

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	3
3. Quote or Question.....	3
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	4
4. Regiena Heringa – The Radiance of Love.....	4
5. Steve Dolesch - Loneliness.....	6
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	7
6. Good News Of The Day	7
7. You Gotta Wobble Before You Stand.....	10
8. Don't Waste A Curse On The Universe.....	10
9. Being Acted Through	10
10. The Extraordinary In The Ordinary	10
11. Rustling Roots: Engaging Ecological Education	10
HEART AND SOUL ADVERTISEMENTS:.....	11
12. Sacred Attention Therapy	11
13. A Course in Miracles Global Community Centre.....	11

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



Focusing On The Heart To Find Peace

An aspirant recently reached out to me with the following question...

Do you have many experiences with focusing on the heart as a place for finding peace?

Here was my response...

Thank you for blessing me with your beautiful question.

The practice you speak of (i.e., focusing on the heart as a place for finding peace...) most closely resembles what I know to be called 'tonglen'. Tonglen is a Buddhist practice of breathing in the miseries of the world (in whatever form they may take), cleansing the miseries through your heart, and breathing out joy, peace, and love. In this short video, the noted Buddhist monk, Pema Chodron, speaks of the tonglen practice (<https://www.youtube.com/watch?v=QwqlurCvXuM>). The Dalai Lama and other Buddhist masters speak of, and practice, tonglen.

The tonglen practice, or the practice as you describe John Selby sharing it, is encouraged in other spiritual teachings. There are many teachings that speak of breathing into the heart of compassion...which is what the tonglen practice is at its core, its essence.

As for my personal experiences...when I began studying spiritual teachings, other students/teachers shared and emphasized their practice of breathwork through their heart. I can remember trying this practice and experienced much peace. As I have journeyed on with my spiritual study and practice, I recognize the human heart is merely symbolic of love and compassion. It is a bodily organ that we humans have imbued with some significance. I have allowed myself the awareness that the entire body can equally be that vessel for love and compassion. No one part of my body is home for love and compassion. My entire body is home to love and compassion. So...if I feel the need to bring peace to a situation, I will breathe in with all my body, and breathe out with all my body. It is the breath that is the 'life force,' as Taoism teaches.

Thank you for your blessed outreach. And thank you for being YOU!

Shanti,

Rev. Robert Meagher

2. Poem

A Spiritual Journey

And the world cannot be discovered by a journey of miles,
no matter how long,
but only by a spiritual journey,
a journey of one inch,
very arduous and humbling and joyful,
by which we arrive at the ground at our feet,
and learn to be at home.

-- Wendell Berry

3. Quote or Question

"Peace we achieve when we do not expect anything from the world but only give, give and give unconditionally what we have and what we are."

~ 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 – The Radiance of Love

Hello to the worldwide Family of Light!

The radiance of Love, reflected in our souls by the Creator, is everywhere. It can be likened to the reflected light of the full moon that celebrates the sun's presence upon our earth. This Love forever flows from within us, through us as well as to us. This is so because the inherent nature of all vibrating matter, be it a stone in the field or a star in a distant galaxy, is Love.

Everything in physicality is imbued with this Love because it is Love that brings forth the life-force energy in Creation. Each moment that we feel this sacred Love and consciously absorb It, we become one with Creation. We become Love itself and It fills us up completely. We even overflow with this Love and radiate It to others. This Love is perfect, beyond time and boundary and frees us, for we are *made* of this Love. We are the devoted expression of the Great Light of Creation. Love is our Home.

In this time of great transition we are asked to recognize and to use this Love that lives within us.

How do we do this?

We become aware of how this Love feels inside of us. Are we at peace? Are we filled with joy? Are we kind, patient, considerate and compassionate? These are some of our soul qualities that we nurture and demonstrate as expressions of Love. Because our souls are free of time and space—they are immortal, infinite, eternal—we experience freedom every moment that we express the qualities of our souls and radiate them. This is how we help each other and the world.

The magnificent radiance of Love coming from many remarkable beings and worlds is now intensifying. This action is to help us to regain our footing and ensure our spiritual direction. With quiet heart and expansive mind we are invited to absorb these gifts of radiance from our star friends and from the Great Ones. We are asked to realize that Love forms the basis of our lives.

Let's play.

Sit in a quiet place and close your eyes. Relax the body and mind. Feel peace. Gently bring forth the memory of a joyful experience. Re-live this experience and all its joy and feel your heart expanding. Now, let go of the actual experience and focus on the feeling of joy and on the expansion of your heart. Sense this joy increasing and Love intensifying. Let these marvellous feelings move through you freely and let them to flow out into the world. Enjoy this radiance; it is your soul speaking to you.

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 - Loneliness

While I'm here in my apartment alone, not always but sometimes, I have this vibration of loneliness. Being a spiritual being, I have a tendency of thinking, reflecting on life in general not only on mine. Pre-covid era I was out having coffee with a few. However, now, with lockdowns and curfews, I deal more with being alone but not necessarily feeling lonely. Having a physical limitation, I can't always go out spontaneously especially in Winter. I have to reserve para transit service in Gatineau and be at their mercy. I used to go out every day because I didn't want to spend all day on the computer and the Internet. I wanted to have person to person conversations.

Feeling loneliness has a whole new feeling and meaning since the onslaught of this pandemic we are experiencing. I, for one, appreciate even more seeing people. Appreciate their smile. I had a conversation today with a person working at the mall where I often hang out and she asked how is my days since the lockdown. I do go out to buy things I need. I told her I love my life. I mean I love my life because I'm not that lonely. I see people when I come to the mall.

The thing is, when my mind tries to go into loneliness mode, I turn it around and try to tell it 'wake up mind, you have my soul to content with.' Yes, my soul who's name and appearance I know! Kimanarah is her name. My soul-mate par excellence. Since a few years now, I had this voice saying 'My name is Kimanarah. Don't be shy but it means Understanding and Compassion.' She's also beautiful. Long black hair, fairly tall, if she was standing beside me! Beautiful shining eyes. Wearing a white robe. That's how she presented herself one night. Understanding as many say is to love. Compassion is also to love and understand. Understand what you may ask? Simply put, you, your life. When you understand that, you are on the right path. No matter how you understand your life, you can bring it to be in the Light.

She has given me life. Even if I have a physical limitation, I have Kimanarah keeping me, my physical body, company. Good company. Don't get me wrong, I have moments. However, ever since my coming into being, I have always had people helping me. Always including Kimanarah.



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.

"As much as anyone else, I fantasize about checking out. I would love to remove the pinging notifications from my days, for my mind to wander without being thrown askew by each incoming tweet. But visions of total unplugging also seem a bit grotesque. Even if we can still shut our eyes and cover our ears, become details of the landscape, should we? Is it morally acceptable at this moment? How much silence is too much?" Gal Beckerman explores this provocative question here. <https://www.awakin.org/v2/read/view.php?tid=2370> **Be The Change:** For more inspiration, check out Clint Smith's TED talk, "The Danger of Silence." https://www.ted.com/talks/clint_smith_the_danger_of_silence

At the age of 21, on a pilgrimage to Israel, Chelan Harkin found herself sitting alone in the same cell that some 140 years earlier had confined the founder of the Baha'i faith. The quietude was suddenly broken by a voice she took to be the Persian prophet's spirit saying, "Let us dance." This unexpected invitation cracked her heart wide open and spontaneously led her to fill the resonant chamber with joyful song. A decade later, those three words would become the title of her second collection of mystical poetry. Often compared to Rumi's poetry, her offerings invite readers to embrace the fullness of their being, by "inviting the fumbling, suffering parts of our nature and our divinity to meet for tea in the heart, to have a great laugh, and share a big hug." To kick-off National Poetry month in the United States, here is an in-depth interview with Chelan Harkin. <https://www.dailygood.org/story/3066/say-wow-a-conversation-with-poet-chelan-harkin-awakin-call-editors/> **Be The Change:** Share a poem that has touched you deeply with someone today.

"We are always vulnerable, with limited control over the things that matter to us. Maybe you want your brother to quit drinking or your kids to get along or your boss to stop being so critical, or you want to protect those you love from harm or you want an end to world hunger and climate change, or you want this magical moment where everyone is all together at Thanksgiving feeling so close and connected to last forever. Whether we want things we like to always stay the same, or we want things we dont like to change, it is not entirely in our hands. And just when we are confronted with our vulnerability, a physical feeling disrupts us. I call this "unrest": our physical experience of vulnerability, announcing the ideal moment to tune in and spark our growth." Sandra Parker, author of "Embracing Unrest," shares more. <https://www.dailygood.org/story/3067/four-ways-we-avoid-our-feelings-and-what-to-do-instead-sandra-carson/> **Be The Change:** For more inspiration, check out this Q&A with Brene Brown on "How to Listen to Pain." https://greatergood.berkeley.edu/article/item/how_to_listen_to_pain

"I suppose this could be considered a 'wildlife encounter' story of sorts, though it presents some unusual twists. For one thing, the animal at the heart of this tale is a subarctic insect (and yet has nothing to do with the region's legendary mosquitoes). For another, odd things happen that aren't easily explained by either reason or chance. There are other curious turns, as well...The story begins with a man sitting on the front steps of a lakeside cabin, feeling contented and thankful to be part of such a beautiful, softly shimmering summer day. He'd brought a mug of coffee out to the porch, plus binoculars and a journal in which he planned to record some dreams. In between sips of his morning coffee, he noticed splashing on the otherwise calm lake surface, not far offshore. Actually it wasn't so much a splashing as a trembling, those shudders creating tiny ripples that

spread outward a short distance, until disappearing into the stillness of the water." So begins this captivating piece by nature writer Bill Sherwonit. A real-life story studded with multiple dragonflies, many quiet miracles, and something more...something that drops us into the heart of being-ness.

<https://www.dailygood.org/story/3069/the-dragonfly-incident-bill-sherwonit/> **Be The Change:** Take a few moments out of your day to really look at the world around you. Let your gaze rest on something, or someone. A leaf, a blade of grass, a bug or a bowl -- let it into your awareness as fully as you can.

"I think people just want to feel like they're home like there's no one they have to be and there's nowhere else they have to be. Here we are. It's enough. You belong. There was never any condition to that, ever. You distance yourself and you say, "Well, they're wrong over there. They should believe what I believe." When all along, you could wrap your arms around them, everyone, no matter what. And it's so much easier if you recognize what you are and what you're part of. Not the ideology you're a part of but what you actually are, and to do that is so very simple. One has to be still enough for a moment just to catch a glimpse of what you are. There's nothing to do. It's not a thing that you do. It's a thing that you are. It's just a recognition. And then you can put your arms around everything." Filmmaker Nic Askew of the Soul Biographies film series shares more in this in-depth interview. <https://www.dailygood.org/story/3072/it-s-not-a-thing-that-you-do-it-s-a-thing-that-you-are-awakin-call-editors/> **Be The Change:** Experiment with trying to experience another "without condition," today. For inspiration check out the work of Soul Biographies here. <https://soulbiographies.com/>

"I used to think the opposite of love was hate. But life experience tells me that's not true. Hate is so tinged with other emotions, including love! No. In my understanding the opposite of love is power. Love accepts and embraces. Power refuses and crushes opposition. Love is kind and knows how to forgive. Power is competitive and takes others into account only when it stands in the Winner's Circle. What's most disturbing is that both of these feelings can exist in me at the same time. Power seeks dominion. Its about winning, owning, controlling, running the show; while love is about caring, taking in the message, finding whats needed, seeing what wishes to appear and helping it to flower. Yet, if I'm honest, both live in me." Patty de Llosa shares more in this brief passage. <https://www.dailygood.org/story/3073/mighty-in-contradiction-love-powerfully-patty-de-llosa/>

"We need a modicum of vitality to simply be alive in this time. And were in an enduringly tender place. The mental health crisis that is invoked all around, especially as we look to the young, is one manifestation of the gravity of the post-2020 world. How to name and honor this more openly? How to hold that together with the ways weve been given to learn and to grow? Who are we called to be moving forward? Dr. Vivek Murthy is a brilliant, wise, and kind companion in these questions. Hes a renowned physician and research scientist in his second tenure as U.S. Surgeon General. And for years, hes been naming and investigating loneliness as a public health matter, including his own experience of that very human condition. It is beyond rare to be in the presence of a person holding high governmental office who speaks about love with ease and dignity -- and about the agency to be healers that is available to us all." More in this interview with Krista Tippett. <https://www.dailygood.org/story/3074/vivek-murthy-to-be-a-healer-on-being/> **Be The Change:** Read an excerpt from Murthy's book, "Together: The Healing Power of Human Connection in a Sometimes Lonely World." <https://wellcomecollection.org/articles/XpqnpxEAACMAgEQM>

"For Persians, one of our most precious ways to summon joy is with poetry. I remember one night, in particular, in my home city of Shiraz, Iran, during the war. While sirens blared and the electricity was shut off, warning of an imminent attack, my family and I (feeling especially brave) snuck to our rooftop to watch the anti-aircraft missiles shoot into the air. To my 7-year-old eyes, the brilliant red patterns in the pitch-black sky rivaled the most magnificent fireworks display. But underneath the awe there was a simmering terror brewing in my belly of not knowing who was going to die next. Was it going to be me? My best friend? My sister in Tehran? My teacher? And then someone from another rooftop shouted a verse of Rumi's poetry into the clear night air..." This inspiring article from YES magazine explores the relationship between resilience and the capacity to cultivate joy even in the midst of great crisis. <https://www.dailygood.org/story/2572/when-savoring-a-pleasant-moment-is-a-radical-act-ari-honarvar/>

"I suspect our ability to ask the unanswerable questions that Hannah Arendt knew are the heartbeat of civilization is intimately related to our capacity for dwelling in a particular state of being beyond the realm of our compulsive doing. Bertrand Russell called it "fruitful monotony." Adam Phillips called it "fertile solitude." Walt Whitman called it "loafing." The Buddhist tradition describes it simply as presence. Whatever we may call it, amid a culture of filling the existential void with cultish productivity and an endless stream of dopamine-laced distractions, it is nothing less than a countercultural act of courage and resistance to enact such states of being -- states in which our inner voice becomes audible, the voice with which we sing the song of our lives. The Pakistani-British psychoanalyst Masud Khan calls this mode of being "lying fallow" and unfurls its psychological tendrils in a short, brightly penetrating essay included in his 1983 collection *Hidden Selves...*" Maria Popova shares more in this post. <https://www.dailygood.org/story/3077/the-art-of-lying-fallow-maria-popova/> **Be The Change:** Can you recall a "lying fallow" time in your life? How did you experience it then, and how do you feel about it now?

Katherine May explores what it takes to shed the cloak of meaninglessness and recover the sparkle of vitality in *Enchantment: Awakening Wonder in an Anxious Age* (public library) a shimmering chronicle of her own quest for a better way to walk through this life, a way that grants us the ability to sense magic in the everyday, to channel it through our minds and bodies, to be sustained by it. May who has written enchantingly about wintering, resilience, and the wisdom of sadness reaches for the other side of that coma of the soul..." The Marginalian shares more on May's book in this post. <https://www.dailygood.org/story/3082/how-to-grow-re-enchanted-with-the-world-maria-popova/> **Be The Change:** For more inspiration check out this post on the neuroscientist Charles Scott Sherrington, "A Responsibility to wonder." <https://www.themarginalian.org/2023/01/12/charles-scott-sherrington-man-on-his-nature/>

I think many of us have a skewed idea of what "accepting" a catastrophic situation actually is. If you have the idea that coping well should look something like the proverbial "grace under fire," then you think you should summon the sheer grit to plaster a big cosmic grin on your face, no matter what horrors are being visited upon you. I don't think this is helpful. Actually, just the notion of "accepting" pain sounds to me too passive to accurately describe the process of successfully dealing with chronic pain or mental anguish that lasts for a long period of time. Because it fails to convey the tremendous amount of energy and courage it takes to accept physical pain as part of your life. Truly accepting pain is not at all like passive resignation. Rather, it is active engagement with life in its most intimate sense. It is meeting, dancing with, raging at, turning toward. To accept your pain on this level you must cultivate particular skills. Then after you have developed some proficiency in these skills, dealing with pain feels much more like an embrace, or the bond that forms between sparring partners, than resignation. Resignation is too passive." Darlene Cohen was a Zen priest in the lineage of Suzuki Roshi. Her life's work included helping people work with pain, a subject she was intimately familiar with as someone living with rheumatoid arthritis. More in this valuable piece <https://www.dailygood.org/story/3083/the-skills-necessary-to-deal-with-anguish-darlene-cohen/> **Be The Change:** For more inspiration, check out this tribute to Cohen, written by Chris Kesser, "Finding Joy in the Heart of Pain." <https://chriskresser.com/tribute-to-darlene-cohen-finding-joy-in-the-heart-of-pain/>

7. You Gotta Wobble Before You Stand

This is an exquisite poem about allowing life to live through you. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2614>

8. Don't Waste A Curse On The Universe

This amazing poem invites us to let life be as it is. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2501>

9. Being Acted Through

Here's an article that offers a very refreshing and interesting take on 'grace.' Read more at...

<https://www.awakin.org/v2/read/view.php?tid=2626>

10. The Extraordinary In The Ordinary

This is a fascinating and refreshing take on the mundane, the ordinariness of life, and the blessing it holds.

Read more here... <https://www.awakin.org/v2/read/view.php?tid=2628>

11. Rustling Roots: Engaging Ecological Education

Reprinted from www.KarmaTube.org.

Is there a place in today's society where you can live in harmony with the Earth? How far would you have to travel to find it? Rustling Roots lies hidden inside Louisa County, VA, close to Charlottesville, Richmond, and Washington, DC and within 500 miles of half of the US population. There you can find a community striving to live in peace with the world around them. Watch here... <https://www.karmatube.org/videos.php?id=8344>

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...

May 2023 e-Newsletter

Page | 12

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

rmeagher@servinyourjourney.com

www.servinyourjourney.com

Linked In: ca.linkedin.com/in/robertmeagher

Facebook: www.facebook.com/Servinyourjourney