

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



Life's Smooth and Bumpy Roads

Once again, this month I am going to use my passion for cycling to retell a recent adventure. The cycling adventure held within its teachings a wonderful metaphor for life.

I was out for one of my day-long rides. I went back to an area that I had explored a few weeks earlier. At a point in my ride, I had the choice of turning north on March Road, but I had found March Road to be both bumpy and heavy in car traffic—not a good combination for safe riding. So, this time around, I decided to cycle further west so that I could take another route north.

I cycled west to Panmure (Ontario) along Upper Dwyer Hill Road, and turned North on Panmure Road. I immediately felt this was a much better route north, over the Carp Ridge. The road was quiet and had little car traffic. I was also pleasantly surprised that the road was very smooth. What a difference from the other route north! I was so glad I had cycled further west so I could turn north on Panmure Road.

Panmure Road turned into the Donald B. Munro Drive that had me, eventually, cross over the Carp Road. On the north side of Carp Road, my smooth ride came to an end. The Donald B. Munro Drive became bumpy and full of cracks. As long as I was cycling on the flats, it wasn't too bad. But if I found myself cycling downhill, the chatter from the bumpy road really took its toll on my body. My whole upper body would shake and tremor from the cracks in the road. Fortunately, the car traffic remained light and I could cycle out more to the centre of the road where the asphalt was a little smoother. As I approached Dunrobin, the road smoothed out again. Once I turned on to Dunrobin Road, there was a nice, smooth paved shoulder to cycle on.

As I quietly made my way back toward home on smooth road surfaces, I smiled at the experience that took me from Upper Dwyer Hill Road to Dunrobin Road, along Panmure Road and the Donald B. Munro Drive. The road started out smooth, then became uncomfortably rough, then smoothed out again. What a beautiful metaphor for life!

Sometimes in our lives everything goes smoothly. We glide along with few, if any, obstructions. The wind can feel like it's at our backs, pushing us along. We experience a smooth ride through life. Then, unexpectedly, through no seeming fault or cause of our own making, we encounter bumps in the road that can really take a toll on us. We go through periods of 'bumpy rides' before life calms down again.

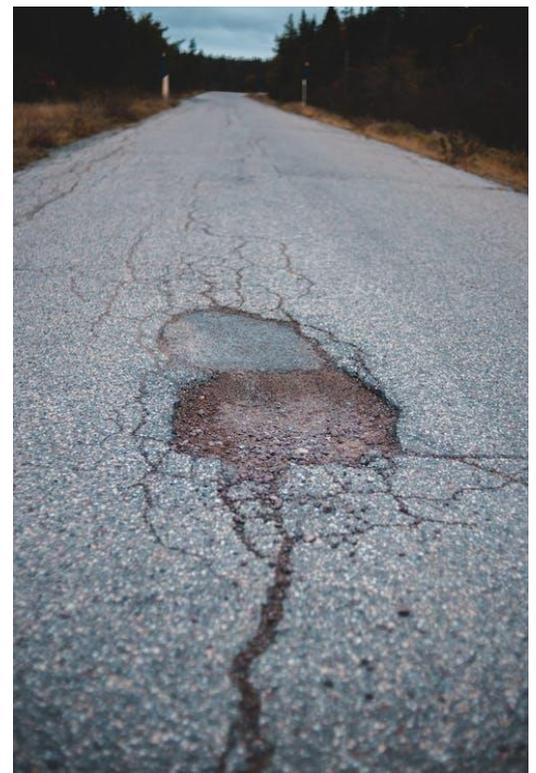


Photo Credit: pexels.com - Erik McLean

Life can seem like that sometimes, can't it? Smooth and effortless, then bumpy roads that have us holding on tight. To navigate these ups and downs in life I have found the Buddhist practice of the 'middle way' to be helpful. The middle way may be described as an approach to life where we avoid extremes. This approach includes extremes in emotions and thought.

As I turned on to Panmure Road and gave thanks for a smoother surface than March Road to take me north, I knew that 'this too shall change.' As I crossed over the Carp Road and the Donald B. Munro Drive became bumpy, I knew that 'this too shall change.' While I was grateful for the smooth road surface on Panmure Road, I knew better than to be jubilant. While I was feeling uncomfortable with the bumpiness on the Donald B. Munro Drive, I knew better than to be dejected. I knew the road surface would change from what it currently was.

The gift of life is inherent in our ability to learn how to be happy where we are, instead of trying to be happy where we are not. We have a tendency to wish away the present moment by wishing we were somewhere else. If I'm on a bumpy road, my tendency may be to wish I was on a smoother road surface. But that bumpy road is teaching me something; something that is important for me to learn. Can I sink into that awareness and welcome the experience, no matter how uncomfortable it may be?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Truth

I salute the supreme teacher, the Truth, whose nature is bliss,
who is the giver of the highest happiness, who is pure wisdom,
who is beyond all qualities and infinite like the sky, who is
beyond words, who is one and eternal, pure and still, who is
beyond all change and phenomena and who is the silent witness
to all our thoughts and emotions—I salute Truth, the supreme teacher.

Ancient Vedic Hymn

3. Quote or Question

“Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue.”

~ 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 – On the Wings of Light

Hello to the Family of Light!

Divine Light can take on many forms in the physical world. It can appear as orbs, large and small and as multicoloured ribbons traversing space and time. It can become visible as scintillating forms of particles shaped to the human being. This sacred Light can appear in any manner when it wishes to offer to those of open hearts and minds certain teachings, greater understanding and loving comfort.

We know full well that before our physical bodies are manifested we are clothed in Light. This Light form becomes covered up as the human body emerges. All material life on this planet is enveloped in Light. Every form, no matter how tall, short, small, large, thick or thin, holds the construct of Light inside its physical shape. A droplet of water physically changes as it freezes, but its essence remains constant.

As we dedicate to living each moment in Love, we realize that our soul—the pure image of the Creator within—directs us to a higher mind of Love and Oneness. When we live in this sacred higher mind we discover that it is this magnificent boundless mind that directs the inner Light of our physical bodies so that they can be lifted up to more refined frequencies. Gradually and joyfully, we accustom ourselves to living in these higher vibrations, increasingly experiencing a freer heart and mind. We begin to use our wings of Light.

We deliberately choose to move away from chaos in order to lead lives of harmony and peace. This choice we feel inside our very beings and this harmony and peace we radiate to the world. We declare that which we already are: wondrous forms of Divine Light.

Let's play.

Imagine in front of your closed eyes, a gracious golden ribbon of Light that starts at your feet and lifts up into the sky, out into the universe and beyond. At the same time imagine that your physical body is becoming less dense and gradually changes into its form of Light. Take a moment to feel this transformation and then gently mold yourself, the Light form that you now are, into a beautiful, shining bird. You become this marvelous bird of Light and you experience boundless freedom and joy. Now, using your wings of Light, fly into this golden ribbon of Light and allow it to lift you up and away into the beauty of the cosmos. Feel here sacred expansion—Oneness and Love. Feel here peace and fulfillment. Know that you are home.

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 – Heart of Being

Instead of art of being, how about heart of being? I am no expert in all things, but I'm learning. I don't need to be an expert of all things, but at least in one or two. Even that, I can still learn of those two. It can be anything. The previous texts I have written can be tweaked, modified and even totally rewritten. So, this sharing can also be thrown out and rewritten. Heart of being, how would I present this sharing? It can be of heart of things. But I like to talk about heart of being as in being present. Yes, I like that: heart of being as in being present. Here it goes:

Heart of being is like a flower opening to welcome life.

Heart of being is like opening your eyes to welcome the sunshine.

Heart of being is like holding a child's hand and saying:

'You are heart of our life. You embrace our hearts to teach us how precious life is.'

Heart of being is to say I help you because I love you.

Heart of being is to be present to yourself.

Heart of being is to welcome the nature, animals and all as if you are one with the Earth.

The phrase you are heart of our life; you embrace our hearts to teach us how precious life is. Meditate on that if you will? A child who is the heart of our life. I know what that means. I know a 15-16 months old little girl who embraces her aunt, Cocotte, and even me when she is with us. When she is with her birth mother, she cries and in her own manner tells her I don't want you as my mother. I want my aunt as my mother! This is a true situation. When her aunt goes to check on her niece, she practically says 'take me with you. You are my mom!' when the little one is with us, she smiles at us and even plays with my wheelchair as if she already knew me.

I'm always amazed how intelligent she is and how her heart talks loud and clear. Her heart is of a beautiful being. Her heart is already a very conscious heart. Heart of being conscious of herself and about her safety. When you see a child, see who that child is: Heart of being.



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.

"Walking Gently on the Earth" tells the story of Annie Smithers, a chef based in Lyonville, Australia, whose life is dedicated to having a positive impact on the environment by treading as lightly as possible on the ground beneath her feet." <https://www.karmatube.org/videos.php?id=8920> **Be The Change:** Breathe deeply and dream. Imagine the ingredients in your recipe for a kinder life and a gentler walk on the earth.

"Do we always prefer the harmonious to the discordant, whatever that distinction might look like to us? It is not my place to say that the music you're listening to sounds terrible. On that note, harmony is very much its own kind of beautiful, and it looks and feels like different things to all of us. For me, harmony is found in the way tree branches will sometimes grow curving around to hold each other, the way rain disappears into the surface of the sea, the sitting and sighing in front of landscapes that are too large to comprehend, and when we have enough energy left to dance at the end of the day." Writer and illustrator Ella Frances Sanders shares more in this lovely excerpt from her latest book, "Everything Beautiful: A Guide to Finding Hidden Beauty in the World." <https://orionmagazine.org/article/beauty-nature-everything-beautiful-book-excerpt/> **Be The Change:** Take a moment to seek out the hidden beauty available to you in this very moment.

"Drumming may be the oldest form of active meditation known to humanity.' What could meditation and drumming possibly have in common? I've been asking myself this question ever since I heard world-famous sound healing expert Jill Purce say, 'The purpose of sound is silence.' First, both meditation and drumming help us get out of our heads and into our hearts. They just go about it in different ways. In meditation, placing our attention on the breath occupies the mind. In drumming, the rhythm becomes a mantra that captures our attention. You can't drum while thinking. Both act as mind sweepers; to clear the mental space of worries and negative thought patterns." Christine Stevens is the author of Music Medicine, The Healing Drum Kit and The Art and Heart of Drum Circles. More here. <https://www.dailygood.org/story/2992/silent-drum-tips-for-rhythmic-meditation-christine-stevens/>

When Richard Whittaker received an email from a friend about a 'Beginning Acting for Adults,' class she was teaching, it gave him pause. Richard is founding editor of works&conversations magazine. He's been conducting deep-dive interviews with artists for over three decades."I'd never taken an acting class. And at 79 years old, why would I? It seemed a crazy idea. But on the other hand, why not? At the very least, it would be an adventure. So taking a leap, I signed up." In a few short months, Richard would find himself on stage in front of a live audience, delivering an original monologue, and reliving, "A story from fifty-some years earlier -- one that partly answers a question I'm often asked: "How did you get started with interviewing people?" You can watch his stunning performance, or read the transcript here. <https://www.conversations.org/story.php?sid=710> **Be The Change:** For more inspiration, check out, "To See from the Intelligence of the Heart," an interview with Richard Whittaker. <https://www.conversations.org/story.php?sid=639>

"And so creativity should be at the heart of all ritual; not a frozen form, but a flexible form. Dance is at the heart of our prayer. We do circle dancing. We dance to DJ music and live music. And we also do spiral dancing. Getting the body involved is so important. You don't have a Hindu body or an atheist body or a Buddhist body.

You have a body. We're all human there, so we can all dance together and look each other in the eyes. We use a video jockey (VJ) to tell the theme that we're honoring in images. We've done a Mass of the African diaspora, for example, several times where we tell the story of the African-Americans in America. It began with a rita positiva dance honoring the stories of the great African-American heroes and sheroes that we know about. And then we go into the via negativa, into the grief, into the middle passage, into slavery. And we're led through the blues, if you will, of the black experience." Matthew Fox is a pioneering spiritual theologian, author whose courageous stance on issues like the sacredness of our relationship to the environment, the divine feminine, gay rights, and other controversial issues have helped spark a spiritual revolution. He shares more in the following interview on "Fidelity vs Faith: Bowing to the Heart Over Authority."

<https://www.dailygood.org/story/2993/matthew-fox-bowing-to-the-heart-over-authority-awakin-call-editors/>

"Join Sounds True's Tami Simon in conversation with author and teacher Oren Jay Sofer, as he shares his innovative method for productive discourse and authentic connection. In *Stretch Your Heart and Say What You Mean*, Tami and Oren explore how contemplative practice is an essential ingredient for healthy conversations and relationships, and vice versa; three foundations for mindful communication; the practice of pausing a conversation; the art of the do-over; the power of intention in conversation; curiosity, humility, and kindness; how focusing on what matters transforms reactivity and allows us to speak our truth; the shift from projecting blame to identifying and expressing our needs; the heart of compassion and nonviolence--seeing one another in a deeper way; three layers of needs--physical, relational, and spiritual; freeing our hearts from animosity and hostility, and becoming a force for loving unification; and more." <https://www.dailygood.org/story/2999/stretch-your-heart-and-say-what-you-mean-tami-simon/>

Through hopeful lyrics and joyous dance, Nimo Patel and Ellie Walton's "We the People" video is a call to unity, togetherness and equality. It reminds us that if we learn to love, if we learn to listen, the good will indeed come someday. Sing along and let your spirit be lifted. <https://www.karmatube.org/videos.php?id=8938> **Be The Change:** Look for something that unites you with each person you encounter this week.

"On January 1, 1953, at age 44, Mildred Lisette Norman changed her name to Peace Pilgrim, put on a pair of canvas sneakers, donned dark blue slacks, blouse, and a tunic--on which she had sown her new name--and set out to walk the length of the country leaving from Pasadena, CA...She would walk non-stop for the next 28 years, weaving back and forth across the country, and making several trips into neighboring countries. From the start, her life on the roadwalking, talking, eating, sleeping was undertaken as a reverent, loving prayer, integrating, what she believed were all the important things of life into a penniless, simple, committed existence of love and service." More about the remarkable life of Peace Pilgrim here. https://static1.squarespace.com/static/57fd0b4a59cc68f193ae8ee9/t/598214197131a5f0362fb281/1501697049762/MartaDaniels_PPBio_2003.pdf **Be The Change:**

For more inspiration, you can check out the full text of "Peace Pilgrim: Her Life and Work in Her Own Words," here.

<https://static1.squarespace.com/static/57fd0b4a59cc68f193ae8ee9/t/5a035d6824a69487b360d854/1510169963776/PeacePilgrimBook.pdf>

7. Slavery To The Senses

This excerpt from Swami Vivekananda beautifully articulates the nature of mind and how it enslaves us to this material world. We are invited to free ourselves from this bondage to realize the peace and serenity we seek. Read more at... <https://www.awakin.org/v2/read/view.php?tid=2581>

8. On Love

This is one of the most refreshing articles I have read in a long time. I hope you enjoy...
<https://www.awakin.org/v2/read/view.php?tid=2561>

9. Reality of Actual Contact With Oneself

Judith Blackstone succinctly describes the possibilities that await us if we learn to heal the separation between mind and body and come into union with all of life. Read more here...
<https://www.awakin.org/v2/read/view.php?tid=2494>

10. Walking Gently on the Earth

Reprinted from www.KarmaTube.org.

"Walking Gently on the Earth" tells the story of Annie Smithers, a chef based in Lyonville, Australia, whose life is dedicated to having a positive impact on the environment by treading as lightly as possible on the ground beneath her feet. <https://www.karmatube.org/videos.php?id=8920>

11. We the People

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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.

12. Sacred Attention Therapy

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

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

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

13. A Course in Miracles Global Community Centre

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

Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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