

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



Emotionally-Charged Moments Can Offer Much Joy

Emotionally-charged moments can offer us an abundance of opportunities for healing. We have a tendency, however, to avoid emotionally-charged situations. We have numbed ourselves to living our lives so that everything unfolds without us having to feel our emotions. Feeling our emotions has become so taboo that we have become a culture of automatons. Worse, we have learned to repress and suppress our emotions. A recent outing with my partner allowed everyone to experience the magical healing that feeling our emotions offers.

My partner, Sherwin, has been living with Parkinsons for over 20 years. At present, the symptoms are what may be described as advanced. Sherwin's mobility is significantly compromised and it has become necessary to acquire an electronic mobility aid to help him perform daily tasks and activities.

For several months, we have been working with a local organization that matches donors of electronic mobility devices with those in need of these devices. During June, Sherwin was matched with a donor and we scheduled a day and time to visit the donor and view the device.

So, on the day in question, Sherwin and I ventured to New Edinburgh to visit the donor of the mobility device. It just so happened that New Edinburgh was the neighborhood that Sherwin grew up in as a boy. So going back to New Edinburgh was a trip down memory lane that brought up many emotions for Sherwin. As we drove through New Edinburgh, Sherwin would share how he used to play "over there," and "visit friends over there," and "attend school and church over there"...and so on. In recalling his childhood, there were precious moments where Sherwin became emotional and teared up. It was a wonderful mix of joy, as evidenced by the smiles on Sherwin's face and excitement in his voice, and who knows what else as tears ran down his cheeks.

We finally arrived at the donor's home. We were greeted by the donor (we will call him Fred) and a representative from the organization that facilitated the matching of Sherwin's needs with the donor who had an electric wheelchair to be donated to someone in need (we will call him Phil).

Sherwin took some time to look over the electric wheelchair with Phil and tested it out. It was determined that the wheelchair was in good working order / condition and would serve Sherwin well. At that point Sherwin turned to Fred and asked, "Why are you donating this wheelchair?" It was a perfectly natural question to ask; but what unfolded was a most precious moment.

Fred responded, "My wife lived with MS, and she passed away last month." Fred started to cry. Fred gathered himself and continued, "It was her wish to donate the chair to someone in need."

Upon hearing Fred's words, and witnessing the depth of emotion flowing from Fred, Sherwin started to cry. Sherwin managed to eek out through his tears, "Well, if you are willing to donate the chair to me, I sure could use it. Thank you."

I glanced over at Phil and he too was crying. While I cannot know for certain why Phil was crying, I suspect it was a combination of being moved by the very touching scene unfolding, and knowing that he had played a crucial role in bringing together Fred and Sherwin to witness and experience this precious moment.

Surprisingly, I did not cry. I was moved beyond words, but I was moved with and to joy. I was so grateful to be present in the moment and experience these three men openly sharing their emotions with each other. I just smiled at everyone. As the intensity of the emotions gradually settled down, I walked over to Fred, shook his hand, and thanked him for his kindness and for donating the wheelchair so Sherwin may be able to improve the quality of his life. I also thanked Phil for his role in facilitating the meeting.

It was such a rare moment, to 'be' with these three people who were brought together by Divine intervention—to witness a depth of feeling that was so genuine, so heartfelt, and so heart-centred. I felt truly blessed.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Affirmation of the Twelve

I awaken and remember that I am
One with the Mother,
One with the Father,
One with All That Is.

In faith I affirm this truth
as I live in both the mystery and the manifest.

Divine purpose infuses my will and supplies all the power I need
to fulfill my place in the Plan.

Unconditional love for all sentient beings flows through me
into the world.

I know these truths through my feelings and the wisdom of my body,
through the legacy of knowledge preserved and passed on to me
in the perennial wisdoms and through the grace of inner revelation.

I have developed the powers of discernment
that enable me to perceive accurately the real from the unreal.

I am made in the image of the Divine and am therefore creating
realities in my body, my emotions,
my mind, and my spirit,
and I take full responsibility for all that I create.
Through the eternal rhythms and expressions of yin and yang,
I bring balance between heaven and earth, the inner and the outer.

Through the alchemy of truth and love, I am transforming all of the fears,
mistakes, misinterpretations, and limitations of the past.

I am enduring all that is necessary to live the highest truths
of my beingness.

For this remembrance
and for the privilege of serving, I give thanks.
So be it.

Gloria D. Karpinski

3. Quote or Question

“Where is my happiness? It is inside my peace and nowhere else.”

~ 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 – Do You Remember?

Hello to the world-wide Family of Light!

Soul memories accompany us when we return to this planet (or to another place or dimension). These memories of other life experiences accompany us so that we can better understand our present life. They are instruments to help us move upwards and reunite with our Divine Source.

Retrieving loving soul memories is similar to picking wildflowers in a quiet field. You choose a few blossoms, hold them close to your heart, and delight in their natural beauty. When you select soul memories that remind you of your divine origins, you are lifted up to a place of delight and greater understanding. A deep peace flows through you.

Memories from the soul can be particularly helpful in our present life's growth as we move increasingly towards the Divine Light. The greater our advancement the more magnificent the memories that surface from within us.

If you spend quiet time inside the essence of your soul and foster trust, faith, harmony and peace, your higher mind will release memories of when you lived completely as a soul, before you reincarnated. These memories are filled with marvellous feelings of Love and kindness. They hold the texture of profound spiritual vibration and sacred communion. You may receive pictures, sounds, colour, geometric forms, fragrances, feelings of oneness as well as other possible communication still unknown in our world today. However they are presented to you, these soul memories will always be filled with the feeling of upliftment—of joy and encouragement.

We are reminded that we are not alone. Within us, around us and above and below us are worlds and beings of tremendous spiritual unfoldment and understanding; we are immersed in these marvellous worlds when we still the mind and, through meditation and prayer, open the expanding heart.

How do we access these soul memories that help us move upwards?

Let's play.

Sit quietly with closed eyes and still the mind. Breathe in peace and expansion and oneness. Remove the idea that your body is a physical construction and replace it with the truth that your body is composed of vibrating particles of Light. Let go of established concepts and questions you might have in your mind. Now, in gentleness and devotion, ask for a memory that will help you grow spiritually. When you begin to feel or see or hear something that elevates you, surrender to the experience and enjoy it. Later, you can contemplate what you have experienced. These are sacred moments best kept to oneself.

Spiritual Guidance

Serving your personal journey toward enlightenment...

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We are living in an exceptional time. The consciousness of all who are anchored in the Divine Source is being expanded and elevated, giving us the opportunity to consult our soul's memories, learn from them and advance. This is how we remember who we are and where we belong.

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 – Past Lives

We, or at least some of us, hear the term past lives or previous lives more and more. It sounds like we have more past lives than cats with nine lives. Many also use reincarnation. However, for this, I'll let Kimanarah share this. I have to transcribe what she will share. I have no one to do that. I take deep breaths.

“Thank you, my dear Steven. It is difficult for many to comprehend that souls having hosts in the past have accumulated experiences that we, when the new hosts are tuned in to us, transmit or share those experiences with them. It is not like physical reincarnation of our past hosts but more like we incarnate into hosts with our knowledge. I was there when Jeshua walked this world and my host was a healer, not a doctor but a true healer who healed. In fact, many of my hosts were healers. Another fact is that Steven can reduce the effects of injuries by having his hands hover over them, the injuries, or by suggesting things to others. In essence, my hosts are in the health service without being bogged down in a system.

“You have a saying that goes like this: he or she is an old soul. In reality all souls are old, chronologically. We are millions of your years old, if not more, but we are also young. Our hosts' body age but not us. Past or previous of our lives are full of various experiences good and bad. However, it is not to judge them good and bad but just are. We teach our hosts, those who are open, that there are far more things to do than just being alive. It is about living. Our experiences are rich. No matter the experience, we always strive to help our hosts, but only if they are open to our presence. Even upon knowing we are present, we cannot force them to know what we know and what needs to be done. All beings, no matter where they are in the universe, but mostly on this world, have free will.”

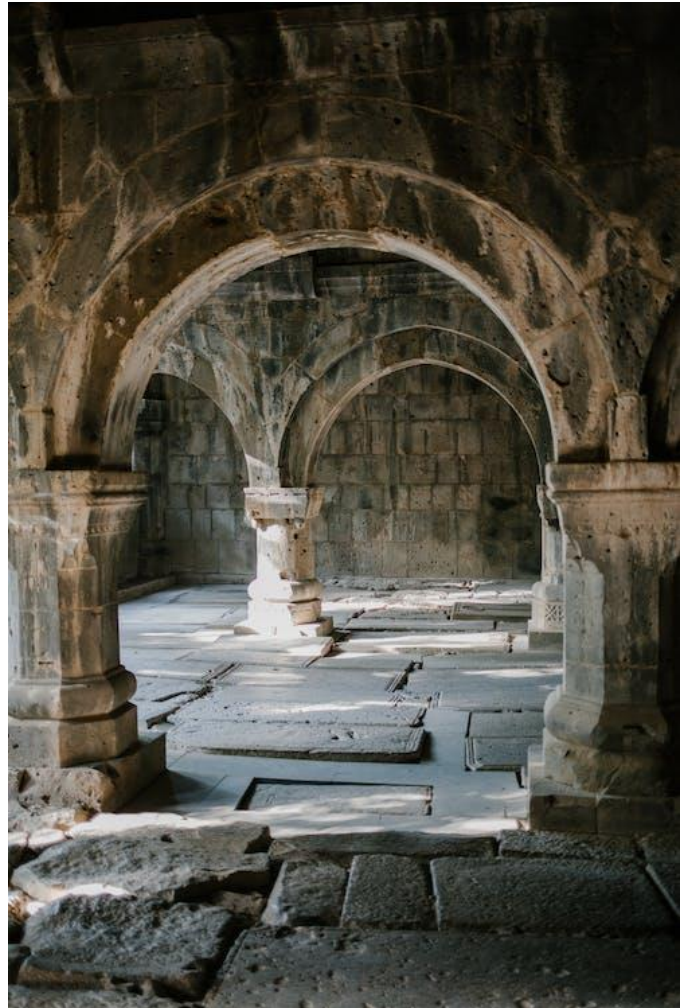


Photo Credit: pexels.com - Julia Volk

“However, there are few who enjoy connection or union with us. Very few but more than you might think or believe. Previous lives experiences may vary to each being. Some have déjà vu experiences. One precision must be made is that the déjà vu experiences are those of us and not always of the beings being reincarnated. There is also déjà expérimenté that some experience such as playing a musical instrument especially the piano. For example, some children, or adults, play a piece and they didn't have any courses or very little. They hear a piece once, or have past memories, and play it back without any flaws. Some, unconsciously or consciously, have their souls who have déjà vécu experiences of beings that played a piano and can receive the memories that we share with them. They have this open passage between them and us. They are not yet programmed by others. Some are open to extra sensory experiences. Not extra sensory perception(s) but extra sensory experience(s). Two completely different subjects.”

“Might be important to explain here the difference between the two. Perceptions are what you perceive and what you make them mean as in interpreting what you believe happened. As with extra sensory experience, you live

that experience. There is no interpreting or questioning the experience for you cannot question what you live nor interpret. You can only integrate it into your life. I need to say it in another way: you cannot pretend or ignore what you experience as mere imagination. It is same with knowledge of events in the past, without any attempts of research, is experience enough. If you experience such experiences, try not ignoring them but embrace them as part of your present life.”

Kimanarah

Transcribed by Steve Dolesch – April 2021



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.

"I bet I'm beginning to make your parents really nervous -- here I am sort of bragging about being a dropout, and unemployable, and secretly making a pitch for you to follow your creative dreams, when what they want is for you to do well in your field, make them look good, and maybe also make a tiny fortune. But that is not your problem. Your problem is how you are going to spend this one odd and precious life you have been issued. Whether you're going to spend it trying to look good and creating the illusion that you have power over people and circumstances, or whether you are going to taste it, enjoy it and find out the truth about who you are..." Anne Lamott shares more from a commencement speech she delivered at UC Berkeley in 2003.

<https://www.dailygood.org/story/3105/let-us-commence-anne-lamott/> Submitted by: Mia Tagano **Be The Change:** For more inspiration, check out this post by Lamott, "12 Truths I Learned from Life and Writing" <https://www.dailygood.org/story/2187/12-truths-i-learned-from-life-and-writing-anne-lamott/>

"We must remember we are exhaustible. We need renewal. Silence, quietude, time alone, naturally gives that. Then we can come back in to serve others in small ways. That we do. Then we take time for renewal. Jesus, the Buddha, Mahatma Gandhi and all the great sages recognize the importance of connection with others to serve, then step back from that into quietness, then renewal, and then serve. This is the great rhythm of life." Christopher Titmuss, a former hippie turned Theravada Buddhist monk turned social critic, is Britain's senior Dharma teacher. Having once lived on 39 British pounds per year for ten years, he has sat beneath The Tree of Enlightenment in Bodhgaya, India and, so impacted by the experience, returned to Bodhgaya for years afterward to offer retreats there. For five decades, he has been teaching Dharma around the world for free.

<https://www.dailygood.org/story/3106/christopher-titmuss-adventures-of-the-spirit-awakin-call-editors/>

Neil Theise is a diagnostic liver pathologist, adult stem cell researcher, complexity theorist, and practicing Zen Buddhist. His book, Notes on Complexity: A Scientific Theory of Connection, Consciousness, and Being is, "an electrifying introduction to complexity theory, the science of how complex systems behave, that explains the interconnectedness of all things." Read on for five key insights from the book in Theise's words.

<https://nextbigideaclub.com/magazine/notes-complexity-scientific-theory-connection-consciousness-bookbite/42793/> **Be The Change:** For more, check out this talk by Theise, "We ARE the universe." <https://www.scienceandnonduality.com/article/we-are-the-universe-neil-theise>

Bernardo Kastrup is a scientist and philosopher, Swami Sarvapriyananda is a Hindu monk. In this wide-ranging conversation they dialog on Eastern and Western concepts of self and mind, a conversation, "worth watching simply for the extraordinary clarity with which both men articulate a deeply complex concept. But perhaps the most profound point is made by their evident mutual respect for one another. This is a touching exploration of a vital topic and feels particularly important, even nourishing, in the current context of persistent and divisive rhetoric across so many platforms of expression." <https://besharamagazine.org/newsandviews/introducing-bernardo-kastrup-and-swami-sarpriyananda/> **Be The Change:** If inspired, this week engage in dialog with someone whose life experience, background and beliefs differ significantly from your own. Notice what opens up in your own understanding and perception.

"For as long as I can remember, I begged my father to take me back to Colorado to climb a mountain. Growing up in Tennessee, this dream was delayed many times, until only last year when my father (Jane's youngest son, Rarc) and I made the journey. Just before the trip, I came across this particular story printed on its own by

type-writer. The story was both an inspiration and grounding force for me as I read it aloud with my father the night before our own Pilgrimage Up Long's Peak. It sang of life, of humanity, of fear and bravery (or fearlessness?), and of the deep and unfathomable power of the Rocky Mountains. I hope you enjoy it as much as I did." Desirae Brackhage is the granddaughter of the author/artist/hermit Jane Wodening. Read the gripping story she alludes to, here. <https://www.dailygood.org/story/3110/pilgrimage-up-longs-peak-jane-wodening/> **Be The Change:** This week, if inspired, explore what it means for you, to be led less by internal fears and, "more by admiring, even hopefully by understanding, the world..."

The hospice community of Joseph's House in Washington, D.C. believes that no one should live or die alone. Perched on the very edge of life and death, it is a place of belonging where people are lovingly companioned all the way to the threshold of death. Grace and mystery abound in encounters between people across racial and socioeconomic differences where they meet and love each other. People are welcomed as who they are, receiving comfort from physical pain along with respect, affection, and someone who truly sees them. <https://www.karmatube.org/videos.php?id=9020> **Be The Change:** Answer this question from the video for yourself, When did you last stand still enough to truly see someone?

"Consider the hummingbird for a long moment. A hummingbird's heart beats ten times a second. A hummingbird's heart is the size of a pencil eraser. A hummingbird's heart is a lot of the hummingbird. Joyas voladoras, flying jewels, the first white explorers in the Americas called them, and the white men had never seen such creatures, for hummingbirds came into the world only in the Americas, nowhere else in the universe, more than three hundred species of them whirring and zooming and nectaring in hummer time zones nine times removed from ours, their hearts hammering faster than we could clearly hear if we pressed our elephantine ears to their infinitesimal chests." In this short, dazzling essay, the late writer Brian Doyle pays homage to life's fragility, magnificence and interconnectedness. <https://theamericanscholar.org/joyas-voladores/> **Be The Change:** Take a moment to reflect on what your own heart is holding in this moment.

As virtues go, patience is a quiet one. It's often exhibited behind closed doors, not on a public stage: A father telling a third bedtime story to his son, a dancer waiting for her injury to heal. In public, it's the impatient ones who grab all our attention: drivers honking in traffic, grumbling customers in slow-moving lines. We have epic movies exalting the virtues of courage and compassion, but a movie about patience might be a bit of a snoozer. Yet patience is essential to daily life -- and might be key to a happy one <https://www.dailygood.org/story/1258/4-reasons-to-cultivate-patience-kira-m-newman/> **Be The Change:** Bring a little more patience into your experience of life this week. For inspiration here's a passage by Sharon Salzberg that speaks to the power of this oft-overlooked quality. <https://www.awakin.org/v2/read/view.php?tid=977>

Everything about modern, industrial farming as a for-profit system is going in the opposite direction of natural farming which is about working in harmony with the earth and the seasons of life. Ultimately, this disconnection from nature leads to much of the unhappiness we find in modern culture. This film offers an alternative viewpoint for social and environmental justice that begins with how we get our food and the ways that we experience happiness as members of this Earth community. Inspired by the work and philosophy of Masanobu Fukuoka, artist Patrick M. Lydon (USA) and editor Suhee Kang (South Korea) spent four years meeting and studying with multiple generations of modern day natural farmers. The result is a film that weaves breathtaking landscapes and an eclectic original soundtrack together with stories and insights from an inspiring cast of natural farmers, chefs, and teachers. The film gives modern-day relevance to age-old ideas about more sustainable, regenerative, and harmonious ways of living with the earth.

<https://www.karmatube.org/videos.php?id=8367> **Be The Change:** Learn more about sustainable farming from the full feature film "Final Straw." <https://finalstraw.org/en/>

7. The Simplest Meditation: Waiting

I have always thought that I can serve myself well by learning how to be good at waiting. This article confirms that practice. <https://www.awakin.org/v2/read/view.php?tid=2642>

8. Forgiveness

The late Wayne Dyer offers are beautiful teaching on forgiveness. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2635>

9. Radical Optimism

Joan Halifax has a way with words. And her words in this article speak to bearing witness to the moment as a practice in radical optimism. Well worth the read here... <https://www.awakin.org/v2/read/view.php?tid=2645>

10. Beginner's Mind Vs. Expert Mind

There is a Buddhist teaching that offers us the awareness that a beginner's mind is a mind that is most open to learning and a state of being that results in us learning the most, and the most quickly. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2633>

11. Interbeing

Reprinted from www.KarmaTube.org.

Interbeing is a project which utilizes music and art to showcase the interconnectedness of everything: people, nature, and the whole ecosystem. Through indigenous songs, traditional instruments and the exquisite sounds of nature, traditions are passed on to younger generations, including the life giving value of forests. Interbeing lays a path for regenerating and recreating some old ways of living in harmony with nature with a reminder to not "forget that we are all interconnected." <https://www.karmatube.org/videos.php?id=8997>

12. Lion Heart

Reprinted from www.KarmaTube.org.

Luzuko Madonci wanted to be a lion when he was a child. His friends laughed at him. And yet as an adult he has indeed developed the heart of a lion, exhibited by his joyous wholehearted laughter, his confidence, and his courage in the face of trials. Having overcome childhood trauma, he has learned to embrace his emotions

and to see pain as a helper, a teacher, a residue of something good that is happening.

<https://www.karmatube.org/videos.php?id=9013>

13. On The Edge of Life and Death

Reprinted from www.KarmaTube.org.

The hospice community of Joseph's House in Washington, D.C. believes that no one should live or die alone. Perched on the very edge of life and death, it is a place of belonging where people are lovingly companioned all the way to the threshold of death. Grace and mystery abound in encounters between people across racial and socioeconomic differences where they meet and love each other. People are welcomed as who they are, receiving comfort from physical pain along with respect, affection, and someone who truly sees them.

<https://www.karmatube.org/videos.php?id=9020>

14. Food, Earth, Happiness

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Everything about modern, industrial farming as a for-profit system is going in the opposite direction of natural farming which is about working in harmony with the earth and the seasons of life. Ultimately, this disconnection from nature leads to much of the unhappiness we find in modern culture. This film offers an alternative viewpoint for social and environmental justice that begins with how we get our food and the ways that we experience happiness as members of this Earth community. Inspired by the work and philosophy of Masanobu Fukuoka, artist Patrick M. Lydon (USA) and editor Suhee Kang (South Korea) spent four years meeting and studying with multiple generations of modern day natural farmers. The result is a film that weaves breathtaking landscapes and an eclectic original soundtrack together with stories and insights from an inspiring cast of natural farmers, chefs, and teachers. The film gives modern-day relevance to age-old ideas about more sustainable, regenerative, and harmonious ways of living with the earth.

<https://www.karmatube.org/videos.php?id=8367>

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.

15. 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).

16. 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...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

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