

Serving your personal journey toward enlightenment...

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

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

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Joy Won!

As some of you may know, I am a cycling enthusiast. I am an avid road touring adventurer who loves exploring the roadways and pathways in and around the National Capital Region. I ride outdoors from mid April to the end of October. When I'm not cycling outdoors, I enjoy working out on my indoor stationary bike.

To keep me motivated throughout the indoor cycling season, I am signed up for a fitness program called iFIT. For a modest monthly fee, iFIT allows me to cycle all over the world with professional trainers. I can follow along with the trainer via a small, color monitor and experience their rides with them through stunning locations. While the iFIT experience is not the 'real thing,' it is motivating and keeps me in good shape for the outdoor cycling season here in Ottawa.

At the time I write this piece, I am working with iFIT trainer, Nicole Meline, who is taking me on a 12-part Patagonia Adventure Series. The theme for this adventure series is "Riding Your Edge." Nicole has been asking us to reflect on the following questions: Where do you play it safe in your life? Where do you take risks? Would you like to change either of these parameters? Where is that borderland between pushing yourself to new limits and caring for yourself? Where is your source of energy? Power? Wonderment? Awe?

I took Nicole's insightful inquiry to heart, and recently undertook a new, challenging cycling adventure. The route started in downtown Ottawa, where I live, and had me cycle east to Cumberland, then south to Enbrum, and zig-zag my way north-west back in to Ottawa. The route was through, mainly, farmland that had me meander through quiet country roads. The total distance was 122 km.

This adventure allowed me to live the questions the trainer had been asking me to ponder: Where do you play it safe in your life? Where do you take risks? Would you like to change either of these parameters? Where is that borderland between pushing yourself to new limits and caring for yourself? Where is your source of energy? Power? Wonderment? Awe?



Photo Credit: Pexels.com - Centre for Ageing Better

The adventure challenged me to push my limits in several ways. First, the sheer distance (i.e., 122km) was a new, one-day distance record for me. While I was familiar with the first 25 km of the ride, the remaining route was on roads I had never ridden on before. While this is very exciting for me—to ride on new roads and discover new roadways—it can be tempered with trepidation about the unknown.

My fearful mind chatter had me concerned about any variety of inhibiting and self-limiting thoughts. Some of these thoughts included: What if I experience mechanical issues during my ride? How do I properly fuel myself for this long ride (i.e., food and drink)? Will my partner be okay while I am out riding?¹

As I worked through each of my internal, fear-based questions, I knew it was possible to do this ride. I did what I needed to do to be prepared. I put in place what I needed to, to make sure everything would be okay. This included extra safety equipment on my bike for the ride, GPS systems on my cellular phone to guide me along the route, and caregiving in place for my partner while I was out riding.

So, one day during August, I took the leap of faith and set out on my biggest cycling adventure yet! As I crossed the threshold from the first part of the ride I was familiar with, to venture on to new roads and routes, the excitement of the moment drew me 'in' to the experience. The excitement pushed and propelled me forward.

I immediately fell into a world of wonder! Every turn, every vista, was brand new. I was filled with wonder and awe at the sights. My fears crept in now and then, as I continued to cycle further and further into my ride. I passed through villages and communities I had only ever heard of, never even drove through. I had a sense of where I was, but was mostly very disoriented. I trusted in my GPS maps and carried on.



Photo Credit: Pexels.com - Pack2Ride

When I reached my furthest point from home, more than 60 km into my ride, I had the overwhelming feeling of how far away I was from home. I was basically in the middle of nowhere! There was some car traffic, and I had passed a small village about 5 km earlier, but the mid-way point of my ride had me smack-dab in the middle of farm country with nothing but corn and soy bean fields for as far as the eye could see. Even though there was an ever-present, underlying fear simmering in my belly, the sense of freedom was exhilarating and joyful!

Knowing I was now heading back toward home, my spirits lifted even more. I continued to feel exhilarated by the whole experience. I had heard about the communities and villages I was cycling through, but never, ever saw them before. And here I was cycling through them! There's something about the wonderful pace of cycling that allows one to take in what's around you at a much more intimate level than whizzing by in a car.

For this 'city boy,' the sites of farmers' fields, silos, and horses and cows grazing in pastures, was thrilling, awe inspiring, and brought about joy so vast that any remnants of fear were gently washed away, cleansed from my mind. With only 20 km left on my ride, I started to feel and witness the transition from rural to urban settings. The excitement of the adventure continued to propel me forward.

After returning home and reflecting on the experience, I welcomed the realization that joy had won out on this day. Joy had won out over fear. Joy had washed away my fears. Joy had opened up new possibilities for me. Joy had expanded my world, my life, my heart.

¹ I am full-time caregiver for my partner who lives with Parkinsons.

The adventure showed me where I play it safe in my life, and where I take risks. I touched that borderland between pushing myself to new limits and caring for yourself. I touched the source of my energy, power, wonderment, and awe. It was a very liberating experience. One that I will carry with me as I venture out to discover new, uncharted roadways of life.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Servant who Loved his Prayers

At dawn a certain rich man
wanted to go to the steambaths.
He woke his servant, Sunqur,
 "Ho! Get moving! Get the basin
and the towels and the clay for washing
and let's go to the baths."

Sunqur immediately collected what was needed,
and they set out side by side along the road.

As they passed the mosque, the call to prayer sounded.
Sunqur loved his five-times prayer.

 "Please, master,
rest on this bench for a while that I may recite sur 98,
which begins,

 'You who treat your slave with kindness.' "

The master sat on the bench outside while Sunqur went in.
When prayers were over, and the priest and all the worshipers
had left, still Sunqur remained inside. The master waited
and waited. Finally he yelled into the mosque,

 "Sunqur,
why don't you come out?"
 "I can't. This clever one
won't let me. Have a little more patience.
I hear you out there."

 Seven times the master waited,
and then shouted. Sunqur's reply was always the same,
"Not yet. He won't let me come out yet."

 "But there's no one
in there but you. Everyone else has left.
Who makes you sit still so long?"

"The one who keeps me in here is the one
who keep you out there.

The same who will not let you in will not let me out.”

The ocean will not allow its fish out of itself.
Nor does it let land animals in
where the subtle and delicate fish move.

The land creatures lumber along on the ground.
No cleverness can change this. There's only one
opener for the lock of these matters.

Forget your figuring. Forget your self. Listen to your Friend.
When you become totally obedient to that one,
you'll be free.

Jelaluddin Rumi

3. Quote or Question

“Judgement is the hard face of insecurity, the unforgiving face of fear...”

~ Richard Harvey ~

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 – Soul-Centred Living and Help from the Stars

Hello to the Family of Light!

There is a natural, universal movement ensuring that life is continually lifted up to a greater expression of itself. This can be called the expansion of life. We can imagine life's origin as a single point of Light filled with the Divine creative force of Love, moving outwards into our physical world and touching all existence. We are to remember that within every particle of matter, be it a rock, an insect or a human, love, light and intelligence vibrate.

We expand the moment we realize that our life's foundation is our soul, the inner reflection of the Divine Presence. Then our only desire is to consciously live in expressions of love and we begin to move upwards. As we progress, we spend more time exploring the goodness found in our souls and less time on the demands of the ego. We let go of an ego-centred life and become soul-centred beings.

It is well known that our friends from the stars live in a high vibratory state because their very lives are firmly established in Divine Love. They continually and harmoniously expand in knowledge and exploration, forming and maintaining peaceful societies and interacting with other advanced civilizations in similar manner. They live in love, they share in love, they teach and guide with love: They are soul-centred beings. And we are invited to join them.

We are asked to live in a similar fashion and, as soul-centred beings, use our gifts and talents to create a peaceful Planet Earth. We are being assisted, for help is indeed coming from the stars. However, to become a part of these higher frequency communities, we need to demonstrate our willingness to live in the ways of the soul and to develop awareness of the caring presence of our star friends.

Let's play.

Close your eyes and choose a quality from your soul such as compassion, patience, generosity or any other quality which expresses love. As an example, let us select the quality of compassion. Fill your mind, body and heart with the deep feeling of compassion so that you are completely absorbed in this quality. Allow yourself to *become* compassion and then radiate this quality outwards. Now, become aware of the air surrounding your body. Place your awareness in this air and sense beings of exquisite vibration who are radiating compassion to you! Enjoy this connection of radiance, fellowship, unity, love and gratitude.

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We are asked to live soul-centred lives and to encourage others who also wish to live in higher, finer frequencies. We are invited by our star friends to develop our awareness and realize how much we are cherished and lovingly guided.

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 – God Be Born!

“We are all meant to be mothers of God... for God is always needing to be born.” Meister Eckhart

(My hands together) Welcome back to our round table discussions. My name's Steve. This evening we will tackle this beautiful quote shown above by Eckhart. You may think and say, 'what? No. God is already born.' Well, I ask you this: if God is already born, why do we still search for Him and Her? Think about that. I include Her because of this: 'Let us create man in our image.' Let's jump into this. Okay, so, how on earth you would be mothers of God and help it, to be neutral, be born when it is supposed to be already eternal? Who wants to start?

Ika'Ani:

I do, I do. Simple: one could be filled with 'god-like' principles such as respect, love, peace, enlightenment, non-judgemental, inclusive, in harmony with oneself, etc. I know, it's simple to say than actually to do, but certainly not impossible. Jeshua and others have said the same and have done it. When achieving that, God is born in our hearts. It's spiritual but could also be practiced every day.

I:

Okay, this discussion has just ended. A short one. No, just kidding. Yeah, kidding like a child. (smile) There's more to that, isn't there? There's the thing about Creation. For me, what struck me is the 'concept', if you will, being a mother, or parents, of God. A child needs both parents to be born. Let me go farther by asking, why can't we be parents to bring forth the childlike spirit for discovering what we can achieve by birthing God, father and mother, into our lives? It's a fascinating way of seeing God, father and mother.

Araniarah-Adrika:

Indeed. Beautiful what you just said. Being parents to a being who can teach us how to be parents ourselves to our children, who in turn, teach us how to be childlike and stay like that. It's like birthing Light into our hearts.

Kriřanji:

We need that Light right now. Let us birth the Light for us to see who we truly are.



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.

"We've been blind-sided by our top-down approach. If the body is a bell, resonating to the world around it, it's as though we have stuffed the bell full of cotton balls that stifle its ringing. The present is whispering to us, "Come and play, come and risk," whatever it may be. But we don't notice. We don't feel the present in that way. We don't feel its presence. We feel it as a collection of things. And as for retiring our self-consciousness and allowing our relationship with the present to be primary rather than the one with the self that sort of partnership is almost unavailable to us as a culture. The path to embodiment, if we choose it, means finding those cotton balls in the body--those barriers that dull us to the world and releasing them and releasing them and integrating them, so that we can once again resonate to the present and find guidance there. If you cannot feel that guidance, all you can do is go it alone; all you can do is guide yourself. And however clever your rational mind may be at supervising you, it will be pitifully inadequate to the task of assessing the world and finding your way through it in a state of grace." Embodiment expert, author and co-founder of The Embodied Present Process, Philip Shepherd shares more in this powerful interview.

<https://embodiedpresent.com/gift/The-World%E2%80%99s-Hidden-Harmony-Philip-Shepherd-Tim-McKee.pdf>

Be The Change:

For more inspiration, check out this conversation with Shepherd, "Bringing Clarity to a Chaotic World."

https://www.youtube.com/watch?v=nmP9g_egcRE

Rebecca Elson was a Canadian-American poet and astronomer. In the 1990s she was among the first researchers to study images. She passed away at age 39. "A Responsibility to Awe," was published posthumously. It is a volume of Elson's poetry and essays, ranging from her teenage years until shortly before her passing. What follows is, "Antidotes to Fear of Death," a poem from this collection, in which Elson reckons with mortality, and lyrically explores our place in this vast cosmos.

<https://www.dailygood.org/story/2983/antidotes-to-fear-of-death-rebecca-elson/> Submitted by: Arathi Ravier

Be The Change: Take a moment to consider what your own antidote to fear of death is. Share it with a friend or family member, and invite them to share theirs.

"After he was diagnosed, we had a lot of conversation about how we were going to face the harsh reality that ALS is always fatal. We didn't want to waste our precious time trying to chase down miracle cures or doing things that might extend his life for a few days or weeks. What was the point of a few more days if he was suffering? We decided to live 'hope-free,' which isn't the same thing as hopeless. It's about embracing the reality of what is. Jamie was very clear that he didn't want to focus on the fact that he was dying. He was alive, and he intended to keep living fully, every single moment, until death took him. For both of us, that meant that we couldn't squander time. It also felt essential not to squander the lessons that living/dying had to teach us. Jamie was all about learning, right up until the end." In this moving conversation, Jamie's wife Maren Showkeir, and singer/songwriter Barbara McAfee, discuss the profound lessons gleaned from Jamie's way. A dear friend of the Showkeirs, Barbara was inspired to write and share "Living/Dying Man," a stunning musical tribute to Jamie. Listen to the song, and read the conversation here. <https://www.dailygood.org/story/2984/living-dying-man-barbara-mcafee-maren-showkeir/> **Be The Change:** Today marks the seventh anniversary of Jamie's passing, and the 70th anniversary of his birth. If inspired to, you can send a note of appreciation to Maren here. <https://www.dailygood.org/?pg=contact&mid=135357>

"I have known truly free humans... As all First People they lived far away from roads, it required walking through jungle to reach them. I did not know a word of their language, but there was usually at least one person in the small groups of nomads who understood some words of the language of the country. But our communication was as much through touch, smiles, laughter, and something inside that I have no word for. They were the most joyful people I have known. They sang little songs all day long, smiled easily -- not by showing teeth (a sign of aggression) but with their eyes, eyebrows, faces. They were generous. I suspect they could not lie." Psychologist Robert Wolff, author of 'Original Wisdom: Stories of an Ancient Way of Knowing,' spent time living with the Sng'oi, and aboriginal tribe in the mountains of Malaysia. He shares more in this beautiful essay. <https://www.dailygood.org/story/2985/original-wisdom-stories-of-an-ancient-way-of-knowing-robert-wolff/> **Be The Change:** For more inspiration, check out this short exchange with Moussa Assarid, the eldest of thirteen children in a nomadic Touareg family from Mali, "No Better Place to Meet Yourself." <https://www.awakin.org/v2/read/view.php?tid=2133>

Over the course of seven years Allan Brown makes a dress by hand from foraged nettles. In the process, as he experiences the loss of two loved ones, he weaves his love into the fabric that he is creating. He spends seven summers harvesting the nettle and seven winters spinning it into fabric to make a dress for his daughter. The thread he creates carries his grief and his love, so that the cloth represents all of the love he has put into it. The nettles are free, foragable and renewable. As Allan transforms the nettles he himself is transformed by the healing power of nature and slow crafting. <https://www.karmatube.org/videos.php?id=8922> **Be The Change:** Slow down and take time to create something with your hands - a handmade card, a complicated recipe, whatever nurtures you - and then share your creation with a loved one.

"To speak of intelligence in a forest is, on its face, an anthropomorphism, a violation of the creed of ecologists and science writers alike: Don't treat other species like charming little humanoids! Trees are not leafy people and forests are not woody brains. But just as dangerous as projecting human fairytales onto forests is the overzealous rejection of all analogy between human minds and the networked flow of information within ecological communities. Mind emerges from relationships among living cells. We experience one manifestation of these relationships inside the bony plates of our skulls. Other minds may exist within other living networks. To speak of a forest's mind and intelligence, then, is not to impose caricatures of humanity on other species. Rather, our human experience of mind allows us to imagine what might be possible in 'the other.'" David George Haskell shares more in this piece. <https://undark.org/2017/05/07/listening-to-the-thoughts-of-the-forest/> **Be The Change:** For more inspiration, check out, "How David George Haskell Decodes the Sounds of the Natural World," an excerpt from Haskell's latest book, 'Sounds Wild and Broken: Sonic Marvels, Evolution's Creativity, and the Crisis of Sensory Extinction.' <https://lithub.com/how-david-george-haskell-decodes-the-sounds-of-our-natural-world/>

"When Unangan Elders speak of the "heart," they do not mean mere feelings, even positive and compassionate ones. "Heart" refers to a deeper portal of profound interconnectedness and awareness that exists between humans and all living things. Centering oneself there results in humble, wise, connected ways of being and acting in the world. Indigenous peoples have cultivated access to this source as part of a deep experience and awareness of the profound interdependency between the natural and human worlds. To access it, you must drop out of the relentless thinking that typically occupies the Western mind." Ilarion Larry Mercurieff has more than 40 years experience serving his people, the Aleuts of the Pribilof Islands, and other indigenous people around the world. He shares more in this essay. <https://humansandnature.org/out-of-the-head-into-the-heart-the-way-of-the-human-being/> **Be The Change:** For more inspiration, check out Mercurieff's talk on, "Native Perspectives on Sustainability." http://www.nativeperspectives.net/Transcripts/Larry_Mercurieff_interview.pdf

7. Faith is Different Than Beliefs

Have you ever considered what the difference is between faith and belief? Reb Zalman has and shares his views in this wonderful article. Read more at... <https://www.awakin.org/v2/read/view.php?tid=2573>

8. The Opponent Relationship Is Not A Contest

Shannon Lee offers a refreshing and very interesting way of looking at our relationships. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2572>

9. Fishing Before You Know How To Fish

This beautifully symbolic poem portrays how so many of us live do and don't live our life. Read the poem here... <https://www.awakin.org/v2/read/view.php?tid=2574>

10. Lessons On My 70th Birthday

Have you ever looked back on your life and pondered what it was you learned that was most valuable? Well, Kevin Kelly has done just that and shares it with all of us in this insightful list of his lessons learned in life. Read more here... <https://www.awakin.org/v2/read/view.php?op=photo&tid=2577>

11. Wonder Increases As Speed Decreases

David Haskell shares a beautiful teaching about slowing down and exploring the wonder around us in his magnificent article 'Wonder Increases As Speed Decreases.' Read the full article here... <https://www.awakin.org/v2/read/view.php?tid=2567>

12. Botanical Animation: A Story of Flowers

Reprinted from www.KarmaTube.org.

There are nearly half a million flowering plants growing beautifully and strongly in this world, spreading their roots in the earth, sprouting, blooming, pollinated by birds and insects, living on through rain, wind and storms. They pass on the baton of life, rebirth and decay. Everything is so in a continuous cycle, stunningly animated by Azuma Makoto. <https://www.karmatube.org/videos.php?id=8814>

13. The Cosmic Miracle of Trees

Reprinted from www.KarmaTube.org.

Don't miss the reading of this poem by Chilean poet, diplomat, political activist and mystic Pablo Neruda, read by Astronaut Leland Melvin. Follow Neruda as he walks through the forest, step by step, making small and extraordinary discoveries one miracle at a time. As he says at the end, "Anyone who hasn't been in the Chilean forest doesn't know this planet." <https://www.karmatube.org/videos.php?id=8653>

14. The Nettle Dress - Trailer

Reprinted from www.KarmaTube.org.

Over the course of seven years Allan Brown makes a dress by hand from foraged nettles. In the process, as he experiences the loss of two loved ones, he weaves his love into the fabric that he is creating. He spends seven summers harvesting the nettle and seven winters spinning it into fabric to make a dress for his daughter. The thread he creates carries his grief and his love, so that the cloth represents all of the love he has put into it. The nettles are free, foragable and renewable. As Allan transforms the nettles he himself is transformed by the healing power of nature and slow crafting. <https://www.karmatube.org/videos.php?id=8922>

HEART AND SOUL ADVERTISEMENTS:

Consistent with Spiritual Guidance's philosophy, mission and vision (refer to <http://www.servingyourjourney.com/about.html> for more details) Spiritual Guidance offers free advertising in this e-newsletter to those persons and organizations interested in promoting their spiritual-related products, services or events. If you do choose to advertise in this e-newsletter, Spiritual Guidance requests you submit your text ad (no graphics please) to rmeagher@servingyourjourney.com by the 25th of the month, for distribution in the following month's e-newsletter.

15. Sacred Attention Therapy

Sacred Attention Therapy (SAT) references the etymological meaning of therapy: "attending to soul". SAT is a new paradigm of psychological and spiritual growth and development and is based on Richard Harvey's ground-breaking approach to depth psychotherapy, and on his 3-stage model of human awakening (<http://www.therapyandspirituality.com/>). This new paradigm of psychotherapy / counselling is an approach that takes into account the ego-based individual and the desire of the individual to grow spiritually. SAT recognizes the fundamental, true, spiritual nature of humanity and the intense longing for the truth about our real, divine state. SAT involves listening with the whole self to the soul of the other. This is what therapy should always be, or at least always aim at, because this is the profound depth of healing and reverence which two gathered together in search of truth can bring about. For more information about SAT, visit these websites:

<http://www.servingyourjourney.com/Sacred-Attention-Therapy.html>

Sessions can be offered in person, by phone, or via Zoom or Skype videoconference. For more information about booking appointments, please visit <http://www.servingyourjourney.com/Booking-Appointments.html>. To schedule an appointment, please contact me by phone (613-204-0299) or email (rmeagher@servingyourjourney.com).

16. A Course in Miracles Global Community Centre

Spiritual Guidance is honored to host the 'A Course in Miracles (ACIM) Global Community Centre.' This Centre is a meeting place for ACIM students and teachers from around the world to access coaching counselling, therapy, study and discussion groups, courses, a community café for you to communicate with other students and teachers, and helpful resources and links. Visit the ACIM Global Community Centre at <http://www.servingyourjourney.com/ACIM.html>.

Spiritual Guidance

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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