

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



I Wonder...What Can I Learn From Trees?

With the myriad of emotions raging through my psyche on a daily basis, I find it helpful to go for walks each day. Some days I get out for only a minute. Other days I am able to enjoy long walks of 10+ kms. I think of all my walks as respite.

Whenever possible, I allow my walks to take me through forests or along waterways. These two elements of nature I find very nurturing, lifegiving, and rejuvenating. I consider myself very lucky to live within a short walk of some beautiful wooded trails that meander along a major river—just perfect for my healing sojourns.

Just one of the things I marvel about the trees, bushes, shrubs, and thickets along the way is the very nature, the very essence, of their being. Regardless of the weather conditions, the flora just 'is.' The trees, bushes, shrubs, and thickets don't complain about anything going on around them. I wonder...does flora even have emotions? A cursory review of literature about such matters suggests that while plants lack a central nervous system, and don't have the same 'feelings' that we do, flora does appear to remember stimuli and communicate with other plants about this stimulus.

Another major observation I have of flora is the ease with which it coexists with all other flora around itself. Yes, there are cases of flora moving into areas, or encroaching on ecosystems, and choking out other plant life. And there are many examples of certain flora thriving in some conditions better than others. But for the most part, flora effortlessly coexists and even supports each other. No fighting. No bickering. No arguing. Just peaceful coexistence.

When the flora's material-world-journey has come to an end, flora simply lays itself down and allows itself to transform. There is no suffering. There is only surrender and acceptance. Will I be so graceful in my transformation?

Flora is the most vivid symbol of life as we know it. We watch it being born, from the tiniest of seedlings. We watch it grow. We watch it move in and out of hibernation, through the different seasons. Each year it shows new growth, new strength, new perseverance. Eventually, we watch it rot and decay, and give its life for the benefit of all that surrounds it. From its death, new life abounds. The circle of life is never more gracefully evident than in nature.

Flora is only ever in the present moment. There is an awareness that flora does not fold on to the past. No grudges. No grievances. All is forgiven. There is no planning. No future state to fantasize about. No desire, or even need, to be anything other than in the present moment.

The trees, bushes, shrubs, and thickets know what to do, when they need to do it. I am writing this passage on the cusp of Spring. In a few weeks, the trees will likely be budding (let's hope!) and flowers will be blooming. All the flora knows exactly when it's times to begin bursting into foliage. Whether it's the light or the temperature, or a combination of both, flora knows when the time is right! They just know!

So...what can I learn from trees?

1. Simply be.
2. Coexist in harmony with everything around me.
3. Surrender and accept life on its terms.
4. Move gracefully through the cycle of life.
5. Let the past go. Forgive everything!
6. Know when it's the right time to do anything and everything.

Trees teach me a lot!...for which I am grateful.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

1. Poem

“I Am”

I am to be found
Within the smallest seed
I lie in sweet repose
In winter's iron ground
I spring forth in dazzling light
In nature I abound.

I am to be found
In a new born baby's cry
An old man's last soft breath
The age's weary eye...
The mystery of death
The heart suffused with pain
The mourners bitter tears.
You do not cry in vain.

I am to be found
In the lover's warm caress
In sunset's molten glow
In twilights sweet redress
In dawns ethereal light
In deepest inky night
Through all your fears and woes
When fate runs you a-ground..
Yes, even in that pit of doom
Still! even there, I'm found.

I am to be found
Within all things I made
Each feathered bird in flight
Each tiny creeping thing
I live within your heart
I'm in the song you sing
I'm everywhere you look
I'm where you cannot see
So rest and be assured
Your soul
Is safe
With
Me.

~ Alison Stormwolf

2. Quote or Question

“Lasting change happens when people see for themselves that a different way of life is more fulfilling than their present one.”

~ Eknath Easwaran ~

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).

3. Regiena Heringa – Transitioning: Part 2 of 3

Hello to the world-wide Family of Light!

Our physical world is composed of particles of matter which specialize and create specific objects such as water, skin and sky. Now, imagine that the frequency of these particles begins to refine. For example, imagine that you are walking on grass and this grass begins to change its frequency to become a more refined image of itself. What does this mean? It means that the grass keeps its identity as “grass” but moves upwards to experience a more exacting expression of the Light that dwells within it. This grass, therefore, becomes less dense; it becomes more translucent.

This transitioning to a more refined frequency of Light is also possible for us.

We are presently entering a time upon our planet when we are noticing a more refined frequency moving up from within the heavier vibrations found in our present earth dimension. Opening up inside of us is an expanding consciousness, an increased understanding, based on the intuition of our hearts and souls. Why is this happening now?

This transitioning has been planned for a very long time; It is the destiny of this earth and of us, its citizens, if we are willing to advance towards a higher, finer frequency. The opportunity is here now. Even in the grievous chaos of this planet, if we use our free will appropriately we joyfully remember our inner divine nature and we bring forth its sacred vibration to elevate all life. In this manner, we continue to birth and to radiate these exquisite frequencies of Love and of Light.

We acknowledge that we belong to a more refined, a more elegant vibration. We do not belong to a fractured world of divisiveness. We are noble beings created by the Great Spirit and this knowledge can no longer be confined; It can no longer be suppressed.

We are beings of Love. In recognizing and acknowledging this truth, we automatically refine and live this loving frequency within ourselves and among each other. Being and living selfless, infinite and eternal Love, we refine our emotions, our thoughts and our actions. We transition to a nobler frequency. We are lifted up to a higher dimension which recognizes, receives and welcomes us as divinely vibrational beings. In this elevated way of living we become familiar with other beings and environments.

The deeper our expressions of Love, the more refined our world frequency becomes.
The wider our gestures of Love, the more enlightened the minds of all.

Let's play.

Sit in a quiet place, close your eyes and lift them up to the spiritual eye, the third eye. Feel peace in your mind and emotions and body. Breathe in this peace and become aware that you are completely calm. In this calmness feel a sacred Love flooding your entire being. Let this frequency of Love expand throughout you. Sense that all the particles in your body are expanding and filling up with Light. Now, imagine or sense a beautiful, big multicoloured rainbow in front of you. Imagine that inside each colour lies a civilization of higher consciousness beings. Feel the vibrational presence of these wonderful beings inside each rainbow colour. Now, observe or sense this rainbow carefully and choose a colour that makes you feel that you are home. Move into this chosen colour; surrender to it. Enjoy this experience of coming together, you and these marvellous beings found in the colour you have chosen.

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.

4. Steve Dolesch – What If

“I shall be frank with you, I never said ‘harm the children’ who were under the Church’s care. Children are most precious because you have birthed to further your generations. I shall never stand side by side anyone who harms children, most precious of beings.”

I received that message only a few moments ago, 17:50, June 2, 2021. Here is the following. It is my reflection:

What if Jeshua was alive here and now? Visualise His reaction to what is happening in this world. In fact, He is very much alive! Let us take what Mary says in the Gospel of John as her words even if it is questionable, to me, do whatever He says. Does that mean that we can distort what He would say, or not say? No. Does that give us the right to harm children of another culture, especially if they were on the land that we came onto before? No, it does not. I am still reeling from what is happening of the findings of remains of Indigenous Children.

Do whatever He says does not mean do things that He does not or will not say. However, He does say, children must be treated with the utmost respect who adhere to whatever philosophy, religion, faith, spirituality. Treat others as you want to be treated. Is that difficult? It should be simple as giving thanks to your life. Or is that also difficult? Giving thanks to your life is also giving thanks to children who teach you what simplicity is. The children who have been taken from their parents to be transformed into what you call white and Christians.

The Indigenous Peoples of North America, and elsewhere, have the birthright to be who they meant to be, themselves. They are the guardians of all lands of this world as the whales are of the oceans and the birds of the sky. Many have trespassed against those beautiful souls. Forgive those who trespassed against them should not mean to forget for one learns from mistakes be them involuntary, voluntary, or even forced. It is also part of history, history of this nation as well as of others. Remember this? “For it is said, My house shall be a house of prayer for all nations.” Put emphasis if you will on “for all nations.” Does that not include peoples of First Nations? Of course, it does. Let yourselves be reminded that Jeshua and all the other sages of all times told the same thing: we are present for all without any doubt or thought to deface their philosophy, faith, religion and, especially, who they are.

I have written a piece titled Freedom for 215 for Robert’s other website, The Centre for Human Awakening in three aspects: psychological, spiritual, and healing. I wrote it thinking of the remains found in three places as of this moment as I write this. Come to think of it, humanity needs to be awakened. I included this:

One of His followers asked this question:

“Who, then, is the greatest in the kingdom of heaven?”

He called a little child to him and placed the child among them. And he said: “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. And whoever welcomes one such child in my name welcomes me.”

I can see Jeshua looking at this child with eyes and His Heart’s love and much respect. Let us see that child as Tanya, a ten-year-old Algonquin. In fact, I know her! She’s grown up now. She used to live in the same building as me. Her dog loves me to bits. Anishinaabe means “people from whence lowered” or “the good humans”. They are also strong on reciprocity, as many Indigenous Peoples. I can understand that. Unfortunately, at the time of the Residential Schools, there were no reciprocity from the governments nor the Church. They did not even want to know what the Indigenous Peoples know what life all is about. There is still no reciprocity from many authorities, not sincere enough.

Let us have a moment of reflection for what is happening now with the finding of many remains of children in the Tk'emlups te Secwépemc community and elsewhere. (A moment of sincere silence of acknowledgement)

Chi meegwetch (thank you), Tanya for being my friend. I shall try to be honest in my heart and mind to reciprocate my peace with yours that are the same. Chi meegwetch to letting me into your life and of your dog, Alfie. Chi Meegwetch for your wisdom that enlightens my life as a guest in the land of which you and many others are guardians, true guardians. Let the Kizis (Sun) shine upon you and all. Chi meegwetch!



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:

5. As Way Opens

This exquisitely-wise article about pausing in life is a must read!

<https://www.awakin.org/v2/read/view.php?tid=2550>

6. Organizing With Love

The life of mushrooms and dandelions are ingeniously used as metaphors for the expansive nature of love.

<https://www.awakin.org/v2/read/view.php?tid=2690>

7. Grace In The Classroom

This teacher shared a priceless message about demonstrating to students their worthiness. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2684>

8. Hidden Potential

Reprinted from www.KarmaTube.org.

We each have "something a lot of others don't." That something can feel like a handicap until we discover it's Hidden Potential. All it takes is someone to mirror it back to us as a gift. Watch here...

<https://www.karmatube.org/videos.php?id=9072>

9. An Island Off An Island

Reprinted from www.KarmaTube.org.

The film "An Island off An Island," explores the lives of Jenene Oates and John Bullock who have carried on for 20 years living a simple life together in Bruny -- an island off the island of Tasmania, at the bottom end of Australia. The film gently explores the benefits and challenges of living a simple life on an island. What is revealed is how much we are all missing when we fill our lives with the distractions of modern life that erode

our need for inner creativity as well as community to fulfill our days. Jenene and John demonstrate how modern technology and conveniences are not in and of themselves wrong but may lead us astray when we overvalue quick and easy solutions to our everyday needs. Rather, there is a simple richness to be found in life by spinning a potter's wheel, making bread, and growing a garden for food. Using the resources at hand and asking for neighborly help from within the community become blessings rather than challenges when living on an island. <https://www.karmatube.org/videos.php?id=9066>

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.

10. 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).

11. 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

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