

***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



#### A Humbling Lesson in Perception

Last month I spoke about my bicycle as my spiritual teacher. On a recent ride, I learned a humbling lesson in perception.

I was out on a long ride and was approaching a property on the other side of the street. A large dog came out on the street about 50 meters in front of me, barking and growling. I can remember one of my first thoughts being... "I didn't think it was going to end this way!" ...thinking that this vicious dog was going to eat me alive!

I stopped cycling my bike because to have continued pedalling would have put me on a collision course with the dog and I didn't want to provoke this animal more than I had already. I did not dismount my bicycle. I simply stepped off the pedals and straddled the bike. My thinking was that if I could deter the dog, I didn't want to waste any time peddling the bike again to move away from the dog.

As the dog came over to my left side, the dog continued to bark and growl at me and showed no signs of retreating. I reached for my dog repellent canister that I keep in a pouch on my left thigh. I opened the nozzle (to activate the sprayer) and pointed the canister at the dog. The dog momentarily stopped approaching me; but then resumed its slow, seemingly-methodical movement toward me, all the while continuing to bark and growl at me.

I aimed for the dog's head (as instructed by the manufacturer) and pressed the nozzle trigger. A stream of dog repellent shot out of the canister and grazed the left side of the dog's head, without making any direct contact with the dog. "Darn!", I thought. "I missed!" But the dog immediately started to retreat, sniffing and snorting, no longer barking or growling, only sniffing and snorting.

I slowly got back on my bike and slowly started to pedal away from the scene. The dog gestured to follow and made a few feeble "Woofs!". I gestured to point the canister at the dog and the dog immediately retreated. I continued to pedal my bicycle slowly from the scene. Once 25-or-so meters past the property, I picked up my pace until the property was well behind me. As I cycled away from the property, I had enough sense to press the appropriate button on my bicycle dashboard cam to make sure the preceding events were captured on video.

A couple of days later I sat down to produce a video of my ride; something I enjoy doing. I replayed the scene where the dog came out on the road and was growling and barking at me. What I saw when I replayed the video shocked me!

The very first thing I noticed was the dog was wagging its tail. I had not noticed the dog's wagging tail on the day of the ride. Yes, the dog was barking at me, but a wagging tail typically indicates friendly behavior. My bicycle dashboard cam also captures sound. The dog's bark was not as I remembered it. I remembered it

being rather vicious sounding. But the playback did not suggest such intent. And what felt like several minutes of confrontation, when played back from the dashboard cam, was less than 30 seconds. Clearly, I had initially perceived a threat. Everything that followed was seen through that lens...fear! Everything the dog did after my initial perception supported my fear. Yet, when I played back the video, my perception was quite different. I questioned my use of the dog repellent on that day. The experience was a humbling lesson in perception.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Breeze at Dawn...

The breeze at dawn has secrets to tell you.

Don't go back to sleep.

You must ask for what you really want.

Don't go back to sleep.

People are going back and forth across the doorsill.

where the two worlds touch.

The door is round and open.

Don't go back to sleep.

Jelaluddin Rumi

## 3. Quote or Question

"We're never so vulnerable than when we trust someone -- but paradoxically,  
if we cannot trust, neither can we find love or joy."

~ Walter Anderson ~

## 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 – Our True Identity Part 1 of 2: Awareness

Hello to the world-wide Family of Light!

It may seem to us that our sole identity upon this earth is our physical body which includes our mortal thoughts, feelings, gifts, talents, interests and actions. In a way, this is so; our physical identity matches a physical world. However, when we become aware that our physical identity is only a very small part of ourselves, being completely immersed in the physical world no longer satisfies us. We realize that there is a larger identity.

The wider our perception, the greater our expansion and the deeper the realization that our identity is not physical at all. It only seems so because we are absorbed in the material dimension. Yet, as we begin to expand our hearts, our minds automatically open up to other possibilities that guide us to deepen our awareness. We begin to understand that our true identity is a spiritual one—we are souls. We are created by the Divine Spirit and we live continuously within this Spirit. When we absorb this truth we are on the path of freedom. We awaken to our true sacred selves which are integral and manifested parts of Divine Creation.

How do we become aware of our true identity?

Our awareness comes by stilling the human mind so that it can be elevated to a higher mind; by expanding the heart so that it can be uplifted to intuit that physicality is not the first creation of Light: it is the last creation of Light.

Our opening hearts naturally send forth vibrations of Love, peace, harmony and well-being—all which emanate from Light. These pure vibrations are forever inside of us and around us in the very air that we breathe. We let them come naturally. We open our hearts, expand our consciousness and surrender to a higher way of being and doing. This is how we begin to live our true identity.

Let's play.

Sit in a quiet place, close your eyes and lift them up to the spiritual eye in the forehead between the eyebrows. Breathe in and out gently. Relax your body and mind. Feel peace within you and feel peace in the air that surrounds you where you are sitting. Feel harmony within you and feel harmony in the air that surrounds you. Feel a divine Love coming up from within you and feel this same Love coming up in the air that surrounds you. Now, feel that the peace and the harmony and the Love in the air around you are moving into you. Let them come. Sense that you are being lifted up to a higher-frequency place that is filled with Light and spiritual companionship. Stay here a little longer and enjoy this experience.

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. Who Is Having This Pain?

This brilliantly-insightful article invites awareness of our pain for our healing. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2745>

### 6. Time to Rise

This beautiful poem and song follows the path of non-resistance to suggest we can make change. Read and listen more here...

<https://www.dailygood.org/story/3301/time-to-rise-lucy-grace-poem-and-paul-livingstone-music/>

### 7. When Solutions Are Technologies of Avoidance

This is a beautiful article about dealing with life's trials and tribulations. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2622>

### 8. Takin' My Time

A wonderful article and video about slowing things down. Read more here...

<https://www.dailygood.org/story/3305/takin-my-time-dailygood-volunteers/>

### 9. The Willing Gift

This beautiful parable teaches a young boy about gentleness and non-violence. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2748>

## 10. What Miracle Are You?

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

Too often we shy away from admitting our pain to the outside world. We're too ashamed to allow ourselves to fully inhabit, be with and surrender to it; whether we're angry, hurt, depressed, or feeling helpless. The miraculous paradox is that when we do acknowledge the reality of our pain, make space for it and hold counsel with it; we soften and open. That opening allows the light to come and abide alongside the pain.

<https://www.karmatube.org/videos.php?id=9153>



## 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.*

### 11. 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)).

### 12. 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

## **Spiritual Guidance**

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