

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.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Sometimes It Is Better To Have The Questions

I remember a dramatic scene in a Canadian TV show featuring a doctor and raging patient. The doctor was trying to diagnose a patient's condition. The patient was irritable and cranky. At one point, the patient lashed out against the doctor, saying "You Docs have all the answers, don't you!?" The doctor replied, no, I don't have the answers, but I do have the questions.

Over the past few months, I have written about things being stripped away in my life (home life with my partner, my home, my work) and the awareness that none of these things are what or who I am. As I process the unfoldings, I have been blessed with the opportunity to ask myself some questions, some of those questions I have shared in previous passages. But I wanted to summarize them here, in one article.

The first set of questions are from a grieving state; that part of me that is sensing loss and that is grieving that loss. Those questions include:

- What will be left when I get through this?
- What will I look like?
- What will I feel like?
- What will remain?

But then, another more hopeful set of questions emerged that looks at the situation and unfoldings through a different lens. Those questions include:

- What will emerge?
- 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?

The questions alone have a healing affect. The answers to the questions are somewhat irrelevant. The awareness of the questions themselves brings hope. The questions ground me in a trust that life will provide for me. I am brought an awareness that I don't need the answers. I am reminded that all I need do is allow life to unfold on its terms and to remain at peace with its unfoldings. Life will reveal itself to me; I need not force it.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Let us Take Each Other's Hands

Let us take each other's hands
and walk toward the light of God.

Let us stay in the presence of God
and in the oneness of Joy.

Let us be free from separation
of all kinds.

Let us resist the temptation
to judge each other's behavior.

Let us stop our suffering.

Let us, together, once and for all,
let go of all our past hurts,
and unmet desires.

Let us put our total trust in God and
then see only the God-Self in each other
and feel God's never-ending Love
filling us to the brim and over.

Let us let go of all our self-doubts
that we have projected to each other.

Let us join our wills as one
and be directed only by God's Plan.

Let us join in Love

Let us join in Joy

Let us join in Peace

Let us LOVE, LOVE, LOVE...

Gerald G. Jampolsky

3. Quote or Question

"As human beings, our greatness lies not so much in being able to remake the world
as in being able to remake ourselves."

~ Mahatma Gandhi ~

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: Harmony and Friendships

Hello to the world-wide Family of Light!

Even in times of chaos, our world holds an innate, overall vibratory pattern of harmony. Physical existence such as plants, animals, insects, people, thoughts, creations and inventions, is created by the infinite Divine Source which is Love. Therefore, physical existence is created in harmony. There is no distortion. If, through the expression of Love, individuals cultivate inner harmony, this harmony becomes the foundation of their lives. If thought and activity are first created through the heart, the human body and human creations resonate in harmony: cells, fluids, bone, tissue and mind follow the harmony of the heart. Love is the language of the soul and the soul directs the mind.

In higher frequency worlds, harmony is the all-important basis for physical manifestation. Those beings living in more refined dimensions enjoy marvellous creations and technologies far beyond what is understood upon our planet. This is so because they follow the natural laws of the Creator.

More and more people upon our earth are evolving spiritually. They illustrate balanced intellect and emotions and enjoy the peaceful expansion of their minds and hearts. These individuals have been observed and are being contacted by our friends of higher frequency worlds. How do we extend our friendship to these beings? We sit in quiet harmony, feel the Divine presence within, move into expanded heart and mind, ask for contact and remain alert and aware.

Friendship with those of the higher vibrational worlds has always been here for us. Now it is becoming more evident. Through increased understanding that there are many dimensions and worlds in the material universes we are beginning to open up to cultivate stellar friendships that are being extended to us. We are asked to remain in Divine Love and to use our gifts to help others. We are asked to spend time each day in the quiet in order to expand our hearts and minds and to become receptive to our friends in these higher dimensions who are with us to help us, our societies and our world. We are asked to remain in the harmony of our souls: love in harmony, think in harmony, act in harmony.

Some individuals upon our earth have been invited to live in a higher frequency world with our stellar friends and have accepted. Many people on our earth are now in a transcendental mode, gradually becoming accustomed to living in a more refined vibration to help with the renewal of our world.

How do we choose to live? Surely we choose harmony. Surely we choose to create loving friendships with those of the higher frequency worlds and with those upon our earth who need our help. Surely we choose to follow the upward path.

Let's play.

Sit in a quiet place, close your eyes and lift them up gently to the spiritual eye in the forehead. Quiet the mind and open your heart. Feel peace filling you up. Now, imagine a place where you feel harmony. Perhaps it is in nature, perhaps it is light, or a colour, or a face. Let yourself be filled with this feeling of harmony. Immerse yourself in this harmony. Travel inside this harmony as it fills the earth, and moves out into space, out into the galaxy and far beyond. Continue to be filled with this travelling harmony. Now, sense yourself being lifted up by this harmony to a higher frequency dimension that is filled with Divine Love. Feel here a loving connection with the minds and hearts of noble, elevated beings. Become aware of their friendship and guidance.

In Divine Friendship,
Regiena



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa has been transmitting spiritual messages for many years. She has written and illustrated *Upon Nature's Path*, a book of gentle wisdom that offers inner reflection through the loving language of nature. Kindly visit www.nextagemission.com to listen to her 10-minute meditations, her quiet musical compositions and read her spiritual texts. Regiena can be reached at regiena.heringa@gmail.com.

5. Steve Dolesch – Powerlessness

I am sure many of us feel powerless time to time. As I am writing this, there is no power in my building nor on the street. That gave me inspiration to write this. So, I am not that powerless. However, I am not writing about electrical powerlessness, but human powerlessness and spiritual void. You know what? We actually a(void) that ability to be in power of our humanity and spirituality. We create a void between ourselves, our humanity, and our spiritual lives. Powerlessness is disabling, even crippling, isn't it? Or is it? To be truthful, it is for many even if they don't have a physical limitation.

Once reality hits, it hits hard. Why? Simple: we don't dare to look at reality. We ignore or mask it up. Powerlessness and reality don't have to be monsters. We can use them to our advantage. We take them into our hands and gently place both inside our heart. When power was out, I took the time to think and enjoy the noiseless moment of the fridge and so on. I turned on a battery powered candle and relaxed. I did text two persons to let them know I was okay.

Most of us are afraid of powerlessness. But what if, just what if, we turn it around and let it be a teacher? To use it, it becomes our power. We reflect, we learn to look and listen to ourselves, and of course, to others. We are an open book. Are we that spooky that we literally jump out of our skins? My gosh, what a sight, seeing ourselves as we are. Would that render us powerless? Yes, for most. Most would be paralysed not only physically but *psycho-logically*, or *-illogically*. Why does psycho have to be logically logic? How about illogically illogic? Power of words once one understands them.

So, you see, I can put power in some words that renders them either powerful or powerless. In the same order of things, why not give ourselves the power of being empowered?



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Steve Dolesch was born in Budapest, Hungary, in 1955. Born with Cerebral Palsy, Steve lived with his grandparents while his parents immigrated to Canada. Steve came to Canada in 1965, to live with his parents and sister, in Toronto. Today, Steve lives in Gatineau, Quebec. He can be reached at stevedolesch@gmail.com.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

6. Good News Of The Day

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

Alison Bunce, an award-winning nurse, has pioneered a community that aims to provide companionship to individuals in their last hours. Originating from the No One Dies Alone (NODA) program in the United States, Bunce adapted this model in the UK, calling her project Compassionate Inverclyde. What began as a palliative care initiative has evolved into a larger community service project, offering support to individuals at various stages of life. The organization now operates with over 100 volunteers, including community outreach programs that focus on alleviating social isolation. "Our very ethos is about being kind, and how ordinary people can make a difference together," notes Bunce. It's not just about being there at the end of life; it's about creating a more connected and compassionate community every day. <https://www.positive.news/society/the-bid-to-ensure-that-no-one-dies-alone/> Be The Change: Reach out to a neighbor, acquaintance, or friend you haven't seen in awhile. Invite them for a walk, tea, or some simple way to share space and time together.

Maria Popova explores essays by Iris Murdoch around self-knowledge and relationships. She stresses that self-knowledge is a lifetime journey. When we do not see progress, or fail in our strivings, we may become anxious "where we feel the discrepancy between our ideals and our personality." The discrepancies may show up as hurtful to others, and create more anxiety. She writes, "for we are always divided between our will and our personality, the conscious and the unconscious." The reality is that everyone is in an ongoing, unique, and personal journey of self-knowledge. With awareness and acceptance of that reality, we can have truer relationships. Maria sums up: "It is only through obedience to reality that we can ever see clearly enough -- ourselves or another -- to be in loving relationship, by discovering, in Murdoch's lovely words, 'the real which is the proper object of love.'" <https://www.dailygood.org/story/3248/how-to-see-more-clearly-and-love-more-purely-iris-murdoch-on-the-angst-of-not-knowing-ourselves-and-each-other-maria-popova/> Be The Change: Do you seek perfection in some aspect of your own life or someone else's that causes anxiety? Try a little patience with the individual pace of life, or accept some imperfection and messiness - embrace the real.

A tiny kiosk of a building is open in Munich – not for consumption or business, but simply for listening. "Deep Listeners" welcome passers-by to do "nothing more and nothing less than to start a conversation." A listener's business card reads: "We're listening. Everybody's story. Every joy. Every sorrow. Every human being." It is yet another form of what is known as a "third place," easily accessible physical locations where people can spontaneously interact. These places are increasingly harder to find in cities focused on speed, consumption, and optimization. Advocates hope for more listening places. As one said, "Beyond paying attention, it is about a holistic perception that evolves into a form of empathy that is connected to meaningful hearing. Listening means taking time for the other and giving space." <https://theurbanactivist.com/idea/a-listening-room-in-munich-for-a-restless-urban-society/> Be The Change: Set aside some time today to deliberately and simply listen to someone, or ask someone to listen to you. What unfolds? What expands?

7. We Are Contextual Beings

This article is rich in its teachings about these seeming troubling times. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2540>

8. Yodeling Above Freedom

This beautiful poem will set you free. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2668>

9. I No Longer Pray

This beautiful poem offers interesting insights to prayer. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2533>

10. A Living Memorial

Reprinted from www.KarmaTube.org.

Inspired by the encouraging and affirming letters that she received from her father over many years, Andrea Driessen created Gracenotes to urge others to express their love now while loved ones are still alive. She challenges us to celebrate life and those who matter in our lives each and every day by sharing living tributes in a manner that is both profound and simple. So go ahead, write those beautiful, flowery sentiments of gratitude, affection and admiration to the person who needs to hear it most.

<https://www.karmatube.org/videos.php?id=9117>

11. Feeling Deeply

Reprinted from www.KarmaTube.org.

All emotions are beautiful and create a fullness and wholeness in our experience. They are powerful forces that our bodies can use as fuel for action and healing. Our thoughts create reality, not the other way around. So when our reality doesn't look the way we want it to and brings up emotions that are unpleasant to us, that is the message we are being given to start building a bridge between what is and what can be. Taking time to be aware of our reactions, thoughts and emotions will bring us into a space of clarity and balance where we can make informed decisions...that will usher in release and healing for ourselves and all of life around us. Watch here... <https://www.karmatube.org/videos.php?id=9106>

12. Sanctuaries of Silence

Reprinted from www.KarmaTube.org.

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>

13. Belonging

Reprinted from www.KarmaTube.org.

Kathleen Yap moved to a new country as a young child and always felt like an outsider for being judged as "different" in the way she looked, dressed, and spoke. The only sense of belonging she experienced was when she was outdoors in nature. Nature became her solace, where she could relax, be carefree, and be in harmony with herself. The sense of connection and possibilities that she learned through nature led her to want to share with others who feel different, to help them to know that our uniqueness is not a flaw but rather a cause for celebration. <https://www.karmatube.org/videos.php?id=9107>

HEART AND SOUL ADVERTISEMENTS:

Consistent with Spiritual Guidance's philosophy, mission and vision (refer to <http://www.servingyourjourney.com/about.html> for more details) Spiritual Guidance offers free advertising in this e-newsletter to those persons and organizations interested in promoting their spiritual-related products, services or events. If you do choose to advertise in this e-newsletter, Spiritual Guidance requests you submit your text ad (no graphics please) to rmeagher@servingyourjourney.com by the 25th of the month, for distribution in the following month's e-newsletter.

14. Sacred Attention Therapy

Sacred Attention Therapy (SAT) references the etymological meaning of therapy: "attending to soul". SAT is a new paradigm of psychological and spiritual growth and development and is based on Richard Harvey's ground-breaking approach to depth psychotherapy, and on his 3-stage model of human awakening (<http://www.therapyandspirituality.com/>). This new paradigm of psychotherapy / counselling is an approach that takes into account the ego-based individual and the desire of the individual to grow spiritually. SAT recognizes the fundamental, true, spiritual nature of humanity and the intense longing for the truth about our real, divine state. SAT involves listening with the whole self to the soul of the other. This is what therapy should always be, or at least always aim at, because this is the profound depth of healing and reverence which two gathered together in search of truth can bring about. For more information about SAT, visit these websites:

<http://www.servingyourjourney.com/Sacred-Attention-Therapy.html>

Sessions can be offered in person, by phone, or via Zoom or Skype videoconference. For more information about booking appointments, please visit <http://www.servingyourjourney.com/Booking-Appointments.html>. To schedule an appointment, please contact me by phone (613-204-0299) or email (rmeagher@servingyourjourney.com).

15. A Course in Miracles Global Community Centre

Spiritual Guidance is honored to host the 'A Course in Miracles (ACIM) Global Community Centre.' This Centre is a meeting place for ACIM students and teachers from around the world to access coaching counselling, therapy, study and discussion groups, courses, a community café for you to communicate with other students and teachers, and helpful resources and links. Visit the ACIM Global Community Centre at <http://www.servingyourjourney.com/ACIM.html>.

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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