

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



Catastrophizing Just Doesn't Help

Last month I injured my knee. I had lifted a heavy object one day, and the next day my knee was swollen and non-weight-bearing to kneel on.

I became distraught over this turn of events. I immediately went into worry mode and catastrophized about all the things I would not be able to do because of my knee injury. I became upset that my knee injury may affect my ability to ride my bicycle (a passion of mine). I became further upset when thinking about how the injury may affect my ability to fully participate in my upcoming Great Cycle Challenge---or if I would be able to participate at all! Even though I had no idea

how bad, or not, the knee injury was, I immediately went into catastrophe mode and assumed the worst.

I immediately started my own rehabilitation, which focused on using various essential oils to treat the injury. I continued with my daily workouts, but with much less intensity. To my pleasant surprise, my knee showed gradual signs of improvement each day.

I have made a full recovery. As a precautionary step, I am scheduled for some xrays to see if there is any internal damage. But I've returned to my normal exercise regimen, at my normal intensity. I have been able to enjoy my bicycle rides as I did before my injury.

When I reflected on my experience, I realized that my early catastrophizing was not helpful. Sure, I was upset and worried, but to have allowed my mind to run away with thoughts of how this was going to affect my life was way out of proportion at the time. It simply did me no good at all worry about what might be (or might have been if I had not lifted that heavy object in the first place!).



Photo Credit: pexels.com - Towfiq barbhuiya

The experience was a welcome lesson for me in easing into all that life offers. Instead of bemoaning my circumstances, I need to welcome all that unfolds. Dare I say, I need to enjoy it all...even an injured knee. Worry, upset and fear is not the vibrational mode required for healing. The only vibration that heals is love.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Affirmation of Dr. Peter Jepson-Young

I accept and absorb all the strength of the earth to keep my body hard and strong.

I accept and absorb all the energy of the sun to keep my mind sharp and bright.

I accept and absorb all life force of the oceans to cleanse my body to bring me life.

I accept and absorb all power of the wind to cleanse my spirit and bring me strength of purpose.

I accept and absorb all the mystery of the heavens because I'm a part of that vast unknown.

I believe god to be all these elements and the force that unites them.

From these elements I have come...to these elements I shall return, for the energy that is me will never be lost.

Dr. Peter

3. Quote or Question

"The most important thing in this world is to learn to give out love, and let it come in."

~ Morrie Schwartz ~

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 – Where We Belong

Hello to the world-wide Family of Light!

There is a vast order to the physical universe—galaxies, stars, flowers and seeds all in their right places, balancing, growing, expanding and nourishing. These creations are not isolated; they are linked. In truth, they are united through Light. From the most minuscule creatures found in our deepest oceans to the farthest and largest galaxies yet to be explored, there is a language that is coded by the Light of Creation.

Everything, from the microscope to the macroscopic is created through this tremendously intelligent Light that holds codes which permeate and differentiate existence. In this manner, we observe that a star is not an elephant nor the moon a lake.

Within us there is a code of Light that directs us back to where we belong.

Where do we belong and how is this done?

Our origins lie within the very essence of the Creator of Life. Within us there is a pushing to go to a place of harmony, of peace and well-being. This is our soul directing us back to our celestial home where we belong.

This innate need to go further and deeper to become whole is found everywhere in creation, for creation itself continually uplifts all other creation. If you sense very carefully, you will understand from your soul that what seems to be outside of you is really inside of you. It is the same Light that makes all matter vibrate. All vibrates the intelligence of Divine Love's Light that creates the material worlds. Although we are a physical structure, surrounded by a physical world, as we become aware of higher frequencies we realize that we are holy vibrations that emanate from our souls. We are vibrations of Light; our complete universe is Light vibration and we become the entire universe from the smallest particle in the deepest ocean to the farthest star. It is here that we experience true unity and it is here where we belong.

Let's play.

Sit quietly in loving peace and close your eyes. Allow this loving peace to expand within you and, as it does, let go of your identity as a human being. Feel yourself as a beloved soul. Now, imagine a magnificent sphere of golden Light radiating from within your forehead, from the point between your eyebrows. This golden Light fills you up completely. Feel its peace and freedom and love. Surrender to this Light. Become one with it. You are now where you belong.

Spiritual Guidance

Serving your personal journey toward enlightenment...

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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 – Other Realms

I wrote about the Spiritual Realms and now I'm jumping into what some have difficulty in believing. It is the Other Realms, or more precisely other planetary realms such as that of the Pleiadians. Recently, as of a few years ago, a friend introduced me to the civilisation. Before I go further, I have always believed that it is narcissist to believe that we are the only civilisation in the entire universe and multi-verses and dimensions. Most would say that negates what we have been taught that we were created by Almighty God. Well, it does. But only in the indoctrinated or dogmatic manner.

However, others are more open to off-world civilisations. Okay, but what about you Steven? What do you believe? Well, quite sincerely, I don't believe. I know. Let me explain. Gosh, where do I begin? Let me say, when writing my novels, the names of the characters such as Araniarah, Ika'Ani, come instantly from up there. Yes, up there. They are Pleiadian names! I'm not playing you. I don't hesitate or imagine. They come to me instantly. In fact, according to what they reveal to me, they call the cluster Amaranisi Hoharisi, translatable as Blossoms of Hearts. Hohari, Heart; Hoharisi is plural. Also, they call our star Nihana, meaning Bright Star. It is simple but that is the name they came up with. They do call it Sol or Sun from time to time because we call it that. As for Gaia or Earth, they call it Mariharana, simply meaning Mother of Life or just Mother. As I mentioned, it is according to what they reveal to me. I find it beautiful Blossoms of Hearts. It comes from Amarani, one of their major planets meaning Blossom. Their hearts are united into one. That I can vouch for.

Okay, what does all this mumbo jumbo has to do with spirituality? Everything. Let us demonstrate. Ika'Ani is with me right now. By the way, her name means Little Butterfly. Her home world is Kihri'ani (world of butterflies). She calls me dad.

"Dad, sit in front of me with your legs in lotus position and your arms in front of you on your knees. Close your eyes and free your body and mind of everything stressful. Now, breath in. Hold it a few of your seconds. Now, let go. Good. Two more times. That is good. Going to hold your hands. I am with you and you with me. We are one. We are going to create a transparent pyramid for us to go into orbit around this world."

We create a transparent pyramid around us, and we are in the centre. Then, we are off to orbit around Mariharana. We are standing. As we ascend, we see the surface distancing. In no time, we are in orbit. Ika'Ani stands beside me holding my arm. Lo and behold, our home world before my eyes.

"My dear dad, do you see war going on from here?"

"No, my dear daughter. I don't. Many wars are based on ideology and religions."

"I have a question: If one is not religious, but spiritual, how does one practice it?"

"For one thing to practice true spirituality, one needs to forget all religions and even religious practices for there are Christian spirituality, Buddhist spirituality, Hindu spirituality and so on. But pure spirituality has no beliefs, no rituals, not even boundaries creating conflict between different religions. Between those who are members of those religions. One just lives it. Forgive me, my dear daughter, if I say for that reason, I rather live on Amarani or Kihri'ani. There are no boundaries of any sort. But Mariharana needs us right now more than ever."

"We can go to Amarani for a visit if you like? Besides, mom is visiting her parents, Kirana and Imaran.

"Yes, I'd like that." I say.

Then, with our thought, we head for Amarani. Strange, I haven't noticed this before, but the pyramid rotated ever so gently, however, we did not. We stayed in the direction in which we are moving. The rotation avoided the augmentation of mass as we moved much faster than light. After 5 minutes, we arrive on Amarani and disembark the pyramid. We are greeted by my beloved Adrika and her parents.

"Welcome our dear Steven. It has been a while." Says Kirana putting her right hand on her heart. I did as well.

"Nice being with you." I say smiling.

"Hello, my dears." Says Adrika hugging Ika'Ani and I.

"I have something that you could do with me, my dear. You are smiling already. Yes, that too, has been a while. We shall do it after we have feasted." Says Adrika leading the way to her parents' home nearby.

After our feast of a healthy meal, we gather in their garden for what we are about to share with you. Candles are lit here and there to create an ambiance of calm. Adrika and I are standing facing each other as we look into each other's eyes and hearts. Ever so slowly, we join our hands with each other's with our fingers against each other's. Looking deeper and deeper into each other's eyes and hearts. Then, Akirrah, Adrika's soul, slowly becomes visible and is standing beside her. Kimanarah, my soul, does the same and both put together their hands as ours. To keep our bodies alive, they create an energy field around all four of us. Then, with one heart, we say:

"Let this peaceful evening keep us in our unflinching love, for we have put our trust in ourselves for we are One with You, Heart of Hearts. Dear Heart of Hearts, show us all gathered here in this garden, the way we should go, for we entrust You to your spirit. Let our love never leave us. Bind us together in your Heart."



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.

"Beneath the thin surface layer of our present consciousness--a world of rushed days and time crushed into ever shorter segments is the older world of the collective psyche, the archetypal world that used to be known as the domain of the gods. Here time moves more slowly, according to ancient rhythms. This is the home of Kronos, the primordial god of time, whose rhythm is like the movement of the stars across the heavens, a primal rhythm of the universe which contains the birth and the death of galaxies. And in the presence of this god is all of creation, each with its own time and yet part of a living whole--from the mayfly that lives for a day, to stars birthing and collapsing. Here the sunflower follows the sun each day, and here our ancestors worshipped, noting each solstice." Llewellyn Vaughan-Lee shares more in this beautiful piece from Parabola magazine. <https://www.dailygood.org/story/3086/sacred-time-llewellyn-vaughan-lee/> **Be The Change:** For more inspiration check out, "What is Your Philosophy of Time?" by Robert Levine.

"Contemplative life flows in a circular pattern: awe provokes introspection, which invokes awe. Maybe you're making dinner and you step outside to snip chives from the kitchen garden just as the harvest moon is rising over the easter slopes. She is full and golden, like one of those pregnant women who radiate from within. Suddenly you cannot bear the beauty. Scissors suspended in your hand, tears pooling at the corners of your eyes, you nearly quit breathing. Your gaze softens, and the edges of your individual identity fade. You are absorbed into the heart of the moon. It feels natural, and there is no other place you'd rather be. But the onions are burning, and so you turn away and cut your herbs and go back inside. You resume stirring the sauce and setting the table. This is not the first time you have disappeared into something beautiful." Mirabai Starr shares more in this excerpt from her book, "Wild Mercy." <https://www.dailygood.org/story/3088/thirsty-for-wonder-mirabai-starr/> **Be The Change:** For more inspiration, check out Tami Simon's interview with Starr here. <https://www.resources.soundstrue.com/transcript/mirabai-starr-wild-mercy/>

"One of the great paradoxes of life is that we must go inward in order to find the road out of ourselves. That is what life asked me to do 15 years ago. After a long period of trying to run away from dark thoughts and feelings my body and mind collapsed. And that was the best thing that could ever happen to me! Before this breakdown I never wondered about what living really means. I just followed the rules that systems like school, family, friends and the media were showing. Little by little I woke up to a much more conscious and fulfilling life. I started to wonder again about everything around me. And I also started to question all the beliefs and ideas that blocked me from living my unique potential. Each time I dared to let go of limiting beliefs, relationships, and careers whole new levels of spontaneous living opened up to me..." Sandra Lensink left a corporate career to follow an unscripted path that led her far beyond what she originally envisioned for her life. Today she is a photographer who also facilitates unique writing workshops. Read more about her journey here. <https://www.dailygood.org/story/3090/the-thread-of-my-life-following-the-heart-s-wisdom-sandra-lensink/>

"I've had a love of trees all my life. Throughout high school, I lived in a house in the woods in Massachusetts, and even on the darker mornings of winter what kept me from being frightened was the trees themselves--mostly scrub pines, as we called them there, with struggling oaks scattered among them. Unlike the kids at school, the trees remained silent as I passed, and I took this as a sign of acceptance. Irrational, sure but in my feeling so unlike everyone else at school, in my confused wrestling with what I felt was real but I couldn't name precisely, why not take silence for acceptance? Among the trees loneliness could be itself, in the open could strangeness even as both remained hidden from the rest of the world for the time it took me to pass

through the woods to the bus stop. As I walked, I'd sing to the trees, loudly at first, then more and more softly the closer I got to where the woods gave out, until all I could hear was whatever wind there was through the leaves and needles. A sound like the trees unable to sing back, but trying to." In this extended meditation on the relationship between place and intimacy, the body and the word, Carl Phillips walks among trees to explore what can and cannot be known. https://emergencemagazine.org/essay/among-the-trees/?utm_source=Emergence+Magazine&utm_campaign=c8a1f2d9f4-PulitzerPrize%E2%80%949420230511&utm_medium=email&utm_term=0_73186f6259-c8a1f2d9f4-357030425

"The sun's setting fast. You hurry, wanting to get home before dark. But as you stroll past a humble house fringed by lush flowerbeds, you glimpse a line of people in the backyard, facing a privacy fence. With their backs to you, they're ranked like a row of tin soldiers, socially distanced; seven or eight of them, standing at attention. What are they up to? you wonder, slowing your steps. A masked man crossing the yard notices you on the sidewalk. "Come, join us!" he calls with a wave. You hesitate. It's late, and you're not keen on mixing with strangers, especially during a pandemic. But you don't know how to decline the invitation without seeming rude. He beckons again. "You're just in time!" In time for what? you ask yourself. Now you're hooked. You keep your distance as you follow him, adjusting your mask over your nose. The toy soldiers are focused on some weedy plants growing along the wood fence. "Look!" exclaims a girl, no more than a kindergartener. She's pointing at a flower bud. "This one's getting all trembly!" "Maybe it will be the first!" says a woman, probably the girl's mother, or she wouldn't be standing so close. An old lady stretches the tip of her cane toward another bud. "I'm betting on this one," she says. "How about you?" Yes, she means you. Surprised by her question, you lean in to study the bud, perched on a swaying stem as tall as your thigh. Its green sheath is quivering. "Watch now," the old lady says..." Phyllis Cole-Dai shares more in this entrancing real-life Spring tale.

<https://www.dailygood.org/story/3097/the-secret-of-blooming-phyllis-cole-dai/> **Be The Change:** Learn more about Phyllis, her life journey and life's work here. <https://www.awakin.org/v2/calls/537/phyllis-cole-dai/>

"How the brain metes out attention and what that means for our intimacy with reality is what the philosophy-lensed British psychiatrist Iain McGilchrist takes up in his immense, in both senses of the word, book *The Matter With Things: Our Brains, Our Delusions and the Unmaking of the World* (public library) -- an investigation of how "the very brain mechanisms which succeed in simplifying the world so as to subject it to our control militate against a true understanding of it," and what a richer understanding of those mechanisms can do for living in closer and more felicitous communion with reality. At its heart is the recognition that "the whole is never the same as the sum of its 'parts'" and that "there are in fact no 'parts' as such, but that they are an artefact of a certain way of looking at the world." More in this piece from *The Marginalian*

<https://www.dailygood.org/story/3099/attention-as-an-instrument-of-love-maria-popova/> **Be The Change:** Watch the trailer for "The Divided Brain," a documentary that delves into McGilchrist's groundbreaking exploration of the differences between the brain's left and right hemispheres and the impact of these differences on history, society and culture. <https://thedividedbrain.com/about/>

"So what does it mean to think outside the box? All of us live and swim within a world of concepts. And our first very powerful concept is who we are, who we think we are. You have ideas about who you are that you want everyone else to know about. We identify with our gender, our nationality, race, social class, education and then we're somebody's brother or sister, husband or wife, mother or father. We play so many roles. And we all have memories telling us who we are. I'm a happy person. I'm an unhappy person. I had a wonderful childhood. I had a terribly abusive childhood. I'm a spiritual person. I'm totally worldly. It's all concepts. And those concepts box us in. They say we can do this much, can't do more than that. These are my limits. And everything which we see and everyone we relate to, we relate to from this tight box of very limited judgments, prejudices and perceptions..." Jetsunma Tenzin Palmo was one of the first women from the West to be ordained as a nun in Tibetan Buddhism. She spent 12 years meditating in a Himalayan cave, and later established a nunnery in India. She shares more in this talk about thinking outside the box.

<https://www.themindfulword.org/2013/jetsunma-tenzin-palmo/> **Be The Change:** For more inspiration, check out this passage by Jetsunma Tenzin Palmo, "A Whole New Dimension of Love." <https://www.awakin.org/v2/read/view.php?tid=801>

"Americans spend an estimated 37 billion hours waiting in line each year, much to our individual and collective distaste. Few things inspire as much universal frustration and ire as long queues and lengthy wait times -- many of us even struggle to wait for a sluggish web browser to load." Why do we dislike waiting so much -- and what can we do to transform that familiar feeling of frustration? This article shares more <https://www.dailygood.org/story/754/the-hidden-joy-of-waiting-in-line-carolyn-gregoire/> **Be The Change:** Waiting? Take a deep breath and pay attention to the sights and sounds around you.

7. Letting Someone Know They're Not Alone Is No Small Thing

This person's experience of working in hospice taught them a valuable lesson about 'being' with another in their time of need. Read more at... <https://www.awakin.org/v2/read/view.php?tid=2634>

8. Our Practice Is To Close The Gap

This is a magnificent article about our existential fear of death. In this reality is our struggle with enlightenment and our concept of "I" being separate from "that," (i.e., what is outside us). Read more here... <https://www.awakin.org/v2/read/view.php?tid=2630>

9. End of the World

This article is a refreshing take on the idea of the world coming to an end. Read more at... <https://www.awakin.org/v2/read/view.php?tid=2637>

10. Shape of Silence

This beautiful article about silence reads as if a poem. But then silence is a bit poetic, isn't it? Read more here... <https://www.awakin.org/v2/read/view.php?tid=2640>

11. Diana Carr – Shepherds of the Dawn

Reprinted from www.KarmaTube.org.

Diana Carr's song, Shepherds of the Dawn, sung by Bird Tribe, is an uplifting and motivational call to each and every one of us to let the light inside of us reach out to our families and beyond. We are called to join in unison to be peaceful warriors that break barriers and the more the merrier, because each person's voice is needed

and valued. Reminiscent of the words from a June Jordan poem, "We are the ones we have been waiting for," it emphasizes that we are the ones, we are the shepherds of the dawn.

<https://www.karmatube.org/videos.php?id=8990>

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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Serving your personal journey toward enlightenment...

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In love, gratitude, compassion and forgiveness...

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