

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



Life Can Be Trusted

Life continues to show me that I can trust...that I can trust Life itself. It is easy to trust Life when everything is going tickety-boo. But what about when Life isn't going as planned? Or when Life deals us a bad hand? Or when Life seems just damn hard, even cruel? Can we trust Life then?

I have shared in recent newsletters some of the challenges I have faced over the past year with my partner being plunged into long-term care, my selling our home, and moving into an apartment. It has been a challenging year indeed. But as I have also shared, it feels like there is a purification of sorts unfolding. And

the longer I walk through this purification, the more I can trust that Life has me gently in His or Her hands and that I am being gently guided—although it feels anything but 'gentle' at times.

During a particularly trying day recently, as if on cue, Life offered me an article by Omid Safi, as published on Awakin.org. The article was titled "*Don't Leave Me Raw.*" The article began as a beautiful parable about a woman cooking chickpeas in a pot of boiling water. When the woman dropped the chickpeas in the water, the chickpeas started screaming and yelling to get out of the water, because the water was hot and the chickpeas were burning in the boiling water. The woman gently told the chickpeas that she would only take the chickpeas out of the water once the chickpeas were done cooking.

The parable was a metaphor for those times in our lives when we are going through challenging times and are too quick to want to get out of the 'boiling water.' We don't want to experience the uncomfortable sensations of being burned. But the article goes on to talk about the essentialness of being cooked in these circumstances...

How often we end up being like this. We find the fire of love that cooks us, the fire that transforms us. We begin to cook, to ripen, to soften, and mature as human beings, only to turn away from the love. Being cooked is hard, letting go of our "raw"ness is painful. The ego cannot stand love, and it begs and pleads to be taken out of the fire of love. We stay half-baked, half-cooked, which is to say: half-raw.

To be taken inside another human being at this state causes everyone: indigestion.

We ourselves are the raw chickpea, we ourselves are the fire of love, and we ourselves are the mystic chef/lover who pushes us back into the flame.

May we have the heart, the courage (the word courage comes from root word for having heart) to go through the cooking. May we have the courage to commit ourselves to the flame. May we have the heart to finish our cooking, to make each of us worthy of being inside the heart of another fellow human being.

What a precious metaphor and teaching. Its presence in my life was timely to say the least! Let us have courage. Let us have the courage to let Life lead us through Life. Let us have the courage to trust...to trust in Life.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Talking in the Night

In the middle of the night,
I cried out,

“Who lives in this love

I have?”

You said, “I do, but I’m not here
alone. Why are these other images
with me?”

I said, “They are reflections of you,
just as the beautiful inhabitants of Chigil
in Turkestan resemble each other.”

You said, “But who is this other *living*
being?”

“That is my wounded soul.”

Then I brought that soul
to you as a prisoner.

“This one is dangerous,”

I said. “Don’t let him off easy.”

You winked and gave me one end
of a delicate thread.

“Pull it tight,
but don’t break it.”

I reached my hand
to touch you. You struck it down.

“Why are you so harsh with me?”

“For good reason. But certainly not
to keep you away! Whoever enters this place
saying *Here I am* must be slapped.

This is not a pen for sheep.

There are no separating distances here.
This is love’s sanctuary.

Saladin is how the soul looks. Rub your eyes,
and look again with love at love.”

Jelaluddin Rumi

3. Quote or Question

"Everything in heaven and earth breathes. Breath is the thread that ties creation together."

~ Anonymous ~

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 – The Sacred Triangle

Hello to the world-wide Family of Light!

When we walk in nature with quiet heart and mind what do we experience? We become aware of the vibrations of beauty. We begin to sense and to see different parts of creation coming together into one holy frequency of Light. The branch, the stone, the leaf, the flower, the sun, the sky—all come together in our heightened awareness as creations of divine Light.

All worlds, planets, stars, galaxies, and universes are creations of Light. The more refined our heart the more refined our perception of life. If we spend a day with an open heart we perceive the world around us very differently: the world becomes elevated. This is so because heightened energy attracts heightened manifestation. The more loving our thoughts, the more harmonious the physical manifestations in our lives.

Indeed there are numerous beings in numerous worlds, even in our solar system, that live in a higher, finer vibration for that is where they belong. These beings are now coming here more frequently to lift up those on our earth who match their refined frequencies.

The question before us is, “Where do we belong in heart, mind and soul?”

To answer this question we need first to understand that the heart, mind and soul come together to create a sacred unity. We can imagine this unity as a triangle. The platform of this triangle is the soul. The heart and mind make up the two sides. The soul, being the foundation of the triangle, is forever anchored in the Light of the Creator. This is the nature of the soul. Once we make contact with our soul, through the quietness of meditation and prayer, the heart and mind come together with the soul. Here we experience a tremendous expansion and we are filled with inner peace, Love and with the Light of the soul. Here we experience and fully live this sacred triangle: It becomes the basis of our true life that is so familiar to those in higher worlds here now to help and guide us.

As those from more enlightened worlds begin to elevate those from a lower frequency world, a new civilization is born. This is nature of life: moving from low to high, from turbulence to harmony, from incertitude to Love.

Let's play.

Sit in a quiet place, close your eyes and lift them up gently to the spiritual eye, the point between the eyebrows. Breathe in peace. Feel this peace inside of you and all around you where you are sitting. Now, imagine in front of your closed eyes a beautiful triangle of light. Feel the presence of this triangle. Let the image appear. Do not force. Now, fill your triangle with your favourite colour or colours of Light. With your awareness sense the inside of this Light-coloured triangle. Feel great Light, Love, beauty and peace being radiated to you. Now, gently

enter this exquisite triangle. Submerge yourself completely in its sacred vibration. Stay here a little longer and enjoy this heightened state of being.

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.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

5. Good News Of The Day

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

A long-term study on forgiveness shows that “forgiving activates structures and pathways in the brain that improve resilience and social connection more broadly, and empower you to step beyond painful experiences in an energized, motivated, and connected way.” Forgiving is not condoning or endorsing, nor is it necessarily reconciling or meaningfully connecting with a person who wronged you. It involves: empathy and perspective in considering emotions, thoughts, and feelings of the other; coping by reevaluating your understanding of the situation; making social decisions that redirect energy to your own well-being instead of anger or hostility. “By strengthening these capacities, practicing forgiveness can help us improve well-being in the vast and diverse array of social and emotional moments that make up our lives, and in a lasting way.” **Be The Change:** Choose one of the suggested ways to practice forgiveness for someone – perhaps even for yourself.

<https://www.dailygood.org/story/3296/how-forgiveness-changes-you-and-your-brain-emiliana-r-simon-thomas/>

6. Why DIY Devotion Doesn't Work

This article invites us to get serious about our spiritual practice. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2739>

7. Circles and Dots

A wonderful parable about realization. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2736>

8. Dark Side of Empathy

This is a beautifully-critical article on empathy. A must read! <https://www.awakin.org/v2/read/view.php?tid=2741>

9. Simple Was Satisfying

A beautiful reminder of the exquisiteness of the simple things in life that bring us joy. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2743>

10. Find Beauty In The Ordinary

Reprinted from www.KarmaTube.org.

Beauty is all around us but we often miss it, don't we? The act of paying attention seems rather simple and yet most of us are asleep at the wheel. Our habit is to be lost in a trance. Thinking. Planning. Worrying. So how can we find meaning in our lives when we are repeatedly lost in our own thinking? The poet Annie Lighthart writes to help herself and others to see the beauty in themselves and the world. A beautiful place to start is to pay attention. To live is to observe. To experience the fullness of life is to put oneself into the fullness of life. To embrace the wholeness of this journey is to lift your head, squint your eyes, wipe your heart of bias, and look. And in the looking, we might be profoundly changed by not missing a thing and embracing all of it for what it is - beautiful pieces of life in both the brokenness and wholeness of everyday life.

https://www.karmatube.org/videos.php?id=9156&fbclid=IwY2xjawKHWzlleHRuA2FlbQIxMQBicmlkETFXemtaM2dCS1BrWk5vZVNwAR7PadG3tJk0Adw1dvFQvaRXcoAs8AogWrrivSGBYBdKS9tvqFJnwFoBvXNAYQ_aem_9RnIqBxTnVmHEOCHjyckDw

11. 108 Acts of Kindness

Reprinted from www.KarmaTube.org.

According to science, compassion is not something that we are born with or that we have or don't have. It is cultivated by deliberate effort. In November 2024, Bhaktivedanta Academy's 7-10th grade students in Alachua, Florida, were engaged in a month-long project entitled "108 Random Acts of Kindness," the highlights of which are featured in this video. We can all make the world a better place by doing our small part to make the world kinder, more compassionate. In the end, we will all be happier if we are just a little bit kinder as we go through our days. <https://www.karmatube.org/videos.php?id=9148>

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.

12. 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).

13. 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...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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