

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.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Stop Looking at It as A Battle

This month's message is a simple, yet precious, little story about how we look at things can make all the difference.

I live in a 110-unit condominium building. There is a wonderful sense of community in this building. In part, because of numerous community-based initiatives going on in and around the building. One of these initiatives is an old-fashioned composting program. This composting program uses discarded, raw fruits and vegetables, and other compostable matter, to create rich soil additive for the gardens around the property. The program has been a tremendous success for the community, and even some of the wildlife.

One of the wildlife benefactors of this program is the local squirrel population. The squirrels have easy access to the bin contents via air vents that they have widened to aid in their access and exit from the bins. I have tried plugging up the holes in the past, but the squirrels are very adept at undoing whatever efforts I make to block the holes. Years ago, I decided I liked the idea the squirrels could avail themselves of the fresh produce in the bins, especially during the cold winter months, as it provided a dependable food source for them.

This season, however, the squirrels have been making their presence known more than usual. Often, the squirrels choose to excavate a significant portion of the bin contents outside the bin, leaving mounds of compost strewn around the base of the bins. On the days I discover the squirrels mischievous behavior, there are typically several squirrels perched on branches in the trees above the bins, gazing down at me.

When I'm in a playful mood, I will talk to them. I'll tell them I'm glad they are enjoying the compost deposits but ask them if they could mind their manners a little better so as not to leave so much leftover outside the bins. Sometimes, the squirrels will peer down at me, squawking at me, twitching their tails, chattering away. I'll often carry on my exchange with them—as I pick up the mess—treating them like they know full well what I am saying. It's become a bit of a playful game between me and the squirrels. Surely, if anyone was watching the scene from afar, they would want me committed!



Photo Credit: pexels.com - Pixabay

Earlier this week I ran into a community member at the compost bins. She was making a deposit of some compostable material. We got to chatting and the topic of the local squirrel community came up. I shared my experience above with her. We both laughed and she said to me...

“You know, when we stop looking at it as a battle, we can begin to look at it as a circus.” We both roared laughing.

I walked away from the exchange with a profound sense of gratitude for the gracious exchange and the endearing pearl of wisdom offered me. While the little jewel was offered in the context of the playful times I was sharing with the squirrels, I was very aware how far-reaching this little wisdom saying has in our daily lives.

How often do we approach life as a battle? A confrontation, an argument, an upset, a long-held grievance against a colleague, friend, or family member. There is no end to the litany of battles we wage on an ongoing basis.

But what opportunities are there to turn these battles into something we can laugh at and have fun with?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Way of Chuang Tzu

The man in whom Tao
Acts without impediment
Does not bother with his own interests
And does not despise
Others who do.
He does not struggle to make money
And does not make a virtue of poverty.
He goes his way
Without relying on others
And does not pride himself
On walking alone.
While he does not follow the crowd
He won't complain of those who do.
Rank and reward
Make no appeal to him;
Disgrace and shame
Do not deter him.
He is not always looking
For right and wrong
Always deciding "Yes" or "No".

Thomas Merton

3. Quote or Question

"Love is not blind; it simply enables one to see things others fail to see."

~ William Blake ~

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 – The Force of Goodness

Hello to the world-wide Family of Light!

The desire to lift up the heart and mind to a nobler place is a natural movement, an innate expression of the human spirit. Within all of us lies a great force to do good. On occasion this force may seem obscure, hidden from us, but there comes a time when this power of goodness becomes so strong that it overrides the forces that are rooted in the ego and hold us back from spiritual development.

In our world, there is an upward pull bringing joy and freedom and a downward pull bringing helplessness and confinement. Yet there is a loving coherence within all living things, whether it be the grain of sand, the plant in the field or the bird in the sky. This coherence which demonstrates the intelligence in matter, houses a binding force of goodness that leads all existence to higher understanding and fulfillment.

Consider your own life. Experience the joy that is given to you the moment you act with goodness. In that one moment you have been lifted up; you have transformed not only your own life, but the lives of those around and beyond you. Every thought that you think, every action that you take, every noble feeling that you have: These expressions are the outpouring of this marvellous, infinite and all-powerful force of good, the true language spoken by awakening humanity and by our dear, evolving Planet Earth.

We are to be reminded that the purpose of the force of goodness is to transform and advance all life; the elevation of material worlds and universes is natural and continual.

Our star friends ask us to contemplate the following: Where are we going as individuals and as citizens of Planet Earth?

The attraction for goodness within us is very strong. Why? Because we realize we are souls directly created from this divine force of goodness which is our spiritual identity. We are encouraged to live in this sacred state and enjoy the harmony between being and doing.

Let's play.

With your eyes closed, feel peace and expansion in your heart. Let go of the idea of personal identity and become aware that you are particles of Light. Sense that all the various creations in the world are also forms of Light—the water, the trees, the rock and people and animals—everything has become structures of Light. Now, feel inside all of these Light forms, including yourself, a tremendous power of loving kindness. Surrender to this. Dissolve into this Light and into this goodness. Become one with this force of goodness and let its loving power saturate you.

The more we act with tenderness and compassion in our world, the more we are filled up with this inner force of goodness and the more we are refreshed and renewed.

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 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 – Holding Grace

How do you hold grace anyway? Well, firmly in your heart. Short answer for a long and wonderful subject matter. First of all, grace is giving thanks. However, look at this: In Sanskrit, *Kritajna* means gratitude – formed from the word *krita* meaning “cultivated,” and the root *jna* referring to a state of consciousness. I love Sanskrit. I often look it up for my writings. So, thank you is having grace in a state of cultivated consciousness! I just finished Creative Thoughts and here I am with *Kritajna*: having gratitude. Spontaneously at that. One subject leads to another. What’s more is that they connect. You cultivate gratitude as you would cultivate a garden of flowers, very consciously.

Grace or gratitude is indeed the language of the heart. That is why I say hold it firmly in your heart. Gratitude is the heart’s way of speaking its feelings to another heart. Let me push even further: it is having a gr(atitude) of love for Life. It’s an attitude of gratitude. The heart has its own language. The problem is we take our heart for nothing but a muscle through which blood is pumped. We stress it. We need to listen to it. It has its own intelligence. That is why it has a piece of brain attached to it. I wonder this: is it not better to use our heart as our brain than our brain in our head? I’m not answering. You answer that question.

Holding grace in your heart can do wonders for your health both mental and physical, and spiritual. Grace is very much spiritual as well: state of grace. In Sanskrit it also means gift: *prasāda* (grace, gift). According to Georg Feuerstein: “It is easy to see why the word *prasāda* should have acquired the meaning of ‘grace,’ since mental tranquillity is a pre-condition for one’s entrance into higher states of consciousness. This event is often experienced as being given ‘from above,’ that is, as an act of grace.” Again, the terms higher states of consciousness are present. It is not only an attitude, but it is of being in a higher state of consciousness by which one is in a state of grace, gratitude. By saying it is not only an attitude, I am also saying attitude is one part of the transition into a high state of consciousness. You see, one can have all the good intentions of wanting, which is an attitude, to transit. One needs to have the will to transit into higher states of grace. Grace does equal consciousness

Holding grace is an attitude towards both creation and life. Let me state that clearer: Nor Yeshua nor any other being could have ascended without having this high state of consciousness called grace. They needed to be in a state of peace to ascend. You are thinking what triggers that willing to ascend or transit into a higher state of conscientious grace? Anything. I’m serious. It can be a word, event, situation, anything. It does not have to be going into a monastery to be reclusive. It can be, but it is not prerequisite. It can even be a person just passing by!



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.

"Nothing can be loved at speed, and I think we might be looking at the loss of love in the world due to the increased velocity of ordinary life; the loss of care, skill and attention enough to ensure the health and happiness of each other and the planet earth. It is a baffling problem and governments seem unable to recognize it, or do much about it at present. To put it as a bleak modern metaphor, there may be moments when we feel we are all aboard an airliner being flown into a mountainside by the unstoppable forces of an incomprehensible madness. Now seems like a good time to talk about spirituality, art and innocence." Australian cartoonist, writer, painter, philosopher and poet, Michael Leunig shares more in this keynote address. <https://www.leunig.com.au/spirituality-art-innocence> **Be The Change:** For more inspiration, check out some of Leunig's creative works here. <https://www.leunig.com.au/works/cartoons>

"Whether we accept it or not, the land itself is our earliest predecessor, the main character of all our stories, and listening to it, after all, is not a onetime undertaking but a practice." Chris Dombrowski's book, "The River You Touch," begins with a profound and timely question, "What does a meaningful, mindful, sustainable inhabitation on this small planet look like in the anthropocene? What follows is an excerpt from the book. <https://www.terrain.org/2022/nonfiction/love-song/> **Be The Change:** Practice listening to the land today.

"You don't need to believe in ghosts to balance spirit and live the right way in this world. You can use any metaphor you like--for example ego, id, superego and persona. Frontal lobe, monkey brain, neo-cortex and lizard brain. Athos, Porthos, Aramis and d'Artagnan. Harry, Ron, Hermione and Malfoy. Monkey spirit, Pig spirit, Fish spirit and Tripitaka. Matthew, Mark, Luke and John. Whatever stories your cultural experience offers you, you can still perceive spirit through metaphor and bring it into balance to step into your designated role as a custodian of reality. Some new cultures keep asking, 'Why are we here?' It's easy. This is why we're here. We look after things on the earth and in the sky and the places in between." Aboriginal scholar, arts critic and researcher Tyson Yunkaporta explains how humans became a custodial species and their role to increase the connections within the world. <https://garlandmag.com/article/custodial-species/> **Be The Change:** For more inspiration, check out this in-depth interview with Yunkaporta, "Indigenous Thinking for Troubled Times."

"I first met Dr Alison Thompson in Sri Lanka in 2005, when we were both involved in Sri Lanka's tsunami recovery effort. She immediately struck me as someone down-to-earth and highly motivated to get real, practical work done. Alison wasn't attached to a famous aid organization, let alone staying in a five-star hotel or shuttled around in a huge Land Rover. She wasn't someone interested in having meetings about meetings. She is a doer, not a talker: a people-mover who mobilizes her people to get the job done. Alison is a full-time trailblazing humanitarian, a first responder. Her Australian passport reads like an atlas. Alison founded , which has grown into a network of more than 30,000 humanitarian volunteers worldwide. In 2001, she rollerbladed into Ground Zero at the New York World Trade Center, to offer first aid to survivors. This was her moment for an epiphany: Alison would dedicate her life to helping others...This year, Alison has been in Ukraine, where she trains Ukrainian civilians and soldiers in first aid and helps to evacuate orphans from the country." More in this inspiring interview. <https://www.dailygood.org/story/3014/alison-thompson-responds-with-heart-hugh->

[bohane/](#) **Be The Change:** Learn more about the work of Third Wave Volunteers, an organization Thompson founded, that includes over 30,000 medical, and non-medical first responders.

"Some years ago, I was stuck on a crosstown bus in New York City during rush hour. Traffic was barely moving. The bus was filled with cold, tired people who were deeply irritated with one another, with the world itself. Two men barked at each other about a shove that might or might not have been intentional. A pregnant woman got on, and nobody offered her a seat. Rage was in the air; no mercy would be found here." What happened next was both unexpected and utterly transformational. More in this inspiring piece by Elizabeth Gilbert. <https://www.dailygood.org/story/3015/agent-of-illumination-elizabeth-gilbert/> **Be The Change:** Take a moment to reflect on a moment when you have undergone or witnessed in another, a "heroic transformation of consciousness."

"The Rev. Fletcher Harper believes that he felt God while mourning his father's death on a solo camping trip in Montana. A violent hailstorm struck one night, and he sought shelter in the lee of a rock. "At about three in the morning, I felt this deep sense of well-being, he recalls. "I realized that I was going to be OK. I thought, 'I can move on with my life now.'" Later in his life and career when interviewing hundreds of people from a broad spectrum of religious and non-religious backgrounds, he discovered that nearly all of them could recall an outdoor experience they perceived as spiritual or sublime. Today Harper, an Episcopal priest, is Executive Director of GreenFaith, an international interfaith and multi-faith environmental organization that conducts education and advocacy, and provides environmental sustainability services, to faith-based groups. Read more about his work here. <https://www.dailygood.org/story/3019/activating-moral-discomfort-and-spiritual-community-for-the-earth-awakin-call-editors/>

In this brief and moving glimpse into his life, Morne Pretorius shares how the experience of a car accident ten years ago which left him in a coma for a month, has impacted his perspective on life, leading him to living gratefully every day. He reminds us to make peace with what happens in our lives, realizing that our experiences do not define our future. Speaking from the knowledge gained from his life, he advises, "You are walking this life. Make sure you leave beautiful steps behind." <https://www.karmatube.org/videos.php?id=8944> **Be The Change:** Consider what message you would write on a park bench for others to see, and explore how you can live your life according to that message.

"Who says a single person can't make a difference? This Academy Award-winning short film, based on a story by Jean Giono, was created in 1987 by renowned animator Frederick Back. It beautifully showcases one shepherd's long and successful effort to re-forest a desolate valley in the foothills of the Alps near Provence in the first half of the 20th century." <https://www.karmatube.org/videos.php?id=295> **Be The Change:** Share the original text version of this beautiful story with a friend. https://kugelmass.files.wordpress.com/2016/09/the_man_who_planted_trees.pdf

Danusha Lameris's poems have been called "wise, direct, and fearless" (American poet Dorianne Laux). She began writing poetry, as she believes many people do, from a place of heartbreak, and not knowing what to do with it. Her first book of poems, *The Moons of August*, came on the heels of a rapid succession of deep losses in her early 30s. "I've buried a lover, a brother, a son," she writes early on in the collection. Poetry allowed her to become intimate with world and life, down to the marrow. In the process, it enabled her to lay to bed some of the grief, freeing her to go to the edge of discovering joy and pleasure once again -- at the place where grief and pleasure live together, in the body. More in this profile piece. <https://www.dailygood.org/story/3020/danusha-lameris-intimacy-with-the-marrow-of-life-awakin-call-editors/>

7. Hopium

This article offers a very different take on the idea of hope. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2592>

8. Two Stonemasons

This story teaches us how our outlook on life will change how we see our life. Read more at...

<https://www.awakin.org/v2/read/view.php?tid=2571>

9. Small Kindnesses

This beautiful poem from Danusha Laméris speaks of small kindnesses. Read more at...

<https://www.awakin.org/v2/read/view.php?tid=2586>

10. Good Bones, Pushing Water

I love reading spiritual teachings that emanate from daily life. These stories show us how to live our spirituality in our daily life. This beautiful metaphor for leaky pipes is a call to be attentive to our inner work. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2594>

11. Appearance As A Gift

This is a wonderful article discussing the spiritual concept of separation. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2593>

12. Just Be Nice

Reprinted from www.KarmaTube.org.

In this brief and moving glimpse into his life, Morné Pretorius shares how the experience of a car accident ten years ago which left him in a coma for a month, has impacted his perspective on life, leading him to living gratefully every day. He reminds us to make peace with what happens in our lives, realizing that our

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experiences do not define our future. Speaking from the knowledge gained from his life, he advises, "You are walking this life. Make sure you leave beautiful steps behind." <https://www.karmatube.org/videos.php?id=8944>

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.

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).

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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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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