

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
1. Poem	4
2. Quote or Question.....	4
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	5
3. Regiena Heringa – Absorbing Higher Frequencies	5
4. Steve Dolesch – You’ve Lost That Loving Feeling	7
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	8
5. Good News Of The Day	8
6. Suffering Is Never Alone But Shared.....	10
7. A Jeweler’s Eye	10
8. What Is Prayer?	10
9. Sanctuaries of Silence	10
HEART AND SOUL ADVERTISEMENTS:.....	11
10. Sacred Attention Therapy	11
11. A Course in Miracles Global Community Centre.....	11

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



There Is Light In The Darkness

Those of you who have been following my caregiving journey over the past months and years, know that I have served as the sole and soul caregiver for my partner who lives with advanced stages of Parkinsons and dementia. Last month brought about a new chapter in that caregiving journey.

One Saturday evening at the beginning of May, my partner experienced paralysis. He simply could not move, let alone get in or out of bed. Within 48 hours, we placed two 911 calls. The first call brought us to hospital emergency, only to be discharged 10 hours later, once his mobility returned. The second call brought us back to hospital emergency for the same reason (paralysis). Gratefully, a doctor who cared enough to take a more wholistic view of the situation, admitted my partner to the hospital for observation.

Over the following days, after a banter of tests, consultations, and assessments by neurologists, geriatricians, occupational therapists, physiotherapists, social workers, dementia specialists, and a cast of other well-meaning people in white lab coats, it was determined that my partner was not able to return home. My partner would be transitioned into the long-term care system.

The path into a long-term care home is not clear. It is possible my partner will remain in hospital for a few months before moving to a 'transition' facility, where he will wait for a bed / room to become available in a long-term care home. The wait in the transition facility, I am told, could be upwards to a year before a bed becomes available in a long-term care home.

The preceding events have created a set of circumstances that results in having to sell our home and for me to find another place to live. I am currently in the process of cleaning out our home and preparing it for sale. I am hoping I can put our home up for sale in August or September. I am equally hopeful our home sells quickly and I will be able to move in to my new living space before the end of the year.

At the risk of sounding dramatic, I cannot remember life offering me such an emotional-charged set of circumstances. Yes, it feels stressful. Yes, I feel anxiety most days. Yes, things feel very dark right now. But...there is also light in the dark.

My daily visits with my partner in the hospital have become a devotional practice. As challenging as these times feel, visiting my partner is an opportunity to practice compassion and to try, as best I can, to offer support to my partner during this end-of-life chapter of his life. It's an opportunity to, no matter how bad things look, to put someone else's needs ahead of mine; to get outside of myself at a time that tends to persuade you that it's all about you!

My partner and I have had some wonderful, tender moments in the hospital room. Amidst the decrepit, antiseptic-laden walls of a run-down hospital, these tender moments are etched in my mind and a vivid reminder that, in the end, all that really matters is love.

As I put one foot in front of the other each day, there have been numerous, not-so-little signs that all is in divine order; that life has aligned for me and that life has my back. Seemingly serendipitous events are commonly sharing their light with me and people are coming out of the woodwork to offer assistance and support—people I never would have thought would care-a-less.

I am grateful for my spiritual practice and never-more-aware how grounding and nurturing my devoted practice has become over the years. My devotional practice has brought with it a resolute faith that there are blessings in here for me. It is sometimes difficult to see them at this time. I too realize this is all happening for my good and that I will come through this enriched and grateful. I also accept and surrender to the awareness that I must GO THROUGH this in order to realize the blessings.

Devotion to my partner. Devotion to my spiritual practice. It is through this devotion that I am able to see the light in the darkness. And what a blessing that is!

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

1. Poem

If You Want What Visible Reality...

If you want what visible reality
can give, you're an employee.

If you want the unseen world,
you're not living your truth.

Both wishes are foolish,
but you'll be forgiven for forgetting
that what you really want is
love's confusing joy.

Jelaluddin Rumi

2. Quote or Question

"I see my path, but I don't know where it leads. Not knowing where I'm going is what inspires me to travel it."

~ Rosalia de Castro ~

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 – Absorbing Higher Frequencies

Hello to the world-wide Family of Light!

When we see the beauty in a tree, or a bee or a star in the sky, we realize that there is much beauty in the world. Then, why not enter this beauty? Why remain an observer? Why not be a participant? All we need do is go inside the beauty of a star or a bee or a tree with our awareness and become one with it.

There is a careful choice to be made between being the loving observer and becoming one with that which we observe. When we wish to become one with something we use our soul's awareness to unite with the very nature of the object. We absorb its vibration and we become one with its essence. For this reason, we need to choose wisely when we wish to remain a loving observer and when we wish to unite with an object, a person, an emotion, an idea and so forth.

Our souls are composed of Light and they vibrate in this Light which originates within the pure Love of the Creator. Our souls are, therefore, perfect and instinctively draw to themselves the beauty of our outer world.

Let us begin to absorb this divine frequency that surrounds us, penetrates us and reminds us of who we are—spiritual beings. If we sense the radiance of gentleness in a smile, let us absorb this frequency; if we sense frequency of sacredness in a piece of music, or a colour, or a word, or a person, let us become one with this vibration. As we absorb and live in a higher vibration, we automatically radiate this higher vibration to the world. Why? Because in our changing world these high, noble and sacred frequencies can no longer be held back; they must be released to ensure a more expansive and inclusive way of being.

Around, upon and within our Earth are elegant spiritual waves of energy, now replacing denser vibrations, that wish to make themselves known to us. Since the divine frequencies of this energy lie within us, let us choose them as the basis of our existence; let us absorb them, become one with them and radiate them to uplift everyone and everything our world. This is the way of Light.

Let's play.

Sit in a quiet place, close your eyes and lift them up to the spiritual eye in the forehead. Let go of thought. Feel peace. You are calm and your heart is open. Realize that you are a spiritual being, living inside the Light of the Creator. Feel that you are expanding. Now, imagine a beautiful sphere of golden light shining in front of you. It is much larger than your body. Feel the magnificent radiance of love and intelligence being sent to you from this sphere. Now, gently enter this sphere of light. Sense yourself being elevated into a higher, finer, frequency. Stay here for a moment and absorb this marvellous energy and its radiance. Continue to sense oneness, love and peace. Feel that you have been renewed.

Spiritual Guidance

Serving your personal journey toward enlightenment...

June 2024 e-Newsletter

Page | 6

In Divine Friendship,
Regiena



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa has been transmitting spiritual messages for many years. She has written and illustrated *Upon Nature's Path*, a book of gentle wisdom that offers inner reflection through the loving language of nature. Kindly visit www.nextagemission.com 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 – You've Lost That Loving Feeling

Now that song I mentioned in Unchained Melody & Jacob Marley: *You've Lost That Loving Feeling* also sung by the Righteous Brothers. Permit me to rephrase it: *We've Lost That Loving Feeling (Of Our Being)*. Here's two verses:

You lost that lovin' feelin'
Whoa, that lovin' feelin'
You lost that lovin' feelin'
Now it's gone, gone, gone, whoa-oh

Now there's no welcome look in your eyes when I reach for you
And now you're starting to criticize little things I do
It makes me just feel like crying
'Cause baby, something beautiful's dyin'

We've lost that welcoming look in our eyes when we reach for the one who is needing love: ourselves. Yes, ourselves. If we feel that lovin' feelin' for ourselves, we would feel for others' feelin' of love. Now, I start criticising you for not having that lovin' feelin' for me. But who am I to criticise if I too, do not feel that lovin' feelin' in my heart?

I shan't let something beautiful die in my heart for she, yes, she, feels to be alive nor should we all. We make ourselves cry for we have lost that lovin' feelin'. Let us recapture that lovin' feelin' so we can love once more 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.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

5. Good News Of The Day

The stories below are reprinted from www.dailygood.org.

A two-year study on the search for life's purpose revealed some interesting observations around the search itself. It can "be a source of stress and anxiety, especially when it feels like everyone else has it all figured out. (Rest assured, others are likely still working it out, too!)" Their study suggests that "practicing patience may be a critical and often overlooked element of a productive and fulfilling search for purpose." They outline five key findings on how patience may nurture the search that include seeing the big picture, bolstering resilience, creating greater or more thoughtful aims, personal growth and enjoying and being present for the search.

<https://www.dailygood.org/story/3205/how-patience-can-help-you-find-your-purpose-kendall-cotton-bronk/> **Be The Change:** Reflect on the ways patience has served you in the blossoming of your life's purpose.

What might happen if we listened deeply? If we really listened? In the tranquil chorus of nature, Gordon Hempton, an acoustic ecologist, experiences silence as 'the poetics of space' and 'the presence of time undisturbed.' He provides insight into how we perceive our locations based on their unique sounds and the value of true silence in our modern noisy world. Hempton defines silence not as the absence of sound, but as a void of noise pollution created by modern life, and warns that, with the pervasiveness of noise pollution, 'silence is on the verge of extinction.' However, all is not lost. As Hempton shows, reconnecting with the silence and sounds of the natural world can be emotionally therapeutic and expansive. As we listen, he suggests, our ego disappears, and we are one with nature. <https://www.karmatube.org/videos.php?id=8069> **Be The Change:** Take a nature walk with mindfulness. As often as you can, spend time in nature, away from the hustle and bustle of city life. Schedule regular nature walks or hikes where you and others can practice mindfulness and deep listening. Focus on the sounds of nature, to experience the beauty of silence and the richness of natural sounds.

"I don't have a crystal ball to know what's going to happen in the future, but I know that in the present moment, there are possibilities for us as human beings to transform our conflicts." Author and negotiation expert William Ury's opens his discussion on Sounds True's Insights at the Edge podcast with this explanation of what it means to be a possibilist. The respective endgames of climate change, political unrest, state conflicts and other headline-grabbing events are not as predetermined as we sometimes believe. And while world events are big, the solutions as a possibilist, start small, with the relationships and conversations available every day. "Be curious, and out of that curiosity, out of those open-ended conversations, out of that listening, people naturally start to feel heard. They start to feel respected, they start to feel seen, and then new possibilities emerge from that conversation." It can be easy to discard this wisdom as too hard, or too idealistic; however, Ury shares story after story about some of the most embedded, intransigent conflicts where setting aside defense mechanisms, weapons, and retaliation and picking up possibility, has led to surprising, unexpected outcomes. <https://www.dailygood.org/story/3209/becoming-a-possibilist-tami-simon/> **Be The Change:** Pay attention to immediate reactions today. Instead of moving from reaction directly to action, take a breath... count to five... then, thank the reaction for presenting the opportunity for curiosity. Ask an open, honest question you could not possibly know the answer to in place of your normal reaction.

<https://couragerenewal.org/foundations-participant-portfolio-3/wp-content/uploads/sites/11/2022/08/22-08-18-Open-Honest-Questions-.pdf>

Thought leader Don Hill and renowned Blackfoot elder and scholar Leroy Little Bear explore “different visions of reality” on their hike to the archaeological site, Writing-on-Stone, in Alberta, Canada. They conversed with one another, but also with wind, hoodoos, petroglyphs, local birds, insects and surroundings exploring “ways of knowing.” Little Bear explained that life is in “constant motion or constant flux.” Through culture and worldviews, we attempt to “put order into what seemingly looks like flux and [is] forever changing.” “Everything consists of energy waves,” and “energy waves are really the spirit.” Our surroundings have “knowledge that is beyond our frequency range.” The sentient nature of all proposes a different relationship. For instance, a conversation between humans and wind provides information “outside of the ordinary.” Special places, such as Writing-on-Stone, “might function and act like an amplifier” of human perception. After their conversation, Don realized that, rather than viewing special sites as rock art, “it was the place that was more important because it created the conditions that gave rise to the phenomena represented by the petroglyphs. The artifacts were the outcome of an experience; they weren’t the experience itself.”

<https://scienceandnonduality.com/article/listening-to-stones/> **Be The Change:** Consider your relationship with wind, water, stones, insects, and any surrounding life. What are you transmitting? What are you perceiving? What is in formation?

We are surrounded by useful myths: money is one of them. Yet many times, the myths we interact with on a daily basis go unchallenged: we experience the impact of the collective shared belief in the myth – the benefits and the costs – yet take it for granted that we can question whether the myth is serving its intended purpose, or has been hijacked. Silvio Gesell questioned the myth of money more than a century ago, proposing that money should be put to work because money at work reflects our highest potential more than accumulation strategies. Without an adjustment to the money system we are subject to “the exploitation of our neighbor’s need, mutual plundering conducted with all the wiles of salesmanship, [as] the foundation of our economic life,” he lamented. Gesell’s advocacy for a system where money slowly expires has prompted an exploration of other money policy ideas, explored in this piece where we are challenged to engage our own “probing curiosity of our economic institutions so that we may reimagine them to better serve the societies we want to create.”

<https://www.noemamag.com/what-if-money-expired/> **Be The Change:** What myths are we absentmindedly contributing to that reflect or do not reflect our values? Pay attention to the exchanges you make today: conversations, commerce, professional projects, etc. What is being exchanged and how does it reflect your personal values? Write down your thoughts.

Discover the awe-inspiring journey of healing and perseverance of renowned ecologist, Nalini Nadkarni, as she investigates the impact of ecological disturbances on the rainforest canopy and parallels this exploration with her own life. From surviving a near-death fall to a lifelong commitment to unearthing the secrets of the forest, Nalini personifies resilience and communion with a life force greater than ourselves. Underscoring the fascinating interplay of disturbance, recovery, and the profound lessons one can glean from trees, her story beautifully combines the intriguing blend of science, survival, and the healing capacity of nature.

<https://www.karmatube.org/videos.php?id=9065> **Be The Change:** What lessons have you learned from nature? Could you allow more time to deeply connect with your natural surroundings? Inspired by Nalini Nadkarni’s journey of resilience and healing through her work in the rainforest canopy, consider incorporating nature-based healing activities into your life. This could include forest bathing (shinrin-yoku), meditative walks in natural settings, or spending time in green spaces to foster your own resilience and well-being.

“Lives sometimes get rearranged by all sorts of things.” Sometimes, that rearrangement includes climbing out the kitchen window by ladder for a few weeks even though the home has two working doors. This may look like eccentric, nonsensical behavior: it’s not. Author Caitlin Shetterly’s family made this intentional choice one Spring two separate bird families nested over each entrance to Shetterly’s home. The inconvenience of climbing out the kitchen window seems absurd to outsiders, yet we understand that much of life is filled with unchosen intrusions on our plans and convenience. What control we do retain is how we respond: “Lives sometimes get rearranged by all sorts of things: illness, pandemics, job losses, the unpredictable natural world, family, artistic fervor, hunger, or thirst. And that room can always be made. Instead of diminishing our existence, these changes can actually afford us a deeper sense of how we must participate with other beings.”

<https://www.dailygood.org/story/3215/when-birds-nest-in-the-doorway-go-out-the-window-caitlin-shetterly/> **Be The Change:** When you are in line at the store, commuting to work, or any other interaction that requires you to wait, choose the long line. Use the extra time to look around at others moving about their day. Notice them. Notice the response within you.

6. Suffering Is Never Alone But Shared

This is an exquisitely beautiful passage on suffering. Well worth the read!

<https://www.awakin.org/v2/read/view.php?tid=2694>

7. A Jeweler's Eye

If you were terminally ill, would you want to reverse your diagnosis? This is but one of the questions the author asks in this thought-provoking article. <https://www.awakin.org/v2/read/view.php?tid=2695>

8. What Is Prayer?

A magnificent offering on prayer. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2696>

9. Sanctuaries of Silence

Reprinted from www.KarmaTube.org.

Gordon Hempton, acoustic ecologist, enlightens us on what it means to truly listen to our surroundings and to discover what it is that we hear that lets us know exactly where we are. He describes silence as not the absence of sound but rather the absence of noise from modern life. "Silence is the poetics of space; what it means to be in a place." True silence is almost impossible to find on earth with even remote natural areas affected by noise pollution. And yet the silence of the natural world connects us back to the land in a way that nurtures and enchants us. <https://www.karmatube.org/videos.php?id=8069>

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...

June 2024 e-Newsletter

Page | 12

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

rmeagher@servinyourjourney.com

www.servinyourjourney.com

Linked In: ca.linkedin.com/in/robertmeagher

Facebook: www.facebook.com/Servinyourjourney