

***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.***

## In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:.....	2
1. Personal Story of Spiritual Lessons.....	2
2. Poem .....	5
3. Quote or Question.....	6
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	7
4. Regiena Heringa – Dimensional Shifting Through Thought, Part 2 .....	7
5. Steve Dolesch – Let Us Return Home.....	9
OTHER GIFTS AND E-NEWSWORTHY ITEMS: .....	10
6. Good News Of The Day .....	10
7. Integrity Is A Quality of Being .....	13
8. The Grand Predicament.....	13
9. A Turtle's Silver Bead of Quietude .....	13
10. Interbeing .....	13
11. There Are Angels .....	13
HEART AND SOUL ADVERTISEMENTS:.....	14
12. Sacred Attention Therapy .....	14
13. A Course in Miracles Global Community Centre.....	14

*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



#### Changing the Stories We've Told Ourselves

I grew up in the Maritime Provinces, Nova Scotia specifically. Food, and eating, was a big part of the culture in the Maritimes. At least that was my experience, and a big part of the story I told myself about my relationship with food.

The house I grew up in saw the main door of the house enter into the kitchen. This was not an uncommon characteristic of houses in the Maritimes at the time. Where most homes today have a foyer, many homes in the Maritimes at the time saw the visitor or occupant enter the kitchen when entering the house. This lent itself to food being a central part of the culture of growing up in the Maritimes. When company would pop in for a visit, everyone would gather

around the kitchen table to gab and socialize. It didn't take long for food to appear on the table and for eating to commence.

I grew up in an era when wasting food was particularly frowned upon (when hasn't it been!). Even if I wasn't hungry, which was rare, I would still be encouraged to eat. "There are children starving in the world. Eat up!" ...I can't tell you how many times I heard those words. It was also very important to my mother that the children had plenty to eat, so there was always plenty of food around. And having a second helping was customary, sometimes a third serving, if for no other reason to demonstrate to my mom that I liked her cooking.

The above, brief description of some aspects of the food culture I grew up in unconsciously fed an elaborate story that I fabricated about food and my relationship to food. It wasn't until my 30s that I began to even be aware of this story I had told myself.

I suppose I was one of the lucky ones. Even though my eating habits were overindulgent at the least, I wasn't always overweight. Most of my family members were, however. Furthermore, the image of a 'healthy' person was obscured by a cultural story that plump, some might say fat, overweight people were indeed healthy, despite every known scientific journal and dietary guideline suggesting otherwise. A slim person was not considered a healthy person—not enough meat on their bones!



Photo Credit: pexels.com - Adrienn

As I moved into my 30s, I became more aware of healthier eating habits and began to change my relationship to food. But, as the saying goes, ... “old habits (or ‘stories’) die hard.”

As I moved through my 40s, and into my 50s, I learned to eat a healthier diet. I found that a vegetarian-oriented diet was very beneficial and improved my overall health. I was introduced to new ways of thinking about my relationship to food and what it meant to be healthy for my body type.

One of the aspects of my relationship with food that stayed with me throughout my 40s and early 50s, however, was a cyclical pattern of weight gain and loss throughout the year. I would typically gain 10-15 lbs over the winter months, sometimes more, only to lose the weight throughout the spring and summer months. I can remember accepting this story as normal, after having been told many times that gaining weight in the winter was a good thing—to ‘put some fat on the bones’ for the long, harsh winter ahead. This story was a leftover (pun intended) from my early years growing up in the Maritimes. It was something I accepting as normal. Yet, I began questioning that story as I moved into my 50s.

I became tired of the annual weight fluctuation. I learned about the physiology of weight gain and loss and learned that the process of weight gain and loss can take its toll on the body. Interestingly, its harder on the internal organs when the body loses weight than when it gains weight (the exception might be when quickly gaining excessive amounts of weight). Which is why those engaging in weight loss programs are generally encouraged to lose weight at a slow, steady rate—it’s easier on the body.

This past January, typically the time of year I begin to pack on those pounds, I decided I was going to try and stop the habitual, cyclical pattern of weight gain over the winter months.

In addition to the stories I had imbibed from early childhood mentioned previously, there was another cultural story I became acutely aware of...and that is, once men and women hit their 50s, it’s typical to gain weight, and very difficult to lose weight. As the story goes, our metabolism slows down as we age and our ability to burn calories does also. I set out to throw all my personal and cultural stories out the window and transform my relationship with food once and for all, and for good!

So far, so good. I’ve maintained my weight, even lost a few pounds, since the beginning of January, at a time of year when I have always gained weight (at least that’s been the pattern for the past 20+ years). I’m now the same weight I was last summer. I’ve managed to change my story about the food I eat, my relationship to the food I eat, and my body image and structure. I feel healthier and liberated.

So, let’s review the stories I’ve changed:

First, overindulgent eating, some might call it emotional eating, is not the norm and it is not healthy for me. It is not how I want to relate to food. So, I changed my overindulgent eating story. I no longer overindulge when it comes to food. I eat modestly, and slowly, and see food as a critical, nutritional component of my overall health and wellbeing, rather than something that will make me feel better emotionally.



*Photo Credit: pexels.com - Ketut Subiyanto*

Second, being thin and lean, not underweight, but thin and lean, is not unhealthy. I had lived my life on the edge of being overweight for so long that I didn't question it. I changed my story. I am currently sitting right in the middle of the recommended weight range for my age, height, and body structure.

Third, I had accepted cyclical/seasonal weight gain/loss was normal. It never worked for me, however. That is, it never felt good. So, I am on the path to changing that story too. I am the same weight in March as I was in the middle of summer. This is new territory for me; and I love it! It feels good.

Lastly, I had accepted that gaining weight when in your 50s was normal and that losing weight in your 50s was just too difficult, if not impossible. I've changed that story. With simple, moderate lifestyle changes, I've showed myself that this story was false. I can lose weight in a healthy way in my 50s.

The experience has been an eye-opening journey through the stories I have created and about re-writing those stories. While this article has focused on food, diet, and health as the storyline, the principal at play here is far reaching and touches every aspect of our lives. We create elaborate stories about ourselves that we may never be aware of. And the stories we create become so engrained in us that most never, ever realize what these stories are and, more importantly, that we can change them.

If there's an aspect of your life you aren't happy with, give yourself the gift of contemplation about the story you have created about that aspect of your life that isn't happy. Then, change the story. You can do it. You're worth it!

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### A Community of the Spirit

There is a community of the spirit.  
Join it, and feel the delight  
of walking in the noisy street,  
and *being* the noise.

Drink *all* your passion,  
and be a disgrace.

Close both eyes  
to see with the other eye.

Open your hands,  
if you want to be held.

Sit down in this circle.

Quit acting like a wolf, and feel  
the shephard's love filling you.

At night, your beloved wanders.  
Don't accept consolations.

Close your mouth against food.  
Taste the lover's mouth in yours.

You moan, "She left me." "He left me."  
Twenty more will come.

Be empty of worrying.  
Think of who created thought!

Why do you stay in prison  
when the door is so wide open?

Move outside the tangle of fear-thinking.  
Live in silence.

Flow down and down in always  
widening rings of being.

Jelaluddin Rumi

## 3. Quote or Question

*“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”*

~ Rumi ~

## 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 – Dimensional Shifting Through Thought, Part 2

Hello to the world-wide Family of Light!

It was mentioned in the previous message (March 2023) that loving thought has a physical effect on all matter even at the sub-atomic level. To continue, I would like to quote the following information transmitted to me by a being from the stars:

*Higher, refined thoughts created by your people come from an all-inclusive consciousness. This means a consciousness that englobes all people and all universes—a consciousness of one. The higher the thoughts, the greater the opportunity for your people to remain in a universal, comic consciousness that unites all life. Think of it this way: imagine that the Creator has woven a beautiful geometric web of Light around your planet. This web is directly linked to your soul's awareness that you are a being of Light. Through loving thought, you connect to this beautiful web and at that instant you are connected all loving thought in all universes. This is so because the web extends outwards all directions, throughout and beyond all space and time. Understand, however, that this web also extends inwards to other realities.*

*We are not so far removed from your reality; we are simply a step higher in frequency. We have found a way to live every moment in harmony within and among ourselves. We have exchanged the ego for the soul. We have moved from selfishness to altruism. We have had to learn this just as you in your world are beginning to learn this.*

It is through loving thought and action that we, the citizens of this world, strengthen the higher dimension where we already reside.

Let's play.

Close your eyes, still the mind and feel peace. Create a loving thought. Repeat this thought several times out loud, then more quietly and finally repeat the thought mentally. Feel that you are being absorbed by the vibration of truth of this lovely thought and that you are becoming it. Sense that your bodily cells, vibrating to the frequency of your thought, merge into the energy field that surrounds your entire body. You are becoming Light essence. Now, become aware that you, as Light essence, are moving into an immense web of Light that includes the earth, the solar system, space, galaxies and universes. Live here the oneness of loving thought and the realization that you are in a higher dimension. Enjoy the experience!

In Divine Friendship,

Regiena



# Spiritual Guidance

Serving your personal journey toward enlightenment...

April 2023 e-Newsletter

Page | 8



**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 – Let Us Return Home

I agree, we are much more than who we are programmed to believe we are not who we really are.

I was listening to Anita Moorjani on YouTube, talking about us being much more than 5 senses physical beings. She talked about 6 senses. After listening, I emailed her saying the above phrase or sentence. She said something to this effect: if, as children, we were told to close our eyes and go about our lives as is. We needed to develop technologies to help us navigate this world. If we open our eyes, we are told that we are imagining things. Something to that effect. I titled this sharing Let us return home because we need to return to whom we really are: US ARE, ME IS, YOU ARE, I AM. I know, I talked about a similar topic before but not like this.

Home. Do we know where home is? I have an acronym for home, HOME OF MY ENERGY. Let us return home to our energy, our true senses. Kinda neat. Home Of My Energy. Meaning I am my own energy in my own inviolable home! I belong here and now. My own senses are my home. I am aware of my own self. We need to be right now. You know what? And this is important. Right now, we need to return home, to all of our senses, so we can start living again. I mean living not surviving! Don't survive. Live. Much more fun and pleasant, don't you think?

I'm very energised right now, I'm trying hard to find the words to explain my sharing. I want to say everything at once but can't. My fingers aren't rapid enough. Okay, focus, Steve. Focus. Actually, I type with one finger just as fast as if I type with 10! Where was I? Oh, right, home, senses and energy. Well, actually, I'll leave it at this. I don't want to for things. However,

I SEE YOU

Just this morning, December 26, 2021, when I was at the shopping mall where I hang out, this came to me. I always visit few employees at several stores when I had a few word games such as this one. I see you. Two employees of two different stores got it right away. You see, I see you is two things. One, I see you and the other I.C.U. Intensive Care Unit. You see what I mean? But my I.C.U. is different. We need an I.C.U. for ourselves. We need to take intensively care of ourselves before someone takes care of us! Think about it.



**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).*

"We may have a mental understanding that all of life is one inseparable whole, yet how do we actually feel into this reality? And how do we relate to others and the world from this felt awareness? Dr. Daniel J. Siegel is a visionary creative thinker, professor, and founder of the field of interpersonal neurobiology. In this podcast, Tami Simon speaks with Dr. Siegel about his book *IntraConnected: MWe (Me + We) as the Integration of Self, Identity, and Belonging*. They explore the direct experience of being the whole of life; interconnection versus intraconnection; honoring the inner, the inter, and the intra; E. O. Wilson's concept of consilience; the promotion of linkages as the basis of well-being; quantum physics and the study of energy; the Wheel of Awareness practice; the three-pillar practice of focused attention, opening awareness, and building kind intention; the power of wandering and relaxing the flimsy fantasy of certainty; our survival instincts and the investment in being separate; how mindfulness practice interrupts the anticipatory brain and brings us back to presence; the multiple pandemics of our time, and the lie that our identity is only in the solo self; how the tapestry of reality is of love and connection; seeing yourself as a verb instead of a noun; pervasive leadership, and how we are all called to assist in the Great Turning; and more."

<https://www.dailygood.org/story/3057/intraconnected-discovering-mwe-me-we-tami-simon/> **Be The Change:**

Learn more about Dan and his work here. <https://drdanielj.siegel.com/>

"How many of you know how to watch television?" I asked my class one day. After a few bewildered and silent moments, slowly, one by one, everyone haltingly raised their hands. We soon acknowledged that we were all 'experts,' as Harold Garfinkle would say, in the practice of 'watching television.'" This short excerpt by Bernard McGrane provides a profound thought experiment that can help us "wake up" to what might be really going on when we turn on the television. <https://www.dailygood.org/story/1759/zen-tv-bernard-mcgrane/> **Be The Change** Practice McGrane's experiment when you find yourself in front of the television screen this week.

"Like mom and apple pie, mindfulness has an unassailable reputation for virtue and wholesomeness. But what actually goes on in the brain and the psyche to deliver the goods? What are we actually signing up for when we embrace a path of mindfulness? In this important new book John Teasdale deftly weaves a course between the Scylla of cognitive science and the Charybdis of classic spiritual teaching to create a clear and compelling understanding of how mindfulness actually works to support the deep, unitive transformation of mind and heart traditionally known as awakening or enlightenment." Cynthia Bourgeault reviews the book, "What Happens in Mindfulness," by her student, and cognitive scientist, John Teasdale.

<https://www.dailygood.org/story/3018/what-happens-in-mindfulness-cynthia-bourgeault/> **Be The Change:**

For more inspiration, check out this passage by Gil Fronsdal, "Bringing Attention to Intention."

<https://www.awakin.org/v2/read/view.php?tid=459>

"I had been living in London. It was Sunday, July 27, 1980...a day that changed my life forever. I got up before dawn and went for a long, slow, easy run in Hyde Park. When I returned, I picked up the Sunday Times and went into my flat. After showering, I was thumbing through the newspaper, and when I got to page fourteen, I saw a headline in the education section: "How the Universe Hangs Together". There was a picture of Dr. David

Bohm, Professor of Theoretical Physics at London's Birbeck College, with a caption underneath: "Bohm and his Algebra of Algebras: Religion is Wholeness." I knew at that moment that this article was speaking to me and that I needed to meet Dr. Bohm." <https://www.dailygood.org/story/3058/separation-without-separateness-a-day-that-changed-my-life-joseph-jaworski/> **Be The Change:** Listen to a recording of David Bohm in conversation with J. Krishnamurti on "The Roots of Psychological Conflict," here. <https://www.youtube.com/watch?v=SqYCFRzqNoA>

Over the last two decades Shay Beider has done pioneering work in integrative medicine through her non-profit organization, Integrative Touch, that enhances well-being, minimizes suffering and facilitates healing for children with special medical needs and their families."Essentially, our entire role as a team is to listen with every little bit of our capacity. And so that's not just listening with our ears. It's taking in information on every single level, with our heart, our energetic body, through our mental body, physical, emotional, psychological, psychic, spiritual. Like every little aspect of self is trying to manifest an opening and an awakening to what is happening right here, right now. And how do I/we support it. When you have a team of people that are fully embodying that level of presence and deep listening, then the inner intelligence from that child, from that family -- the inner intelligence that already knows how to heal -- it just starts to guide and direct. We actually aren't really doing anything. We're in an undoing. We're in a state of just following. You move into the river and the river shows you where she wants to take you." Learn more about her remarkable work in this in-depth interview. <https://www.dailygood.org/story/3059/shay-beider-resilience-is-rooted-in-source-awakin-call-editors/>

"When I was a sixteen-year-old naturalist in training, we were instructed to sit in the forest and wait for the return of something called the baseline symphony. The baseline symphony was the music of a landscape at ease--the confluence of insect, bird, and animal song, underscored by wind and water. The dynamics of that symphony shifted as day progressed into night. There were brief caesuras, but it did not fall silent for long except in the case of a disturbance. Silence signaled the onset of weather events, a stalking predator, the encroachment of loggers, or the footfalls of a teenager with punk rock looping loudly in her brain. As I picked down the forest path, an unnatural quiet fell, broken only by the occasional bird alarm. With practice, I learned to still my mind and body long enough for the baseline symphony to return..." Lisa Wells explores the many shades of silence and loss in this poignant piece. <https://orionmagazine.org/article/the-sounds-of-silence/> **Be The Change:** For more inspiration, check out, "The Mystery of Silence," a short excerpt from Dorothy Hunt.

"Practice kindness all day to everybody and you will realize you're already in heaven now,' Jack Kerouac wrote in a beautiful 1957 letter to his first wife turned lifelong friend. 'Kindness, kindness, kindness,' Susan Sontag resolved in her diary on New Year's Day in 1972. Half a century later, the Dalai Lama placed a single exhortation at the center of his ethical and ecological philosophy: 'Be kind whenever possible. It is always possible.' Nothing broadens the soul more than the touch of kindness, given or received, and nothing shrivels it more than a flinch of unkindness, given or received -- something we have all been occasionally lashed with, and something of which we are all occasionally culpable, no matter how ethical our lives and how well-intentioned our conduct. Everyone loves the idea of kindness -- loves thinking of themselves as a kind person but somehow, the practice of it, the dailiness of it, has receded into the background..." Maria Popova shares more in this post. <https://www.dailygood.org/story/3060/2000-years-of-kindness-maria-popova/> **Be The Change:** For more inspiration, check out this passage by Sharon Salzberg on, "The Force of Kindness." <https://www.awakin.org/v2/read/view.php?tid=1071>

"Is it naive to say that the world as we know it wont end if we keep telling stories? Maybe not, if we reconsider the kinds of stories we tell. Ancient stories, myths, old tales these kinds of stories hold something powerful. Call it bone memory, call it the deep, primordial part of ourselves, call it the voice that gossips with the wild, across species and across time. If we listen, we hear it calling. If we listen, we find ourselves deep in the forest, where a large white bear holds something we all desire. What journey lies ahead if we follow our deepest longing?" <https://emergencemagazine.org/feature/valemon-the-bear/> **Be The Change:** For more inspiration, check out, "Stories to Tend the Soul of the World," an in-depth interview with Sharon Blackie. <https://www.dailygood.org/story/2609/stories-to-tend-the-soul-of-the-world-moon-magazine/>

"Have you ever tried to fix an ongoing lack of energy by getting more sleep -- only to do so and still feel exhausted? If that's you, here's the secret: Sleep and rest are not the same thing, although many of us incorrectly confuse the two. We go through life thinking we've rested because we have gotten enough sleep -- but in reality we are missing out on the other types of rest we desperately need. The result is a culture of high-achieving, high-producing, chronically tired and chronically burned-out individuals. We're suffering from a rest deficit because we don't understand the true power of rest. Rest should equal restoration in seven key areas of your life." More in this post. <https://www.dailygood.org/story/3061/the-seven-types-of-rest-everyone-needs/> **Be The Change:** The Nap Ministry was founded in 2016 by Tricia Hersey and is an organization that examines the liberating power of naps. Learn more about it here <https://thenapministry.wordpress.com/about/>

Neil Douglas-Klotz is a renowned teacher, scholar, author, and musician who specializes in the native traditions and ancient Semitic languages of the Middle East. His most recent book, Revelations of the Aramaic Jesus: The Hidden Teachings on Life and Death, is the culmination of his life's work over 40 years. By examining the "heart talks" of Jesus -- the Lord's Prayer and the Beatitudes -- he addresses universal themes and challenges like, How do we respond to the critical state of the world, individually and globally? How do we find renewal and healing amidst challenging times? How do we keep our hearts open? Or more fundamentally, who am I? What is my purpose? Read an excerpt from his new book here. <https://www.dailygood.org/story/3062/the-hidden-teachings-on-life-and-death-neil-douglas-klotz/>

"Marie is the kind of poet whose accomplishments are too many to mention, so I'll keep it short and say that she's the author of four collections of poetry, the recipient of a Guggenheim, and a former poet laureate of New York. While in that role, she made it her mission to make poetry as ubiquitous as a Gap ad, and she succeeded in bringing poetry to the streets and the subways of New York. And she may not know this, but she also succeeded in bringing poetry to me. Like a lot of people, I grew up thinking that poetry was difficult and inaccessible and something that you needed special instruction to be able to decipher and to get right. Then a few years ago, I heard Marie speak at a conference, and she broke poetry open for me. She made it real. She made it accessible. And I was so taken by her that I plucked up the courage to walk up to her after the event and introduce myself." More in this interview between Suleika Jaouad and Marie Howe. <https://www.theisolationjournals.com/blog/marie-howe> **Be The Change:** For more inspiration, read Howe's poem, "What the Living Do." <https://poets.org/poem/what-living-do>

What if you knew that the way to access the very best in yourself - the light side of your humanity - was by facing your darkness?...One of the most powerful turning points in life comes when we begin to understand the shadow as a great teacher. <https://www.karmatube.org/videos.php?id=8982> **Be The Change:** For more inspiration, check out this passage by Bear Guerra, "Dark Skies Show Us Stars." <https://www.awakin.org/v2/read/view.php?tid=2478>

"'Whatever our degree of friends may be, we come more under their influence than we are aware,' the trailblazing astronomer Maria Mitchell observed as she contemplated how we co-create each other and recreate ourselves in friendship. Her friend Ralph Waldo Emerson -- whom she taught to look through a telescope -- believed that all true friendship rests on two pillars. In his own life, he put the theory into practice in his friendship with his young protege Henry David Thoreau -- a solitary and achingly introverted person himself, who thought deeply and passionately about the rewards and challenges of friendship." Maria Popova shares more in this post. <https://www.dailygood.org/story/3064/an-introvert-s-field-guide-to-friendship-maria-popova/> **Be The Change:** For more inspiration, check out Lewis Thomas' post on "Altruism & Why We Are Wired for Friendship." <https://www.themarginalian.org/2018/09/27/lewis-thomas-altruism/>

## 7. Integrity Is A Quality of Being

This passage is a beautifully-unique take on integrity. It's worth 5-minute read. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2601>

## 8. The Grand Predicament

Do you struggle with your sense of self-worth, that you are not enough? This 2-minute read may change your view of yourself. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2613>

## 9. A Turtle's Silver Bead of Quietude

This article masterfully uses the seasonal journey of the turtle to teach about stillness. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2615>.

## 10. Interbeing

Have you ever pondered our interconnected with everything around us. Thich Nhat Hanh has and writes about it eloquent in this article. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2619>

## 11. There Are Angels

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

What if you knew that the way to access the very best in yourself - the light side of your humanity - was by facing your darkness?...One of the most powerful turning points in life comes when we begin to understand the shadow as a great teacher. <https://www.karmatube.org/videos.php?id=8982>



## 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.*

### 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](mailto: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...

April 2023 e-Newsletter

Page | 15

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

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