

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 meagher@servinyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Our Freedom and Peace is in Letting Go

So much of our discontent is the result of us holding on. When we hold on to things, we create the fertile ground for sadness, anxiety, grievances, anger, hatred, and conflict.

What do I mean by holding on? I don't mean holding on to things in the literal sense. For example, I don't mean holding on to a coffee mug or a hair dryer. Although, if either the coffee mug or hair dryer are scalding hot, letting go will stop immediately stop the burning sensation. I am referring to holding on to things of an emotional or psychological nature. For example, holding on to the

way life was. Or, holding on to expectations that someone will act or behave a certain way. Or, holding on to hopes and wishes that something will turn out a certain way.

Allow me to share an example that shows what holding on can look like from different angles. I will use one of my passions, cycling, as an example.

Cycling season in Ottawa, ON, CANADA, runs from, approximately, April through to November. The heart of the cycling season is May through September, with cycling in April and October being hit and miss from a weather standpoint. There are some hardy cyclists who cycle year-round, regardless of the weather, but those brave souls are scarce.

When my cycling season stops, in late October or early November, I turn to other outdoor activities to get some exercise in the great outdoors. My primary exercise in the cycling off season is hiking. If the weather cooperates, I will get out to enjoy some cross-country skiing and/or ice skating. The warming of our climate has seen less snow and cold in Ottawa, and the season for skiing and skating has shrunk significantly over the past five year alone!

During the cycling off season, I often find myself reminiscing and daydreaming about my cycling adventures from the previous season. My reminiscing and daydreaming are a form of holding on. When I hold on to my memories of my cycling adventures, I miss the chance to embrace the present moment and the present opportunities to enjoy other activities. I miss the opportunity to allow the ebb and flow of life to lead me, instead of me trying to control my life. Trying to control my life surely is a recipe for discontent.

Continuing to use my love of cycling, allow me to share a different form or angle of holding on...

I recently shared about my partner's dementia diagnosis. In the weeks following the diagnosis, I scampered my way through a myriad of emotions. I was drawn into projecting on to the future what things would be like. Even though I am fully aware I cannot possibly know what will happen in the very next moment, let alone weeks or months from now, I fell into a practice of predicting what the future would hold.

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One of the focal points of my commiseration was the prediction that I would have to give up my outdoor cycling in order to stay close and watch over my partner. The thoughts of giving up outdoor cycling led me to sadness, anger, and resentment. I realized just how much I was holding on to my anticipation of a future state of being (i.e., cycling outdoors again). The only way out of this emotional predicament was to let go of my wants and needs. There is a beautiful teaching that goes something like this... 'We don't always want what we need, and we don't always need what we want.'

Ultimately, it is a matter of surrendering to life. Can I trust enough in life that life will do what is the best for me? Can I trust that there is a time and place for everything in life and that if I cannot do something right now, that is what life has in store for me? Can I surrender to life and trust that a Will greater than mine is at play and that to fight that Will is not the path to peace? My path to peace is surrendering to the truth that life is not happening to me, but life is happening FOR me. If I am meant to do something in the future, I will do it. If I am not meant to do something in the future, I will not do it. It's that simple.

I have used a couple of very simple examples of what I mean by holding on. I trust you can realize the places in your life where you are holding on. Letting go, or surrendering, doesn't mean giving up all our hopes and dreams. There's nothing wrong with hoping and dreaming. Just realize that we plan, hope, and dream because we are afraid of what would happen if we didn't! Planning, hoping, and dreaming can have some very practical applications in our lives (e.g., making a grocery list to go to the store), but our peace is found in letting go and accepting all that is.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Emptiness

Consider the difference
in our actions and God's actions.

We often ask, "Why did you do that?"
or "Why did I act like that?"

We do act, and yet everything we do
is God's creative action.

We look back and analyze the events
of our lives, but there is another way
of seeing, a backward-and-forward-at-once
vision, that is not rationally understandable.

Only God can understand it.
Satan made the excuse, *You caused me to fall*,
whereas Adam said to God, *We did this
to ourselves*. After this repentance,
God asked Adam, *Since all is within
my foreknowledge, why didn't you
defend yourself with that reason?*

Adam answered, *I was afraid,*
and I wanted to be reverent.

Whoever acts with respect will get respect.
Whoever brings sweetness will be served almond cake.
Good women are drawn to be with good men.

Honor your friend.
Or treat him rudely,
and see what happens!

Love, tell an incident now
that will clarify this mystery
of how we act freely, and are yet
compelled. One hand shakes with palsy.
Another shakes because you slapped it away.

Both tremblings come from God,
but you feel guilty for the one,
and what about the other?

These are intellectual questions.
The spirit approaches the matter
differently. Omar once had a friend, a scientist,

Bu'l-Hakam, who was flawless at solving empirical problems, but he could not follow Omar into the area of illumination and wonder.

Now I return to the text, "And He is with you, wherever you are," but when have I ever left it!

Ignorance is God's prison.
Knowing is God's palace.

We sleep in God's unconsciousness.
We wake in God's open hand.

We weep God's rain.
We laugh God's lightning.

Fighting and peacefulness
both take place within God.

Who are we then
in this complicated world-tangle,
that is really just the single, straight
line down at the beginning of *ALLAH*?

Nothing.
We are
emptiness.

Jelaluddin Rumi

3. Quote or Question

All that truly matters in the end is that you loved.

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 – Our True Place

Hello to the world-wide Family of Light!

To ensure a harmonious living pattern, everything in our world has its proper place: the bird in the nest, the fish in the water and the heart in the very centre of the Creator of Life. We are seated inside the core of creation, firmly rooted in our divine heritage of sacred Love and Light. Our hearts, minds and bodies, resplendent, vibrate in unison to our souls which, in turn, vibrate to the essence of holy Creation. Here we are complete and enjoy oneness with all life no matter where we live, be it on an island or in an island universe.

When we close our eyes we hear the sound of the universe and experience that all matter—dense or transparent— holds the same tone: the music of Creation. Our thoughts of peace, birth exquisite vibrational patterns of tone and colour that are sent out to the world and that strengthen the harmony of Creation. When we are one with our loving thoughts, our hearts and bodies follow suit and emit this same universal and cosmic sound.

The origin of this celestial tone is found in the soul. Because our souls are created in the Great Light, by this Great Light, they hold a pure vibration. In quiet meditation and reverent inner dialogue, we establish conscious contact with our souls and find our place within our Divine Creator. This is where we belong. From here we flow outwards into physical living, our minds, hearts and bodies in continuous harmony with our souls as they resonate to the sacred essence of life.

It is known that whenever and wherever our star friends travel in their smaller spaceships, these spaceships are always connected to the mothership. So it is with our souls. No matter what spiritual journey we may undertake, we are forever connected to the infinite Source of Creation: our true place.

Let's play.

Sit comfortably in a quiet place, close your eyes and feel the peace of your soul. Enjoy this. Your heart is expanding naturally. Continue to expand and feel the love you hold for all life everywhere, here on Earth and in the universe. Imagine now a ribbon of gold light forming inside your heart. Sense the beauty and the spiritual strength of this ribbon of gold light. Now, travel with this ribbon of light as it moves out to touch and renew everything in our world. This ribbon of gold light is now moving out into space. Travel with it as it moves out into space. Feel expansion and peace and Love. Now you are in space and the ribbon is leading you to an infinite world of pure Light. Breathe in the marvellous beauty and Love of this pure Light. Now, let go of the ribbon and immerse yourself completely in this Light. Become this Light. Enjoy this. Savour this experience, your true place.

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 – Our Time Has Come

To shine in this world. For most of us we let our time to shine pass by as we run around as if we don't remember what that time, that precise moment in our lives, is to arrive to wake us up from this amnesic and hypnotic slumber. Our hearts and minds are veiled as in a blurred vision when we have cataracts. We need a spiritual intervention to change our lenses so we can see, but also feel, that precise arriving moment much clearer.

When one shines in truthfulness, it is not to shine blindly and in glaring light. It is in a manner of self-recognition. Let me repeat that: it is in a manner of self-recognition. To shine when it is time is to recognise who you are. It is not going around blindly not knowing the why, the reason, you are existing. Yes, you exist, but you need to be living or be alive. You consciously render yourself light. You are. You become truly united with the universe visible and spiritual. I try not to use invisible but spiritual.

At this very moment, time has come for us to become light; or more precisely, be the light that you forgot **we already are**. Most of us did forget that we are already light. Eons ago we were light. Remember the saying we are stardust? Well, what happened? Here is what possibly happened. Want got stronger leaving need behind. What we need is not what we want. Want enslaved us and put a veil over our hearts and minds. Need became nothing but dust forgotten in time. More and more we became blind to our true being. All we wanted is power over others and of ourselves for if we dared to liberate ourselves, a candy was strung on a string dangling before our eyes. The candy? Money and more control. Fake wealth and health for that matter.

We do not have to have want. We need to give need its rightful place. Need needs to prevail if we wish to be alive with ourselves. Time has come for need to be in control. Want is not bad. I want to be me is okay. The want I am talking about is greedy want. The greed that tears us apart. What we need is to sow our being into our time that is upon us to shine. How's that? To sow our being into our time that is upon us to shine.

Let us pause for a moment upon reflecting on our lives and ask ourselves who do we truly want to be? The time has come for our hearts to glow with peace. Let us join Heart of Hearts to create an environment of appeasement for ourselves and this world.



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.

"Here are some experiences to which Nick Cave gives voice and song: the "universal condition" of yearning, and of loss; a "spirituality of rigor"; and the transcendent and moral dimensions of what music is about. This Australian musician, writer, and actor first made a name in the wild world of '80s post-punk and later with Nick Cave and the Bad Seeds. He also underwent public struggles with addiction and rehab. Since the accidental death of his 15-year-old son Arthur in 2015, and a few years later, the death of his eldest child Jethro, he has entered yet another transfigured era, co-created an exquisite book called Faith, Hope and Carnage, and become a frank and eloquent interlocutor on grief. As a human and a songwriter, Nick Cave is an embodiment of a life examined and evolved..." More in this interview with Krista Tippett.

<https://www.dailygood.org/story/3174/nick-cave-loss-yearning-transcendence-on-being/> **Be The Change:**

For more inspiration check out, "How to Grow Up: Nick Cave's Life-Advice to a 13-Year-Old."

<https://www.themarginalian.org/2023/04/20/nick-cave-advice/>

"Every once in the bluest moon, if you are lucky, you encounter someone with such powerful and generous light in their eyes that they rekindle the lost light within you and return it magnified; someone whose calm, kind, steady gaze penetrates the very center of your being and, refusing to look away from even the most shadowy parts of you, falls upon you like a benediction. That we can do this for each other, but that it happens so rarely, is both the great miracle and the great tragedy, for there is no loneliness like the loneliness of having your light unmet. The great Irish poet and philosopher John O'Donohue (January 1, 1956-January 4, 2008) takes up these immense and intimate questions in the opening pages of his altogether wonderful final book *To Bless the Space Between Us: A Book of Blessings* (public library) -- his parting gift to the world, published just before his untimely death, celebrating the gift that a blessing can be..." Maria Popova shares more.

<https://www.dailygood.org/story/3175/how-to-bless-each-other-maria-popova/> **Be The Change:** For more inspiration, check out this piece on John O'Donohue and the essence of true friendship.

<https://www.themarginalian.org/2015/08/12/anam-cara-john-o-donohue-soul-friend/>

"'The key to tasting tea,' she said, 'is to never judge it. Some teas open in the beginning and fade quickly, some teas take 6 cups to open and last longer,'" writes Mina Lee, as she steps in her first experience with a tea ceremony and the words of Chan teacher, Mudeng. Lee observes, "The way the leaves are picked, the water used, the ceramic used, the tea pourer, how they hold the lid to steam the tea, the minutes and seconds they change the steep time by -- that all affects the taste of the tea. And the most important besides all of that is You, who is tasting the tea -- your own capacity to sense vibrational energies, subtleties in flavor, and allowance of the tea to take you on a journey from where it came -- this is different for each person."

<https://www.minajlee.com/writings/2019/5/8/learnings-from-xilai-teaaslife> **Be The Change:** In your next cup of tea, sip the subtle stories and journeys across the earth that went into its creation. For more inspiration, join a special virtual tea ceremony for the new year with Mina Lee on January 6, 2024: [Details/RSVP here](#).

"My brother and I were driving home together and became engrossed in a conversation. Because of this distraction, my brother took a wrong turn. Unfortunately, the wrong turn took us towards a bridge and we had no way to turn back. Grudgingly, my brother paid the bridge toll and drove on. He was clearly frustrated by the mistake and the needless waste of \$4. We eventually reached an exit slip-way and, as we took it, my brother

noticed a beat-up black Mustang pulled over to the side of the road. A young guy was standing nearby trying to phone someone. I was busy trying to figure out which way we went next but my brother pulled over and asked the guy if he needed any help. And he did. He had a flat tire and needed a wrench to get it off. My brother gave him a wrench, then proceed to help him change the flat. We started getting to know the young man ..."

<https://www.kindspring.org/story/view.php?sid=26791> **Be The Change:** Look for unexpected possibilities in the next setback or 'wrong turn' that you encounter.

From the beginning, it was literally something sweet. "I just wanted to put some candy canes up for the little ones," Peggy Feltmate recalls the first year she put up a "giving tree" outside her home. It was cold outside, and she saw children reaching for the candy canes without any gloves or mittens on their hands. "Okay, I'm a grandma, I'm going to add some mittens and things to the tree," Feltmate decided. Then, she noticed adults taking from the tree without wearing hats or gloves in the cold weather. The tree grew from there. Now it boasts socks, toiletries, mittens, hats, and more. "It has to fit into a classic sandwich bag," the grandmother explains, "So that people can take what they want and they don't ever have to ask. ... I've watched [people] come down and they'll pick through the tree ... they only take what they need, and they'll leave something for somebody else." For over a decade, the New Glasgow, Nova Scotia woman has been giving little bundles of holiday gifts to anyone who passes by her home and can use it.

<https://www.cbc.ca/player/play/2294262851924> **Be The Change:** Share with others today. Whether in time or presence, food or material, give from the heart without expecting anything in return.

In an increasingly busy world, the Dutch have mastered the art of *niksen* - purposefully doing nothing. This powerful practice counteracts anxiety and bolsters creativity and productivity. Instead of always focusing on efficiency, practicing *niksen* by setting aside specific time for purposeless relaxation, such as sitting in a caf simply savoring your coffee and daydreaming, can be incredibly restorative. Similar to the happiness-boosting habits found in 'blue zones' around the world, *niksen* is not about being lazy, but resetting and rewiring the brain away from constant stress. As health journalist and nurse Elisabeth Almekinder puts it, "Allow your mind to wander aimlessly, and let yourself simply, 'Be.'" <https://www.bluezones.com/2019/11/niksen-the-dutch-art-of-purposefully-doing-nothing/> **Be The Change:** Practice presence and see what arises.

7. Three Mystical Powers

This is an intriguing teaching and message for our times. It only takes a few minutes to read...

<https://www.awakin.org/v2/read/view.php?tid=2662>

8. Volunteer Simplicity

This is a refreshing article about mindfulness and staying in the 'now.' Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2632>

9. The Process of Understanding

This article invites us to explore the simultaneous practices of holding and releasing. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2643>

10. Limitations Becomes Space

Eckhart Tolle shares an excerpt from an interview about being in the 'now' and how embracing the present moment allows limitations to become space and growth. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2456>

11. The Radical Act of Savoring Pleasant Moments

Reprinted from www.KarmaTube.org.

In this talk, writer, activist and artist Ari Honorvar introduces the mindful practice of savoring joy. Describing her childhood in wartime Iran, Honorvar says, "We were attacked from the outside and from within. There was an actual war, with daily funerals, random bombings, and missile attacks... And then there was a war on Joy that hurt in a different way... When there is a war on Joy there is also a war on people's coping mechanisms."

When faced with hardship, experiencing joy is a superpower of resilience. Through her background in providing workshops for refugees, she explains how to incorporate savoring pleasant moments in order to improve our well-being, even in the toughest environments. <https://www.karmatube.org/videos.php?id=9058>

12. Indlela Yokuphila: The Soul's Journey (in Zulu)

Reprinted from www.KarmaTube.org.

The short film "Indlela Yokuphila" meaning "the Soul's Journey" in Zulu was researched and narrated by Mpume Mthombeni (Empatheatre) and directed by Marc Moynihan (Shells & Spells) and Dr. Dylan McGarry (Empatheatre/Rhodes University). The film aims to make intangible ocean heritages more tangible in decision making for environmental governance and education through animation and public dialogue. The film strives to return the sacred to our conversations around human and ocean well-being. The film acts as a love letter to Kwa-Zulu Natal, a region that has faced its share of tragedies in recent years. It not only delves into Zulu traditions but also acknowledges other sacred rituals and practices intertwined in the region's history. "Indlela Yokuphila" is a testament to the power of storytelling and collaboration in shedding light on the relationship between humans and marine ecosystems. <https://www.karmatube.org/videos.php?id=9059>

13. Homebird

Reprinted from www.KarmaTube.org.

Remember the day you struck out on your own to find your place in the world? Remember longing to go back home during that awkward time of being not entirely here and not entirely back there? Homebird, a National Film and Television School graduation film created entirely in paint-on-cel technique, reminds us we can take home with us. <https://www.karmatube.org/videos.php?id=9063>

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.

14. 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).

15. 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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