

Serving your personal journey toward enlightenment...

***Our soul intention for this e-newsletter is to create a positive, uplifting, inspiring and spirit-filled message (in amongst the conventionally-perceived journalism practiced today). We extend this offering to you and hope, if only for a moment in time, we provide a hint of another reality that is there for your embracing. Enjoy! You are invited to share this e-newsletter with those family, friends, colleagues and acquaintances you think may be interested.***

## In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:.....	2
1. Personal Story of Spiritual Lessons.....	2
2. Poem .....	3
3. Quote or Question.....	4
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	5
4. Regiena Heringa – Enjoying Our Spiritual Growth.....	5
5. Steve Dolesch – Speaking In A Loving Language.....	7
OTHER GIFTS AND E-NEWSWORTHY ITEMS: .....	9
6. Good News Of The Day .....	9
7. The Practice Before The Practice .....	12
8. There Are Many Voices Beside Ours .....	12
9. Gratefulness Happens Before Thinking.....	12
10. A Cloud Never Dies.....	12
11. Conspiracy of Goodness .....	12
12. Lost Together .....	13
HEART AND SOUL ADVERTISEMENTS:.....	14
13. Sacred Attention Therapy .....	14
14. 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



#### Practicing Is A Privilege

One of the spiritual teachings I study is A Course in Miracles (ACIM). Part of the ACIM teachings is offered in the Workbook for Students that offers daily lessons to practice the teachings in my daily life.

Any spiritual teaching / discipline I have come across invites the student to practice. Take, for example, body centred practices such as yoga or tai chi, the student is encouraged to practice the asanas and movements. Maybe it's teachings from a spiritual or great faith tradition; in which case the student is invited to practice the teachings in the scriptures or texts. Maybe its meditation or breathwork; here the student is invited to sit and meditate and/or practice their breathwork.

In all cases, practicing the teachings is what allows us to imbue and imbibe the teachings to live a healthy life (physically, mentally, and emotionally). Without practice, the teachings may become merely abstractions that make no sense.

In the ACIM gatherings I host, we talk a lot about practicing the teachings through our daily practice. We talk about the challenges and rewards of our practice.

I am blessed to have an orientation toward, and tolerance for, discipline. So, practicing my spiritual teachings is not difficult for me. But not everyone welcomes discipline and the opportunity to practice their spiritual teachings.

At a recent ACIM gathering, students were talking about their practice and their challenges with staying committed to their practice. I reflected on the students' comments and shared that I have come to see my practice as a privilege. My choosing to practice is a privilege. And I honor that privilege by practicing. Some days my practice feels better than other days. But I practice just the same. To not practice is to dishonor the teachings.

How do you view your spiritual practice? Is it a privilege for you? If so, how do you honor your practice?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Commitment

To be peaceful and joyful, there is but  
one commitment to make.

It is to live life, one second at a time,  
as if it is an eternal moment.

It is to make the decision,  
regardless of the behavior we observe,  
no matter where we are,  
nor whom we are with,

To be a vehicle of God's Perfect Love,  
To be totally accepting and defenseless,  
To give all of ourselves away in Love,  
To give total, maximal, and unconditional Love  
to everyone, excluding no one.

It is to make the commitment  
with every thought,  
with every breath,  
with every heartbeat,

To be helpful to those in need,  
who are crying out for help and  
are suffering because of lack of love.

It is to make the decision  
to have the fire of compassion in our hearts,  
to love the universe and all that is in it  
with tender loving care.

It is to make the decision to trust and  
accept God's boundless Love for ourselves,  
and thereby, become a messenger of God's Love.

It is to demonstrate and teach only Love,  
for that is what we are.

Gerald G. Jampolsky

## 3. Quote or Question

*"It is better to see one time than to hear one hundred times."*

~ Mongolian Proverb ~

## 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 – Enjoying Our Spiritual Growth

Hello to the world-wide Family of Light!

Love, Light and Intelligence vibrate everywhere: in the leaf, the water, the smallest insect, the distant star and in the entire universe and cosmos. Within our very veins, our minds and our breath vibrates this tremendous force of Creation. If we close our eyes and let our minds drift inside our hearts we expand. We reach a place of insight, of understanding that we cannot explain in words but which is felt as joy, peace and Love. Here, we enter the real world: the world of Divine Spirit. We step into this world with the uttermost respect and gratitude.

How fortunate we are to have the opportunity to expand our awareness, to touch and to live in an inner world of grace and beauty that our Creator of all Life opens up to us—if we are mindful.

We know that there is presently a melding of dimensions; we are moving into a higher dimension which is already there. We are not creating it; we are participating in it—if we so wish. In truth we are *becoming* that higher dimension.

Once we understand that all creation consists of one core vibration, our awareness becomes enhanced. We then move into higher, more refined frequencies and become them. Consequently, we have contact and communion with beings of profound spiritual understanding who help us on our way.

In our linear world, what we think, feel and act upon has two ways to travel: towards the Light or towards the shadow of the Light. We become the environment we create. We are first and foremost sacred creations divinely polished in the environment of Light and Love. This is an environment that we can celebrate and enjoy!

To happily acknowledge that we are world-wide emissaries of Divine radiance, creates within us tremendous joy and spiritual bliss. These exquisite feelings grow each time we sit quietly and commune with our soul that flows inside our Creator. Here, we experience and become a more refined frequency, a higher dimension, a new person. Here, we enthusiastically embrace our spiritual growth and express our unending gratitude.

Let's play.

Sit in a quiet place and close your eyes. Clear your mind of all thought. Breathe in peace and allow the feelings of expansion and Love to fill you up within and without. You are peace and you are Love and you are harmony. Sense all of this inside the very molecules of your body and heart and mind. Now, feel every particle of your body changing into Light. There is no effort. This is a natural movement. Enjoy this heightened frequency. You have become Light and Love and harmony and peace. Now, as an emissary of Divine radiance, send this Light and Love and harmony and peace out to the world. Feel that as you are radiating to the world, you are also being filled up with this same Divine radiance. Continue to sit for a few minutes to further enjoy this experience.

# Spiritual Guidance

Serving your personal journey toward enlightenment...

October 2023 e-Newsletter

Page | 6

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](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 – Speaking In A Loving Language

The practitioners of Buddhism have a mantra: 'I know you are there and I am very happy'. By the way, that mantra is universal. I learned a lot by watching this talk by Br. Pháp Lai of Plum Village who talked about Relationships. I know, I already wrote on that. However, there are things that need to be shared. I include the link below of his sharing below. I don't want to copy what he said but add to. He mentions some aspects that talk to me. If I do it's of respect.

Again, let's say out loud with sincerity and conviction: 'I know you are there and I am very happy.' What do you see when you say that? People obviously. What about this? **I know I am here and I am very happy.** By *here* I mean here and in the now. Being present to yourself. When you say both in a sincere manner, they can resonate in and around you. It can open doors for you. Doors that open onto yourself and your abilities. Also, this may be new to most, but it can close doors to abuse from out side but also from within. I mean it. There a word for that: self-knowing from the heart. Know yourself from your heart. It's not evident for most of us including myself. I do have doubts of my abilities and more. I'm learning to understand and to know myself and in turn the other person.

There is another important aspect to know: using language that doesn't blame. Don't use language that puts self-blame on yourself and also on others. That is one of the worst things one can do and does. We all do it. What I see is that we have been conditioned to use language to blame others. It goes back, way back.

We have been conditioned to use language that blames. Our heart doesn't do that. It's our mind. Our mind makes our heart ache, not our heart itself. I know what I'm talking about. Some years ago, I was involved with associations and some situations made me tense up making me feel pinches near my heart. I quit and I'm okay. My mind made my body tense up creating those pinches. My heart was telling me 'stop'. I listened to my heart. Some say we close our heart. I understand but again, what makes our heart close? Our thoughts. Most of our illnesses are self-inflicted. By our thoughts and behaviour not only towards others but also towards ourselves. We need to learn to re-wire our mind to speak in a loving language. It's not easy to re-wire our mind. It's like to be born or reborn in a manner that it is natural to speak in a loving, caring, understanding language.

You see, we are constantly in battle with our mind. We want to say one thing but comes out like a monster hurting not only the other being but yourself as well. We talk, but do we know how to speak? I'm afraid no. That includes me. We bla bla words but don't speak loving words coming from our hearts. We suffer from not speaking in a peaceful language that makes others suffer as well. Words hurt far more than physical hurt. Physical abuse hurt but words that come from physical abuse also hurt much. One remembers words for a long time along with physical abuse especially when the abuse occurs for 20 years and more! I'm witnessing that with one being. I don't like what I know.

Is it frustrated for me? Very. I need to be very patient and understanding of and for the being. Another reason why it's frustrating is because I don't have the solution! I can suggest things, but having the solution, no. I might know the solution but truly having a solution belongs to the other being. However, I can guide the being for sure. For me, guidance is giving or allowing that being to be in a safe, loving, peaceful environment. I can go on but will end here for now.

Br. Pháp Lai - Third Talk ("Nourishing Happiness" Retreat, UK) | 2017.08.27

<https://www.youtube.com/watch?v=pyphVNkyQuw&t=650s>



**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).*

"(It was the word only that gave me pause.)

Hyperbole is a figure of speech meant to give emphasis through the use of exaggeration. It can give what we say an importance and immediacy.

Words like, "always," "forever," "never," and "only" are often used in hyperbolic statements..."

More from hip-hop artist MOsley WOTta in this beautiful piece.

<https://www.oregonhumanities.org/rll/magazine/spring-2022-care/care-is-the-only-useful-revolution/>

**Be The Change:** May you practice giving and receiving care today.

Death, whether our own or others, can be a powerful gateway to complete tenderness. The confrontation with the impermanence of all things is perhaps the widest gate to liberation from suffering. Facing death or dealing with death, our sight becomes clear. "Priorities and omissions are etched in a merciless light," as Audre Lorde wrote. Given the sheer quantity of death around us, why not use this merciless light to better see who we are?"

More in this passage by Zenju Earthlyn Manuel <https://www.awakin.org/v2/read/view.php?tid=2508> **Be The**

**Change:** For more inspiration, check out this piece by Stephen Jenkinson on, "The Meaning of Death."

<https://www.dailygood.org/story/491/the-meaning-of-death-stephen-jenkinson-ian-mackenzie/>

Many times throughout history there have been silent movements of goodness that have made a significant impact on humanity. Perhaps we are on the verge of the greatest one yet, and the only thing stopping it is what's under your fingers! Dr. Lynda Ulrich, a dentist turned social innovator, is the founder of Ever Widening Circles (EWC), a positive media company on a mission to prove that in spite of the doom and gloom that reach us through the internet, there's an enormous wave of progress and goodness underway, hidden under the noise of our digital lives. Her work points to a world of less fear and more joy, as she shares in this TED talk some of the countless acts of good happening all around us through what she calls a "Conspiracy of Goodness." <https://www.karmatube.org/videos.php?id=8794> **Be The Change:** Check out The Visioneers International Network, an online platform to celebrate and showcase outstanding human achievement through a Web of Good Work. <https://thevisioneers.ca/>

While facing the paradoxes and ambiguities of the pandemic, writer David Abram stumbled upon "beauty in the midst of shuddering terror. As we're isolated in this uncertain time," he writes, "we can turn to the more-than-human world to empower our empathy for each other." <https://emergencemagazine.org/essay/in-the-ground-of-our-unknowing/> **Be The Change:** For more inspiration, check out this dialog between Abram and Richar

Powers, the author of "The Overstory," on what it means to decenter the human.

<https://www.youtube.com/watch?v=xA6c1mRmz4M>

"It's my nature to question, to look at the opposite side. I believe that the best writing also does this. Great literature does not take sides with the small-minded. It's not partisan or narrow. It tells us that where there is sorrow, there will be joy; where there is joy, there will be sorrow. A uni-dimensional poem would be boring. Sometimes the other side is so deeply buried, you really have to part the grasses of the poem to find it, but I would say that in a good poem, that second dimension is always there. There is always something startling

and absolutely unexpected, some undertow, some magnetic pull of a fuller truth." Jane Hirshfield shares more in this interview from 2006. <https://agnionline.bu.edu/conversation/zen-and-the-art-of-poetry-an-interview-with-jane-hirshfield/> **Be The Change:** For more inspiration, check out Hirshfield's essay on "Poetry, Permeability and Healing," here. <https://poets.org/text/poetry-permeability-and-healing>

"I'm wary of those who counsel deferential or pious humility to contain and admonish those who have strong opinions and perspectives. For example, the stereotype of humble Asians and Asian Americans acts to silence important messages that are quite critical to our time of change and distress. To be bold and not "humble" per se risks being called "arrogant" or "difficult to deal with." I think it's possible to be both brave and humble, but it requires constant internal and interpersonal work, and risks rupturing or distressing relationships. That perspective keeps me grounded even when I express myself and my concerns for marginalized peoples quite strongly. In that way, a sense of responsibility and allyship fuels both bravery and many forms of humility. Here's an overview of eight varieties of humility--and of all the ways they can keep us grounded even in the face of injustices." Psychiatrist Ravi Chandra shares more in this post.

<https://www.dailygood.org/story/3149/the-8-kinds-of-humility-to-help-you-stay-grounded-ravi-chandra/> **Be The Change:** For more inspiration, check out this post, "How Do You Know If You Are Actually Humble?" <https://www.dailygood.org/story/2977/how-do-you-know-if-you-are-actually-humble-tyrone-sgambati/>

Daisetsu Teitaro Suzuki (1870~1966) was a prolific Japanese-American philosopher, writer and translator. He is considered by many to be Zen's unofficial "apostle to the West." He traveled and lectured extensively, interacting with diverse audiences and some of the most brilliant and creative minds of the age, among them Carl Jung, Martin Heidegger, Alan Watts, Thomas Merton, John Cage, and Gary Snyder. He is the author of more than 30 books, including, "An Introduction to Zen Buddhism. A ZEN LIFE is a documentary feature on this extraordinary man. Watch it here. <https://www.dailygood.org/story/3150/a-zen-life-dt-suzuki-michael-goldberg/> **Be The Change:** For more inspiration, check out this post from Maria Popova, "D.T. Suzuki on What Freedom Really Means and How Zen Can Help Us Cultivate Our Character." <https://www.themarginalian.org/2015/01/30/d-t-suzuki-essays-in-zen-buddhism/>

"Love is what we are all looking for in life, isn't it? To love as our true selves and to be loved for who we truly are. Yet so many of us struggle to be our authentic selves, so we end up being unable to connect deeply with others. We most often interact with the world from our roles and our persona. This film explores how one person is learning how to become free to be herself. Like Siti Nur Iman in this film, we can stop judging ourselves and others by seeing beyond roles, responsibilities and expectations. When we are our authentic selves, we can feel less confused and alone. Overcoming our fears is what allows the magic of life and love to find us. Love doesn't always have to be the romantic, "stars in your eyes" kind of love to be real and life-giving. Love comes in many forms - through family, friends, in the spiritual life, through nature and animals, and yes, the romantic kind of love as well. What is most important is that in the experience of living and loving we allow ourselves to be real and vulnerable as the unique person that we are without pretense or expectation. If we can be willing to offer our gift of love to the world in our own special way, we will find ourselves and help others find themselves too. In this journey of life and love, it might often seem that we are all lost together but we can find ourselves too." <https://www.karmatube.org/videos.php?id=9029> **Be The Change:** As you go through your day, notice when you are being your beautiful, free and authentic self and rest there as you move into the next moment.

Janet Adler (1941-2023) is the founder of the Discipline of Authentic Movement, and the author of "Offering from the Conscious Body. A book that delves into the, "theory and practice of a unique body-based process that is cathartic, creative, healing, and mystical...This Western awareness practice encourages the individual to experience the evolving relationship with oneself, another, the collective, and the divine through the natural impulses of conscious movement, compassionate witnessing, and clear articulation of experience." A year before her passing, Berlin-based photographer Jens Wazel visited Adler at her home and studio on Galiano Island. In his words, "We embarked on a journey of discovery, a collaborative process that was rich with mutual inspiration and learning, and which developed into a friendship. The result of our work together is the

Serving your personal journey toward enlightenment...

film: "LIGHT | Five Days with Janet Adler". It is a homage to the life and legacy of one of the great teachers of our time..." Watch this quietly powerful film here. <https://www.dailygood.org/story/3152/janet-adler-into-the-light-jens-wazel/> **Be The Change:** Read a short excerpt from Adler's book, "Intimacy in Emptiness: An Evolution of Embodied Consciousness," here. <https://intimacyinemptiness.com/words-from-janet-adler/>

In his 1951 book, "The Wisdom of Insecurity: A Message for an Age of Anxiety," Alan Watts writes, "There is a contradiction in wanting to be perfectly secure in a universe whose very nature is momentariness and fluidity. But the contradiction lies a little deeper than the mere conflict between the desire for security and the fact of change. If I want to be secure, that is, protected from the flux of life, I am wanting to be separate from life. Yet it is this very sense of separateness which makes me feel insecure. To be secure means to isolate and fortify the 'I,' but it is just the feeling of being an isolated 'I' which makes me feel lonely and afraid. In other words, the more security I can get, the more I shall want.." More in this post by Maria Popova.

<https://www.dailygood.org/story/3153/an-antidote-to-the-age-of-anxiety-maria-popova/> **Be The Change:** If inspired to, you can "The Wisdom of Insecurity," here. <https://antilogicalism.files.wordpress.com/2017/07/wisdom-of-insecurity.pdf>

"Birds have been a part of my life for as long as I can remember, and hummingbirds have held a special place in my heart for the simple reason that they, early on, became personal to me. On some level, you could say I became a writer because of hummingbirds, and they have appeared in my fiction since I was very young. How to make sense of life, especially during childhood? Sometimes, what moves you creatively early on has to do with mystery--some unanswered question or a moment when the world seems less mapped than we are told, less known, and we get a glimpse beyond what we think we understand. For me, this feeling overwhelmed me for the first time high in the Andes, in the city of Cuzco, when I was eight, and it involved hummingbirds..."

<https://orionmagazine.org/article/hummingbirds-and-the-ecstatic-moment/> **Be The Change:** For more, check out this beautiful piece, "Bubbles Wrapped in Feathers," by Sy Montgomery and Elizabeth Marshall Thomas. <https://www.dailygood.org/story/1934/bubbles-wrapped-in-feathers-sy-montgomery-elizabeth-marshall-thomas/>

Laura Crafton Gilpin was a nurse, poet, and advocate for hospital reform. In 1976, she was given the Walt Whitman Award by the Academy of American Poets for her poetry book, "The Hocus-Pocus of the Universe." She was a founding member of Planetree, an organization dedicated to advancing patient-centered care. What follows is an excerpt from her powerful poem, "Life After Death." <https://www.dailygood.org/story/3159/life-after-death-laura-gilpin/> **Be The Change:** Learn more about the work of Planetree here. <https://resources.planetree.org/homepage-6/>

## 7. The Practice Before The Practice

The more I engage in my spiritual practice, the more I embrace the discipline of practice in general. This article speaks of the wisdom of practice before one even practices. Read more at...

<https://www.awakin.org/v2/read/view.php?tid=2660>

## 8. There Are Many Voices Beside Ours

Elle Cara Deloria compares and contrasts the Native American and Western philosophy and practice of silence when communicating with others. She shares a very interesting perspective on how the cultures practice silence. Read more at...

<https://www.awakin.org/v2/read/view.php?tid=2664>

## 9. Gratefulness Happens Before Thinking

This exquisite article talks about the not-so-subtle difference between being thankful and feeling gratitude. Well worth the read! Read more at...

<https://www.awakin.org/v2/read/view.php?tid=2665>

## 10. A Cloud Never Dies

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

Thich Nhat Hanh experienced the ravages of war in his own young life in Vietnam and then worked his whole life to end wars everywhere by teaching a way to peace. This biographical documentary of Zen Master Thich Nhat Hanh is narrated by actor Peter Coyote. A Cloud Never Dies weaves together original film and photographic archives, telling the story of a humble young Vietnamese monk and poet whose wisdom and compassion were forged in the suffering of war. In the face of violence, fear, and discrimination, Thich Nhat Hanh's courageous path of engaged action reveals how insight, community, and a deep aspiration to serve the world can offer hope, peace, and a way forward for millions. The film's release on April 2, 2022 coincides with the release by his students of an Open Letter calling for peace and an immediate ceasefire in Ukraine.

<https://www.karmatube.org/videos.php?id=9038>

## 11. Conspiracy of Goodness

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

Many times throughout history there have been silent movements of goodness that have made a significant impact on humanity. Perhaps we are on the verge of the greatest one yet, and the only thing stopping it is what's under your fingers! Dr. Lynda Ulrich, a dentist turned social innovator, is the founder of the Goodness Exchange (formerly Ever Widening Circles), a positive media company on a mission to prove that in spite of

the doom and gloom that reach us through the internet, there's an enormous wave of progress and goodness underway, hidden under the noise of our digital lives. Her work points to a world of less fear and more joy, as she shares in this TED talk some of the countless acts of good happening all around us through what she calls a "Conspiracy of Goodness." <https://www.karmatube.org/videos.php?id=8794>

## 12. Lost Together

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

Love is what we are all looking for in life, isn't it? To love as our true selves and to be loved for who we truly are. Yet so many of us struggle to be our authentic selves, so we end up being unable to connect deeply with others. We most often interact with the world from our roles and our persona. This film explores how one person is learning how to become free to be herself. Like Siti Nur Iman in this film, we can stop judging ourselves and others by seeing beyond roles, responsibilities and expectations. When we are our authentic selves, we can feel less confused and alone. Overcoming our fears is what allows the magic of life and love to find us. Love doesn't always have to be the romantic, "stars in your eyes" kind of love to be real and life-giving. Love comes in many forms - through family, friends, in the spiritual life, through nature and animals, and yes, the romantic kind of love as well. What is most important is that in the experience of living and loving we allow ourselves to be real and vulnerable as the unique person that we are without pretense or expectation. If we can be willing to offer our gift of love to the world in our own special way, we will find ourselves and help others find themselves too. In this journey of life and love, it might often seem that we are all lost together but we can find ourselves too. <https://www.karmatube.org/videos.php?id=9029>

## 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.*

### 13. 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)).

### 14. A Course in Miracles Global Community Centre

Spiritual Guidance is honored to host the 'A Course in Miracles (ACIM) Global Community Centre.' This Centre is a meeting place for ACIM students and teachers from around the world to access coaching counselling, therapy, study and discussion groups, courses, a community café for you to communicate with other students and teachers, and helpful resources and links. Visit the ACIM Global Community Centre at <http://www.servingyourjourney.com/ACIM.html>.

# Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

[rmeagher@servinyourjourney.com](mailto:rmeagher@servinyourjourney.com)

[www.servinyourjourney.com](http://www.servinyourjourney.com)

Linked In: [ca.linkedin.com/in/robertmeagher](https://ca.linkedin.com/in/robertmeagher)

Facebook: [www.facebook.com/Servinyourjourney](https://www.facebook.com/Servinyourjourney)