

Serving your personal journey toward enlightenment...

***Our soul intention for this e-newsletter is to create a positive, uplifting, inspiring and spirit-filled message (in amongst the conventionally-perceived journalism practiced today). We extend this offering to you and hope, if only for a moment in time, we provide a hint of another reality that is there for your embracing. Enjoy! You are invited to share this e-newsletter with those family, friends, colleagues and acquaintances you think may be interested.***

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*If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Everything Is Being Stripped Away

This month offers another blessing and opportunity to share a teaching from my caregiving journey. For those of you following along over the past few years, you know my beloved partner lives with advanced stages of Parkinsons that is now presenting dementia. Last month I shared that my partner was hospitalized at the beginning of May and will not be returning home, but will be transitioned into the long-term care system. These events have created a set of circumstances resulted in my decision to sell our home and find another place to live.

The process of letting go of my partner is the most intense stripping away of the unfolding experience. To know we will not be living together again has created some very deep emotional gashes. These events have initiated a process of saying goodbye to my loved one. As one door closes, another opens. But this closing door is very heavy at this time.

The process of preparing our home for sale is the most vivid, daily reminder of things being stripped away. Box after box of 'stuff' is being donated to charity or discarded. Clothes, books, cookware, pots, pans, plates, utensils, artwork, furniture, you name it, it is all being given away, stripped away.

Most of my work-related activities have abruptly ground to a halt. I am maintaining a bare minimum of activities related to my spiritual ministry, this newsletter being one of them. Other creative initiatives, however, have been cast off.

My passion for outdoor cycling has been put aside for now. I trust I will return to that beloved physical activity should Life want that to happen. I do maintain daily, physical exercise, but it's mostly indoors. I do still enjoy my walks in the surrounding area. So all outdoor activity has not ceased.

The majority of what socializing I enjoyed has also been stripped away, as my time is primarily devoted to daily hospital visitation and preparing our home for sale. I am very blessed to have a few, dear friends who are compassionately checking in on me regularly and that I get together with for brief meetups to enjoy their company and compassionate support.

As I watch so much of my life being stripped away, there is a growing awareness of a purification-of-sorts unfolding. The material possessions mean nothing. While there are some things I have felt the pangs of emotional loss in letting go of, for the most part it is so cleansing to watch 'stuff' go out the door to what I hope are grateful recipients at the local charity donation centres. While I miss some of my work-related activities, I also feel some relief in letting some things go. I do feel a significant loss about not enjoying my days on my bike, but that too somehow feels appropriate at this time. I have a saying... 'there is a time and place for everything in life.' It's not the right time to be doing that activity right now.

Yes, it's painful to watch all this being stripped away. But this awareness of a purification-of-sorts unfolding is leaving me with some intriguing questions. What will be left when I get through this? What will I look like? What will I feel like? What will remain? What will emerge?

Believe it or not, there is a curiosity about this unfolding process of stripping away. What could possibly be in store for me? What is life choreographing for me? Where is life leading me? What does life want for me? What is life GIVING me?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### In Gratitude to You

My whole being pulsates  
with the fire of desire  
for our everlasting union.

My very breath is but Yours.  
My heart is a limitless beacon  
of Your Love.

My Spirit, being Yours, is the light of the world.  
My eyes but radiate and reflect  
our Perfect Love.

My very essence vibrates with You as the  
harmony of music not yet heard.

My vision is but Your Love  
flowing through me,  
seeing only its own reflection.

My only fulfillment is following Your  
Directions and Guidance.

My voice, being Yours, can only bless.  
My prayer is but an eternal song of gratitude,  
That you are in me, and I am in You,  
And that I live in Your Grace forever.

Gerald G. Jampolsky

## 3. Quote or Question

"Mindfulness is simply being aware of what is happening right now without wishing it were different. Enjoying the pleasant without holding on when it changes (which it will). Being with the unpleasant without fearing it will always be this way (which it won't)."

~ James Baraz ~

## 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 – Living In A Higher Frequency World: Inner and Outer Habits

Hello to the world-wide Family of Light!

As we move up into a higher frequency we begin to realize that our daily habits are also changing. Now that our minds and hearts are living increasingly in the expansion of Love and Light let us examine our inner and outer daily habits. What are some of these habits and how do we use them in this higher vibrational world which we call our new home?

An all-important habit is to contemplate regularly how well we live inside ourselves. Do we live in a place of harmony, of peace and of calmness where we feel generosity, patience and compassion? In other words, are we inwardly deepening the qualities of our soul? If so, all we need do is to live these inner, noble feelings in the outer world. For example, in developing the inner habit of compassion we develop the outer habit of helping those who are suffering. In developing the inner habit of patience we strengthen our outer habit of replacing possible feelings of irritation with the kind understanding of others.

Our inner habits of spiritual contemplation and growth become our outer habits of action.

To help understand ourselves and to help others we were given at our birth certain gifts, talents and abilities. How well are we developing these for the benefit of all? Let us spend time in the silence to acknowledge our gifts and to contemplate how we can develop them not only for our own sense of accomplishment but also for encouraging others.

This world is indeed being elevated and those citizens with developed inner and outer habits of a spiritual nature are essential in assisting others who wish to be lifted up.

As humankind becomes more imbued in these refined spiritual outpourings from higher dimensional worlds, we have the opportunity to hone our inner habits and to use them wisely to inspire others. We are asked to remember that the Divine Creator creates all life, be it the inhabitants in our world, in other worlds and universes, in the same Light and Love.

Let's play.

Sit in a quiet place, close your eyes and feel peace. You are calm. Fill your being with feelings of sacredness and gratitude. Sense divine presences around you and within you. Now, invite the feeling of generosity to come into your heart. When it does, feel its vibration, become familiar with it and become one with it. Now, see yourself performing acts of generosity in your everyday life. Take your time. Make this as real as possible. Now, invite the feeling of compassion to come into your heart. When it does, feel its vibration, become familiar

with it and become one with it. See yourself performing acts of compassion in your everyday life. Take your time. Make this as real as possible. Now, feel within yourself joy. Become this joy and then see yourself spreading joy to the outer world. Continue in this way, inwardly choosing and developing qualities and then seeing yourself becoming these qualities and using them in the outer world.

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](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).

## 5. 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 Imaran, 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:

### 6. Good News Of The Day

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

Forgiveness has much more to deliver to us than the person being forgiven. This may sound cliché and at times dismissive when it comes to our pains, injuries, scars, and losses; Dr. Robert Leichtman, however, is anything but dismissive as he outlines the nuanced, life-giving opportunity available to us in the act of forgiveness. Forgiveness is much more than a “way to demonstrate good manners”: forgiveness heals injury, restores dignity and self-respect, reduces frustration and suffering, and invites peace, confidence and success. Dr. Leichtman outlines what cultivating forgiveness as a practice in this short piece, where “the healing power of forgiveness is an activity that we can apply to multiple problems.” <https://insighttimer.com/blog/mastering-the-art-of-forgiveness/> **Be The Change:** Consider a slight, injury, or pain that someone caused you, that may not seem significant, yet it takes residence in your mind. If you had committed the act that caused pain, what would forgiveness, compassion and mercy look like to you? Extend this choice of creative expression -- how you choose to forgive -- to this person.

Finding moments of meaning and purpose amidst everyday chaos can feel like a daunting task. This article serves as a compass for navigating the complexities of daily life by embracing intentionality and mindful decision-making with a simple yet profound question: “What should I do today?” Rather than succumbing to the pressures of productivity or routine, we are encouraged to approach each day with a sense of curiosity and purpose. Among nine ways to start of living an intentional life are taking time to do nothing and considering what we leave behind at the end of a life. <https://www.goodlifeproject.com/articles/what-should-i-do-today/> **Be The Change:** Take a deep breath, pause, and see which one of the nine ways mentioned in the article you are called to engage with today.

‘Breathing with the Forest’ is an immersive digital experience that explores the illusion of separation between us and the rest of the planet, a reminder that “with each breath we exchange parts of ourselves with the wider world.” The Capinuri tree grows in the Amazon river floodplain where the Breathing experience creators photographed and collected three-dimensional scans and audio recordings of the wind, trees, animals and water. Capturing the individual elements demonstrates the beauty of each individual living object; in relayering them for the experience, however, the creators demonstrate the opportunity available to notice how they interact; an invitation to appreciate the symbiosis of living alongside one another. “Entering the forest, we step out of our separateness to embody something much more than human.”

<https://emergencemagazine.org/feature/breathing-with-the-forest/>

Finding your life purpose can often feel like an elusive quest, but it doesn't have to define your happiness. Adriana Paez argues that the true essence of living with purpose isn't about discovering a singular calling. Instead, it's about aligning daily actions with your values and desires. Paez shares her journey of feeling lost and misaligned despite a successful career and tireless search for purpose. After a personal tragedy, she shifted her focus to living fully in the present, seeking to create the feelings she desired each day. She emphasizes that fulfillment comes from living in integrity with your beliefs, not from achieving specific milestones. In her words: “Simply put, your life purpose (and everyone else's, for that matter) is to make sure that every day, you're living your life in integrity with what you believe in, what you value, and how you desire

to feel in this life.” By focusing on what truly matters to you and taking daily steps to foster those feelings, you can find inspiration and alignment. Living with purpose daily is what truly brings joy and satisfaction. An approach that can help all of us embrace a more meaningful, joyful, and fulfilling life!

<https://tinybuddha.com/blog/if-you-havent-found-your-purpose-how-to-feel-good-anyway/> **Be The Change:** Spend some quiet time reflecting on your core values and how you want to feel each day (e.g., fulfilled, peaceful, joyful). Throughout the day, consciously take actions that align with your intentions. These don't have to be grand gestures; small, meaningful actions can create significant impacts. By consistently aligning your daily actions with your core values and desired feelings, you'll cultivate a sense of purpose and fulfillment in your everyday life.

## 7. Is There A Real World Out There?

This wonderful article uses astronomy to reflect on the impact of our perception. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2697>

## 8. Genjo Koan

Koans are riddles used in Zen Buddhism to demonstrate the inadequacy of logical reasoning and to provoke enlightenment. Read this koan here... <https://www.awakin.org/v2/read/view.php?tid=2701>

## 9. Sacred Mess of Nature

This graceful article uses the metaphor of a seed giving away to blooming to teach us about surrender. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2699>

## 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 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](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

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

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