

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 rmeagher@servinyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Forgive Them...For They Know Not What They Do

Many of you may be familiar with the famous biblical scene of Jesus' crucifixion and him uttering the words "Father, forgive them; for they know not what they do." (Luke 23:34 KJV) There has been much written about the meaning of Jesus' words. But I recently had an experience that gave me personal insight to what may have been going through Jesus' head when he uttered those words.

One day in November, I was leaving the long-term care home after having visited my partner on that day. It was a trying visit and I was feeling rather 'beaten up' emotionally. I was walking with my head down, with a heavy heart and feeling dejected.

As I approached the parking lot where my car was parked, I lifted my head. At that precise moment, a car backed up into the driver's side of my car. I will never forget the sound of crunching metal. As the car moved away from my car, I could see the indentation in my car door. I was stunned! I froze momentarily; only to be jolted out of my daze when the driver backed up into my car for a second time!

My awareness of the unfolding events expanded as I realized the driver of the car was an 80-perhaps-90-year-old-man who was very confused about how to get out of the parking space he was in. His choice of maneuvers was placing him in a more precarious position with every turn of the wheel.

A host of thoughts started racing through my mind...

How many more times is this guy going to hit my car? How can this man be allowed to have a driver's license? How on earth is he going to get out of this parking lot without hitting my car, or other cars, repeatedly?

I pondered my options...

I knew I could choose to do the normal thing...go over to the driver, inform him he had backed in to my car multiple times, damaging my car...and proceed to exchange insurance information so that I could make a claim for repair of the damage. I can remember thinking... "I may be doing everyone a favor—me, the driver, unsuspecting bystanders, etc.—by having the driver prosecuted so that he wouldn't harm himself or anyone else by his driving skills, or lack thereof." The next thought that ran through my mind was... "Will this old fella even have insurance?"

As the thoughts continued to race through my head, one of the attendants in the parking hut ran over to the man and his car, recognizing what had happened and what was unfolding. The parking attendant patiently and compassionately helped the elderly man out of his car, drove the car out of the parking lot, and helped the man (who could not walk on his own) back to his car.

As all this was happening, I simply sat on a nearby curb, watching it all unfold. A calm came over me. There was an awareness that I could not change what just happened (i.e., the man backing in to my car twice), as it

all happened so quickly. I watched with much gratitude as the parking attendant helped the old man so that no further damage was done to my car, or other cars in the parking lot.

The old man got in his car and drove off. I said a prayer that he would arrive at his destination safely, without harming himself or anyone else.

At this point you may deduce I chose not to confront the driver of the car and collect the necessary information to make an insurance claim. Why? Well, after surveying the situation, I asked myself... "What's the point?" The old man had no idea what he was doing. I could see the confusion in his eyes. He had no idea how to maneuver his car out of the parking spot. He was afraid. He was so afraid that he had no awareness that he was backing in to my car. He was aware there was a car in back of him, but he had no awareness he had made contact with the car. He just needed to get himself out of there! He simply did not know what he was doing.

My decision to not confront the man was not a righteous one. My decision was rooted in the wisdom teachings to "Don't sweat the small stuff. And remember, it's all small stuff." It was a decision to just let it go. It was a decision for my peace. And that peace is only possible through forgiveness. Would I condemn myself for having done the same thing if the scenario was reversed? Then why would I condemn this elderly man? My car was damaged, but not disabled. The car would be fine. The car would still get me from point A to point B. After all was said and thought and done, the man backing in to my car simply didn't matter. Goodness knows, I had what felt like far more important things to think about.

Was this what Jesus was thinking about when he uttered the word "Father, forgive them; for they know not what they do."? Had Jesus arrived at the state of mind where he just let it all go? Was it peace Jesus was pursuing and he realized the only way to obtain that peace was to forgive everything and all? Had Jesus arrived at a state of awareness that, in the end, what was being done to him simply didn't matter? We'll never know. But are there opportunities in our lives to just let things go. To acknowledge, even witness, the unfolding, but to choose for peace in our response to that unfolding?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Of Being Woven

“The way is full of genuine sacrifice.

The thickets blocking the path are anything
that keeps you from that, any fear
that you may be broken to bits like a glass bottle.
This road demands courage and stamina,
yet it's full of footprints! Who *are*
these companions? They are rungs
in your ladder. Use them!
With company you quicken your ascent.

You may be happy enough going along,
but with others you'll get farther, and faster.

Someone who goes cheerfully by himself
to the customs house to pay his traveler's tax
will go even more lightheartedly
when friends are with him.

Every prophet sought out companions.
A wall standing alone is useless,
but put three or four walls together,
and they'll support a roof and keep
the grain dry and safe.

When ink joins with a pen, then the blank paper
can say something. Rushes and reeds must be *woven*
to be useful as a mat. If they weren't interlaced,
the wind would blow them away.

Like that, God paired up
creatures, and gave them friendship.”

This is how the fowler and the bird were arguing
about hermitic living and Islam.

It's a prolonged debate.
Husam, shorten their controversy.
Make the *Mathnawi* more nimble and less lumbering.
Agile sounds are more appealing to the heart's ear.

Jelaluddin Rumi

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3. Quote or Question

“The grace of God is a wind which is always blowing.”

~ Ramakrishna ~

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: Becoming Whole

Hello to the world-wide Family of Light!

If you gathered up all the lives on earth what would you discover? A common denominator—Light. This is so because we are souls of Light birthed by the great Spirit of Creation. All individuals in our world hold the same Light and the same Love whether they are aware of it or not.

It is time for us to understand this truth and to live it. The energy of the blood that flows in one body is the same as the energy of the blood that flows in another body. The genetic composition may differ but the energy within the blood and the actual function of the blood are identical. We may be genetically different, but the spiritual Light found in our bodies makes us identical.

Once this is understood the next step is to realize that we are all one, having one primary reason for existing: to find ourselves once again in the Love and Light of the Creator. What does this mean? It means that now is the time for us to become complete and whole: we establish peace and harmony within ourselves, within our societies and with all life on our planet. We are reminded that no matter the world or dimension the basis of life everywhere is harmony; this harmony we cultivate by realizing and living the truth that all creation is founded on the intelligent and creative force of Love.

At this time there are two worlds being presented to us: the higher frequency world and the lower frequency world. We are asked, with some urgency, to choose where we wish to live within ourselves. If we choose and remain steadfast in the world of higher vibration which includes peace, deeper spiritual development, and ensuing remarkable scientific discoveries, we are in harmony with the destiny of our planet. We then develop loving friendships not only with the other citizens on our planet but also with those from even higher vibrational worlds who are here to guide us and our societies to become harmonious and whole.

Let's play

Sit in a quiet place, close your eyes and lift them up gently to the spiritual, third eye. Take in a few deep breaths; still the mind and feel peace. Now, imagine that you are standing somewhere quietly in nature. You look up into the sky and you see a magnificent rainbow. Sense that this rainbow is calling you to come and visit. Push off with your toes from the ground and feel that you are moving up gently into the sky towards the rainbow. Now, go inside this beautiful rainbow. Feel its marvellous colours of light within you and around you. Breathe in this beauty and become a part of it. Your mind, your heart and your body are all in harmony with this magnificent rainbow. You have become harmony. You have become peace. You are now whole, unified from within. Stay here for a while and absorb this experience. Now, radiate your wholeness to the world.

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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 – Reincarnation Explained Part 2: Solar Genetics

Visualise this if you can this possibility: Soular genetics. The best and accurate term I can come up with. Funky term, I'd say. What is soular genetics in the first place? To put it simply, a group or a family of souls having the same genetic signature if you will. Having the same physical traits as multiple twins.

Let's say one set of quintuplets were living at the time of Jeshua. I'm going to ask the question: is multiple twin reincarnation even possible? My answer: most likely. How? First off, souls can vibrate at the same frequency and, this must be considered, have the same spiritual or what I call soular genetics as physical twins. Take the Dionne quintuplets for example having similar physical traits. For now, I'm asking you to forget what we have learned about physical genetics and think about soular genetics. By the way, I'm not talking about this: The God gene hypothesis, proposed by geneticist Dean Hamer in his 2004 book *The God Gene: How Faith is Hardwired into our Genes*, that human spirituality is influenced by heredity and that a specific gene, called vesicular monoamine transporter 2 (VMAT2), predisposes humans towards spiritual or mystic experiences. I'm talking about the 'biology', if you will, of soular genetics.

As I mentioned previously, sometimes I feel this energy coming from people that gives me the feeling I know this person even before we met. To me, that's proof of soular genetics working.

Look at this: Christian concepts of a body-soul dichotomy originated with the ancient Greeks and were introduced into Christian theology at an early date by St. Gregory of Nyssa and by St. Augustine. Ancient Greek concepts of the soul varied considerably according to the particular era and philosophical school. This is interesting. The only Hebrew word traditionally translated "soul" (nephesh) in English-language Bibles refers to a living, breathing conscious body, rather than to an immortal soul. Here's a quote from Bahá'u'lláh: *"the soul is a sign of God, a heavenly gem whose reality the most learned of men hath failed to grasp, and whose mystery no mind, however acute, can ever hope to unravel"*. [Bahá'u'lláh](#) stated that the soul not only continues to live after the physical death of the human body, but is, in fact, immortal. Heaven can be seen partly as the soul's state of nearness to God; and hell as a state of remoteness from God. Each state follows as a natural consequence of individual efforts, or the lack thereof, to develop spiritually. Bahá'u'lláh taught that individuals have no existence prior to their life here on earth and the soul's evolution is always towards God and away from the material world.

Look at this:

Soul dualism (also called "multiple souls" or "dualistic pluralism") is a common belief in [Shamanism](#), and is essential in the universal and central concept of "soul flight" (also called "soul journey", "[out-of-body experience](#)", "[ecstasy](#)", or "[astral projection](#)"). It is the belief that humans have two or more souls, generally termed the "body soul" (or "life soul") and the "free soul". The former is linked to bodily functions and awareness when awake, while the latter can freely wander during sleep or trance states. In some cases, there are a plethora of soul types with different functions.

Interesting, isn't it? I won't go into detailing what other religions, philosophies state. Would be too long. Here's a link to those: <https://en.wikipedia.org/wiki/Soul>. However, I see several problems from some. From the Hebrew reference. *The only Hebrew word traditionally translated "soul" (nephesh) in English-language Bibles refers to a living, breathing conscious body, rather than to an immortal soul.* Actually, it's not a problem per se. You see, it's the interpretation of the concept of souls. No one knows for certain. Another thing: if some believe, or even have proof, of souls reincarnating, why are there still different interpretations of the concept of souls? Souls aren't supposed to be conceptualised differently by different religions or even philosophies. If souls exist, they shouldn't be interpreted differently. It's like heaven being differently interpreted by religions but also by those who experience NDE – Near-Death Experience in different cultures. I mean, heaven should be the same for everyone. The place but not the experience.

And here's this: ...*Bibles refers to **a living, breathing conscious body**, rather than to an immortal soul.* I thought souls are a living, breathing conscious bodies, beings to begin with. Spiritual living, breathing conscious beings yes, but still souls. A painting can be interpreted but not if I saw a soul appearing before me! The experience can be but not the appearance. I could describe the appearance but not say maybe it is this or that that appeared. You will interpret what I'm writing. We interpret things to make them more understandable for our minds. But that interpretation is only that, and not the whole truth. I like how Bahá'u'lláh, founder of the Bahai Faith, born in 1817, describes the existence of souls: *"The soul is a sign of God, a heavenly gem whose reality the most learned of men hath failed to grasp, and whose mystery no mind, however acute, can ever hope to unravel"*. In short, the soul is a member of creation. That is where soular genetics comes into mind. In fact, Creation is all about genetics, be it soular or cosmic. I can also include cosmic biology.

I need to explain something how shamanism interprets the concept of souls that captured my attention. It considers these: multiple souls, dualistic pluralism, soul flight (or soul journey). Also, out-of-body experience (perhaps either NDE or soul journey while sleeping or even when being awake). I had the time travel experience while awake. I went back to 1940s, being along a parade route for Hitler! He went by me but was never able to touch me. When I returned, I was breathing heavily. It wasn't a dream. If it was, too real for me. Far too real. Okay, what caught my mind is the thing about us having two souls. As if one isn't enough. It's like two heads are better than one. Two good ones would be nice. One soul who gives us life and the other who travels. Lol, while mom, giver of life stays home, father, the businessman, travels. Funny, these days, two need to work to make ends meet and then some. Where's the babysitter for my body? So, from the shamanistic point of view one is not needed. Scuse me, I need a babysitter. Weird. I'm starting to be cranky. I need a babysitter to put me to beddy. Maybe I need several souls as they believe: *In some cases, there are a plethora of soul types with different functions.* Phew. I can go beddy by in peace. LOL.



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.

Nine years after a brutal 11-year civil war, a community center in a tiny village in Sierra Leone reflected the community itself -- burned and charred, weeds growing, "left alone and untended." Then a drummer appeared, and began a rhythm that signaled a time to gather. Little by little, the community came, built a fire out of the debris, and within the safety of the circle, a Village Chief invited them to finally talk about what had happened. "He urged people not to be afraid to speak, emphasizing that those who confessed would not be prosecuted, nor would there be any shame for sharing how you had been hurt." Almost immediately, a young man came forward and admitted to a crime that seemed unforgivable, yet he was forgiven that very evening. "By the will to acknowledge, apologize, and forgive...together," they were able to move forward to restore community, no longer imprisoned by their past. <https://www.dailygood.org/story/3261/forgiving-the-unforgivable-libby-hoffman/> Be The Change: Consider, just for a moment, how apologizing to or forgiving someone might open up a path to greater freedom. What would a safe circle look like in which to make it happen? Light a fire. Create an invitation.

In this video interview, Matthieu Ricard, called "the world's happiest man," shares stories, insight, and humor on some very timeless questions based on his own life's journey, and his experience as an interpreter for the Dalai Lama over many years. A small sampling: that it is crucial to distinguish between compassion and empathy; that our profound nature is compassion, consideration, and unconditional love for others; that we should not confuse happiness with pleasant sensations -- rather, that happiness is a way of being; that pleasure exhausts itself whereas compassion gets deeper and more stable; and so much more. Enjoy a delightful final question about his favorite mantra, and a few smiles. <https://www.dailygood.org/story/3262/stories-and-insights-from-the-world-s-happiest-man-matthieu-ricard/> Be The Change: Consider a choice you are making today whether small or monumental. Pause. Notice and try to identify a motivation -- self-interest, pleasure, empathy, happiness, reward, compassion...? Choose a direction. Make it a practice.

This wonderful capture of kids responding to the question, "What does love mean?" reminds us that they are magnifying and mirroring those around them. They are watching, and they are listening. From their parents, grandparents, schoolmates, elderly neighbors, and more, they see and say what they see and hear about what love means. Love shows up in many ways: When "Mommy gives Daddy the best piece of chicken;" when grandfather paints grandmother's toenails "even when his hands got arthritis too;" or when a 4-year-old sits on an elderly neighbor's lap, saying nothing, because it simply "helped him cry." And Nikka, age 6, provides this sage advice: "If you want to learn to love better, you should start with a friend who you hate." <https://www.dailygood.org/story/3260/what-does-love-mean-how-4-8-year-old-kids-describe-love-ladan-lashkari/> Be The Change: "You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget," says Jessica, age 8. Tell someone you love them. Say it a lot lest they forget. Magnify their light.

7. Between Knowing and Not Knowing

This is a lovely article about the space between knowing and not knowing. It discusses the Buddhist teaching of 'beginners mind' and how meditation can foster comfortableness with not knowing.

<https://www.awakin.org/v2/read/view.php?tid=2541>

Pastor Adam Hamilton was considering giving up being a pastor after years of refereeing debates at his church about polarizing issues of our times. Instead, he decided to begin a Campaign for Kindness. It has billboards, yard signs, and TV spots like a political campaign, but they advertise ethics. "We're trying to blanket Kansas City in love, compassion, understanding and just calm down, you know?" Hundreds of churches across the country are following his lead. Pastor Hamilton urges his congregation to do kind acts every day, "especially for people they disagree with." "Choosing kindness isn't about avoiding our differences but navigating them with respect and compassion." <https://www.npr.org/2024/11/04/nx-s1-5172366/caught-in-the-political-divide-a-kansas-city-church-runs-a-campaign-for-kindness> Be The Change: Choose to show some kindness today, especially to someone with whom you may disagree. Make the world a little larger.

8. Gymnastics of Attention

This is a thought-provoking piece that invites the inquiry, "What is worth noticing?" Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2711>

9. We Can See Only What We Can Think

This beautiful article suggests we can see only what we can think. What do you think? Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2638>

10. The Best Day Of My Life

This author describes the experience of losing his sense of self. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2712>

11. A Meditation On Crafting A Beautiful Human

Reprinted from www.KarmaTube.org.

In this short film, Buddhist teacher Tarchin Hearn and flutemaker Kevin Falconer take us on a journey through the art of flutemaking to discover within our own humanity the "flute-like" nature of being alive. The film is a

meditation on the unlikely similarity between the making of the shakuhachi flute from bamboo and the making of a beautiful human from the events of life that breathe through each and every one of us.

<https://www.karmatube.org/videos.php?id=9135>

12. What Is True Love?

Reprinted from www.KarmaTube.org.

In December 2022, Green Renaissance (now Reflections of Life) released a film featuring Antony and Margie Osler, who shared some of their views on love and relationships. The team recently visited with them again. During this latest encounter, Antony and Margie chat more about the various stages of married life, and some of their secrets to a successful marriage. Their reflections are sure to resonate deeply with those of you who are seeking guidance on matters of the heart. <https://www.karmatube.org/videos.php?id=9132>

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.

13. 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).

14. 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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