reverberates -- and it can be learned, as cognitive scientist Alexandra Horowitz invites us to believe in her breathlessly wonderful *On Looking: Eleven Walks with Expert Eyes* (public library) -- a record of her quest to walk around a city block with eleven different 'experts,' from an artist to a geologist to a dog, and emerge with fresh eyes mesmerized by the previously unseen fascinations of a familiar world." Maria Popova shares more in this in-depth exploration of Horowitz's book. <https://www.dailygood.org/story/2771/the-art-of-looking-eleven-walks-with-expert-eyes-maria-popova/> **Be The Change:** Take a walk in a familiar setting, with new eyes today. Notice what leaps freshly into view.

"As I sat at the booth waiting for my Fast Start to arrive, I was beginning to believe there was something mysterious going on. No, that's not quite accurate. Actually, that moment in the parking lot when I opened myself to looking at the stranger when in that moment, smiling, he blessed me in that moment, something inside was brought vividly to life like a small songbird. In that moment, I knew something mysterious had happened." <https://www.conversations.org/story.php?sid=692> **Be The Change:** Do you recall a day when everything seemed to fall into place? This short video set to Brother David Steindl-Rast's simple and potent words offers more inspiration: *A Grateful Day*. <https://www.karmatube.org/videos.php?id=428>

Soil and water are the beginnings of all things that sustain life. The indigenous women of Sogorea Te' Land Trust know this from their ancestors long ago and from the call of the children yet to be born in the future. There is a sacred bond to Mother Earth that invites each of us to respect nature wherever we live. It is for this reason that the sustainable gardens at Sogorea Te' are being maintained and used as an educational garden that shows how we can farm the land using the non-colonial methods of indigenous and black people who remained close to the land. By using regenerative farming, we may all learn how to live in harmony with the land. Together, we can find a balance with the soil, water, and air so that all creatures may live in balance with each other for a sustainable future. <https://www.karmatube.org/videos.php?id=8841> **Be The Change:** Consider what you can do in your own place on the planet to help care for the earth--buy or grow your own organic food, use the power of your vote to protect the land, or support local and international environmental organizations.

"How things seem is not how things are. For most of us, most of the time, it seems as though the self is an enduring and unified entity, an essence, a unique identity: the recipient of wave-upon-wave of perceptions, and decision-maker-in-chief about what to do next. We sense, we think, we act. This is how things seem. How things are is very different. The story emerging from a rich blend of philosophy, psychology, and neuroscience is that the self is not 'that which does the perceiving'. Instead, the self is a perception too. Or rather, it is a

collection of related perceptions. Experiences of the world, and of the self, are created by the brain following a common principle -- a principle of 'best guessing', or what we might call 'controlled hallucination'."

Neuroscientist Anil Seth shares more in this compelling piece. <http://www.dailygood.org/more.php?n=8950> **Be**

The Change: Seth says, "When we agree about our hallucinations, that's what we call reality." How do the above article and this statement land for you? What do they make you curious about? How might you follow up on that curiosity this week?

"Every morning we wake up and regain consciousness -- that is a marvelous fact -- but what exactly is it that we regain? Neuroscientist Antonio Damasio uses this simple question to give us a glimpse into how our brains create our sense of self." <https://www.dailygood.org/story/2772/the-quest-to-understand-consciousness-ted-com/> **Be The Change:** Check out more from Damasio here, in this conversation on feelings and

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

"In this in-depth interview, Dr. Suzanne Simard--the renowned scientist who discovered the "wood-wide web"--speaks about mother trees, kin recognition, and how to heal our separation from the living world."

<https://www.dailygood.org/story/2773/finding-the-mother-tree-emergence-magazine/>

Be The Change: Learn more about The Mother Tree Project here. <https://mothertreeproject.org/>

Marilyn Turkovich has dedicated herself to cultivating appreciation and understanding of diverse cultures, faiths and ways of life that exist around the world. She has worked since 2013 with the International Charter for Compassion (CFC), an organization founded to support the movement initiated by Karen Armstrong's Charter of Compassion, and founded on "the fundamental principles of universal justice and respect" underlying the world's religions and wisdom traditions. She shares more about her hyphenated upbringing, her global ties, and her work with the Charter of Compassion in this interview. <https://www.dailygood.org/story/2776/from-tolerance-to-appreciation-meghana-anand/>

"Vandana Shiva started out in quantum physics, something her school didnt even teach, but which she taught herself well enough to eventually study for a PhD in Canada. Somewhere in there, she met the tree huggers of the Chipko movement in the forests of Uttarakhand, the forests her father worked when she was a child, and it became clear that a life other than the one she intended lay in front of her. The scientist would have to take up the placards. These days she spends her life traveling the world, floating from confab to confab, angering, agitating, and inspiring." More in this Dumbo Feather interview with Vandana Shiva

<https://www.dailygood.org/story/2780/vandana-shiva-for-love-of-mother-earth-patrick-pittman/> **Be The**

Change: Watch the trailer to "The Seeds of Vandana Shiva," a documentary about her life and work.

<https://vandanashivamovie.com/>

7. Response Is Different From An Answer

Ariel Burger suggests that an answer is a definitive and closes down conversation. Whereas a response provides meaning through action. Read more at <https://www.awakin.org/read/view.php?tid=2510>

8. Only Stillness Can Change Us

Jean Klein has a very interest and refreshing way of describing stillness. Read more here...

<https://www.awakin.org/read/view.php?tid=2369>

9. Four B's of Resilience And Worth

The foundation for our emotional footprint is what Saul Levine calls the Four B's Of Resilience And Worth. Read about these four B's here... <https://www.awakin.org/read/view.php?tid=2500>

10. The Difficulty in Listening

This beautiful parable about Nasruddin and Arif beautifully illustrates how we may project our own state of being onto others. Read more here... <https://www.awakin.org/read/view.php?tid=2506>

11. Response is Different From An Answer

Have you ever heard of the difference between reaction and response? Ariel Burger explores this teaching through her article "Response Is Different From An Answer." Read more here... <https://www.awakin.org/read/view.php?tid=2510>

12. A Grateful Day

Reprinted from www.KarmaTube.org.

Brother David Steindl-Rast is a Benedictine monk, author and spiritual leader with a message to humanity: that we should live our lives with ongoing awareness of the constant miracle in which we all live. The previous incarnation of this video, "A Good Day", was recorded ten years ago and has been watched well over a million times. Look, listen, and be inspired by this timeless message, now updated with high-resolution video footage. <https://www.karmatube.org/videos.php?id=428>

13. Remothering the Land

Reprinted from www.KarmaTube.org.

Soil and water are the beginnings of all things that sustain life. The indigenous women of Sogorea Te' Land Trust know this from their ancestors long ago and from the call of the children yet to be born in the future. There is a sacred bond to Mother Earth that invites each of us to respect nature wherever we live. It is for this reason that the sustainable gardens at Sogorea Te' are being maintained and used as an educational garden that shows how we can farm the land using the non-colonial methods of indigenous and black people who remained close to the land. By using regenerative farming, we may all learn how to live in harmony with the land. Together, we can find a balance with the soil, water, and air so that all creatures may live in balance with each other for a sustainable future. <https://www.karmatube.org/videos.php?id=8841>

14. This Village In India Plants 111 Trees Every Time A Girl Is Born

Reprinted from www.KarmaTube.org.

Being born a girl can be risky in some parts of the world. In communities where a dowry is expected at the time of marriage, and where education is not offered to girls so that they can earn an equal wage, a baby girl is often seen as a liability rather than as a child to be celebrated. To offset this negative view of being female, the village of Piplantri, India has chosen to overcome the stigma of being born female by planting 111 trees every time a girl is born. The 350,000 trees that have been planted thus far have become a source of beauty and sustenance for this forward thinking village. <https://www.karmatube.org/videos.php?id=8679>

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.

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).

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...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

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