

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



Removing YOU From My Language

I am an avid student of non-dual spiritual teachings. Like with any spiritual teaching, my passion is in a lived experience of the spiritual teaching. That is, how do I live the spiritual teaching in my life? For me, one of the purposes of spiritual teaching is to live it in my life. Otherwise, why study it?!

But living spiritual teaching, dual or non-dual alike, can be a challenge. These wonderful, philosophical prose sound great on paper (or on the screen), but what do they look like in real life? How can I integrate them into my daily life to live a life the teachings profess and guide us toward?

One of the foundational, non-dual spiritual teachings relates to a transition from separative perception to union with all life. Separation in non-dual teachings is merely to experience something as separate and distinct from myself. This separative experience is most clearly demonstrated in our perception of other people. We see others as separate entities, separate bodies. And with more 8 billion people reportedly living on our planet, there are no shortage of opportunities to see others as separate from ourselves.

In non-dual teachings, we are taught that nothing and no-one is separate from us. We are all 'one.' But what does that look like? What does it feel like? How can I experience that oneness? Are there exercises I can do to practice this oneness in my life?

Last month I began to experiment with a practice that is intended to help train my mind to stop treating other people as separate from me. The practice involves removing the word 'you' from my language. What does this look and sound like?

The word 'you' is ubiquitous in our language. If we watch the words we speak, we may be surprised how often we use the word 'you' on a daily basis. The word 'you' immediately supports a dualistic viewpoint. The object of our 'you' presupposes something is separate and distinct from us. By virtue of the fact we use the word 'you,' we have assumed that 'you' is separate from us. But how can I change this language behavior?

Here are some examples of common, everyday speak, that I am playing with to change my language...

Common phrases we may use	Restated...
"But you said..."	"What I heard was..."
"Do you want to..."	"How about we..."
"It's all your fault..."	"What parts did we play in this?"
"How are you today?"	"How are things?" "How's it going?"

The above examples are not merely neuro-linguistic programming techniques. The above examples are practices to help remove the basis of separative thought and thinking. In the first example (changing “But you said...” to “What I heard was...”), I am taking responsibility for what I heard and not defaulting to blaming another. In the second and third examples, I am removing ‘you’ and replacing it with ‘we.’ At least these practices set the stage for a united perception. Instead of seeing another as separate from me, I am beginning to use language that facilitates togetherness and union.

Have you played around, experimented, with these linguistic practices? Are there other examples that can be shared where the word ‘you’ was removed from spoken language? If so, I’d would love to hear of these practices so we may support ONEanother and support our growth toward unity.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Untitled

To live with small means, to seek elegance rather than luxury, and refinement rather than fashion;

To be worthy, not respectable, and wealthy not rich;

To study hard, think quietly, talk gently, act frankly;

To listen to stars and birds, to babes and sages with an open heart;

To bear all cheerfully, do all bravely, await occasions, hurry never.

In a word to let the spiritual unbidden and unconscious grow up through the common. This is my symphony.

William Ellery Channing

3. Quote or Question

“No thirst for gain, no fear of loss: Lo, peace is yours.”

~ Sri Chinmoy ~

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 – Encourage, Inspire, Elevate

Hello to the worldwide Family of Light!

When we lift a twig to allow an ant to pass freely, are we helping the ant? Would the insect have continued in the same direction regardless? Most probably. But in removing the obstructive object the path becomes easier for the insect. It also becomes easier for us. Why? Because in helping the ant we exercise the soul quality of kindness. In assisting any life, be it insect, human or other, we are elevated to a more refined place. In helping the world we lift up the universe.

We are well aware that all vibratory matter however minuscule is created from and bathes in the infinite force of Love. The moment we employ such soul qualities as kindness, compassion and patience we become one with the divine vibratory essence of creation. We move into pure sacred frequency: pure Light and pure Love. We are home.

Upon our earth an exquisitely high frequency continues to flow and fill everyone and everything up. Celestial beings and star friends are helping in this current of superlative energy that is being poured down from above and being pulled up from within us all. However, our free will cannot be touched. If we desire to be a part of this magnificent spiritual resonance of renewal we simply open up our hearts and minds to a more refined way of thinking, being and doing.

Gradually, we discover that our consciousness is being magnified and expanded. We begin to see through time and space and catch glimpses of other lifetimes. We open to vast worlds of Light and to deeper understanding. We comprehend our origins as divinely created beings who dwell in the vastness of sacred creation. Knowing this, we deepen our relationship with our Divine Creator and elevate ourselves and all life on our Planet Earth. In this manner we ready ourselves to enjoy fellowship with many gracious other-dimensional civilizations that also encourage, inspire and elevate us.

Let's play.

Close your eyes and still quietly in peace. Let this loving peace wash over you and let it be absorbed by all the atoms in your body. Open your awareness and feel a celestial presence within and around you. Surrender to this presence and feel a marvellous energy of love and fellowship filling you up. Sense that this pure, sacred frequency radiating from this presence encourages you to move deeper into your soul. Now, see yourself encouraging and inspiring others throughout the world.

Increasingly, as we awaken and grow we realize that humankind is of divine kind.

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 – Image of God

“You’re the image of God, act like one.” Jordan Peterson

I find this powerful. I have another way of saying that. If you are a co-creator in Creation, be one. I mean, if the creator is also you with Creation, the universe, be one. Don’t just be other than what you are meant to be. Oh, by the way, that goes for all, male, female, transgender and whatever animal, fish and insects for that matter. Imagine, insects being images of God. Why not? That’s what Genesis states. Essentially. Butterfly, you’re the image of God, act like one. Act as you are a co-creator. Don’t just go around aimlessly like a headless chicken, or whatever. Even that is an image of God. You know what, I’ll leave this one as is.



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.

"Tami Simon speaks with author and activist Lynne Twist about her new book, *Living a Committed Life*, and discovering the role we each must play to usher in a new era for humanity. Tune in for an inspiring discussion of strengthening your possibility muscle; the power of disruption; the breakthroughs hidden in the breakdowns; choosing to tell a new story; the relationship between pain and joy; the willingness to be proximate to suffering; grief as medicine; the origins of the Pachamama (Mother Earth) Alliance; why everyone has a role to play in the healing of our world; finding your calling and answering the question What breaks your heart?; envisioning a new kind of human being, a new kind of humanity; and more." <https://www.dailygood.org/story/3024/finding-fulfillment-in-a-purpose-larger-than-you-tami-simon/> **Be The Change:** Read an excerpt from "Living a Committed Life," here. <https://www.porchlightbooks.com/blog/changethis/2022/living-a-committed-life>

"In my years of working with groups and organizations, I have identified four basic types of listening. Ya, I know that already. The first type of listening is downloading: listening by reconfirming habitual judgments. When you are in a situation where everything that happens confirms what you already know, then you are listening by downloading." In this excerpt from his book, "Theory U: Learning from the Future as it Emerges," Otto Scharmer shares four levels of listening, what they each look like and lead to.

<https://www.awakin.org/v2/read/view.php?tid=2426> **Be The Change:** For more inspiration, check out Scharmer's talk on this same theme here. <https://www.youtube.com/watch?v=eLfXpRkVZal>

An egg; a perfect package of hope. Sit down and allow your heart to open; allow your mind to quiet. Then connect with this beautiful poem by Jackie Morris and ponder how to hold your own hope.

<https://www.karmatube.org/videos.php?id=8973> **Be The Change:** Hold your own fragile hope gently in your heart. Close your eyes and listen to the poem again. Then open your eyes and listen once more. Now, go outside and release your hope to the sky, flying on strong wings into the future.

"Sacrifice zone is defined as a geographic area that has been permanently impaired by environmental damage, often through locally unwanted land use. Take, for example, the boreal forest surrounding Fort McMurray near the Athabasca River in Alberta, once an expanse of wetlands, bogs, and trembling-aspen and white-spruce forest hunting grounds for First Nations people and habitat to caribou, bears, mourning doves, and wolves. All of that is gone now not just damaged, but simply missing from the face of the Earth. The forest is razed, the animals killed or driven out, the ground scraped away to expose bitumen mines in open pits, the hills bulldozed to make vast tailing ponds to hold toxins now leaking into the river, and the People poisoned and displaced." More in this excerpt from Kathleen Dean Moore's book, "Take Heart: Encouragement for Earth's Weary Lovers." <https://www.resilience.org/stories/2022-05-12/take-heart-encouragement-for-earths-weary-lovers-excerpt/> **Be The Change:** Spend some time in silence today.

"When the Nobel Prizewinning physicist Arno Penzias was asked what led to his success, he explained that he made a daily habit of asking what he called "the jugular question." Penzias said, The first thing I do each morning is ask myself, Why do I strongly believe what I believe? Penzias felt it was critical to constantly examine your own assumptions. And this is important to do whenever making decisions because our assumptions and preconceived notions can greatly influence decisions (assumptions, and the tendency to want to confirm them, is one of the most perilous decision traps, according to research)." Read more from Warren Berger in this excerpt from his book, "The Book of Beautiful Questions." <https://warrenberger.com/the-book-of-beautiful-questions/the-book-of-beautiful-questions-excerpt/> **Be The Change:** What's your inquiry quotient? If interested you can take the quiz here. <https://amorebeautifulquestion.com/whats-your-inquiry-quotient-quiz/>

"Music," the trailblazing composer Julia Perry wrote, "has a unifying effect on the peoples of the world, because they all understand and love it... And when they find themselves enjoying and loving the same music, they find themselves loving one another." But there is something beyond humanistic ideology in this elemental truth --something woven into the very structure and sensorium of our bodies; as the great neurologist Oliver Sacks observed, "music can pierce the heart directly; it needs no mediation." Psychologist Dacher Keltner examines what that unmediated something is and how it pierces us in a portion of his altogether fascinating book *Awe: The New Science of Everyday Wonder and How It Can Transform Your Life* (public library) -- a taxonomy of wonder derived from his study of twenty-six cultures around the world, across which music, above all other forms of beauty and spirituality, emerges as the most universal of our creaturely portals into transcendence." <https://www.dailygood.org/story/3029/awe-the-new-science-of-everyday-wonder-maria-popova/> **Be The Change:** For more inspiration, check out this talk by Keltner, "What Science Taught Me About Compassion, Gratitude and Awe." <https://www.dailygood.org/story/1321/what-science-taught-me-about-compassion-gratitude-and-awe/>

"When Caverly Morgan reentered society after eight years as a Zen monk, she was confronted with a question many of us are asking these days: Considering the enormity of the problems before us, how can one individual's spiritual practice make a tangible difference in our world? Tami Simon speaks with Caverly about her new book, *The Heart of Who We Are*, and the connection between self-realization and collective transformation. They explore these topics and more: the difference between the absolute and the relative; introducing teens to inquiry practice; self-improvement vs. self-realization; the core experience of who we are in our depths; the power of community; meeting our deepest needs; "changing costumes within the dance of suffering"; connecting with others "essence to essence"; broadening public access to contemplative practices; escaping the trap of perfectionism; letting go of our conditioning, individually and collectively; egoic behaviors versus "acts of being." Meditation teacher, non-profit founder, speaker, and author Caverly Morgan is the founder of Peace in Schools, a nonprofit that created the nation's first for-credit mindfulness class in public high schools. More here. <https://www.dailygood.org/story/3030/caverly-morgan-the-heart-of-who-we-are-tami-simon/> **Be The Change:** Take a few moments to reflect on what emptiness means to you.

"Should a hummingbird be able to be a plaintiff in court? According to philosopher Martha Nussbaum, the answer is yes. In her new book, *Justice for Animals: Our Collective Responsibility*, the distinguished professor of law and philosophy at the University of Chicago offers a new theory of animal justice that is meant to inform our law and policy. Her theory is based on the "capabilities approach," which looks not only at the harm done to animals, but whether we're infringing on their freedom to live full lives. Granting animals the rights, under the law, that they deserve has never been so urgent, Nussbaum contends." <https://www.dailygood.org/story/3031/what-does-justice-for-animals-look-like-hope-reese/> **Be The Change:** More from Nussbaum in this interview. <https://www.youtube.com/watch?v=bAOJX1AKIxx>

"Iain McGilchrist is psychiatrist, neurologist, philosopher and writer whose seminal work, *The Master and His Emissary* (2009) presented the notion that the two hemispheres of the human brain approach the world in two very different ways. He argues passionately for the importance often overlooked in the modern world of the right hemisphere, which sees the world as a unified, living process. In his most recent book, *The Matter with Things* (2021) (see our review) he further explores the philosophical implications of this idea. The book is a magnum opus of some 1,500 pages which amounts to a very strong argument, supported by an extraordinary range of evidence, for a unified view of the cosmos. In the following interview he discusses his most recent book which brings together neuroscience, psychology and philosophy into a unified vision."

<https://besharamagazine.org/metaphysics-spirituality/iain-mcgilchrist-the-matter-with-things/> **Be The Change:** Learn more about McGilchrist's work and writing here. <https://channelmcgilchrist.com/home/>

"It's common these days to hear calls for new worldviews. These calls are often accompanied by a condemnation of the current ways of thinking, doing, and being. My claim is that every worldview is attempting to take care of something. And if we don't acknowledge and respect these aspects of our current worldviews, then they won't fundamentally change." Alexander Carabi shares more. <https://systems-souls-society.com/meeting-our-worldviews/> **Be The Change:** Carabi defines one's worldview as, "the fundamental set of assumptions about who we are and what life is. It's our presupposed, embodied, often taken for granted stance towards ourselves, other selves, and life itself." Take a few moments to reflect on your own worldview.

7. What Exactly is Love?

What exactly is love? Great question! Krishnamurti offers an answer. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2248>

8. Welcoming the Stranger

This is a refreshing article about socializing through the eyes of a migrant family. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2575>

9. Letter to Tomorrow

Reprinted from www.KarmaTube.org.

An egg; a perfect package of hope. Sit down and allow your heart to open; allow your mind to quiet. Then connect with this beautiful poem by Jackie Morris and ponder how to hold your own hope.

<https://www.karmatube.org/videos.php?id=8973>

10. An Ode to Low Expectations

Reprinted from www.KarmaTube.org.

James Parker offers some beautiful, thought-provoking prose on aspiring to excellence in this material world. <https://www.awakin.org/v2/read/view.php?tid=2487>

11. My Wish for Humanity

Reprinted from www.KarmaTube.org.

Learning to love takes time, sometimes a long time. Sometimes we feel crushed and like we can't rise up again, but Antoinette Pienaar's wish for humanity is for all to know that we are never completely dead inside. Life can begin again. Mother Nature teaches us the truth of our resilience and is there to help us. In this film, she wants humanity to remember these words: Open your heart like a flower. Don't lose hope. Give yourself water for your soul and you will rise up again just like the plants in the South African desert where she lives. In the process of opening our hearts and releasing the energy of sadness, anger and fear, and even breaking apart inside, we are letting go of that which deadens us and dries up our inner landscape. This desolation from a life of artificiality and stress keeps us from living life fully. In letting go of our dis-ease, we can be well again. If we are willing to take the inroads given to us—many that are unknown and unasked for, we can find peace in the end—and even along the way. This is Antoinette Pienaar's wish for humanity: to let go of all that keeps us from living real lives of love. Not the romantic, Hollywood kind of love but the love that is quiet, powerful and true, and takes time to grow. It is to experience reality in the beauty of a life without expectations or judgments. <https://www.karmatube.org/videos.php?id=8939>

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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