

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@servinyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



My Peace Is in Riding the Waves of Change

The past few months has brought with it the awareness of how at peace I am with some waves of change in my life. Let me share a few examples.

First, I recently lost some of my income. This income was from teaching ESL to Chinese children (online). Recent legislative changes in China has resulted in the banning of all foreign teachers from teaching ESL to children in mainland China. The adjustment was, initially, a bit of a jolt. There was some worry about the loss of income, but I trusted something else would emerge to allow me to recoup that income. The change of pace has been a welcomed change and

other opportunities have emerged that will allow me to replace the income I lost from teaching.

Next, is a rather casual change, but no less significant for me. I have gone through periods in my life where I have done a lot of reading. By a lot, I mean reading as much as a book every day. Over the past 5-6 years, however, I have done very little casual/recreational reading. I was doing a lot of reading for my various work activities and didn't have the desire for additional recreational reading. Instead of reading, I have been doing jigsaw puzzles. I cannot tell you how many jigsaw puzzles I have completed over the past few years, but it's a lot! Since December, there has been, what feels like, a natural shift back to more casual / recreational reading. And I'm loving it! I still always have a jigsaw puzzle in the works, but the majority of any spare time I have finds me snuggled up with a good book.

Lastly, enter winter! I enjoyed and embraced winter as a child, teenager, and adolescent. But as I grew into adulthood, my love of winter diminished. Having to commute during winter weather became a stress, and my body grew leery of the cold temperatures. During my 40s I grew to actually hate winter. I tolerated it, at best, and despised it, at worse. But the last few winters I have noticed a wave of change in me. I don't mind the winters now. I have grown to accept winter for what it is. A period of several months where it is cold outside and there is likely a lot of snow on the ground. This winter, in particular, I am content with winter. And, so far, we have had a very cold and snowy winter; that I anticipate with continue.



Photo Credit: pexels.com – O. Ajegbile

In each of the example above, I was presented the situations that invited / allowed me to change and flow with that change. While the period of time resisting the wave of change varied among the above examples, I was always able to welcome peace back into my life as soon as I rode the wave of change instead of resisting it. While this lesson (i.e., go with the flow) is obvious in theory, it is not so obvious in practice. I can think of a couple of areas of my life where I will do well to practice 'going with the flow.' Yet there are places and times in the life where I can ride the wave of change and receive the gift of that peaceful transition. My trust is that by practicing riding the wave of change in some areas of my life, I will grow to be able to apply it in all areas of my life.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Guest House

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

Jelaluddin Rumi
translation by Coleman Barks

3. Quote or Question

“As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness weakness.”

~ Henry David Thoreau ~

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 – Constructing A New Reality

Hello to the Family of Light!

We are given the opportunity to create a new reality in our hearts, minds and in our world.

We are beginning to realize that the time has come to construct a new way of living. We recognize that the world wherein we live can only celebrate its glory if it is built and imbued with the spiritual qualities that we all possess the moment we are born on this planet. These qualities—the many elegant expressions of Love—become the foundation for our physical existence. The power of an atom, a nation, a world, is founded on the sacred and all encompassing energy that emanates from our souls which are emissaries of Divine Light.

We are each asked to contemplate the following: How well do I love? Is the love that I have and hold a selfless love bringing forth the beauty of my soul? A love without boundary or condition? How open is my mind? Is it free from prejudice? Does it soar in love and reverence for all life? If I create a community, will I build it on thoughtfulness and mutual respect?

Let's play.

Imagine in front of your closed eyes a doll's house. The entire structure of this house vibrates to a pure, perfect spiritual frequency. Using your imagination, place your awareness inside this exquisite frequency that has created the entire doll's house. Stay here for a moment to absorb a deep, loving connection to this Source. Let yourself be filled with the feelings of Love, peace, freedom, mindfulness, kindness and sacred, absolute intelligence.

As you continue to absorb and to enjoy this spiritually vibrating structure of the entire doll's house, you realize that there are many rooms here each representing a facet of world society. For example, one room may be dedicated to science, another to financial affairs, another to health, another to education, another to the arts and so forth. As you continue to root yourself in the magnificent all-encompassing frequency of the doll's house, choose a room and enter it. Now, with your imagination, awareness and intention lift up its mandate to its spiritual excellence. For example, in the science room lift up its mandate by intending that all research and discoveries in this room are noble, directed to the betterment of all humankind. In the financial affairs room lift up its mandate by intending that world resources are shared equally among all. In the education room lift up its mandate by intending that people learn, grow and offer gracious service to others through the harmonious development of their gifts and interests.

More and more illumined individuals of like minds and hearts are gathering upon our Planet Earth. There is now a great assembly of people vibrating to a more elegant and elevated frequency. This frequency is being sung as a majestic hymn of joy to all atoms and to all hearts on earth, and to all beings of the many dimensions

and worlds who have accompanied us for a very long time. They rejoice to know that we are becoming accustomed to living in this higher vibration and that we are inviting all humankind to join us.

This is the great transition: We are living now in the majestic flow of divine goodness that is penetrating every molecule of every living thing upon our earth. We now smooth out the earth's turbulence by showering all parts of our societies with sacred intent. We unfold to the inner splendour of our cosmic, spiritual heritage and lift life up to a finer, nobler reality.



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 – Life Before the Big Bang

Here's something to think about. This morning, November 25, 2021, a friend was talking about a documentary he watched on the theory of the Big Bang of the universe. He said something like 'what existed before Big Bang?' That got me going. According to Judeo-Christian tradition, if I can call it a 'tradition', among other 'traditions' 'God', or Creator(s) created the Creation in about 7 days, take a few billion years according to science. Hmm. Something's fishy here. If 'God' created the Creation, there must have been something before what we know as Creation? It is weird not to have something before. To me it is. I say Creator(s) because 'God created us in their image.' Emphasis added to 'their'. 'Then God said, "Let us make mankind in our image, in our likeness,' - NIV. KJV: 'And God said, Let us make man in our image, after our likeness:' Why I'm quoting this verse? Let us... in our image, is the answer. So, what is with the let us? Was the Big Bang created by multiple beings?

Have anyone of you heard the word cosmology? If not, here's a definition: Cosmology is a branch of astronomy that involves the origin and evolution of the universe, from the Big Bang to today and on into the future. According to NASA, the definition of cosmology is "the scientific study of the large-scale properties of the universe as a whole." In short, it's physical cosmology. What about religious cosmology? Definition, please? Religious cosmologies describe the spatial lay-out of the universe in terms of the world in which people typically dwell as well as other dimensions, such as the seven dimensions of religion; these are ritual, experiential and emotional, narrative and mythical, doctrinal, ethical, social, and material. Personally, I rather use spiritual cosmology or cosmologies. One thing strikes me: People dwelling in other dimensions as described above. I'm pushing it but to me, it doesn't make sense to dwell in rituals, experiential and emotional, narrative and mythical, doctrinal, ethical, social, and material (dimensions). You either dwell in the past, here and now, or in the spiritual realm.



In the beginning, were there other dimensions that most of us are unaware of or even want to consider as a possibility? For the sake of this talk, I say yes. For me, it makes more sense of the creator(s) being in one or several dimensions having mastered cosmologies in order to create what we see now with our eyes, binoculars and telescopes. I can also mention the terms interdimensional cosmologies. These days we freely talk about multiverses. Forty years ago, we didn't dare mention multiverses, scientifically, that is. We may have imagined them but no more that a figment of our mind.

I'm here at Mauna Kea, Hawaii's Keck II Observatory. I like Hawaii. The problem with our observations is that we can't see the other side of the universe from where we are in our galaxy. At least not enough. What I'm going to try to do is astro-archaeology or cosmic archaeology to determine what might have existed before the Big Bang.

According to some, a singularity as tiny as or smaller than a subatomic particle may have existed. Okay, try seeing space. Humongously huge, isn't it? Now, reverse it. Try seeing subatomic stuff. Tiny, isn't it? Very tiny. More microscopic than microscopic. Perhaps smaller than atom-microscopic. Come, let's try something. Let's go subatomic. Look up or outward. See the huge void? Do you feel squeezed? You should be. Claustrophobically, actually. You feel that you need to burst out and stretch your arms and legs and faster than

instantaneously jump out of the embryo. You are now birthed into existence. You cry for help, but in the void, no one hears you. There's no sound, no air, for your cry to be heard. Try it.



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.

"Love is life's greatest gift. We seek for love, and yet it is all around and within us. It belongs to the oneness of life, to every dewdrop on every leaf, to the spider spinning its web, the child looking at the stars. If we open our senses and open our hearts, we can feel its presence. Love is life speaking to us of its real mystery. And in that conversation so many things can happen, so many miracles can be born, the small unsuspecting miracles that we often do not notice--like momentary sunlight from behind a cloud, a flower where a seed unexpectedly sprouted, a smile from a stranger. Despite all of its distortions, pain, and suffering, this world belongs to love, just as each of us belongs to love. And just to know that we are part of this love is enough." Llewellyn Vaughan-Lee shares more in this passage that equates learning to love with learning to live.

<https://www.dailygood.org/story/2866/love-life-s-greatest-gift-llewellyn-vaughan-lee/> **Be The Change:** As you go through your day today, experiment with looking at everything and everyone that you encounter, as belonging to love.

As 2022 sets sail, the editors of the inspiring news portal KarunaVirus, share ten insights gleaned over the past year, as they witnessed everyday people all over the world choosing love over fear in a multitude of different ways. Read on for a dazzling constellation of stories of compassion, resilience, ingenuity, sportsmanship and more! <https://www.dailygood.org/story/2871/10-insights-from-2021-that-give-us-hope-karunavirus-editors/> **Be The Change:** Check out the latest stories from KarunaVirus here. <https://www.karunavirus.org/>

"Every one of us has mental health in the same way that every one of us has physical health. Yet despite the prevalence of mental health struggles, there is still so much stigma around them. Worldwide the leading cause of disability is depression, according to the World Health Organization, and in the US alone, nearly 1 in 5 of adults lives with a mental illness. As a mental health therapist-in-training and the founder of Brown Girl Therapy, the largest mental health community for children of immigrants living in the West, I regularly get asked this question: 'How can I support a loved one who is struggling with their mental health?'" Sahaj Kaur Kohli shares her perspectives on the do's and don'ts of being there for those we care about.

<https://www.dailygood.org/story/2872/how-to-support-a-loved-one-struggling-with-mental-health-sahaj-kaur-kohli/>

"The esteemed writer Jane Hirshfield has been a Zen monk and a visiting artist among neuroscientists. She has said this: 'It's my nature to question, to look at the opposite side. I believe that the best writing also does this... It tells us that where there is sorrow, there will be joy; where there is joy, there will be sorrow... The acknowledgement of the fully complex scope of being is why good art thrills...Acknowledging the fullness of things,' she insists, 'is our human task.' And that's the ground Krista Tippett meanders with Jane Hirshfield in this conversation: the fullness of things -- through the interplay of Zen and science, poetry and ecology -- in her life and writing." <https://www.dailygood.org/story/2875/jane-hirshfield-the-fullness-of-things-jane-hirshfield/> **Be**

The Change: For more inspiration, check out Jane Hirshfield's essay, "Living By Questions."

<https://www.dailygood.org/story/1351/living-by-questions-jane-hirshfield/>

"Back before Christmas, I led a weekend retreat in California. At its close, one of the retreatants presented me with *The Whole Language: The Power of Extravagant Tenderness*. I happen to be an admirer of the book's author, Gregory Boyle. He's the founder of Homeboy Industries in Los Angeles, "the largest gang-intervention, rehabilitation, and reentry program in the world." *Extravagant Tenderness*. I've been reading snatches of

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Boyles book in hotel rooms, in airports, on bumpy flights. Last night, when I finally finished, I flipped back through the pages, reviewing lines I'd highlighted. "Make us into a cento," they said, in chorus. So that's exactly what I've done." Phyllis Cole-Dai shares more. <https://www.dailygood.org/story/2877/the-gentle-road-home-phyllis-cole-dai/> **Be The Change:** For more inspiration, check out this in-depth talk by Father Gregory Boyle. <https://www.youtube.com/watch?v=mAqFgzaJ5c>

"I woke in the night and suddenly, to put it very briefly, I experienced myself as love. It felt like an unbelievably strong and powerful love an energy which was both scintillating white and self-knowing -- and it was coming from me. This I found extraordinary, because I didn't know then that such love could emerge from me, or from anybody. And so I was stunned. Then this energy exploded, and I saw that everything is 'made' of that same love. I experienced myself as the world made of that energy observing myself, and that was mind-blowing, because I had always experienced myself as separate from the objects of my observations. But suddenly I was both the observer and the observed. It was a very short experience, but it changed my life. It gave me a taste that there is more to reality than what I knew." Federico Faggin is a physicist and entrepreneur dedicated to the study of consciousness. He also happens to be the inventor of the world's first microprocessor, the Intel 4004 chip-- the device at the heart of all our computer technology. In this remarkable interview he discusses his new theory-- which puts our interiority and 'the desire to know ourselves at the centre of reality.'
<http://www.dailygood.org/more.php?n=9157> **Be The Change:** Learn more about the work of the Faggin Foundation here. <http://www.fagginfoundation.org/>

"Rev. angel Kyodo williams is an author, activist, Zen priest, and founder of the organization Transformative Change, which centers on the link between inner work, wholeness, and social transformation at scale. She has created an audio series called Belonging: From Fear to Freedom on the Path to True Community. In this episode of Insights at the Edge, Tami Simon speaks with Rev. angel about how society shapes our sense of belonging, and what it means to take back our power to belong. They discuss how embodied belonging transcends that which our entire sense of self and reality is based upon, and offers us a deep awareness of our essential truth. Tami and Rev. angel also touch on: forgiveness as a healing self-practice, the meaning of true community, and how growing comfortable in our own skin gives us the capacity to heal, enact conscious change, and belong in any environment." <https://www.dailygood.org/story/2880/the-core-of-belonging-tami-simon/>

"Long before there was Yo-Yo Ma, there was Spanish Catalan cellist and conductor Pablo Casals (December 29, 1876-October 22, 1973), regarded by many as the greatest cellist of all time. The recipient of the Presidential Medal of Freedom and the U.N. Peace Medal for his unflinching dedication to justice and his lifelong stance against oppression and dictatorship, Casals was as much an extraordinary artist as he was an extraordinary human being -- a generous and kind man of uncommon compassion and goodness of heart, a passionate spirit in love with life, and an unflinching idealist. And yet, like many exceptional people, he cultivated his character through an early brush with suffering." Maria Popova shares a window into Casal's creative vitality and relationship to work. <http://www.dailygood.org/more.php?n=9159> **Be The Change:** For more inspiration, check out this post on, "How to Let Your Life Speak, Discern Your Purpose, and Define Your Own Success." <https://www.themarginalian.org/2014/12/02/parker-palmer-let-your-life-speak/>

In his lifetime Stan Rushworth, an elder of Cherokee descent who was raised by his grandfather, has seen a river die, animals disappear, and the proliferation of box stores. The devastation of climate change is not new to him - his elders have been telling him about it all of his life. The traditional indigenous wisdom that is needed now is looking at how indigenous populations have managed to survive a 95% population reduction through destruction and genocide. He calls on us all to come back to right relationship, to be sorrowful for what is happening, because without this we have lost our humanity. And yet we cannot stop with the sorrow and tears because "there's too much work to be done" and we must figure out together how to do that work.
<https://www.karmatube.org/videos.php?id=8629> **Be The Change:** Considering right relationship as meaning changing both our individual and social structures so that our way of life honors all of creation, create a plan for how you can move closer to living in right relationship.

"I met Death in my early twenties. I had already lost loved ones before this time. A friend at school was taken by leukemia in a breathtaking six weeks one strange, hot summer. My grandfather, Eric, and my uncle, Tim, both died before their time. But none of us truly meets Death until we are ready to understand what it means. My first meeting came while sitting in a recording studio with a Holocaust survivor called Hannah. Hannah had endured the death march from her home in Hungary when she was fifteen years old. In 1944, she and her family were transported by cattle truck to Auschwitz. Out of dozens of family members, only she and her brother came through the war alive." Melanie Challenger shares more in this gripping essay.

<http://www.dailygood.org/more.php?n=9166> **Be The Change:** For more inspiration, check out "Everything is a Present," featuring Holocaust survivor Alice Herz Sommer at 108.

<https://www.karmatube.org/videos.php?id=3008>

"Words are delicious, but cannot say much. They often lose the water of meaning before it is delivered. But they can be stirred to form descriptions of the breath, glances, gestures, and pulses between lives. Perhaps writing is finding a scrape in the skin of knowing, where the sting and dirt and blood of the day is let out, and music is let in." The following excerpt, by Nora Bateson, noted research designer, film-maker, writer, and daughter of Gregory Bateson, is taken from the beginning of her book, "Small Arcs of Larger Circles: Framing Through Other Patterns." <https://www.dailygood.org/story/2883/what-is-holding-it-together-nora-bateson/> **Be The Change:** Nora Bateson is founder of the International Bateson Institute. Her work asks the question, "How we can improve our perception of the complexity we live within, so we may improve our interaction with the world?" Learn more about the institute's activities here. <https://batesoninstitute.org/>

We are surrounded by the stuff that we think is so valuable and important, but take it all away and what is left? The real you is left. Or at least the journey to the real you without all the stuff that you think defines you. In this video, Theo Du Plessis of South Africa, had a "Damascus moment" that opened him up to the only question he asks himself now before acquiring possessions or pursuing experiences: is it REAL? If it is real then it is worth having in his life. Theo's life is one of connection with himself and nature, and a force he calls Goodness which gives him hope and community in the spirit of Ubuntu - I am me because of others.

<https://www.karmatube.org/videos.php?id=8870> **Be The Change;** Have you had a Damascus moment? A moment when you saw the light and knew you needed to let go of possessions or change something for a new life to begin? Pause and reflect on such a moment and consider how simplifying could allow growth.

7. Thoughts Are Just Thoughts

Have you ever thought about what your thoughts are? Dilgo Khyentse Rinpoche has. Read what the Rinpoche has to say about thought in this engaging article... <https://www.awakin.org/v2/read/view.php?tid=2471>

8. Mercy

This beautiful poem about the life of a spider personifies what it is to have mercy.

<https://www.awakin.org/v2/read/view.php?tid=2535>

9. The Simplest Meditation

This thought-provoking article begins with the question, "How can everything be perfect if it's so screw up?" Melvin McLeod goes on from there to share the Buddhist teachings of samsara. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2401>

10. Prayer for the Earth: An Indigenous Response To These Times

Reprinted from www.KarmaTube.org.

In his lifetime Stan Rushworth, an elder of Cherokee descent who was raised by his grandfather, has seen a river die, animals disappear, and the proliferation of box stores. The devastation of climate change is not new to him - his elders have been telling him about it all of his life. The traditional indigenous wisdom that is needed now is looking at how indigenous populations have managed to survive a 95% population reduction through destruction and genocide. He calls on us all to come back to right relationship, to be sorrowful for what is happening, because without this we have lost our humanity. And yet we cannot stop with the sorrow and tears because "there's too much work to be done" and we must figure out together how to do that work.

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11. Being Simply Beautiful

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We are surrounded by the stuff that we think is so valuable and important, but take it all away and what is left? The real you is left. Or at least the journey to the real you without all the stuff that you think defines you. In this video, Theo Du Plessis of South Africa, had a "Damascus moment" that opened him up to the only question he asks himself now before acquiring possessions or pursuing experiences: is it REAL? If it is real then it is worth having in his life. Theo's life is one of connection with himself and nature, and a force he calls Goodness which gives him hope and community in the spirit of Ubuntu - I am me because of others.

<https://www.karmatube.org/videos.php?id=8870>

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.

12. 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).

13. 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

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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