

# Spiritual Guidance

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](mailto:rmeagher@servingyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### I Can't Change Anyone

I was in the kitchen with my beloved partner when my partner let into me about some items that were out of place in the kitchen. It was a bit jolting to be barked at for something that seemed so insignificant as a knife that was out of place in the cutlery drawer. In the moment, I simply apologized and said I would try harder the next time to place the knife in its right place. Thank goodness I was in a peaceful state of mind at the moment and was able to respond instead of react to the unfolding events.

Later that day my partner apologized to me for his outburst. He asked me if there was anything that bothered me about things he did? I paused, realizing this was a formative moment. "Sure!" I said. "Then why don't you tell me?" asked my partner. I explained to my partner that I have come to realize that I cannot change him, or anybody else.

We are all set in our ways. We all have our little, sometimes big, foibles and idiosyncrasies. We are often very set in our ways, and these ways become so entrenched in our psyche and behavior that to change them would be tantamount to moving a mountain.

People are who they are. People do what they do. The sooner I accept this fact, the sooner I can come to peace with whatever situation greets me. The lesson and teaching in events that bother us rests in asking ourselves, "Why does that bother me?"

If the car keys are not in the place they 'should be' and I get upset, I must reflect on why it bothers me that the car keys are not in the place they should be. If the grocery list is not arranged how I like it and I get upset, I must reflect on why it upsets me that the grocery list is not arranged how I like it. If it bothers me that I go into the fridge to get some milk, and there is no milk left, and I get upset because there was milk in the fridge earlier in the day, I must reflect on why it upsets me that there is no milk left in the fridge. You get the idea.

Nothing is as it seems. And I am never upset for the reason I think. The other person is not upsetting me. I am getting upset. If I ever want peace in my life, I must stop wanting to change other people and events. I must learn to accept them as they are, and welcome it as an opportunity to reflect on why a person or event upsets me. This introspection will lead us to peace and personal growth.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Vigil

Don't go to sleep one night.  
What you most want will come to you then.  
Warmed by a sun inside, you'll see wonders.

Tonight, don't put your head down.  
Be tough, and strength will come.  
That which adoration adores  
appears at night. Those asleep  
may miss it. One night Moses stayed awake  
and asked, and saw a light in a tree.

Then he walked at night for ten years,  
until finally he saw the whole tree  
illuminated. Muhammad rode his horse  
through the night sky. The day is for work.  
The night for love. Don't let someone  
bewitch you. Some people sleep at night.

But not lovers. They sit in the dark  
and talk to God, who told David,  
*Those who sleep all night every night  
and claim to be connected to us, they lie.*

Lovers can't sleep when they feel the privacy  
of the beloved all around them. Someone  
who's thirsty may sleep for a little while,  
but he or she will dream of water, a full jar  
beside a creek, or the spiritual water you get  
from another person. All night, listen  
to the conversation. Stay up.  
This moment is all there is.

Death will take it away soon enough.  
You'll be gone, and this earth will be left  
without a sweetheart, nothing but weeks  
growing inside thorns.

I'm through. Read the rest of this poem  
in the dark tonight.

Do I have a head? And feet?

Shams, so loved by Tiabrizians, I close my lips.  
I wait for you to come and open them.

Jelaluddin Rumi

## 3. Quote or Question

*“The trial of the world is not surmounted by trying to avoid it, but by living life as best we can, so that we may find out who we are in the process of taking responsibility for our lives and destinies.”*

~ Thomas Clearly, The Essential Koran, p. 184 ~

## 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 - Contribution

Hello to the Family of Light!

As we look upon our world we observe the many contributions that help evolve and transform it. Lakes contribute to the health of plants and animals; soil contributes to the growth of trees and ants, and our loving thoughts and actions contribute to the harmonious development of the people on our Planet Earth. Our gentle thoughts and actions also contribute to our continuing divine fellowship with higher dimensions and worlds that lie beyond us and, in truth, that also lie within us.

How often do we contemplate the contributions that we make to individuals and societies? How often do we gratefully acknowledge and use the talents and abilities that we have been given in this lifetime for the betterment of all?

As our world, through its language of harmony, love and peace, moves upwards to expand into greater Light we, as universal citizens, also expanding, are asked to reflect on how well we contribute to the welfare of others.

In the higher planes, in the more evolved and developed societies of our star friends for example, contributing to the advancement of life is automatic because this gesture is a natural act from the heart. Our inherent way of living is also from the heart for we realize that Love is the voice of the soul. As we increasingly turn our lives towards all that is good, we perceive that our contributions, lovingly given to others, are noble and fulfilling.

Let's play.

Close your eyes and breathe in peace and love. Imagine that you are sitting comfortably in a lovely, flowering field. All the blossoms in the field are shining jewels and they are all being offered to you. As you admire this beautiful setting, your heart naturally opens up even more. Now, recall in your life a contribution that you made to help another person or situation. Re-live this experience as clearly as you can in gratitude and feel a wonderful sense of soul fulfillment in doing so. Now, look into the field of precious stones and choose the jewel that you feel represents perfectly the feeling of the contribution that you have just relived. Savour the unity between your experience and the precious stone you have chosen. What quality of your soul did you express here? Perhaps it was love, patience, encouragement, wisdom, generosity or compassion. Continue on, re-

living another experience of helping others and choose the appropriate precious stone. As you collect these sparkling jewels, hold them close to your heart.

When we give freely, the heart expands, the mind is at rest and the soul is fulfilled.

In Divine fellowship,  
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](http://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](mailto:regiena.heringa@gmail.com).

## 5. Steve Dolesch – Heart of Hearts

May the Heart of Hearts share its Peace with your hearts.

How the Heart of Hearts shares its Peace with your hearts is most mysteriously beautiful and yet, for most of us, it is most mysterious! Unknown even to most open-hearted beings! However, once when one truly opens its heart, things wonderful begin to happen such as receiving love to be shared with others.

Heart of Hearts beats at the most regular rhythm nourishing our little hearts with the most beautiful thing we name love but also life. That love should be lived and written with the capital of all capitals: L. Both begin with L. Factually, we dare not acquaint ourselves with those two twins. Without them, we would not even be here alive. Most mysterious: if we dare not acquaint ourselves with these twins, how can we be still alive? Is it because we let the tiniest of sparks of the twins light up our hearts? I dearly hope.

May the Heart of Hearts share its Life and Love with your little hearts.



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](mailto:stevedolesch@gmail.com).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 6. Good News Of The Day

*The stories below are reprinted from [www.dailygood.org](http://www.dailygood.org).*

Oliver Burkeman's book, "Four Thousand Weeks: Time Management for Mortals, is all about how and why to reevaluate your relationship with time -- starting with the startling brevity of the average human life span, which gave the book its title. Burkeman doesn't pull any punches from there. To help guide us weary time travelers, Burkeman's book poses five questions to help you reconsider your relationship with time." More in this piece from NPR. <https://www.npr.org/2021/10/16/1045396983/time-management-tips-oliver-burkeman> **Be The Change:** For more inspiration, check out this On Being interview with Burkeman. <https://www.dailygood.org/story/2885/time-management-for-mortals-on-being/>

"Fashion designer Uma Prajapati was sifting through emails at her office desk one sun-streaked afternoon in 2005, when a particular note caught her eye. It was from a young woman in Mumbai, India, who described her struggles with depression. At her lowest, she'd decided to end her life. The letter writer explained that as she was leaving her office for the last time, her eyes fell on a small scrap of a doll attached to a noticeboard. She paused to read the tag that accompanied it. The doll, it said, had been handmade by women from fishing communities who were rebuilding their lives after having lost everything during the 2004 Indian Ocean tsunami. In her letter, the woman explained that she was so struck by the sorrow and suffering that those women had endured that it helped put her own worries in perspective. "My life belongs to this little doll," she wrote." That little doll was a tsunamika. First created in the wake of the devastating 2004 tsunami, today over 6 million of these tiny, living symbols of healing and hope have been gifted across the world. They continue to make a difference in quietly powerful ways. More in this interview with Uma Prajapati. <https://hakaimagazine.com/features/stitching-hope/> **Be The Change:** Tsunamika, "in her latest avatar, has taken up the mission of protecting the ocean," learn more about her creative efforts and initiatives here. <https://www.tsunamika.org/>

"In this interview, Buddhist eco-philosopher and author Joanna Macy discusses her life and work. From her anti-nuclear activism in the late 60s to her work with deep ecology, Joanna expresses the need to live within an ethic of care for the earth." <https://emergencemagazine.org/interview/widening-circles/> **Be The Change:** For more inspiration, check out this On Being interview with Joanna Macy, "A Wild Love for the World." <https://www.dailygood.org/story/565/joanna-macy-a-wild-love-for-the-world-krista-tippet/>

"I've learned the hard way, there's something in us that always knows what's right for us. And I can say quite literally, if I need to decide what is appropriate for me in any life situation, ranging from practical problems to large questions of life, I sort of put it inside and wait for an answer. And it always comes back to me I've imagined a bunch of little folks running around inside the solar plexus, working on these things and they always get a report back to me. You're right. When one is in those difficult places, one forgets that we have within us extraordinary resources, the resources of resilience, the resources of insight, the resources of adaptation, and resources of courage at times. And underneath all of this is a question: From whence comes my real authority?" Dr. James Hollis is a Jungian analyst, and the author of many books, including, *The Middle Passage*, *Living an Examined Life*, *Through the Dark Wood*, and *Living Between Worlds*. He shares more in



this interview about the journey for personal fulfillment-- where it begins, what it requires, and how it transforms us. <https://www.dailygood.org/story/3001/what-is-wanting-to-find-expression-through-you-tami-simon/> **Be The Change:** For more inspiration, read a short excerpt from Hollis' book, "What Matters Most," here. <https://www.spiritualityandpractice.com/book-reviews/excerpts/view/18931>

In their new book, 'Golden: The Power of Silence in a Noisy World,' Justin Zorn and Leigh Marz explore the meaning of silence in a wide range of contexts--from the West Wing of the White House to San Quentin's death row; from Ivy League brain research laboratories to underground psychedelic circles; from the temperate rainforests of Olympic National Park to the main stage at a heavy metal festival. Golden examines three different kinds of noise -- auditory, informational, and internal-- the noise not just in our ears, but also on our screens and in our heads. The second part of the book is a field guide to getting beyond the noise. Drawing on lessons from neuroscience, business, spirituality, politics, and the arts, Justin and Leigh explore why auditory, informational, and internal silence is essential for physical health, mental clarity, ecological sustainability, and vibrant community. Read an excerpt from the first chapter of the book here. <https://www.dailygood.org/story/3003/golden-the-power-of-silence-in-a-world-of-noise-leigh-marz-justin-talbot-zorn/>

"For centuries, African Bushmen have greeted each other in this way. When one becomes aware of his brother or sister coming out of the brush, he exclaims, 'I See You!' and then the one approaching rejoices, 'I Am Here!'" Mark Nepo shares more in this beautiful excerpt from, "The Book of Awakening: Having the Life You Want by Being Present to the Life You Have." <https://www.dailygood.org/story/3004/i-see-you-i-am-here-mark-nepo/> **Be The Change:** For more inspiration check out this passage by Mark Nepo, "The Work of Love is to Love." <https://www.awakin.org/v2/read/view.php?tid=2265>

"In this interview, cultural ecologist and philosopher David Abram discusses the animism, power, and potency of the living world. In our current moment of ecological and societal instability he calls on us to remember our inherent participation in the collective, embodied flesh of the Earth." <https://emergencemagazine.org/interview/the-ecology-of-perception/> **Be The Change:** Take a few minutes today to simply pay attention to your breath.

"Disaster relief workers, activists, social entrepreneurs, health-care providers, teachers, and others actively weaving the healthy, just, and caring fabric of our society live and work at the heart of great challenges. But even as these change makers find solutions and make progress, many are burning out and experiencing a host of personal challenges such as depression, divorce, and the early onset of chronic disease. Behind the scenes, many agents of change -- at all organizational levels and in regions all over the world -- are struggling. At the same time, we are far from meeting the social and environmental challenges of our day; we need to unlock more collaboration and more innovation. Finding ways to address the personal challenges change makers face is therefore important not only because it matters in and of itself, but also because it has the potential to drive more effective social change." This article from the Stanford Social Innovation Review shows how supporting the inner well-being of change makers not only boosts capacity for innovation and collaboration, but also leads to more effective solutions to social and environmental challenges. [https://ssir.org/articles/entry/connecting\\_individual\\_and\\_societal\\_change](https://ssir.org/articles/entry/connecting_individual_and_societal_change) **Be The Change:** For more inspiration, check out this short post by Birju Pandya, "Change Yourself, Change the World." <https://www.dailygood.org/view.php?sid=112>

"In a landscape where nothing is certain and old patterns of control tighten their grip, Llewellyn Vaughan-Lee urges us to leave behind that which no longer nourishes us and work with the Earth toward a living future." [https://emergencemagazine.org/op\\_ed/the-water-of-life/](https://emergencemagazine.org/op_ed/the-water-of-life/) **Be The Change:** For more inspiration, check out "Stories for a Living Future." <https://podcasts.apple.com/us/podcast/stories-for-a-living-future-with-llewellyn-vaughan-lee/id1649621967>

"In his first two bestsellers, 'Care of the Soul' and 'Soul Mates,' author Thomas Moore dished out a large dose of preventative medicine for the preservation of our individual and collective souls. Moore's later book, 'The Re-Enchantment of Everyday Life, leads the tentatively restored soul along the magical path of a charming, gently revised everyday reality. His book asks us to view the events and circumstances of our lives with new eyes, so that our souls can dance with nature, home, art, literature, cooking, politics, and the sacred in an enchanted, passionate, wonder-filled way. In this way, we can once again experience our profound connection with the fundamental mystery of existence." More in this interview with Thomas Moore from 1996.

<https://www.edgemagazine.net/1996/10/thomas-moore/> **Be The Change:** For more inspiration, read this thoughtful excerpt on silence from Moore's book. <https://www.spiritualityandpractice.com/book-reviews/excerpts/view/13268/the-re-enchantment-of-everyday-life>

## 7. Why I Stopped Fighting

This is an enlightening piece about seeing the Christ in everyone we meet. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2584>

## 8. Mental Immunity

Would you like to avoid mental and emotional pain? This article will tell you how. Read more at...

<https://www.awakin.org/v2/read/view.php?tid=2585>

## 9. Paying Attention

This article uses the metaphor of a flashlight to teach us about mindfulness. Read more at...

<https://www.awakin.org/v2/read/view.php?tid=2588>

## 10. A Flower's Job Is To Bloom

In this wonderful article by Srikumar Rao, we are given a blunt reminder of the folly in looking to others for approval. Read more at... <https://www.awakin.org/v2/read/view.php?tid=2589>

## 11. Meeting Your Own Mortality

This wonderful article explores the stories we create about ourselves, others, and the world outside ourselves, as a means of avoiding the single greatest existential threat to our existence—our mortality.

<https://www.awakin.org/v2/read/view.php?tid=2591>

## 12. Extraordinary

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

Even though you come out of loss hurt, you can grow and you can learn. If we let grief shake us into being kinder human beings, we wake up to our shared humanity...And maybe, armed with all the gifts and lessons of loss, we'll walk each step differently, more mindfully, intentionally, and deliberately. And when we choose to walk this path with our eyes focused on the gifts, they multiply. <https://www.karmatube.org/videos.php?id=8937>

## 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](mailto:rmeagher@servingyourjourney.com) by the 25<sup>th</sup> of the month, for distribution in the following month's e-newsletter.*

### 13. 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](mailto:rmeagher@servingyourjourney.com)).

### 14. A Course in Miracles Global Community Centre

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

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Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

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504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

[rmeagher@servinyourjourney.com](mailto:rmeagher@servinyourjourney.com)

[www.servinyourjourney.com](http://www.servinyourjourney.com)

Linked In: [ca.linkedin.com/in/robertmeagher](https://ca.linkedin.com/in/robertmeagher)

Facebook: [www.facebook.com/Servinyourjourney](https://www.facebook.com/Servinyourjourney)