

Spiritual Guidance

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.

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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



Our Capacity for Love and Compassion Is Infinite

For more than 20 years I have been the sole (and soul) caregiver for my partner who lives with Parkinsons. Last month, my partner was also diagnosed with Lewy Body Dementia. The new diagnosis was not unexpected; it is a natural progression of Parkinsons for many people living with Parkinsons.

The caregiving journey over the past 20+ years has been an interesting one, to say the least! We have seen many ups and downs. There have been many challenges along the way. Just one of the blessings has been the slow progression of the Parkinsons. We have been given time to adjust to each new turn in the road before another turn comes into view.

Soon after the Lewy Body Dementia diagnosis, I was brought the awareness of the infinite nature of our love and compassion. Prior to the dementia diagnosis, the caregiving felt like a heavy weight at times—weighing me down, grinding me down. When we received the Lewy Body Dementia diagnosis, however, a whole new wave of compassion flowed over me. The diagnosis was an invitation to dig deep within to uncover that infinite storehouse of love and compassion.

We do have an unlimited storehouse of love and compassion. We only need to let that storehouse be opened to experience it. Nothing outside of us will open this storehouse for us. It is only by turning inward that the storehouse can be revealed to us. I recent spiritual teaching from *A Course in Miracles* helped me to unlock this storehouse...

I am one Self, united with my Creator, at one with every aspect of creation, and limitless in power and in peace.

Love and compassion are the DNA of our true Self. Love and compassion are the foundation for everything we say and do. It is from this love and compassion that a healed mind emerges; the mind that blocked our awareness to these infinite gifts within us.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



2. Poem

Compassion

That I feed the hungry,
forgive an insult, and love my enemy—
these are great virtues.

But what if I should discover
that the poorest of the beggars
and most impudent of offenders
are all within me,
and that I stand in need
of the alms of my own kindness;
that I myself am the enemy
who must be loved—
what then?

C. G. Jung

3. Quote or Question

“Our own life is the instrument with which we experiment with the truth.”

~ Thich Nhat Hanh ~

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 – We Are Emissaries of Divine Radiance

Hello to the world-wide Family of Light!

How do we express ourselves when our hearts are full? Do we dance? Do we create? Do we laugh and smile to the entire world? Let's take a moment to consider: What did you do the last time your heart was full?

Even if you think you did “nothing” you were still radiating your joy to the world. We are always radiating outwards to the world for we receive this happiness from within and, following its path of energy, this happiness automatically radiates outwards. We can only stop this joyful radiance if we consciously decide to change it to fear. We then alter the frequency and therefore the emotional content of the radiance.

Because we are spiritual beings above all else, our very nature is to be happy. Happiness is an expression that comes from our souls. If we sit very quietly and calm the mind we enter into this joy. We peacefully enter our divine essence of eternal, infinite sacred Love—our soul.

As our physical world changes, we return to the roots of our spiritual existence where we become aware of our wondrous soul qualities and our gifts. From our inner world of divine intelligence, beauty and balance we share our gifts with the outer world. We are peacefully poised within, harmonious and coherent. And it is this inner environment we radiate to the world to help elevate life upon it. Radiating from inner harmony strengthens the harmonic vibration of our world.

We become emissaries of divine radiance.

There are many higher worlds and dimensions; there are many beings who inhabit these worlds and dimensions and other “light essence beings” who vibrate far beyond our present human comprehension. Those from other planets and solar systems we may meet in physical form, others we may encounter in spheres of light that interact with our third-dimensional world and yet others we may experience beyond our physicality when we lift and expand our consciousness. Through their very essence, these beings increase the radiance of this divine Love already vibrating within us and around us. They accompany us as we send this Love into our world. We join hearts with them and together we form a celestial fellowship of Light.

As spiritual beings, we happily share what we have joyfully received and understood. Therefore, no matter the world or dimension, we are all emissaries of divine radiance sending forth the very Love that lies within us.

Let's play.

Sit in a quiet place and close your eyes. Still the mind and breathe in peace. Feel a loving energy moving throughout your mind, heart and body. Take a moment to savour this. Now, place your attention in the spiritual eye in the forehead and sense loving warmth, Light and expansion. Perhaps you will also feel a divine presence accompanying you. Now, keeping your attention in the spiritual eye, sense that the Light and the

Love inside of you is increasing and expanding naturally. This is the inner radiance of your soul. Enjoy this moment. Now, ask this inner radiance to flow out into the world. Feel this. Feel that the outer world is absorbing this radiance of balance, Light and Love.

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 – Spiritual Freedom

Spiritual freedom is being free from dogmatic beliefs that hinder a person's growth in every sense of the word. That sums up my sharing for today.

Short isn't it? Well, not quite. You will ask 'okay, what's the catch?' No catch. We have physical freedom, or the lack of, these days. We have freedom of speech. Again, there is a fine line. We have freedom of thought, less evident because it's invisible unless it's verbalised and then written down as I'm doing at this very moment. As with spiritual freedom. Spirituality is more personal than going to church or other places of worship. In fact, it can be a state of mind and heart. For me, it's a deep state of being. Spirituality has no boundaries like those of nations and so on. When you see Earth from space it's like that. You don't see borders. It's not boxed in. It's freedom in every sense of the word. I'm not talking about morbidly transformed spirituality but a beautiful energy. Beautiful in the deepest sense.

By the way, spirituality has no sexual or gender boundaries. It's just IS. It's not even uniform. I struggled with dogmatised spirituality. I choked and wanted to liberate my mind and heart. A few years ago, my soul revealed herself to me. I'm almost shy, but her name means Understanding and Compassion. Her name was loud and clear, more clear than loud. Kimanarah, presented itself as a beautiful female with shining below shoulder length black hair and eyes that shine brightly. I'm not making this up. She is my teacher. Whenever I need, she helps me to ground myself in calmness and be open to the universe with us holding each other's hands as we both journey forth.

Spiritual freedom is to be who one IS: I AM, YOU ARE and even WE ARE. The practitioners of Buddhism say both inter-are and inter-being. I like WE ARE. To me, WE ARE means united with ALL. WE ARE ALL. I understand inter-are and inter-being. It's the same as WE ARE ALL. WE ARE IN A RELATIONSHIP WITH ALL. That includes our relationship with spiritual freedom. This is important. Being in a relationship with our 'spiritualness'. Besides, we are spiritual beings. If not, we would have no souls. Please, think about that.

Spiritual freedom is to see yourself being constantly reborn to be stronger in Love, Peace, Understanding (which is Love), Light and so on. Spiritual freedom is to stop being in fear of control by authorities. Be your own authority in the sense that you control your life. Be spirit to yourself and light around you with you shining on yourself as well.



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.

Describing her childhood in wartime Iran, Ari Honorvar says, "We were attacked from the outside and from within. There was an actual war, with daily funerals, random bombings, and missile attacks. We were so on the edge that a door would slam too loudly and someone would have a heart attack. Children started getting gray hair. And then there was a war on Joy that hurt in a different way. Our favorite pastimes became crimes. The Morality police went to work, cracking down on playing cards, backgammon, music and dancing. As our civil liberties were systematically stripped away hundreds and thousands of Iranians took to the streets to protest these Draconian measures, but the regime's repressive tactics became more brutal and more horrific. When there is a war on Joy there is also a war on people's coping mechanisms." In this powerful talk, Ari Honorvar makes a case for the value of summoning joy even in, and perhaps particularly in, the midst of adversity, and explores the mindful practice of savoring intervention. <https://www.dailygood.org/story/3163/the-radical-act-of-savoring-pleasant-moments-ari-honorvar/> **Be The Change:** For more inspiration check out the Joy Reclaimed Summit (Oct 2-27), a virtual event that includes offerings from Ari and 25 other speakers. <https://www.joyreclaimedsummit.com/?affiliate=ubqLXI>

"Here at the Greater Good Science Center, the war between Israel and Hamas is provoking a range of emotions: sadness, anger, fear, and more. Were reading the news every day and wishing that there were more we could do to help. As an educational nonprofit, the best we can do, perhaps, is to remind ourselves and our readers that peace is always possible, the vast majority of people resist killing, even the most violent primates are capable of change, there are steps we can all take to bridge our differences, and activism can make the world a better place. We've gathered articles below to help you understand the roots of peace, war, and reconciliation; get involved in activism; and support your well-being and your children including reminders of human goodness in times of conflict..." https://greatergood.berkeley.edu/article/item/greater_good_resources_for_peace_and_conflict **Be The Change:** Share the resources above with those in your circle whom you think might benefit from them.

"In an invitation to slow down and look at the world around you, graphic journalist Wendy MacNaughton illustrates how drawing can spark deeply human, authentic connections. Ready to try? Grab a pencil and join MacNaughton for this delightful talk. "Drawing is looking, and looking is loving," she says." <https://www.dailygood.org/story/3165/the-art-of-paying-attention-wendy-mcnaughton/> **Be The Change:** For more inspiration, check out this interview with Wendy, "Drawing from Life (and Death)," in which she discusses insights "gleaned from drawing hospice residents, working in Rwanda, and reporting from Guantanamo Bay." <https://freakonomics.com/podcast/drawing-from-life-and-death/>

No one escapes suffering in this life. Yet we live in a collective denial, deprived of meaningful ways to speak of sorrows and collective practices of releasing grief. Francis Weller walks us to the shore of sorrows and shows us how this ocean ripples through our individual lives, through community, and into the Earth herself. He invites us to see the illusion of private pain that imprisons us. He encourages us to welcome grief as a powerful, sacred practice of opening the heart, of healing and of returning to kinship. He offers us musical notation for the song of a soul alive, drawn with compassion and caring. <https://www.dailygood.org/story/2214/drinking-the-tears-of-the-world-grief-as-deep-activism-francis-weller/> **Be The Change:** For more, check out this thoughtful piece by Dr. Cynthia Li, "Two Simple Ways to Release Grief." <https://www.dailygood.org/story/2799/two-simple-ways-to-release-grief-cynthia-li/>

This animated short film is based on the true story of a little girl in Brazil who visited an orphanage with her mother to bring gifts to the children living there. Her yellow umbrella stirs memories for one little boy of a life and loved ones now lost to him. The revealing of his story touches the little girl, teaching her empathy and kindness. She gives him a gift from her heart that he grows up to repay with his own acts of kindness.

<https://www.karmatube.org/videos.php?id=9051> **Be The Change:** Make an intention to add more acts of kindness to your daily life, and strive to live into that intention.

"There are four vows we can practice in any given moment that will return us to what matters, that will return us to ourselves and each other. They are simple and always in reach, though they require everything from us. They are the utterances: help, thank you, I'm sorry, and I love you." Poet Mark Nepo shares more in this piece from Parabola magazine. <https://parabola.org/2023/10/27/the-endless-vows/> **Be The Change:** For more inspiration check out Mark Nepo's piece, "8 World-Views & Practices." <https://www.dailygood.org/story/2157/8-world-views-and-practices-by-mark-nepo-mark-nepo/>

7. New Forms of Religion

This article wisely articulates the emerging presence of new forms of religion. It's worth a read!

<https://www.awakin.org/v2/read/view.php?tid=2670>

8. Coddiwomple

This masterful article offers a new take on our walk through life. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2669>

9. Humility

Lorenz Sell offers a refreshing take on humility. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2674>

10. When Winnie The Pooh Was Scared

Read this wonderful parable from the timeless childrens' character Winnie The Pooh about being afraid.

<https://www.awakin.org/v2/read/view.php?tid=2675>

11. The Yellow Umbrella

Reprinted from www.KarmaTube.org.

This animated short film is based on the true story of a little girl in Brazil who visited an orphanage with her mother to bring gifts to the children living there. Her yellow umbrella stirs memories for one little boy of a life and loved ones now lost to him. The revealing of his story touches the little girl, teaching her empathy and kindness. She gives him a gift from her heart that he grows up to repay with his own acts of kindness.

<https://www.karmatube.org/videos.php?id=9051>

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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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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