

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.

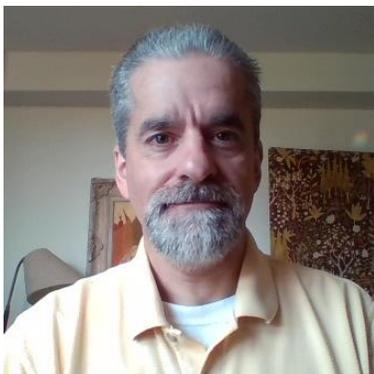
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to rmeagher@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



You Don't Have To Like It To Love It

Last month I signed up for the Great Cycle Challenge (GCC) taking place throughout August. The GCC is to raise money for cancer research for children. I have an increasing passion for cycling and I have a personal connection to childhood cancer. So, signing up for the event was a no-brainer for me. My personal connection with childhood cancer is my partner's, niece's daughter is currently undergoing treatment for lymphoma.

I began my fundraising efforts in earnest! I was pleasantly surprised by how much I enjoyed the fundraising. It was exciting. Each donation I would receive filled my heart with joy, knowing how generous people were being and the support they were showing for the cause.

As with most anything in life, at least in this material world, you will have people who will support certain things, and others who will not. Deep into my fundraising efforts, an acquaintance responded to one of my fundraising emails to congratulate me on signing up for the GCC and wishing me well with my challenge. This acquaintance went on to share that they could not, however, in good conscience support the medical research behind the cause. This acquaintance expressed the view (the same view as many other people share) that such medical research has been taken over by the pharmaceutical industry which has zero motivation to cure cancer, because their efforts to find a cure for cancer is really a thinly-veiled attempt to create a 'cash cow.' My acquaintance closed the response with a wish that my partner's, niece's daughter "truly heals from her cancer." I responded to my acquaintance's comments by thanking them for their support, blessing them, and sending them love.

I was initially surprised by my acquaintance's response to my fundraising email. I quickly got over my reaction, realizing the message had nothing to do with me, personally. The response from my colleague was such a blessing and such a wonderful teaching. It got me thinking...

As a practicing therapist, one of the golden rules of therapy is to always, always, always, meet the client where they are. If the person is ready for a certain approach to healing, then that is what you start with. Who am I to judge what approach anyone would use to heal themselves? If the client thinks that eating Tim Horton's donuts is what's going to heal them, what purpose does it serve to tell them they are wrong? In the end, whatever we think will heal us, will heal us.



Had my acquaintance cared to enquire about my motivation behind signing up for the GCC, my acquaintance would have learned that I shared the same views as they did about the ethical nature of the medical system undertaking research in the name of 'finding a cure' for whatever ails us. If I had cancer, I may not be quick to dive into conventional treatment methods. I would more likely look to alternative approaches, approaches that might be considered by some to be more holistic in nature.

But in the case of the GCC, I put aside my own beliefs and views, and decided to give back to life—a life that has given me so much! Who am I to judge the motives of the medical industry? Who am I to judge someone who has been diagnosed with cancer and decides to undergo traditional treatment methods?

I don't have to like something or someone to love that something or someone. I don't have to like the medical industry. I don't have to like cancer. In this instance, I put aside my views and personal opinions and chose to love it all, and give where I could.

There is a magnificent teaching from a great spiritual tradition that if someone asks you to do something that is insane, do it anyway, so long as it doesn't hurt anybody. Even if you don't agree with it!

Like with so many things in my life, and spirit-led things, I had been approached by a colleague, who knew I was a cycling enthusiast, to sign up for the GCC. I took this request, as most others, as a sign from Life that there's something in this for me and I won't interfere with what I am being offered. I will just go ahead and do it. I've never regretted this approach to life! I may not like it, but I can love it!

If you would like to sponsor me for the GCC throughout August, please go to my fundraising page and click on the [DONATE NOW] button. Thank you for your support.

<https://greatcyclechallenge.ca/Riders/RobertMeagher>

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Place of Rest

Unto the deep the deep heart goes,
It lays its sadness nigh the breast:
Only the Mighty Mother knows
The wounds that quiver unconfessed.

It seeks a deeper silence still;
It folds itself around with peace,
Where thoughts alike of good or ill
In quietness unfostered cease.

It feels in the unwounding vast
For comfort for its hopes and fears:
The Mighty Mother bows at last;
She listens to her children's tears.

Where the last anguish deepens -- there
The fire of beauty smites through pain:
A glory moves amid despair,
The Mother takes her child again.

A.E. George William Russell

3. Quote or Question

"Keep a green tree in your heart and perhaps a songbird will come."

~ Chinese proverb ~

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 – Our Inner Environment

Hello to the Family of Light!

Our inner environment is created through thought and feeling—mind and emotions. When you observe a scene of beauty such as the brilliance of a sunrise, you are completely engaged in this scene. Your thoughts and feelings say, “Oh, this is so beautiful!” You are in peace and harmony, connected and immersed in the vibration of the Cosmic Spirit. Your inner environment is firmly fixed to the one, sacred frequency of the Creator.

After admiring the sunrise, as our minds become immersed in daily tasks, we turn away and forget this moment of union. We distance ourselves once again from this inner soul experience of divine oneness. Yet it is in this very moment of oneness that we experience the real, true way of living.

It has been said that we are immersed in the vibration of a great dispensation, a falling through from up high of exquisitely refined frequencies of new life that tremble with Love and touch every atom in all creation including the plants, animals and hearts and minds of all humankind. In truth these marvellous energies are bubbling up from within our own sacred selves.

How can we best access the inner flow of these elegant frequencies? By preparing our divine selves to receive them so that we can fully become one with Light and fully acknowledge our origin, our heritage and our truth as beings of Light within the very breath of God.

Let's play.

Imagine you have a drop of water in front of your closed eyes. See the clarity, the pure transparency and perfection of this drop. It shimmers quietly in rainbow colours. Feel its beauty, peace and expansiveness and sense these identical qualities within you. As you do this, you feel a vibrational connection—a resonance—between your inner self and this drop of water. When you sense that both you and the water are vibrating to the same frequency, ask the water droplet to come into you. Enjoy this union of peace, beauty and expansion.



Photo Credit: Pexels.com - Pixabay

When we open up to our sacred inner environment, we begin to live it consciously in the outside world. We speak lovingly, we think lovingly, we vibrate lovingly and fill the world and universe with the radiance of goodness. We become emissaries of Divine radiance; we attract and absorb these marvellous, celestial outpourings of exquisite frequencies that are being sent to us. These vibrations increase our knowledge, understanding and compassion and help us on our sacred journey back to the Source.

In Divine Friendship,
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 – Forgive, But...

Few days now, this word is strong in my mind. Forgive, but. It's the but that is nagging me. You see, we tend to forgive but not forget. First of all, we can't forget. No matter how hard we try. The thing is most of us live with what I call forgive, but hangover. That, to me, is detrimental to our health, mental and physical. Our health is determent by that hangover. My life between 10 and 15 was very important. First, when my grand-father returned to Hungary after a month or so, my life became unstable due to father's behaviour towards me. He didn't accept nor perhaps welcomed me into the family. He kept moving me back and forth until one day he left me at this place for severely disabled children both mentally and physically. I had to be strong as not to go into deep depression. Fortunately, I had one or two people who helped me along. That still occurs. I'm surrounded by fantastic people everywhere I go.

Now, I did have difficult moments of anger and stuff but never ever suicidal thoughts. Never. I'm very spiritual and have a good self-esteem of myself. I needed to get rid of the grudge, spitefulness fast if I didn't want to live in a long-term psychosis. I had to. I needed to forgive and not forget but have both a heart and a strong notion of life filled with light. Some say I had no choice. Well, have news for them, we always have a choice. We can bury ourselves in neck high pity or head high good self-esteem-confidence of who we are. Okay, for some things we don't have a choice like staying safe during this freakin pandemic for example. But then, again, we do have a choice. We can feel powerless or powerful in keeping our minds insane or a better choice, sane and at peace. We need to empower ourselves with foresight, wisdom, intelligence, love, peace and light. Yes, light in our hearts and minds. I do know about the hamster that goes on and on in our minds. There is nothing wrong with the hamster, it does what is does. The thing is, is how to put the hamster to rest from time to time to enable us to think for ourselves. And that is why we need to clear our minds and, of course, our hearts.

Forgiveness not just for the others but foremost of yourself. You see, when you achieve that, you can truly live in peace.



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.

"What time is it on the clock of the world?" My mentor Grace Lee Boggs used to ask this question all the time, to anyone who came to visit and learn with her, in any meeting she attended, or speech she gave. She wanted us--her students, comrades, and community-- to keep a wide, long lens about our work. To remember, all of the time, that this moment is not the only moment. Human development moves in these massive cycles and phases, and there are always agents of change who ideate and practice and push and grow those shifts. She reminded us that there are changes available to us that are distinct to this time, and she urged us to be present to the opportunities that are current. She knew that we are not individuals simply living these solitary lives in a vacuum; we are the cells of our time-body, the collective physical body of this moment, interacting with each other and the earth and technology in ways that will create an age."

<https://www.dailygood.org/story/2969/murmurations-returning-to-the-whole-adrienne-maree-brown/> **Be The Change:** Take a moment to reflect on how and where accountability manifests in your own life.

In this RSA produced video, the world of today is explained by Iain McGilchrist, a psychiatrist, writer, and former Oxford literary scholar. He came to prominence after the publication of his book *The Master and His Emissary*, subtitled *The Divided Brain and the Making of the Western World*. The words of McGilchrist, and the illustrative and clever graphics accompanying the audio, describe how the two hemispheres of the brain operate and affect the way we interact with and see the world. He says that modern culture has developed a machine model of the brain that relies heavily on our left hemisphere and determines our perception of reality. While the rational perceptions of the left hemisphere offer much that is helpful and needed, the tendency is to sacrifice the intuitive and feeling experience of the right hemisphere - which limits our ability to relate humanely with others. We are not, of course, machines but we have been educated to think this rigidly rational and narrow focused view of life is how we should function to succeed in the world. In fact, we need both the broad intuitive focus and the narrow rational focus offered by the two hemispheres of the brain, otherwise we become lopsided and out of balance, lacking in empathy and appreciation for the subtle and beautiful aspects of reality that may be outside of rational explanation or experience. As humans, we do violence to ourselves in the way that we split off from our intuitive and feeling selves and overvalue our rational minds. In fact, the balancing of the brains perceptions offers hope for both a rational and feeling society that would be better for all.

<https://www.karmatube.org/videos.php?id=8903> **Be The Change:** Try to listen to the wholeness of yourself in a situation today--both the rational and the intuitive parts of yourself. Notice how multilayered our perception of reality can be and honor the value that a "whole brain" perception can offer.

Lissa Rankin, MD, describes herself as a skeptic. She is a Western-trained ob-gyn, linear thinker, and evidence-informed scientist. In the same breath, however, she also describes herself as a mystic an open-hearted, spiritually alive, empathic healer who has witnessed countless miracles of healing and has also experienced them firsthand herself. What follows is an excerpt from her book, *Sacred Medicine: A Doctor's Quest to Unravel the Mysteries of Healing*. "<https://www.dailygood.org/story/2972/the-paradoxes-of-healing-lissa-rankin/>

"Grateful Voices is a video project highlighting the stories of seven individuals with seven different life stories, each of whom finds gratefulness amidst pain, suffering and all of life's challenges. For one participant, gratefulness is "like a friend sitting next to me." Whether it be through loss or the acceptance of a disability, they express the gift that it is to be alive in any given moment and a recognition that "there's always another way to go," if an old way is no longer possible. Gratefulness is a path to what is possible."

<https://www.karmatube.org/videos.php?id=8913> **Be The Change:** Consider keeping a daily gratefulness journal to incorporate gratefulness into your life.

"My son Liam was born ten years ago. He looked like a cucumber on steroids. He was fat and bald and round as a cucumber on steroids. He looked healthy as a horse. He wasn't. He was missing a chamber in his heart. You need four rooms in your heart for smooth conduct through this vale of fears and tears, and he only had three, so pretty soon doctors cut him open and iced down his heart and shut it down for an hour while they made repairs, and then when he was about eighteen months old he had another surgery, during which they did more tinkering, and all this slicing and dicing worked, and now he's ten..." Brian Doyle shares more in this brief and moving piece. <https://orionmagazine.org/article/how-we-wrestle-is-who-we-are/> **Be The Change:** For more inspiration, check out this powerful TED talk on, "How Emotions Change the Shape of Our Hearts." <https://www.dailygood.org/story/2412/how-emotions-change-the-shape-of-our-hearts-ted-com/>

"Few things in life are more vivifying than a shimmering reminder that we can still surprise ourselves --those rare moments when the urn of the self cracks and out pours something more fully alive: truer than any narrative, more authentic than any performative personhood, unfettered from identity and expectation and all the other scripts we live by. It is both thrilling and terrifying to be so reminded that we know ourselves only incompletely and the future not at all; that inside us dwell parts so unexplored as to be capable of surprising the conscious totality --- parts drawing on some subterranean river of lore to make instantaneous decisions we never could have planned and did not anticipate." Maria Popova shares more in this piece that explores the theme of improvisation in violinist Natalie Hodges' book, "Uncommon Measure: A Journey Through Music, Performance, and the Science of Time." <https://www.dailygood.org/story/2973/improvisation-and-the-quantum-of-consciousness-maria-popova/> **Be The Change:** Check out this related piece on, "How the Interplay Between Spontaneity and Self Control Mediates Our Capacity for Presence." <https://www.themarginalian.org/2016/04/27/time-felt-marc-wittmann/>

"For many years, I wondered what it really meant to 'follow one's heart'. I was very curious to know what it felt like. I was certain it would be extraordinary, with an air of mystery. Something lofty and noble, a higher purpose. It would be a dramatic turning point after which all the pieces of the puzzle would fall neatly in place. I would no longer feel torn, there would be no guilt or self-doubt, no more bad decisions, and no future-anxiety. I was convinced it would bring clarity and peace, joy, fulfillment and perhaps, success. All the good stuff. I finally found my calling around my forty-second birthday, but it wasn't quite like I had imagined. I was let go at work, just when I'd begun to feel a sense of security and stability that I had missed for many years. For reasons I didn't understand, but that felt right, I started making slightly odd-looking wooden lamps with a few hand tools in a makeshift workshop in my apartment." Anoo Kulkarni left the corporate world five years ago to follow her calling as a self-taught woodworker. The aesthetic of her hand carved lamps is spare, yet each is lavished with a passionate attention to detail and carries a palpable integrity. She shares some of her journey and insights here. <https://www.dailygood.org/story/2974/answering-the-heart-s-call-anoo-kulkarni/>

"David Whyte's "Blessing" poems are interpreted through a visual journey across the Irish landscape in this short film by Emmy-winning filmmaker Andrew Hinton. Musician and composer Owen O Suilleabhain, who has collaborated with David Whyte for over a decade, offers a reflection on the music that inspired the creation of this short film. <https://emergencemagazine.org/film/blessings/> **Be The Change:** For more inspiration, check out this interview with David Whyte, "On Being at the Frontier of Your Identity." <https://www.dailygood.org/story/699/david-whyte-on-being-at-the-frontier-of-your-identity-tami-simon/>

"One cannot know a forest by walking it only once. It takes several full cycles of the seasons, and regular explorations during that time, preferably daily, to even begin to know a place. Where are its berry trees and when are the berries ripe? Where are its meltwater ponds in the spring? Where is the nearest raccoon den, and how often do you normally see them out and about? When do the maple trees change colour for autumn? When will there be a mast year for acorns? Such are the habits of landscapes. It takes many years to get to know them. Some people may get a head-start in this process, benefitting from the guidance of grandparents, local elders, and other community leaders; though as observed earlier, the climate crisis can disrupt the old familiar cycles of nature, rendering this kind of ancestral knowledge less helpful. This kind of relationship with the earth rests upon what I call perceptual intelligence." Brendan Myers shares more in this excerpt from his book "The Circle of Life is Broken." https://www.kosmosjournal.org/kj_article/perceptual-intelligence-awareness/ **Be The Change:** Experiment with cultivating greater perceptual intelligence this week using Myer's piece as inspiration.

"Despite intellectual humility being the subject of intense scientific study in recent years, there remains debate among scientists on how best to measure it. That debate begins with a basic question: What is intellectual humility? Most scientists agree that being aware of your intellectual limitations and the fallibility of your beliefs is an important part of intellectual humility, but beyond that there isn't a clear consensus. Some argue that intellectual humility ends there, while others suggest that things like how we view others' ideas and how we express our beliefs are components of intellectual humility." <https://www.dailygood.org/story/2977/how-do-you-know-if-you-are-actually-humble-tyrone-sgambati/> **Be The Change:** Take a science-based quiz assessing your intellectual humility here! https://greatergood.berkeley.edu/quizzes/take_quiz/intellectual_humility

7. Sweeping My Heart

This magnificent tale brings humbleness to a whole new level. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2509>

8. Garden Teaches Us To Travel

James Carse uses the metaphor of a garden to teach us about the nature and blessing of travel. Read more here... <https://www.awakin.org/v2/read/view.php?op=photo&tid=2565>

9. Grateful Voices

Reprinted from www.KarmaTube.org.

Grateful Voices is a video project highlighting the stories of seven individuals with seven different life stories, each of whom finds gratefulness amidst pain, suffering and all of life's challenges. For one participant, gratefulness is "like a friend sitting next to me." Whether it be through loss or the acceptance of a disability, they express the gift that it is to be alive in any given moment and a recognition that "there's always another way to go," if an old way is no longer possible. Gratefulness is a path to what is possible.

<https://www.karmatube.org/videos.php?id=8913>

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.

10. 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).

11. 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

Spiritual Guidance

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