

# Spiritual Guidance

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 [meagher@servinyourjourney.com](mailto:meagher@servinyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Life Shows Us The Way

I have become increasingly interested in nutrition throughout my life. I am now at a state in my life where I take my diet and nutrition seriously, watching what I eat, when I eat it, and *how* I eat the food I prepare for myself. I rarely purchase store-bought / ready-made food, opting instead to make my own food. I don't eat processed sugars. I am conscious of the dietary components of the foods I eat. My interest in food and nutrition has grown to the point where I have decided to head back to university in January to study Human Kinetics and delve more deeply into the relationship among human anatomy, physiology (the study of how the body functions), exercise, and nutrition.

As noted above, I have moved away from eating processed sugars. If I want or need to add sweetness to the food I cook or bake, I will substitute sugar for honey or maple syrup. Honey has been in the news a lot in the past few years, questioning its nutritional value and health benefit. I'm not going to get into the concerns about honey; all to say there are some healthier alternatives to honey that can add some sweetness to your food, if desired.

My primary breakfast food is oatmeal. I add nuts, raisins (for sweetness), fresh fruit, and fresh berries most mornings. Until recently, I had always added a teaspoon of honey to my morning oatmeal; occasionally I would substitute maple syrup for honey, but I find maple syrup too sweet sometimes.

On a recent shopping excursion, I picked up a container of molasses for a recipe I was planning to make. I arrived home, opened up the cupboard to put the molasses away, and realized I already had a full container of molasses in the cupboard. "Hmmm," ...I thought. "I don't use molasses very much (in my cooking or baking). "I don't want it to go to waste.", I thought. "How could I use molasses on a more regular basis?" I asked myself. "Why not try it in my morning oatmeal, instead of honey."

So, the next morning I tried some molasses in my oatmeal, instead of honey. As I was enjoying my oatmeal, out of curiosity, I grabbed the honey and oatmeal containers and started to read the nutritional labels on the products. I was



Photo Credit: pexels.com - Ramby Magnaye

quite surprised to read that not only did the molasses contain a quarter less sugar per serving, but the molasses contained far more vitamins and nutrients than honey. I did some further research online and learned just how much more healthy molasses is than honey. Needless to say, I have switched to using molasses in my morning oatmeal.

Enough of the talk about food and nutrition. That's not what this article is about...

Life has a way of showing us the way. Life has a way of leading us where we need to go. I think it's 'very' interesting that with my increasing interest in health and nutrition, that one day I make the Alzheimer's-like mistake of picking up a duplicate container of molasses. Actually, it wasn't a mistake at all! I think it was life's way of making me aware of something that was aligned with my heart's intention at the time. I think this happens all the time in our lives. Some may call it serendipity. Some may call it coincidence. Some may call it 'dumb luck!' I think of it as Divine intervention.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Loving

May your loving  
    be like your breathing,  
Smooth and easy,  
    free flowing,  
    effortless,  
    continual,  
    with no interruptions,  
Breathing in God's limitless Love  
And breathing out  
    the boundless love  
    that is in your heart.

Gerald G. Jampolsky

## 3. Quote or Question

*"Only when we have established peace in our entire being can there be peace all over the world."*

"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).*

### 4. Regiena Heringa – Living In A Higher Frequency World: Our Pathway To Light

Hello to the world-wide Family of Light!

When you walk into a forest you look around to see where you can make a path. You ask yourself, “Where is the clearest place?” If you see a small tree in front of you that blocks your way surely you will not cut it down but go around it if you can. This becomes the more elegant and respectful route.

Because we recognize and honour that our souls are saturated with divine Light, we spontaneously create a spiritually longer, fuller, and higher pathway in our daily lives. Through the pulsation of Light and Love found within us we are lifted up to a higher frequency pathway and, as a result, to greater understanding, unfoldment and expansion.

How do we begin on this path of Light?

The first action is non-action. This may seem contradictory but it is not. The more we move into inner non-action the greater the possibility of stepping onto this path of Light. Why is this so?

We are reminded that our outer world is a world of mental, physical and emotional movement and these movements can be intense and dramatic. However, as we go into the inner world, we begin to minimize this outer movement by sitting in the quiet, calming the body, the brain and the heart. Eventually, a different type of movement takes place: expansion. Expansion comes when physical movement is minimized. It comes when the heart is open and the human mind is quiet so that the Divine mind can enter to take first place. Then we are lifted up to a higher frequency and onto the pathway of Light that brings us to our true home—which, in truth, we have never really left.

We are asked to remember that the more we are immersed in the material world, the fainter the Light appears on the path before us.

What then is the next step?

We begin to change our focus; we begin to change direction. We begin to move upwards into the expansion of our inner sacred beings and leave the third-dimensional world behind. This does not mean that we abandon the physical world, it means that *by living in a higher frequency we transform the physical world. This pathway of Light that we have created, that we have become and that we are now walking moves through the chaos of this third-dimensional world, transforms it and lifts it up.*

All we need do is to remain loyal to our divine selves and spiritualize our lives.

Let's play.

Sit in a quiet place, close your eyes and lift them up to the spiritual eye in the forehead. Still the mind and open the heart. Breathe in peace and expansion. Now, imagine that you are walking through a beautiful forest. Perhaps you smell its fragrance or hear the call of birds. As you walk, you see in front of you a golden ribbon of Light close to the ground that continues on through the forest. Step onto this ribbon of Light. Feel that you are in a slightly higher vibration. Feel that you have become a figure of Light. Continue to walk through the forest on this golden pathway as a being of Light. The trees around you have also moved up to a higher frequency. They also have become shapes of Light. As you continue to walk you, you move very easily *through* the Light forms of the trees. Take a moment to feel this experience. Enjoy the peace, beauty and the oneness of creation. Be thankful.

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 – Relationships

Dear readers: I invite you to read the title first and then close your eyes; take few gentle but deep breaths for a few seconds before reading this sharing.

My dear soul asks me this question:

“What does it mean to you, only to you, to have a relationship with someone?”

“My dear Kim, the meaning can be deep if one cares to have a relating moment with someone. However, the ultimate relationship is being respectful to oneself first and then one can be respectful to others.” I reply.

It's how we relate to ourselves. It's how we are one with ourselves. That's the beginning of a journey getting acquainted with and knowing ourselves. If and when we relate to ourselves, hopefully in a right manner, we can relate to others and that includes relating to our surroundings. How we treat others and the environment.

For one thing, I like to be treated as I treat myself, in a good manner. So, I treat others in a good manner. I don't need to follow a certain philosophy, religion and what have you. The manner doesn't belong to any philosophy or religion. It's universal. To most of us that can be mind boggling. Out of this world. In fact, it is out of this world but it's all around and inside of us as well. The manner is immaterial, not even mental. It's rather a form of active living. Living that relationship as something that is alive in your heart. Let me explain about having a relationship that is alive in your heart. I'm talking about a rightful, mindful and respectful relationship coming from the heart. Not one that is full of falsely believed one like that of the cult leader had before meeting the detective of whom I previously talked about.

I would like to share with you my relationship with my two adopted daughters. I won't give out their real names but I call one Sweetheart and the second Cocotte. I met Sweetheart exactly on December 24 2010 at 6:00 pm. I was sitting in front of her at this community centre and a voice, yes, this wonderful voice of Kimanarah, before I knew it was her, saying 'listen to her because she needs to be listened to,' I did. After our Christmas Eve supper and after a Christmas sharing, I asked her if she was interested and could help me on Sundays and that I already trust her. She agreed. On Boxing Day, she visited me. I told her that I'm adopting her. She was 18 at the time. It was a strong sensation in my heart that she needed a father, birth or adopted, who loves her as a father needs to love his child. She said 'You didn't know me when I was younger. I was bad.' I told her: and? A good father loves his child no matter what. Ten years later, our relationship is just as strong. She moved on but we are still father and daughter.

Now, I adopted another young woman, 36 years young, who is also helping me who I affectionately call Cocotte. Again, our relationship is born of respect, trust and understanding. Both are helping me to become even more patient than before. Patience is also a gift for them from my heart. For, if no patience from my heart, there are no respect, trust nor understanding, certainly not love. I was already patient. I need to be. Don't have to be but need to be. No one is obligated to be this and that. We have free will even to ourselves. It's more of being right mindfully aware that if you don't have a relationship of respect with yourself, how can you have respectful relationships with others?

Relationships can be unconditional. Let me explain what I mean by 'unconditional'. The word is conditional. Often, we say 'I love you unconditionally.' We tend to put a word that means unconditional love. It's the opposite of conditional. We often add conditions to have unconditional relationships. Like, you do this and that and we'll be fine. Well, with my daughters I don't do that. Our relationship is such that if I tell them you are home, I mean home. How else can they be at peace if I tell them no, you must do this and that and we'll be fine? Both are respectful from the beginning. When I adopted them, I did not put conditions onto myself nor onto them. More

importantly, how can we grow if we put false rules of life? As you can see, I have a high standard for myself. That transfers to my daughters. They are sacred to me. I have much gratitude for both of them.



**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).*

Enjoy this tender and moving video as Sister Marilyn Lacey shares four tiny moments of mercy - four tiny yet life-changing moments about ordinary people, some of them children, who saw an opportunity to help, and reached out: a woman who was in recovery from cancer wanted to help people in poverty recover; a nurse who simply provided open arms in which a little girl could cry in mourning of her mother; young school children who walked miles to support the grieving mother of a classmate; and a group who invited a woman with leprosy for tea for the first time ever in her life. "This is how the goodness and compassion gets shared by people when you just open a door or give an opportunity." <https://www.dailygood.org/story/3259/four-stories-of-mercy-sister-marilyn-lacey/> Be The Change: Choose one action inspired by Sister Marilyn's stories: help someone out of poverty; provide a safe space to express feelings; show support for someone who may feel alone; invite a person into your circle who is normally excluded. Open your heart and reach out your hand.

### 7. Love Is The Highest Form of Acceptance

This article opens with "Love is the highest form of acceptance." ...and then goes on to focus on desire. An interesting read from the well-published author, Stephen Levine. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2543>

### 8. Liberation

"Liberation is a reconciliation that what is, is." What a beautiful teaching. Read more of what Salvador Poe has to say in his article here... <https://www.awakin.org/v2/read/view.php?tid=2709>

### 9. Live As You Like But Renounce Internally

This article offers a fresh take on the teaching "Be of / in this world but not of it." Read more here... <https://www.awakin.org/v2/read/view.php?tid=2520>

## 10. Why Do We Send Flowers?

The author explores the teachings of impermanence when sharing her journey of grief. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2710>

## 11. A New Energy Grid

This is a fascinating article about archetypal energies and how they may impact us and the world around us.

Read more here... <https://www.awakin.org/v2/read/view.php?tid=2562>

## 12. Living Into All The Honey: Embracing Grief And Joy

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

"What do joy and grief have in common?" asks poet Rosemerry Wahtola Trommer. "...The ability to evoke feeling that pushes us and opens us and helps us to be compassionate and helps us fall in love." In this video, she reads poems that span grief and joy from her new collection All the Honey. She speaks of what she knows now about grief she didn't before her son died, of spaciousness and silliness, and how her new collection came to be. Featuring: "For When People Ask," "Simple Tools" and "Untamed."

<https://www.karmatube.org/videos.php?id=9125>

## 13. I See You

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

To be seen, really seen, is to allow yourself to feel your own pain and another's pain as well. Seeing deeply is also an opening to layers of joy that we often overlook. In those moments we discover what it really means to be alive in this world without barriers, judgements and distractions. In this short film produced by Reflections of Life, Daniel Emuna shares his experience of being human and the importance of connecting with others in authentic moments. He says, "To connect with people, to really connect with people, you've got to be straight up, you've got to be real. There's no other way to connect with people than to be true. And to be true means to recognize a lot of things within people that are within you. To be true means to say, 'I see you for who you are and I'm going to do right by you.'" <https://www.karmatube.org/videos.php?id=9126>

## 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.*

### 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](mailto: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

## **Spiritual Guidance**

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