

***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 .....	4
3. Quote or Question.....	4
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	5
1. Regiena Heringa - Transitioning: Part 3 of 3 .....	5
2. Steve Dolesch – You Only Live Once .....	7
OTHER GIFTS AND E-NEWSWORTHY ITEMS: .....	9
4. Good News Of The Day .....	9
5. The Dilemma That Faces Us All.....	11
6. The Inward Sea.....	11
7. Achieving Peace .....	12
8. From Me To We: True Love Is A Process Of Humility .....	12
9. Stranger At The Gate.....	12
HEART AND SOUL ADVERTISEMENTS:.....	13
10. Sacred Attention Therapy .....	13
11. A Course in Miracles Global Community Centre.....	13

*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



#### **When You Don't Know What To Do, That's When It Works!**

You may have a perfect life. You may have an answer for everything that happens in your life. You may have everything under control. If that's you, wonderful! But for some, perhaps many, there may be times in your life when you don't have the answers and nothing seems to be under your control.

I experience not knowing what to do all the time. This caregiving journey I am on provides me with such experiences every day. That's right, at least once a day, I have no idea what to do. The continued cognitive decline of my partner leaves me not knowing how to deal with situations. Seemingly, life has not prepared me for this. I don't have the answers. I simply don't know what to do!

This past month has opened a blessed window for me when situations and circumstances arise for which I have no answers and/or don't know what to do. I've learned that...I don't need to do anything really. I've learned that I need to stop 'trying' to do anything. If I need to do anything, it's to trust that life will take care of the situation for me.

To not do anything is counterintuitive. "Of course I need to do something!" I try and tell myself. "I cannot allow this to go on this way. I have to DO SOMETHING!" I try and convince myself. "If I don't DO SOMETHING NOW, this is going to be disastrous." My fear takes over and I become more and more afraid.

I have had plenty of practice at DOING SOMETHING, of DOING SOMETHING NOW! My fear drives me to act. My guilt drives me to take action!

This past month has allowed me to practice a new approach to being in those moments in life when I simply don't know what to do. I step back, out of the way, and allow life to do what it needs to do for the betterment of all. And I've learned this approach has not failed me.

There is an old teaching... 'Life doesn't happen to you. Life happens FOR you.' When I allow life to do what it needs to do for the betterment of all, I allow life to happen for me. I drop my trying to control the unfolding. When I stop trying to control the unfolding, and surrender to the unfolding, when I allow life to just do what it needs to do, in effect to take care of itself, I have been amazed that everything works out fine.

It's a very uncomfortable place / space to be in, however. This space of the non-knowing, this space of allowing, this space of not reacting, this space of trusting.

So much of our existence reinforces the messaging that we 'should know what to do.' But there may be times and experiences in our lives when that is simply not the case. These times call for us to acknowledge we don't know what to do and turn the situation over to life to take care of. It's not a show a weakness or failure. On the contrary, it's a show of great strength and courage! To acknowledge you don't have the answers and allow the solution to be shown to you, takes courage beyond anything you will have demonstrated before.

# Spiritual Guidance

Serving your personal journey toward enlightenment...

May 2024 e-Newsletter

Page | 3

When you simply don't know what to do, stop! Let go of your need to fix or solve this problem. Allow life to show you the way. That's when it will all work out just as it's intended to.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### I Have Passed This Way

I have passed this way  
A thousand times  
I have walked the winding path  
I have reached the sky and the stars  
The dreams of all mankind  
The past, the present, the future  
Where time drifts in and out  
The want of love does all surround  
The sun, the clouds, the stars  
I have danced across the universe  
This music filled my soul  
On wings of a new tomorrow  
Where life is filled with hope  
Just close your eyes and dream with me  
Of all that is your reality

Anonymous

## 3. Quote or Question

*"Peace is the manifestation of our inseparable oneness with all."*

~ Sri Chinmoy ~

## CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

*Spiritual Guidance is honored to collaborate with other Spiritual Guides and Teachers to serve your personal journey toward enlightenment. If you would like to be a contributing Spiritual Guide and Teacher to this e-newsletter, please contact Spiritual Guidance (our contact information is at the very bottom of this e-newsletter).*

### 1. Regiena Heringa - Transitioning: Part 3 of 3

Hello to the world-wide Family of Light!

There are many beings from higher realms, other dimensions and other planetary and intergalactic systems who have been with the people of our earth for a very long time. Many of us on this earth have seen and interacted with these gracious and highly knowledgeable star beings, be it in a physical or in a transcended state. They are here now to assist each one of us in our transitioning, if we so wish it. They will help refine our frequencies and help lift us up.

For those of us orienting our lives towards a higher purpose for the good of all, an opening within our minds is being created. Perceptions of a vaster, all encompassing reality include the knowingness that all creation pours forth from the same Light. We are divine beings, all breathing in the same Love transitioning to a higher frequency of existence. Memories of our origins as sacred beings are surfacing from this mind-opening now being given to us. These memories are simply thoughts and activities of other lifetime experiences coming together in the present moment to illustrate that all life is One. The more we remain faithful to this inner holy vibration, the better we absorb these truths and life-expanding experiences and the deeper we realize that we are being elevated. As we vibrate inside the very heart of the Creator and creation, we are being made whole and complete.

Although we might perceive our world as linear, worlds and dimensions touch and lie within each other. Consequently, these higher consciousness beings are not bound by our concept of space and time, just as our souls are unbounded and untouched. This is why we are asked to start living from our souls. We are invited to become conscious beings of Love, to demonstrate this Love that comes up from within and to pour it out into our world and far beyond it.

Exquisite frequencies are now spreading throughout our world, creating an inner space for an awakening people to enjoy greater understanding, relaxation and renewal. Will we be trail blazers? Will we open the roads for others, just as others have done for us?

To experience the transition of this more refined frequency now being offered to us, we are asked to live on a higher plane for one day, one week, one month, one year or permanently. Here are some suggestions that have been given to us:

We are asked that every day we create only thoughts of goodness: thoughts of Love and Light, of service and compassion, and to act upon these thoughts. We are asked that every day we strengthen our inner divine self by quieting the body and mind and absorbing the inner, sacred radiance of Love that moves through us all. We are asked that every day we have loving inner conversations with our soul and our Creator. We are asked that every day we recognize and be grateful for the gifts we have been given and notice how well we use them to help the world.

Our hearts and minds were made to live in higher frequencies. We do not need to adapt; we only need to remember that we are already home.

Let's play.

Sit in a quiet place and close your eyes, open your heart and feel peace. Let this peace settle within you. Your mind is calm and open. Your breath is quiet. Feel an inner heart-warming connection with your divine Self. Now, imagine that you are standing in a beautiful field in the early morning where a few stars are still shining in the sky. Sense that a graceful star is watching you tenderly from above. Feel the light of this star as it shines down on you. Let its loving light flow gently into you from the top of your head. Let this light move through your brain and your body. It follows your spinal column and then moves into the feet and into the field where you are standing. Allow the connection of the star's light to deepen within you and feel your consciousness expanding. Realize that you are transitioning. You are becoming a part of a larger community that is found in a more refined frequency and dimension.

In Divine Friendship,  
Regiena

The spiritual messages can be read in French here:

[https://www.nextagemission.com/Messages/MonthlyMessagesIndex\\_FR.html](https://www.nextagemission.com/Messages/MonthlyMessagesIndex_FR.html)

The spiritual messages can be read in Dutch here: <https://www.wakkeremensen.org/category/channelingen-k-z/regiena-heringa/>



**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).

## 2. Steve Dolesch – You Only Live Once

There is a fascinating twist to that saying, and it might hallucinate our minds. Take what you are about to read as a story if you want. A story about a being's evolution and a message. This might not be the normal sharing you read but I sincerely hope it will give you a possible insight of personal evolution and growth. It is not the only possible way, but one of innumerable ones for each being evolves differently. Also, not only human beings on this world evolve but others on other worlds as well. Need not believe my words. However, if you believe that Jeshua has resurrected, he has also ascended. The subject I will relate before you is a difficult one to explain let alone to understand or comprehend. It is not an easy task. I had to be both receiver and transcriber. To complete this sharing, it took several sessions, if I may call them that?

Here is Araniarah-Adrika's story shared to me:

"Dearest Steven: My life began eons ago. Now, remember that our measure of time is much different than yours. Eons are much longer than you term of eons. When I say eons, I mean millions and millions of centuries. I came into being on this wondrous and beautiful world named Amarani of Amaranasi Hohariasi (you call it the Pleiades). Your world, that which we call Mariharana, was only beginning to have life. My parents, Kirana and Iman, were already thousands of your years young when I was born. Three of our stars aligned. Hence my given name Araniarah meaning Beloved Trinity. As I grew up, I was introduced to several spiritual guides and I learned many things. I learned to heal others and taught how they can heal themselves. For us, healing is one of many aspects of our lives. Spirituality is also one of them. In fact, it is our life. As those before me, I was taught how to be alive for ever! Yes, for ever. Your expression: *You only live once* is more than an expression for us. It is about ascending to a higher consciousness. We 'mastered' life spans a long time before my parents or even my great-great-grand-parents were born.

"The *procedure*, if I can call it that, is most beautiful. However, we use the term journey. I can share it with you. Okay, I will try to use simple terms. Do not worry about making errors in words. Ready? When I was 5 of your years young, your equivalent of 500 or 600 years, I was already a master in spiritual matters, my own spiritual matters when my soul, Akirrah, manifested herself before me holding both of my hands as to keep me alive. She presented herself having beautiful blue shining eyes, below shoulder length shining black hair and wearing ankle length purple gown. Our eyes met and I began seeing what she saw: deepness of our friendship and love for each other. Our Beloved Saint Germain shared a prayer but let me only share an excerpt: 'Soul love comes from the deepest level of your being.' In fact, our communication was already strong from age 1 and we empowered ourselves to see and know what reality is: That all sentient beings are spiritual.

"I began to see the universe and dimensions in an entirely new manner. Akirrah and I walked about for a while side by side until we arrived at a pyramid. We did not enter yet."

"Araniarah, listen intently to what I have to tell you. Heart of Hearts, along with the Community of Hearts, have permitted me to give you the Gift of Gifts: eternal life. Yes, eternal life. You see, our Beloved Trinity, you have given us hope. I am most honoured to be your soul mate. You have shown us and your parents who you are. We have a journey ahead of us. We need to go to Mariharana where we will intervene in a subtle manner. But before we leave for that world, let me do an intervention that will give you eternal life."

"I was most surprised at the announcement, but I accepted the gift with humbleness. She stood before me with a gentle light emanating from her while closing her eyes. I stood still feeling the energy. As I closed my eyes, I felt her gentle energy entering me. It was warm and peaceful. Akirrah opened her eyes, as I did, looked at each other and she re-entered my body. Then, a light began to appear before us. It was Heart of Hearts! I wanted to bow and kneel, but it stopped me."

“Our Beloved Araniarah, it is our pleasure to meet you and Akirrah once more. We have only this to say to you: We are all honoured to have you amongst us as a member of our Community of Hearts. We all wish you many successes in your endeavours.” Heart said in both male and female voices simultaneously disappearing.

“After a few moments of reflection, Akirrah and I entered the pyramid through a doorway that opened and closed with a wave of my hand and stood at the precise centre of it. Then, we were off. After a short moment going through space and time, we landed inside a pyramid situated in Shambala, in the Himalayas. We exited the pyramid and saw how beautiful Shambala is. It was hidden from most of the civilisation here. Only very few knew about its existence. It was paradise on Mariharana. However, Shambala had to be hidden because it welcomed beings from other worlds as well as very few of Mariharana. We were greeted by a couple who knew where we, Akirrah and I come from. They guided me to their home. Their names are Ajmal and Alok. They are Nepali. It seems that we arrived when the Buddha was alive, around between 563/480 and 483/400 BCE. We sincerely wish that everyone lived only once and for ever.”



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:

### 4. Good News Of The Day

*The stories below are reprinted from [www.dailygood.org](http://www.dailygood.org).*

Fresh out of her university studies, Gitanjali Babbar embarked on a two-year fellowship that had her conducting health surveys with women in Delhi's red light district. Struck by the raw humanity she encountered in the brothel workers, Gitanjali began visiting the women in her free time, sharing meals and listening to stories from their harrowing life journeys, where they were often trafficked at young ages. Then, one of the women asked Gitanjali to teach her how to read and write. Having never been an enthusiastic student herself, Gitanjali was caught off guard. But she agreed. Soon, impromptu classes sprang up for the women. Not long after, a school for their children began. And eventually, a "dream village". For thirteen years and counting, through a foundation of deep mutual respect and kinship, a community of selfless love continues to blossom in one of the most unlikely places. <https://www.dailygood.org/story/3183/learning-love-in-delhi-s-brothels-gitanjali-babbar/> **Be The Change:** Ask someone you about their life journey. Listen with an open acceptance, and connect with the humanity in their experience.

"Each of us lives in many different worlds. There's the world of work, the world of our family, and our inner worlds. These worlds inside are the ones we're most responsible for, because no one else can take care of them. So we have to learn how to make them nourishing. If they're starved, if all we can talk to ourselves about is how miserable we are, how impoverished we are, how much we're in danger, it spills out to our other worlds as well," American Buddhist monk Thanissaro Bhikkhu shares. "We've seen this with hummingbirds. On the days when the feeders are empty, they don't come and attack the human beings who forgot to fill the feeders. They attack one another. 'It's your fault,' they say, 'that I'm hungry.' That's because they've forgotten the flowers and other places where they can go for their food. In the same way, we take things out on one another because we've forgotten where our real nourishment should lie: inside. ... No one else can do this work for us." Thanissaro Bhikkhu's words from March 2020 remind us that the way we see the world around us is inextricably tied to the way we engage our inner worlds. <https://www.dailygood.org/story/3187/inner-worlds-h-nissaro-bhikkhu/>

Through a poignant reflection of her father's debilitating stroke, Christie Aschwanden explores the concept of uncertainty as not just an inevitable hazard of life, but a herald of new opportunities. When her father transitions from a robust long-distance cyclist to a wheelchair-bound invalid, she realizes that life's sudden changes knock open a door to adjusting, learning and transforming in unexpected ways. The key lies in the ability to live in the 'now' and then approach uncertainty as an exciting opportunity for exploration and potential growth. As the uncertainty in her father's post-stroke life urged him to pivot to new possibilities and redefined living; so, she conjectures, could uncertainty propel us towards a future brimming with potential. <https://www.templeton.org/news/what-life-has-taught-me-about-uncertainty> **Be The Change:** Approach an uncertain situation in your life with an open mind and heart. Try to view it not as a threat, but an opportunity.

Australian musician and writer Nick Cave and Brazilian artist and filmmaker Daniel Bruson combine stunning visuals and animations to present Maria Popova's beautiful poem, "But We Had Music." In less than two minutes, this co-creation portrays the ongoing dance between cosmic happenings and the normalcy of daily life, between impermanence and eternity. They remind us to pay attention to the irrevocable moments of wonder that abound. <https://www.dailygood.org/story/3194/but-we-had-music-maria-popova/> **Be The Change:** Take a moment to stare in appreciation at a leaf, a bird, a cloud, or any of the abundant cosmic wonders that surround us. Breathe in the awe!

"Losing all of the basic functions of being a human being was the greatest teacher," says Madhu Anziani. "It was an opportunity to go fully into the teachings I had received around energy, sound, and vibration." At 23, a serious accident left him paralyzed from the neck down, incontinent, and unable to breathe on his own. Left to face the flurry of emotions in his mind, the musician was forced to discover the gaps between his thoughts, and the healing potential of his own voice. He began to apply sound practices from his hospital bed day and night. Two and a half months later, he walked out of the hospital on his own two legs. "The primary purpose of a voice is to create vibration," he describes, "We have this beautiful gift, and we can either create harmony or disharmony." Today, the musician-composer-healer-lecturer-ceremonialist lives in service to a grander harmony within himself, his ancestors and community at large. <https://www.awakin.org/v2/calls/689/madhu-anziani/>

Robert Glazer describes a failure to communicate clear and precise ground rules and boundaries up front around a shared backyard. Fear of confrontation as time went on prevented him from seizing opportunities to clarify intentions and social norms. Consequently, a seemingly simple situation turned into an awkward eruption and ended the possibility of friendship. He cautions that "addressing problems promptly and with candor not only can prevent a boiling point moment, but it also strengthens our relationships and builds trust." <https://www.dailygood.org/story/3199/how-to-avoid-reaching-a-boiling-point-robert-glazer/> **Be The Change:** Is there a situation in your life that could erupt into something far worse unless you confront it? Examine the fears that may be holding you back. Research and develop some caring approaches that would help relieve the pressure and generate a constructive conversation.

In an era dominated by individualism and self-interest, one retiree emerges as a beacon of community-centric spirit in Fort Worth, Texas. When Apryl Goodwin, 46, was diagnosed with uterine cancer, she found herself in a tight predicament: "I had no transportation and I didn't know what to do." In parallel, retiree Lyn Story, 64, had free time on her hands. When she read about Goodwin's situation on a neighborhood community app, she offered to drive her. Goodwin was apprehensive: "I kind of ignored it cause it's a stranger. So she messaged me again and said, 'I'll take you. I mean it. I'm honest. I, you know, I'm sincere.'" Over the past year, Story has driven Goodwin to 25 radiation appointments, 6 chemotherapy treatments, and countless doctors visits. Once strangers, the two have become life-changing friends. Another community member, Kevin Horrigan, found himself in hard times that drove him out of retirement. Being legally blind, Horrigan couldn't drive to work. When Story caught word of this, she began driving Horrigan to and from work everyday. Reflecting on the experience, she began thinking of herself as a 'bad weather friend'. "You know, fair weather friends are only there when everything's good for you. But a bad weather friend is there to help you in times of need," Story told CBS News. "The best way for me to feel good is to help other people feel good, just to make it easier for them." <https://www.cbsnews.com/news/guardian-angel-drives-strangers-in-need/> **Be The Change:** Contribute to the wellbeing of other members of your community. Offer someone a ride, get groceries for a neighbor, or simply offer someone a listening ear.

While hiking and allowing his mind to wander, Alex Messenger suddenly started to notice his body. "My breath quickened, my eyes widened, my pulse doubled immediately, my airways opened." It took some time for his conscious brain to catch up in time to see a 600 pound bear that "swatted him to the ground with a blinding blow to the head." Alex survived and, looking back, wondered how his body knew danger was coming before any of his five senses, and long before he was consciously aware of the bear. BBC Correspondents, Matt Warren and Miriam Frankel, highlight Alex's experience and numerous other examples, research, and studies from their book about the inner sense called interoception defined as "our ability to perceive and interpret signals coming from within our own bodies." Most of us may notice a speeding heart, nervous butterflies, or hunger, but there are many other more subtle messages our bodies are communicating that could prove beneficial. Mysteries remain and messages are subject to interpretation and context, yet we could all benefit from listening to our bodies. One researcher recommends meditation as a way to begin. "One thing you're doing when you learn to meditate is to pay attention to your body, to what's happening in your body..." <https://www.bbc.com/future/article/20240322-interoception-the-mysterious-inner-sense-driving-your-emotions>

**Be The Change:** Meditate or simply be still. Explore your "inner space." Be patient. Listen. What are the signals your body is sending?

Danny Hillis, a pioneer in super computing, shifted from high-speed tech to contemplating time on a larger scale. He initiated the Clock of the Long Now project, to build a clock that will last 10,000 years, to challenge how we think about our relationship with time. <https://www.karmatube.org/videos.php?id=9069> **Be The Change:** What area of your life would you design differently if you were going to live for the next 10,000 years? What is one step you could take to move in that direction?

"What are the questions being asked of me?" and "Why would I do something my heart is telling me not to do?" Orland Bishop addresses these two questions in his interview with Berry Liberman, spanning from his emigration to the United States to his social healing work. Bishop discusses how what is happening in the world today due to the collective unconscious reflects the unconscious of individuals, and impacts the ability to answer these questions. Yet the answers will not come from rational, scientific, evidence-based activities, the mode of the last 400 years: Bishop, through personal experience knows that each individual must "learn how language [of the heart] is structured from a feeling [found] in relationship to another human being and the truth we could share." Between the seemingly paradoxical idealism of purpose and meaning attached to pain and suffering and the pragmatism of diminishing and relieving real pain and suffering, Bishop advocates for a middle way: "Prepare every day to communicate with [my inner awareness] then allow teachers in the invisible realm to guide me through the rest of the day [toward action]." This approach is radical according to Bishop: "Healing is becoming more radical because it will transform what we have inherited."

<https://www.dailygood.org/story/3193/conversation-with-peacemaking-mystic-orland-bishop-berry-liberman/>

**Be The Change:** What are the questions being asked of me from the agents outside myself? What are the questions being asked of me from within? Where am I conducting action that my heart is telling me not to do? Contemplate these answers remembering to extend grace for the gap that emerges between them. What gratitude is available for the increased awareness you were gifted today?

## 5. The Dilemma That Faces Us All

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

This is a refreshing article on the topic of forgiveness. <https://www.awakin.org/v2/read/view.php?tid=2639>

## 6. The Inward Sea

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

This beautiful poem points us to the eternal. Read here... <https://www.awakin.org/v2/read/view.php?tid=2599>

## 7. Achieving Peace

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

A wonderfully-encouraging article about the virtues of meditation. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2693>

## 8. From Me To We: True Love Is A Process Of Humility

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

A hopeful article about spiritual community. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2685>

## 9. Stranger At The Gate

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

Both devastating and joyful, this film explores the darkest depths of humanity as well as the deepest joys in facing the truths hidden in our souls. This documentary carefully tells the story of a former Marine with P.T.S.D. who planned to attack Muslims at a mosque in Indiana—until an unexpected encounter with faith caused the would-be assassin to have a change of heart that was lifechanging. Josh Seftel's documentary "Stranger at the Gate" tells the story of a man who was consumed by fear and hate and felt his only way to cope was to kill those he feared. This beautiful film has inspired many to examine their own biases to discover what it is that makes us all human and how we may reach out to those who hate us. "Stranger at the Gate" offers hope that by having compassion and becoming neighbors to one another, it is possible that we may create a better world together. <https://www.karmatube.org/videos.php?id=9096>

## 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.*

### 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 Skype. 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)).

### 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...

May 2024 e-Newsletter

Page | 14

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@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com)

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

Skype: robert.meagher.03171966

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

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