

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



Playing With Your Fears

I was recently out for one of my day-long cycling adventures in the Gatineau Hills / Park, a favorite summertime playground for me. I was well into the ascent of one of the longer and steeper hills in the park. It was the third time I had made this ascent on this day and I was tired. As I neared the summit, I told myself, "Just keep your head down and keep peddling!...breathe...breathe...breathe!!! I was rounding a sharp corner and something out of the corner of my eye distracted me, however. I lifted my head and...

Only 20-30 feet in front of me, on the other side of the road, was a mother black bear and four cubs. What had distracted me was that the mother had been standing on her hind legs and when she dropped back down on all fours, her movement had caught my peripheral vision.

The mother bear let out a soft, yet deep, growl. I thought to myself... "That can't be good!" My next thought was... "I can't turn around at this point because the grade is too steep. If I try and turn around, I will simply topple over (based on my experience!) and turning around means turning in the direction of the bears (as they were on the other side of the road)...and I don't want to be moving closer to the bears!" Then I thought... "Uh oh...I'm trapped! I can't turn around. I can't go to my right, because I'll fall off a cliff! I can't go to my left, because I'll be moving closer to the bears!"

When the mother bear let out her soft, yet, deep growl, the cubs bolted for the forest on the other side of the road. But there was a steep embankment where the cubs bolted towards and two of the cubs clung to some rocks and tree stumps half way up the embankment. The other two cubs tumbled back down the embankment, to come to rest at momma bear's feet.



Momma bear looked at me. She let out another soft, yet deep, growl...as if to say to her cubs "Follow me!" Momma bear turned around (away from me) and started to run up the hill I had been making my way up. The cubs scrambled after momma. After running up the hill about 15-20 feet, momma bear stopped, turned around to look at me again, then turned back around and continued running up the hill, with baby bears hot on her heels. A few seconds later, momma bear and baby cubs had turned into the forest and were able to make their get-a-way.

Just before the bears dove into the forest, another cyclist came screaming around the corner, coming down the hill at high speed. I yelled "Bears!!!"...pointing directly across the road from me. The cyclist hit their brakes and careened toward me. Fortunately, the cyclist was able to gain sufficient control of their bicycle to avoid colliding with me. As I watched the bears disappear into the forest, I resumed my climb. For the next kilometre, I warned cyclists that were making their way down the hill (I was continuing to climb) of my bear sighting.

The further I moved / cycled away from the scene / encounter with the bears, the more I felt the tension ease in my body, until I was in my relaxed state again. I became aware of just how afraid I was. I hadn't panicked, in the sense of screaming or running for my life...but I was afraid just the same. I can remember having the thought "So...this is how it's going to end!" I had never been that close to bears in the wild. I remembered the feeling of having momma bear staring at me so intently that I almost felt an out of body experience. I remembered thinking "Talk to the bear...tell her it's okay...tell her I'm not going to hurt her or her cubs." I remembered seeing the drool/foam around the momma bear's muzzle. I remembered thinking the bears were so close I could smell them.

I made it through the experience alive, obviously; here I am recounting the experience to you. But in truth, I was never in danger for an instant. Only my fear thoughts had me in danger. That I didn't panic was, perhaps, a good thing. But even if I had panicked, it would only have been my panicky and fearful thoughts that would have expressed themselves, not actually what was happening.

Whenever we're in a situation that scares us, remember, it's not the situation itself that is fearful, it's our thoughts about the situation that are fearful and, consequently, make us feel scared. Everything is neutral. It's our thoughts that determine how and what we experience.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Passing of A Dream

Help me out of my prison of darkness
Created by the shadows of my ego.
Awaken me from my dream of fear
Where guilt, blame, and attack
Beckon from shadowed doors.

Help me to see the world differently
By finding no value in blame
And self-condemnation.
Help me to experience Love
As my only reality.

Help me to cross only
The bridges of forgiveness
That I may come
Out of darkness
Into the Light.

Gerald G. Jampolsky

3. Quote or Question

“Overcome anger by love, evil by good, the greedy by generosity, and the liar by truth.”

~ Buddha ~

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 – Living Our Divine Origins

Hello to the Family of Light!

It is common knowledge that we live in a world of duality on Planet Earth. In our hearts and minds there is a pushing and pulling: our desire to move forwards and upwards and an inner resistance not to do so. This pulling one way and pushing another way happens naturally in our material world but *it does not happen naturally in our sacred essence*. Our sacred essence—our soul—remains forever perfectly poised and firmly anchored in the perfect energy of Divine Light and Love. There is where our true, natural environment lies.

All material creation is composed of light. Over time we have forgotten this truth and we have increasingly focused our attention on the dense physical body, forgetting that the physical body is a magnificent structure composed of light energy. We are dancing particles of light, exquisite waves of love and colour, sound and intelligence inside the very Source of all creation.

The time has come to awaken to our true origins. How do we rediscover them and how do we go about living them?

We rediscover our divine origins by living in Divine Love. The moment we are filled up with this Love we are reconnected to our inner being. Love is the environment and the language of our soul. When we express Love, the ego moves away and the soul takes first position returning to its primal sacred state within the whole of existence. We remember who we are. We reclaim our divine origins. We delight in being in peace, in the expansion of our minds and hearts, and in our gifts which we develop and use to help our world and ourselves. We delight in the fellowship of goodness and in the sharing of creative genius.

Let's play...

In front of your closed eyes imagine a field of fresh grass. Fill yourself up with the feelings of beauty, peace and grace coming from this grass. Now, choose to focus on one blade of grass and imagine that it is becoming transparent. As you look inside this blade of grass you see it is constructed of thousands of particles of light, shining in the various colours of the rainbow, all dancing harmoniously together. Sense yourself expanding in this beauty and intelligence. Imagine now that a shimmering butterfly, also constructed of light particles, is moving towards the shining blade of grass. It does not land on this grass; it moves into it. This blade of grass and the butterfly have become one: light particles merging with light particles and creating a whole. Surrender to the feeling that you, too, are light and that you are becoming one with the grass and the butterfly. Here you are experiencing your divine origin as Light inside the Oneness of all Creation.

The material world is not the solid world that it seems. It is made up of different rates of vibration. When we live as sacred beings we are lifted up to higher, brighter dimensions of wondrous frequency.

Spiritual Guidance

Serving your personal journey toward enlightenment...

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There are a great many people presently on our earth who have been lifted up. They have intentionally chosen to live in these exquisite frequencies of Divine Light and Love. Today, with the help of numerous beings from the stars and from other universes and dimensions, we are being assisted to live in this same revered way. All we need do is to deepen daily our times of sacred silence that connect us to our divine origins and to live increasingly in Love, Light and gratitude.

The sunflower, by its very nature will forever turn its gentle head to the light.

In Divine Friendship,
Regiena



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa is a spiritual teacher, counselor and messenger and co-founder of the Institute for Spiritual Unfoldment and Interworld Studies (ISUIS). Through her writings, meditations groups, teaching, music and painting, and in concert with those beings of higher vibrational dimensions, Regiena facilitates the expansion of mind and heart in all who wish to participate in the creation of the sacred new world. For more information, kindly visit ISUIS at www.nextagemission.com or write Regiena at rheringa@bell.net.

5. Steve Dolesch – Awakening: Part Four

In Parts 1-3, Steve covered the mental, physical, and healer aspects of awakening.

NOTE: Awakening may take many forms. The one depicted here is only one of multitude.

Previously in Part Three:

You let the light surround you and the rabbit as well. That enables it to relax even more. Then, you put your hands just a few millimetres from the paw. You don't need to touch it, just let your hands hover. Let the universal energy combine with yours. (Guess what, Jeshua most likely healed people in this manner. No hocus pocus, just used the energy to heal.) After its paw is healed, you can move your hands over its entire body ever so gently. This erases the aches and pains it feels. You do this as long as needed. When done, you can reduce your light energy but still be aware of the surroundings. Once the little friend feels safe and secure, you let it go. If it stops and turns towards you, just put your right hand on your heart and smile back at it. You did what was needed to be done, it will recognise that in its own way. Oh, don't forget to take the trap and dispose of it before anyone else gets hurt.

Now:

You find yourself walking somewhere in the Himalayas, it's warmish in mid-Summer. You ask yourself why here and not home in Ottawa, Gatineau, wherever home is? You'll know why in a few. You come to a little village and people come to welcome you with open arms. Somehow, they know that you're not a tourist but looking for something far more precious and meaningful. A couple offers you something nourishing like Aloo tama bodi, a curry dish known for its slightly sour taste, as the tama is often fermented in the sun with mustard seeds, turmeric, and mustard oil. Cooked with potatoes, translated as either aloo or alu, plus black-eyed peas, tomatoes (which gives it its color), bell pepper, and chiles, the dish is frequently served with rice, naan, and salad. You see, before going on the adventure of your life, you need nourishment for your body. Then, comes your awakening nourishment.

After a good meal ending also with a good tea, and a bit of small talk to relax you, the couple suggests you go to this certain place where the energy is strong but soothing as well. There are energy vortexes in certain areas in the Himalayas and a few other places on this world that help you to ascend but more importantly to awaken your senses, all 360 of them. You have the ability to heal animals, now it's your time to ascend, awaken to a higher level of consciousness and dimension. Think of it as having a nourishing energy meal for life, eternal life! It's a gift from the universe to you, but more importantly from you to you. The universe and the spiritual realm are only two of three 'instruments' to help you to achieve your awakening. The third is you. The next morning, you have breakfast with the hosts. Before you leave, they give you some fruits and other nourishing food and then, you're off.

"We won't say goodbye, but au revoir. We will be waiting for you in your new form." Say both hosts.

You thank them for their welcoming hospitality and head to the mentioned region. It took you only a day because the village is part of the region. Right away, you feel an energy intensifying that energises you physically and sensually, meaning your senses are heightened. As you near the centre of the region you already see differently the grass, trees and everything else. They are brighter and more alive than usual. You stand still for you sense someone is about to appear before you. Assuredly, a being appears before you. A being of Light having beautiful shiny black below shoulder length hair wearing a beautiful white gown-like vestment and a purple belt around its waist. Its eyes sparkle with light, having depth and vision, seeing into your heart. It puts its right hand to its heart to salute and welcome you. You awkwardly but sincerely do the same. The being smiles and approaches you. You sense it's telling you not to worry nor be afraid. You will be accompanied by it and a few others. As it reassures you, four other beings of Light appear.

All four stand at four cardinal points around you and the first being. Gently the four begin to chant a sustained sound. It's like a mantra but no words as such. Their chant began to energise you even more. The first being also begins to chant but with a slightly higher pitch, however, not less gentle. You begin to feel the energy of Gaia flow into and through your body uniting Gaia and you into one. Yes, you are united with Gaia. As you adjust to the energy, other energies, this time from the cosmos, reach out to you. You open your heart, arms and mind to welcome those energies. You are becoming light. This allows or enables you to be any form you wish if and when needed. You are becoming your own sovereign being. Now, that you have become energy, the five beings accompany you into the cosmos itself. You float up into orbit around Gaia. No need of any protection because you are your own protection. You see, energy doesn't need protection. It just needs to be harnessed, focused. Once you are in orbit, you see a borderless world. In fact, that is how it should be. Another fact, many, too many, have died and will because of borders of nations and within nations. However, enjoy your awakening. You will have time to help humanity to awaken.

You look around to see a wondrous sight, the solar system, as it's called by humans. Then the first being points to another star system or rather a star cluster called The Pleiades. The being nods to let you know you can go there if you desire. You smile and all six of you fly and arrive to that star cluster in no time. The first being points to a planet they call Amarani, meaning Blossom. Amaranasi is plural. You land and look around. Three inhabitants come to greet you by putting their hands on their heart. One tells you:

"We welcome you to our home that will also be yours whenever you wish to visit us. You have become a being of Light in your own right. Our friends have guided you through the 'procedure' if you wish. You are sovereign to yourself and only to yourself. No one owes you nor controls you. That is how all beings should be. No other beings should control each other. Sovereign can also mean I AM. As a being of Light, return to Gaia. You will not be alone. We all wish you success."

With that said, all six of you return to Gaia. Only a very few will be able to see you like the couple who welcomed you. Very subtly, you will help humanity to awake to a whole new life, a peaceful one. It may take some time, but don't despair, you are Light.



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.

"Suzanne Simard is the forest ecologist who has proven, beyond doubt, that trees communicate with each other that a forest is a single organism wired for wisdom and care. Simard found that the processes that make for a high-functioning forest mirror the maps of the human brain that were also just now drawing. All of this turns out to be catching up with intelligence long held in aboriginal science. She calls the mature hub trees in a forest Mother Trees parenting, eldering, in a mode of mutuality and reciprocity, modeling what we also know to be true of genuinely flourishing human ecosystems." <https://www.dailygood.org/story/2960/suzanne-simard-forests-are-wired-for-wisdom-on-being/> **Be The Change:** Learn more about Suzanne Simard's work and her book, "Finding the Mother Tree," here.

https://suzannesimard.com/?doing_wp_cron=1654086639.9677100181579589843750

"As a cook, I am beside myself when I encounter even ten varieties of tomatoes at a farmers market. But to see such diversity among people was deeply moving; people from everywhere with great rough hands and fine, weathered faces. Five thousand farmers from 130 countries were gathering for the first time in history, creating an event called Terra Madre." From Orion magazine's archives comes this inspiring post from the first Terra Madre event honoring the Slow Food movement and uniting "our food, our planet, and our future."

<https://orionmagazine.org/article/grace-before-dinner/> **Be The Change:** Learn more about the history of the Slow Food movement here. <https://www.slowfood.com/about-us/our-history/>

We all have days when things don't go as smoothly as we'd hoped and we have to make peace with things as they are. Fortunately the sun rises again each morning for all of us and we get another chance to see what the day will bring, to try again and to meet each moment with hope and to practice the art of living. Rejection, fears, doubts and failure are simply part of the human condition. Acknowledging the reality of what we have experienced allows us to move forward into the next moment without bitterness or expectations. Such an attitude gives us the potential to be open to something new and completely different. What is important is to stay connected to one's inner self--the True Self, that is not subject to the external idea of success--and to remain receptive to life as it is coming to us. <https://www.karmatube.org/videos.php?id=8882> **Be The Change:** Next time you have a "bad day" remember that the sun will rise again tomorrow and with it the opportunity for a new beginning. When you wake up tomorrow, what will you do with your new day?

We all have fears, some of which can be quite vivid for those with active imaginations. As children, were encouraged to think of fear as a weakness, something we must conquer, fight, or overcome. In this TED Talk, Karen Thompson Walker invites listeners to conceptualize their fears in a different way: as stories. Fear is an unintentional form of storytelling, she argues, with characters, plots, imagery, and elements of suspense. Drawing on the story of the men from the whaleship Essex, Walker challenges us to view ourselves as the authors and readers of our fears, and shares how this perspective can have a profound impact on our lives. <https://www.dailygood.org/story/1805/what-fear-can-teach-us-karen-thompson-walker/> **Be The Change:** Choose one of your fears and craft a story around it. How does this shift your perception?

"In this podcast, Sounds True founder Tami Simon speaks with Dr. Bayo Akomolafe about how sanctuary is where slowing down and healing happens. They discuss: how the function of slowing down in urgent times is not about simply resting so that we can continue forward in the same direction, but about how to engage in deep inquiry about where we are going; pouring drink to earthan African spiritual technology that expresses our indebtedness to our ancestors and all that makes life possible; standing at the crossroadshow the ground underneath us is going through a seismic shift that is allowing the unsaid to now be spoken and intelligible; the invitation of the slave ship as a place of spiritual contemplation and as a site of renewing our connections with grief, loss, trauma, and tragedy; grieving as a form of activism; and more."

<https://www.dailygood.org/story/2965/let-us-make-sanctuary-tami-simon/> **Be The Change:** Read more of Bayo Akomolafe's writing here. <https://www.bayoakomolafe.net/writings>

What if we as a society could say we were going to live in the Spirit of Love, cooperation and nonviolence and "study war no more"? This song performed by the Playing For Change organization has inspired many people all around the planet to work together for a better world. Playing For Change (PFC) is a movement created to inspire and connect the world through music, born from the shared belief that music has the power to break down boundaries and overcome distances between people. The primary focus of PFC is to record and film musicians performing in their natural environments and combine their talents and cultural power in innovative videos called Songs Around The World. Creating these videos motivated PFC to form the Playing For Change Banda tangible, traveling representation of its mission, featuring musicians met along their journey; and establish the Playing For Change Foundationa separate 501(c)3 nonprofit organization dedicated to building music and art schools for children around the world. Through these efforts, Playing For Change aims to create hope and inspiration for the future of our planet. <https://www.karmatube.org/videos.php?id=8894> **Be The Change:** What can you do to work for peace and nonviolence in the world? Try to do one action today to make violence less likely in the world.

"When I heard my dad was dead, there was a breaking--a shattering inside of me that felt so violent I could almost hear it. I woke up to a knock on my front door in the middle of the night, and sat up in bed, sure something was wrong. It was my older brother. He said he had bad news. "Really bad." And then the words left his mouth: "Dad had a heart attack, and unfortunately, he passed away." Like a bone breaking: Sharp pain, dizziness, disbelief. I couldn't catch my breath for hours." Chloe Zelkha is a leader in the COVID Grief Network, an initiative offering free grief support and community connection to young adults grieving the illness or death of someone with COVID-19. She shares more from her personal experience in this moving piece.

<https://www.dailygood.org/story/2967/grieving-beneath-the-stars-mourners-as-spiritual-teachers-chloe-zelkha/>

"Traci Ruble is a psychotherapist and the founder of an extremely successful community listening project Sidewalk Talk. One day, in the fall of 2015, Traci and 27 other listeners took their therapists chairs out into the streets of San Francisco, offering the gift of listening to anyone who wanted it. There seems to have been a huge need for that offering of sympathetic, non-judgmental attention, and for being witnessed. Traci's initiative has resonated with so many people that it has turned into a global movement. Since the launch of the project, thousands of volunteers have been trained who sit on sidewalks and listen to strangers."

<https://www.whatisemerging.com/profiles/traci-ruble>

Be The Change: Call forward the lovely in another person today. to learn more about Sidewalk Talk visit their website. <https://www.sidewalk-talk.org/>

7. Opening To Greater Life

Reprinted from www.awakin.org.

Thomas Berry was asked for words for future generations. This article was his response. Read more at... <https://www.awakin.org/v2/read/view.php?tid=2560>

8. Three Levels of Happiness

Reprinted from www.awakin.org.

The Buddha's teachings on the three levels of happiness is illuminating and exquisite. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2559>

9. Turning Survival Inside Out

Reprinted from www.awakin.org.

Kerri Lake teaches about the 'lightness of being' to share the possibilities and gifts of turning survival inside out. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2547>

10. Paying Attention To A Sense Of Space

Reprinted from www.awakin.org.

In this article, Rob Burbea teaches us how to lessen our grasping and aversion toward objects and situations and end suffering. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2469>

11. The Self Is Not A Thing, But A Process

Reprinted from www.awakin.org.

The title of this article says it all. Curious? Find out more at this link... <https://www.awakin.org/v2/read/view.php?tid=2484>

12. Let the Sun Rise

Reprinted from www.KarmaTube.org.

We all have days when things don't go as smoothly as we'd hoped and we have to make peace with things as they are. Fortunately the sun rises again each morning for all of us and we get another chance to see what the day will bring, to try again and to meet each moment with hope and to practice the art of living. Rejection, fears, doubts and failure are simply part of the human condition. Acknowledging the reality of what we have experienced allows us to move forward into the next moment without bitterness or expectations. Such an attitude gives us the potential to be open to something new and completely different. What is important is to stay connected to one's inner self--the True Self, that is not subject to the external idea of success--and to remain receptive to life as it is coming to us. Next time you have a "bad day" remember that the sun will rise again tomorrow and with it the opportunity for a new beginning.

<https://www.karmatube.org/videos.php?id=8882>

13. Down By The Riverside – Playing For Change

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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 Skype. 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>.

Spiritual Guidance

Serving your personal journey toward enlightenment...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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