

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 meagher@servinyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



The Purpose of Spiritual Practice Reveals Itself

During April, I experienced a protracted bout of influenza. For 10 days I pretty much stayed in bed, only to get myself out of bed to do something, anything to relief my discomfort. It was only after 14 days that I started to feel well enough to return to regular activities. It is during times of unwellness—dare I say suffering—that spiritual practice, if one has a spiritual practice, comes in very handy.

I remember about 4 or 5 days into the illness, I wondered if I might need medical attention (in the form of hospitalization), as I simply could not stop coughing. The pain and discomfort in my chest worsened. Days 6-9 saw the virus move into my nasal passages and head. Yet the coughing maintained, although not so virulently.

Throughout the 14 days of unwellness, there remained a steadfast reminder of the very simple spiritual teaching... “This too shall pass.” It’s true, everything and anything ephemeral shall pass. We may not know how it will pass, but it will pass. This gentle, constant reminder “This too shall pass.” always offered me the opportunity and gift of acceptance through the teaching... “Let go of what was. Accept what is. And have faith in what will be.”

Even when I was feeling my most uncomfortable, I repeated the mantra, “Accept what is.” It was in the acceptance of my current state / condition that I consciously allowed forgiveness to permeate my state of being. I have had a tendency during past illnesses (e.g., colds, flus, etc.) to feel sorry for myself, whine, complain, commiserate, get angry and cranky. There was none of those emotions this time around. It sort of surprised me. But I realized my spiritual practice was paying off!

Each day when we sit down to meditate, read spiritual teachings, participate in dharma through community interaction, or whatever our spiritual practice may be, we are training our minds to be at peace with whatever presents itself to us. While I cannot say I felt ‘at peace’ for the 14 days of my unwellness. The absence of feeling sorry for myself, whining, complaining, commiserating, getting angry and cranky, suggests to me I was at peace. This simply would not have been possible without my spiritual practice. Why I engage in daily spiritual practice had not only revealed itself to me, but it has increased my resolve and commitment to maintain my practice.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Miracle of The Butterfly

Letting go and forgiveness are one and the same.
Their function is to let emotional attachment and
investment in the past dissolve.

Their purpose is to let us experience
Oneness with God.

When applied to “special relationships”, letting go
and forgiveness permit us to free ourselves
from the imprisonment in someone else, under the
guise that the other person has something we need.

Letting go and forgiveness are like
transcending the barriers and limitations of the
cocoon, to become the essence of joy and freedom
and beauty that we see in the butterfly.

It is the Oneness we see when
the color and hues of the butterfly’s wings
blend imperceptibly with a vibrant flower.

It allows us to experience the essence of our own love
as One with everything in the Universe.

When we let go and forgive
in a special relationship, we experience
the miracle of immediately dissolving
jealousy, possessiveness, exclusiveness,
and the feelings of “missing”.

The feeling of wanting to
get something from another person;
the need to control, manipulate, and
predict the behavior of another person,
simply vanishes.

The love/hate of special relationships,
hating or loving according to whether
one’s imagined needs are met or not,
also disappears.

The result of this miracle is that we remember and
recognize that our only essence is Love,
and Love needs nothing: its only function is to
self-create.

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The miracle of the butterfly is symbolically the transformation of a special relationship into a Holy One, through letting go of the chains of our self-imposed imprisonment.

The miracle of the butterfly is the knowledge that we are One with each other and with God forever.

Gerald G. Jampolsky

3. Quote or Question

"Everything can change in a blink of an eye. But don't worry; God never blinks."

~ 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 – Scatting and Gathering Seeds of Light

Hello to the Family of Light!

The wind picks up seeds and sand from one region and deposits them in other areas of our world. We may think that things belong only in one location—each in its proper place within its proper boundary—but this is not so. The sand blows from a desert in the east and settles down on houses in the west. The oranges that we savour in a wintry climate come from distant warmer lands.

The love that we cherish and the uplifting thoughts that we create hold no boundary. Through intention and radiance we scatter this love and these caring thoughts into our world like seeds of light. In return we gather in the love and good intentions of others. Here, minds and hearts are opened and souls are nourished; we are elevated to a more elegant frequency.

Our World Family of Light welcomes this scattering out and gathering in of light seeds from a powerful radiance of higher vibrational planes—those of our star friends and divine beings—that continually permeates our Planet Earth. Even in this present chaos you are discovering that it is becoming increasingly easier to sense and acknowledge these exquisite frequencies that enter us and that move up from within us.

We presently have the opportunity to be strengthened by these light seeds by anchoring them in our identity as divine, infinite souls forever expanding in love and understanding.

Let's play.

With closed eyes imagine that you are surrounded by a multitude of heavenly stars, all scattered around your body. Sense peace, sacredness and infinity in these stars. Feel these same qualities inside of you. Savour this moment. Now, as you feel this connection between the essence of the stars and yourself, with your imagination pull the stars into your heart and soul. Gather them in and feel this delightful coming together of peace, sacredness and infinity. Do this again by replacing the stars with thousands of beings of light. Feel their sacred qualities and make them your own. Gather these light beings into your divine essence. Notice how you, as soul, are exceedingly happy in this experience. Enjoy this lovely contact.

What we send out to the world is taken in by others. We are invited to scatter our light seeds of loving, encouraging thoughts to the world and to gather in the many luminous seeds that are travelling towards us and that are sprouting within us. This is how we become expanded beings ready for greater understanding, unfoldment and contact.

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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 – Awakening: Part Two

In Part One, Steve talked about the importance of mental strength.

The second aspect or step is physical health. Good physical health. Let me differentiate something right away. Having a physical limitation, Cerebral Palsy, like I have, doesn't mean I have a sickness. Okay, I get sick once in every 20 years or so a cold, but I still have an excellent physical health. One having a physical limitation can awaken or ascend. One more distinction: ascension or to be awakened isn't only about physical ascension like going up. It's mostly about having an awakened state of being. It can be dimensional and vibrational. You evolve to a higher state of being. One needs to master his or her biological health just like one's mental health as I mentioned in Part One. By the way, there is a difference between biological health and physical health. Here's why. Once you have mastered your biological health, you can master your physical health. Need me to repeat that? No problem. Once you have mastered your biological health, you can master your physical health. It can be achieved. Jeshua did and others as well.

Let me explain. It's quite simple actually. Biological health is genetic health. That's why I said once you have mastered your biological, genetic, health, you can you master your physical health. The problem is that either we forgot the ability or lost it in time. The other thing is that our lives have changed. You see, ladies and gentlemen, we let ourselves be manipulated by others. All I'm going to say about this is we all manipulate each other be it governments, corporations, organisations and individuals. Deep down, we know but are afraid to admit and free ourselves from those manipulating. What I'm going to try to tell you is that we can all regain control of our lives. I apologise but this is coming into my heart right now: We lack the humility that treats all illnesses of the heart, body and mind. When one recognises humility, he or she, awakens to a whole new world within and outside. In fact, it takes humility to say okay, I can't control everyone or everything, but need to learn to control my life. Saying that is acknowledging who I am.

Acknowledging who we are can and will do wonders. Our health, all inclusive health, depends on that. You see, to remedy anything, you need to enter yourself, to the genetic level. Again, meditation is the way. In Part One I explain the meditation method. Impossible? No. It's a matter of training, training and training. It's not easy. I mean, I know at least one who had mastered this. Jeshua. I'm sure there are others. His technique would have been going deep into himself with the help of his energy being named Sananda. His soul if you will. The soul is the key. Knowing your soul can open wonders if you can connect with it. Me, I'm still learning. But the technique, as I mentioned, is going deep into yourself. You can repair damaged neurons, cells, and so on.

I'm going to share a personal experience that I was the cause of the pain. Five years ago, I was coming up the ramp where I live and there was a mattress blocking my way. I pushed it with my motorised chair, but the mattress was stronger than me. My left leg went all the way to the right side of my chair and stuck there for a few minutes. The ligaments were just stretched or strained. I asked a guy to put it back. A few hours later, my left knee was large as two and a half knees! What I did was have a hot bath. I did go to have it x-rayed but it wasn't broken. I learned my lesson not to tackle mattresses bigger than me. It took me a few months having hot baths and eventually the pain and the swelling went away. I concentrated my energy on healing. I took no pain killers, nothing. I did it. What I'm saying is that it might take longer than you wish, but it can be achieved. Concentrating and meditating was the key.

I say try your own techniques before taking pills. I'm not even saying do this or that. Be your own master by trying different things and when you find one stick with it. You awaken your lost ability to heal yourself. Love yourself as you truly would your loved ones. And love them as truly as you love yourself. Your awakening depends only on yourself. No one else can awaken you. I'm serious.

Part Three: Spiritual Awakening



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.

"Writing was a way for me to communicate," says Dara McNulty, "I didn't like to speak to people. In fact, I spoke to basically nobody outside of close family, and any conversation I had outside of that was incredibly awkward and I hated every second of it. Writing, on the other hand, I found incredibly easy to do. It was something where I could take what was going on in my mind and put it into something a bit more physical, something that I could touch." In this interview with Emergence Magazine, 17-year-old Dara McNulty--a naturalist, conservationist and author, discusses his identity as an autistic person, his writing, and his conviction that joy is a necessity. <http://www.dailygood.org/more.php?n=9237>

There comes a time when we choose what stories we tell ourselves personally or as a community. "So let us all honor the stories that gave us courage and personal grounding, the stories that brought us here, the finest ones the ancestors carried for us until we could carry them for ourselves. Let us acknowledge the stories that its time to finally release, to name the dragon so that the dragon can fall and transform into winged wisdom and insight. Let us build a new collective story of healing and the rise of a new power on earth, based in love, supported by love and extended in love." Listen to Carrie Newcomer sing us out of stories that no longer serve us into claiming stories that are truer and more life giving. <https://www.karmatube.org/videos.php?id=8890> **Be The Change:** Think of a narrative thread in your own life that could use a better storyline. Take today in your hand, and like a new pen on a clean page, begin writing your way to a happy ending.

"Unlike most beginning meditation practices, which provide a simple object of focus for the attention (like following the breath or reciting a mantra), Centering Prayer provides no such focal point; it merely teaches the practitioner how to release the attention promptly when it gets tangled up in a thought. Echoing the teaching of The Cloud of Unknowing (which turned out to be Centering Prayer's principal source), a "thought" is defined as anything that brings attention to a focal point-- "as the eye of an archer is upon the target he is shooting at," the anonymous medieval author illustrates. His instruction is to immediately release the object of attention and return to the "cloud of unknowing," his metaphor for a more diffuse, objectless awareness which he sees as the foundational prerequisite for what he calls "the work of contemplation." Cynthia Bourgeault shares more in this essay. <https://www.dailygood.org/story/2914/the-missing-piece-cynthia-bourgeault/> **Be The Change:** For more inspiration, check out this piece by Cynthia Bourgeault, "the Way of the Heart." <https://www.dailygood.org/story/2719/the-way-of-the-heart-cynthia-bourgeault/>

"In Washington, D.C., a visiting celebrity of 1885 was from the Zuni tribe of the southwestern United States. Described as a priestess and a princess, the young woman named WeWha was 6 feet tall, with a self-possessed and dignified demeanor. WeWha had come to Washington on a diplomatic mission to represent the Zuni people, and her activities were reported in the newspapers. She demonstrated traditional weaving techniques, attended high society gatherings, and met the president. What was not described in the reports was that WeWha was a gender-fluid person, a lhamana, respected and acknowledged as such by her tribe." What follows is an edited excerpt from Gregory D. Smithers the book, Reclaiming Two-Spirits: Sexuality, Spiritual Renewal & Sovereignty in Native America. <https://www.dailygood.org/story/2915/the-two-spirit->

[diplomat-who-mediated-two-worlds-gregory-d-smithers/](#) **Be The Change:** If inspired to, practice freely extending your goodwill and virtue in every direction this week.

"I had been in a place of acute hopelessness and inner anguish in which I felt so profoundly alone in the world and disconnected from even the possibility of authentic connection. Somehow amidst all that I found the wherewithal to listen to an inner prompting that urged me to try an experiment. This experiment was to allow myself to write a 'bad poem' every day for a month. Writing poetry had been an important practice of mine for several years. I felt its potential to unlock something essential in myself but without knowing how to use this powerful, mysterious key my process had felt strained and tense. I felt very insecure about sharing my work and would typically take about a month to stitch a poem together and longer to patch together the confidence to share it with others. The terms of the experiment were to give myself an hour to write this bad poem, and at the end of that hour, whatever I'd come up with I would share. My desperate hope was that somehow this permission to essentially mess it all up would nudge me out of the paralysis of perfectionism I'd been stuck in for so long. Perhaps some genuine expression in my soul could loosen itself from the foot trap of right and wrong to gain more expressive mobility." Chelan Harkin's poetry invites, "the fumbling, suffering parts of our nature and our divinity to meet for tea in the heart, to have a great laugh, and share a big hug." In this essay she shares her experiments with 'wild grace.' <https://www.dailygood.org/story/2916/experiments-with-wild-grace-chelan-harkin/>

"In this podcast, Sharon Salzberg joins Sounds Trues founder, Tami Simon, to discuss her recent book, Real Change: Mindfulness to Heal Ourselves and the World--and how you can begin to bring the core of your being into your work, your community, and your life. Sharon and Tami also discuss how contemplative practices can open the heart, agency and reclaiming your power to effect change, the empowering symbol of the Statue of Liberty, transforming anger into courage, determining the next step you can take when you're uncertain, patience, faith as the act of giving over your heart, generosity and how you end up with more through giving, moving from grief to resilience, suffering and the First Noble Truth, the role of joy on the path, living by the truth of interconnection, caring to know as the first step in making a difference, and a sneak preview of Sharon's forthcoming book, Real Life." <https://www.dailygood.org/story/2918/giving-your-heart-over-to-real-change-tami-simon/> **Be The Change:** Check out the Real Change podcast series hosted by Sharon Salzburg, and featuring conversations with artists, activists and others on the themes of her latest book.

"What can we do when a loved one is suffering? This question has come up a lot so I wanted to share some thoughts in case it may be helpful to you or a loved one. First, I acknowledge how challenging it is to witness any kind of suffering, whether it is physical, emotional or existential pain. But let me throw in a specific curveball...What if they are suffering yet there is not much that you can do about it? This challenging scenario can arise for many reasons. Sometimes, the solutions are not known or available. Sometimes, your ability to help is limited. Sometimes, the person cannot receive your help. One of the toughest aspects of unconditional love, is this ability to care about someone's well-being and happiness, yet also be able to bear witness to their pain." More in this post. <https://www.dailygood.org/story/2925/what-can-we-do-when-a-loved-one-is-suffering-littlewool/> **Be The Change:** For more inspiration, check out this passage by Mark Nepo, "The Work of Love is to Love." <https://www.awakin.org/v2/read/view.php?tid=2265>

"The Japanese word shokunin is often translated as 'artisan' in English. Although it isn't incorrect by definition, the translation seems to lose the spirit of what a shokunin does," says Sachiko Matsuyama, "I have never been interested in simply defining what a shokunin is. I believe the complexity of the shokunin spirit exists beyond the confines of an occupation. By drawing boundaries and defining who qualifies as a shokunin, we may be limiting our understanding of the ways in which such spirit is manifested in this world." In collaboration with 5 other shokunin, Matsuyama attempts to distill some of the unique elements of a shokunin's inner and outer life that manifest through their work. Discover those elements here. <http://www.dailygood.org/more.php?n=9269> **Be The Change:** Check out this BBC article on the future of Japanese artisans. <https://www.bbc.com/worklife/article/20200219-the-future-of-japans-master-artisans>

7. Do What You Please, But I'm Watching

Do you have a meditation practice? This article by Hubert Benoit may interest you. It dives deep into the nature of mind and the stilling of mind. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2433>

8. Say WOW

Let the WOW of each moment fill your day. Read more about this practice in this beautiful poem from Chelan Karin. <https://www.awakin.org/v2/read/view.php?tid=2549>

9. You Can't Get There From Here

If you have a meditation practice, you may enjoy this wonderful article from Pema Chodron. Chodron offers your practice can become a pure if you practice: not being caught up with the ideas about yourself; not being caught up with ideas about the practice; not being caught up with ideas about the result. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2446>

10. Two Types of Heartbreaks

Parker Palmer eloquently explores two types of heartbreak. He shares teachings about how to make our heart more supple so that it doesn't break apart, but breaks open and then allows itself to heal. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2553>

11. Writing A Better Story

Reprinted from www.KarmaTube.org.

There comes a time when we choose what stories we tell ourselves personally or as a community. "So let us all honor the stories that gave us courage and personal grounding, the stories that brought us here, the finest ones the ancestors carried for us until we could carry them for ourselves. Let us acknowledge the stories that its time to finally release, to name the dragon so that the dragon can fall and transform into winged wisdom and insight. Let us build a new collective story of healing and the rise of a new power on earth, based in love, supported by love and extended in love." Listen to Carrie Newcomer sing us out of stories that no longer serve us into claiming stories that are truer and more life giving. <https://www.karmatube.org/videos.php?id=8890>

12. **The Possibility Alliance of Missouri: Sharing the Joy of Simple Living**

Reprinted from www.KarmaTube.org.

Ever dream of living a simpler, more community-rooted lifestyle? Ever wondered if you & your friends really could grow your own food? Or build your own house? What would it look like to dedicate your pursuits and personal interests to match up with an intention of peace, respect for nature, long-term sustainability...and JOY? Meet several young people who made this dream their reality with a project called "The Possibility Alliance" - an amazing intentional farming community on a lush piece of land in northeastern Missouri.

<https://www.karmatube.org/videos.php?id=8906>

13. **Called to the Sea**

Reprinted from www.KarmaTube.org.

"The sea, once it casts its spell, holds one in its net of wonder forever." ~Jacques Yves Cousteau. Roger Hanson, a retired school teacher and an ocean advocate, has always loved the sea. He was called to live near the ocean after a chance encounter with a whale many years ago. One day, while diving in Long Beach, California he happened upon a tiny species that seemed oddly out of place. He has since dedicated his life to protecting the habitat of the Pacific Seahorse, and he has come to be called the Seahorse Whisperer. <https://www.karmatube.org/videos.php?id=8887>

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.

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).

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>.

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Rev. Robert Meagher

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