

***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



#### My Bicycle As Spiritual Teacher

There is a deep truth about all material things in this world. And that is...all material things are symbolic of something else. This is a profound teaching. Nothing in this world is as we see it, it is as what we *want* to see. We assign words to these things, give them names, and think of them a certain way. But everything is symbolic of something else. And that 'something else' is closer to the truth of reality than any words we can assign to the object. Let's look at a few examples...

Food may be essential to staying alive, but for many, food may also be symbolic of comfort. In many cultures, food may also be symbolic of community; food is often what brings people together and keeps people together.

Clothes may also be considered essential, especially in cold climates. Even in their most basic form, clothes may be forms and symbols of protection and concealment. But for many, clothes may be symbols of prestige. Many may dress to create an image they want to convey.

Cars may also be symbols of prestige. But cars may also be symbolic of convenience and comfort. Ride in style is how many people may think about their automobile.

Money too may be a symbol of prestige. It may also be a symbol of safety. The more money we have, the safer we may be from any number of threats.

Cycling has been a passion of mine for many years. My bicycle has become a symbol of freedom. To hop on my bicycle and cycle all day leaves me with a sense of freedom rarely felt in most other parts of my life. To independently, self-propel myself is nurturing, enlivening, purpose-filled. But in recent years my bicycle has also become my spiritual teacher. My bicycle teaches me about so many things: devotion; dedication; practice; going with the flow of life (i.e., rolling with it); trust; stillness; awareness; peace; capabilities and limits; gratitude; joy (and despair); and love...to name a few.

I could go on, but you get the idea. The list of things I learn from cycling may be endless. I used to think spiritual teaching was offered only at the feet of the guru (as in a satsang setting). And satsangs do certainly offer much to the student. But as a student of cycling, my bicycle teaches me much about life. So too may be your passion; maybe it's swimming, or knitting, or baking / cooking, or reading books. When we treat our teacher with reverence and respect, as I do my bicycle, anything or anyone can become our teacher.

I have learned through my bicycle to let life teach me; to let life be my teacher. For too long I looked for my teachings and teachers in formal settings, with very defined and structured parameters. What I've learned is that my best teacher has been staring me right in the face all along...and that teacher is life itself. In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Tending two Shops

Don't run around this world  
looking for a hole to hide in.

There are wild beasts in *every* cave!  
If you live with mice,  
the cat claws will find you.

The only real rest comes  
when you're alone with God.

Live in the nowhere that you came from,  
even though you have an address here.

That's why you see things in two ways.  
Sometimes you look at a person  
and see a cynical snake.

Someone else sees a joyful lover,  
and you're both right!

Everyone is half and half,  
like the black and white ox.

Joseph looked ugly to his brothers,  
and most handsome to his father.

You have eyes that see from that nowhere,  
and eyes that judge distances,  
how high and how low.

You own two shops,  
and you run back and forth.

Try to close the one that's a fearful trap,  
getting always smaller. Checkmate,  
this way. Checkmate that.

Keep open the shop  
where you're not selling fishhooks anymore.  
*You are* the free-swimming fish.

Jelaluddin Rumi

## 3. Quote or Question

*"The secret of success is to be in harmony with existence, to be always calm to let each wave of life wash us a little farther up the shore."*

~ Cyril Connolly ~

## 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 Perfect Flow

Hello to the world-wide Family of Light!

There is a wondrous flow to the universe: the flow of water, the flow of wind and clouds, the flow of thoughts and Love. The human body is forever flowing in the magnetic streams that travel through the body from space and that circulate inside it.

The nature of physical matter is movement: birthing and renewing. However, although everything in the material universe is in constant motion and, therefore, in constant change, this continual flow of energy around us and within us is not the true foundation of life—it is the *expression* of life. The true origin of material existence is found in the motionless divine Source from which all life flows. Through the force of Love, Light and sound, this still, infinite Source brings forth countless physical worlds and universes.

Our souls are changeless because they lie within this still, infinite Divine Source. When we awaken to higher consciousness and to greater heart, we become aware of our souls and realize that they are our language for guidance in our material world.

Love flowing from inside ourselves to the outer world is the first language of the soul. Each moment we love, we express our soul to the world; we initiate this perfect flow of life energy: peace, beauty and compassion. We become the expressions of our souls in physical matter. Anchored in our souls, we rest in harmony within ourselves and without of ourselves

Once we feel this harmonious, loving energy flowing from inside of ourselves to the outer world, we become united with a higher frequency of life. We become the resonance of our souls, whole and united in the Divine Creator. Here lies our true life which surpasses all time and all questions. Here lies our home.

Many citizens on our planet are now flowing into the direction of true home. They are finding once again their sacred roots, exploring them and making them their own. This is good news for all.

Let's play.

Sit in a quiet place, close your eyes and lift them up gently to the spiritual eye, the place between the eyebrows. Relax your body and relax your mind. Breathe in and out gently and feel peace. Let this feeling of peace expand within you. Feel this peace also flowing all around your body and in the air where you are sitting. Say to yourself: *I am peace. I am the peace of the universe. I am peace.* Now, imagine a gold Light completely enveloping your body: the front, the sides, the back, above and below. Your body is now cocooned in this loving, gold Light. Feel the Light's sacred, exquisite vibration. Imagine that this surrounding Light is now creating ribbons of gold Light and sending them into your body. All the molecules in your body, including your brain are submerged in these ribbons of pure Divine Light. Let yourself go and experience this beautiful fluidity

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of Light. Still your emotions. Keep your heart and mind open and quiet. Sense that you are being lifted up to a higher frequency. Here is a new place for you to live.

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).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 5. Fullness On The Other Side of Emptiness

This is a blunt and brave call to the question “Who Am I?” Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2744>

### 6. Love Itself Was Gone

The incomparable Leonard Cohen shares his experience of Love with this poem...

<https://www.awakin.org/v2/read/view.php?tid=2606>

### 7. Wisdom of Rocks

This is a brilliant article on wisdom that uses rocks as its focal point to get its message across. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2746>

### 8. Spent Sunday

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

Sunday, the traditional day of rest and worship in the western world, holds deep meanings for many of us even if we no longer attend a church – or even if we still do. The ancestral pull to honor this day differently is still there in modern culture even if it doesn't have the religious overtones that it once had. In subtle ways, spirituality is still there in even the most secular and human acts of just daily chores. In this film by Dan Foldes/Pint of Soul based on a song by Alexis Harte, the theme of “My little church” reveals the sacredness of every little act done on this day. Whether digging up bramble roots, untangling extension cords or waiting on hold—it is all done to be a kinder soul and empty some space in our heads for the week to come.

<https://www.karmatube.org/videos.php?id=9176>

## 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.*

### 9. 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)).

### 10. 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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613-204-0299

[rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com)

[www.servingyourjourney.com](http://www.servingyourjourney.com)

Linked In: [ca.linkedin.com/in/robertmeagher](https://ca.linkedin.com/in/robertmeagher)

Facebook: [www.facebook.com/Servingyourjourney](https://www.facebook.com/Servingyourjourney)