

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



Forever Learning

Allow me to begin this passage with a parable...

A venerable leader of a spiritual community was nearing the end of her embodied life. As this leader lay on a bed, many members of the spiritual community gathered around her to be with her at this transformative time. One member of the community who was sitting next to her, reached out, gently touched her hand, and asked "How are you doing?" To which the venerable leader responded, "I'm still learning."

During the recent Holiday Season, I called and spoke to one of my sisters. It was good to get caught up on each other's lives. During the conversation, I learned of some stressful situations unfolding in my sister's life. My sister expressed her concern for various situations involving her children that were causing my sister great unrest. I listened, occasionally asking questions for clarification purposes, but offered no counsel or advice.

After I got off the phone with my sister, I pondered our conversation. I felt like I was allowing myself to be drawn back into the family dynamic. I began to recall many such conversations with family members in the past. I also recounted experiencing these family unfoldings first hand when I lived in close proximity to my family members.

During dinner that evening, I recounted the above conversation with my sister to my partner. After listening for approximately 10 minutes to my experience, my partner reflected back to me that it's possible I was feeling 'drawn into' my family dynamic because I was judging my family members. I recoiled at the suggestion I was judging my family members and shuttered at the thought of much mindless behavior. My nuclear family, and the dynamics that connect the family, has been the source for many hours of inner work and contemplation. I thought I was above judgement of my family members by now. Apparently not!

The more I thought about my partner's comments, the more I realized my partner was right. Not only have I judged my family members in the past, but I continued to judge them—as evidenced by feeling 'drawn back into' the family dynamic.

I was initially quite discouraged at the folly of my judgement. But then I was reminded of the beautiful teaching by Ram Dass... *"I would like my life to be a statement of love and compassion—and where it isn't, that's where my work lies."*

Clearly, I still have some work to do in extending love and compassion in all situations. Clearly, "I'm still learning."

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Two Kinds of Intelligence

There are two kinds of intelligence: one acquired, as a child in school memorizes facts and concepts from books and from what the teacher says, collecting information from the traditional sciences as well as from the new sciences.

With such intelligence you rise in the world. You get ranked ahead or behind others in regard to your competence in retaining information. You stroll with this intelligence in and out of fields of knowledge, getting always more marks on your preserving tablets.

There is another kind of tablet, one already completed and preserved inside you. A spring overflowing its springbox. A freshness in the center of the chest. This other intelligence does not turn yellow or stagnate. It's fluid, and it doesn't move from outside to inside through the conduits of plumbing-learning.

This second knowing is a fountainhead from within you, moving out.

Jelaluddin Rumi

3. Quote or Question

"Wisdom tells me I am nothing. Love tells me I am everything. And between the two my life flows."

~ Nisargadatta Maharaj ~

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 – Love and Multidimensionality

Hello to the world-wide Family of Light!

Every atom, even the smallest particle of vibrating matter is imbued with this universal and cosmic force of Love. There are multiple waves of energy in our material world and universe that manifest, among others, the vibrational patterns of sound, light and colour which encourage the communication between us as world citizens and between ourselves and beings of higher frequencies. This communication can be obvious or subtle. No matter how loud the sound or how dim the colour, the force inside all vibration—the force that creates vibration—is Love.

Nothing remains static in the material universe; our world is continually flowing in and out of other dimensions.

The inherent gesture of life is to advance, to move upwards. Life holds an intrinsic, elevated pattern because its inner power of Love naturally lifts life up and back into the initial force of Creation. Our free will is the director of our destiny. As we elevate our thoughts, our vibration becomes purer and we easily move into a more refined dimension.

Not all dimensions are as physical as our Planet Earth. The higher, finer frequencies of other worlds and beings easily intersect with our planetary dimension and support those citizens in our world who desire to advance.

Other worlds of great spiritual intent are as close to us as the air we breathe. In truth, they lie within us. We are first and foremost creations of this infinite divine Light and Love that permeates all existence. We are, therefore, identical to all other beings, worlds, dimensions and universes. Consider this image: When you look upon an expanse of water, you observe a bird sitting on its surface, a fish swimming in it and plants growing up from the its ground. Multiple expressions of life are experienced in the same environment, all vibrating to the force of Love that brings life into being, lifts it up and carries it home again. All of existence is one.

Let's play.

Close your eyes and imagine that you are sitting inside a beautiful pink rose. The perfume and elegance of this flower fills you up. Feel the softness of the petals. A perfect, loving peace flows through you. Gradually become conscious of your gentle heart beat and feel that the rose is beginning to pulsate to the quiet rhythm of your heart. Enjoy the coming together of these two pulsations. Now, let go of the idea of you as a body and the idea of the rose as a flower. What have you become? You have become a pulsation of Love. You are in a higher dimension, a more refined frequency filled with Love, beauty and peace. You have been elevated.

Because we are constantly shifting in thought and action, we are asked to ground ourselves in this infinite and eternal Love that continually creates dimensions and universes. Living with wide heart and mind is our

passport to realms of exquisite frequency where we delight in the fellowship of our star friends and the Great Ones.

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 – I Will Find You (And I Have)

I listened to Clannad singing I Will Find You and I had this coming to me: (And I Have). How many of us have found ourselves, our true being? Some have but most of us have not. I'm 65 years young, have I found myself, my true being? Truthfully, getting there. Some ways to go, but getting there. I'm sharing two messages received by a reputable medium in 2014 regarding me. I admit they struck the core of my heart.

Message from the Beings of Light, January 9, 2014:

"This being is of rare beauty. He amalgamates the human and the divine. His resources are infinite because he captures them within him, those around him thus receive the happiness and joy that he exudes.

Another big step will be favoured by him because he is an emissary of peace on this earth. We wish him long life and he is in our hearts. "

Message from Master St-Germain, January 27, 2014 about Steve's life mission:

"He learns to be, **then contemplates**. His soul is cheered up by all the good work done. He then has to transmit the state of his soul, to highlight, to illuminate what is deep within him through communication and actions.

His path is one of peace and harmony and he is not discouraged. We support it, support it every hour, every moment. He is surrounded by love.

This soul glorifies itself and enters the house of the Father. So be it. "

If they found me, I need to find myself so I can be who they say I am. No detouring. As I said, the messages struck the core of my heart. I have already adhered to those principles when I came to this world. My dear soul, Kimanarah, was instrumental in that. I bow with humility to them and her. I sincerely wish that all of you readers find yourselves.



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.

"You are constantly becoming a new person," says journalist Shankar Vedantam. In a talk full of beautiful storytelling, he explains the profound impact of something he calls the "illusion of continuity" -- the belief that our future selves will share the same views, perspectives and hopes as our current selves -- and shows how we can more proactively craft the people we are to become." Science writer Shankar Vedantam shares more in this fascinating TED talk.

https://www.ted.com/talks/shankar_vedantam_you_don_t_actually_know_what_your_future_self_wants/transcript?user_email_address=dfb0c43370ea9e8acc291fa6e4fce52 **Be The Change:** Experiment with Vedantam's three pieces of advice: "Stay curious. Practice humility. Be brave."

"Through the pines and the one maple I hear her.
I shouldn't have gone fishing if I didn't know how to fish.
I shouldn't have gone fishing if I didn't know how to fish."

Author and activist Courtney Martin shares more in this lovely poem on life, love and our human unpreparedness. <https://www.awakin.org/v2/read/view.php?tid=2574> **Be The Change:** For more inspiration, check out this short passage from Patricia Ryan Madson's book, "Improv Wisdom," on knowing when to improvise. <https://www.awakin.org/v2/read/view.php?tid=544>

Hopefully you have a little piece of green forest--a kind of a heaven on earth-- where you can find peace. If so, you already have experienced the health benefits of soaking up the beauty of nature. Forest bathing, in Japan where the practice originated, is called shinrin-yoku. This is the practice of walking through the forest slowly and quietly as a way to heal body, mind and spirit. This film, made by Sharecare Films Production, takes you on a first-person experience of the practice of forest bathing through fern laden, old growth forests; bamboo groves with the rain falling on the hollow stems; and hemlock stands over a hundred feet tall with birds singing all around. Forest bathing has been proven by scientists to benefit physical as well as mental health. Shinrin-Yoku helps to lower heart rate and blood pressure, reduce stress hormone production, boost immunity and mood, and improve overall feelings of wellbeing. <https://www.karmatube.org/videos.php?id=8936> **Be The Change:** Learn more about the science of how nature heals us.

<https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health#:~:text=These%20studies%20have%20shown%20that,reduce%20anxiety%2C%20and%20improve%20mood.>

When he was ten years old, Balakrishnan Raghavan was moved to tears listening to a centuries-old Tamil hymn about Lord Shiva, sung by musician M S Subbulakshmi. "I was wailing. Subbulakshmi's voice soaring high and low, calling out to that divine-beloved, the voice of the poet who lived hundreds of years before us, the fierceness of their devotion, the ultimate surrender of the devotee, the madness of love, the pathos of separation, and the anticipation of union; all of this is etched in my memory," he recalls. From that experience, Indian classical music became a fount of his practice. Raghavan is a lifelong student of the arts, whose outlook on life and living is steeped "at the intersection of kindness, spirituality, sensuality, music, flow, and poetry."

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The poems of the saints from the spiritual traditions of India have shaped "how I engage with, make sense of and access the world around me." He strongly believes in the power of the collective kindness of humanity across time and space. <https://www.dailygood.org/story/3023/belonging-to-the-world-awakin-call-editors/>

"The world is not well tended or engaged with by people who don't know what they are for, who don't know why they were born.' Steve Wheeler speaks with depth psychologist and wilderness guide Bill Plotkin about the metamorphoses of the soul in times of ecological crisis." <https://dark-mountain.net/the-butterfly-and-the-cocoon/> **Be The Change:** More from Bill Plotkin in this piece, "Inscendence and the Dream of the Earth." <https://www.animas.org/books/bill-plotkins-soulcraft-musings/>

He was a writer and an artist whose captivating pen-and-ink drawings, books and greeting cards reflect the beauty of southern India. His wife helped compose his work. What makes their story extraordinary? Manohar Devadoss was near blind. His art was produced through a painstaking process of extraordinary will-power and dedication. His wife Mahema was paralyzed below the shoulders, the result of a car accident when they were in their early thirties. Despite the odds, this couple crafted a life together of tremendous beauty, joy and generosity touching many hearts along the way. This piece shares a glimpse of their journey, their art and inspiration <https://www.dailygood.org/story/1384/a-special-kind-of-grace-the-remarkable-story-of-the-devadosses-dailygood-org/> **Be The Change:** Take a moment today to cherish the little gifts of joy, beauty and friendship in your life.

7. How We Wrestle Is Who We Are

This is an AMAZING article about possibilities! Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2566>

8. How Much Silence Is Too Much?

Would you like to step away from it all? Would you like to 'check out' from the noise of this world? Read this article for an insightful perspective on this matter... <https://www.awakin.org/v2/read/view.php?tid=2370>

9. Gamble On Humanity

This exquisite poem may just bring a smile to your heart. Read more at...

<https://www.awakin.org/v2/read/view.php?tid=2580>

10. Be Vigilance

Gangaji offers an interesting perspective on vigilance that may surprise you. Read more at...

<https://www.awakin.org/v2/read/view.php?tid=2459>

11. Forest Bathing

Reprinted from www.KarmaTube.org.

Hopefully you have a little piece of green forest—a kind of a heaven on earth-- where you can find peace. If so, you already have experienced the health benefits of soaking up the beauty of nature. Forest bathing, in Japan where the practice originated, is called shinrin-yoku (森林浴). This is the practice of walking through the forest slowly and quietly as a way to heal body, mind and spirit. This film, made by Sharecare Films Production, takes you on a first-person experience of the practice of forest bathing through fern laden, old growth forests; bamboo groves with the rain falling on the hollow stems; and hemlock stands over a hundred feet tall with birds singing all around. Forest bathing has been proven by scientists to benefit physical as well as mental health. Shinrin-Yoku helps to lower heart rate and blood pressure, reduce stress hormone production, boost immunity and mood, and improve overall feelings of wellbeing.

<https://www.karmatube.org/videos.php?id=8936>

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>.

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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