

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



We Are Always Learning

I have heard it said that "Laugh at yourself and the whole world laughs with you." Well...I invite you to have a laugh on me, because I still cannot stop laughing at myself over this one!

I have recently initiated a major diet change due to the results of some food sensitivity testing. As it turns out, just two of the foods I have sensitivity to are wheat and gluten. So, among the many changes in my diet, I sought out options for wheat-and-gluten-free bread. I found the answer in a recipe for buckwheat bread, which is both wheat and gluten free.

My first attempt at the recipe met with cheers when I removed the loaf of bread from the oven; which then met with jeers as I watched the loaf of bread collapse into the loaf pan within minutes of being removed from the oven. I figured I needed to bake it for longer.

So, on the second and third attempts, I got better results, after baking the bread for a longer period of time. However, there remained a large air pocket at the top of the loaf of bread. Not being an expert baker, I was baffled by this air pocket. It looked like the bread wasn't rising properly. But I reviewed the recipe each time and I was following all the instructions correctly.

Not one to give up easily on this staple of my new diet (i.e., bread), I asked for a few opinions and did a little research. I reviewed the ingredients measurements carefully to make sure I was properly converting the grams measurements in the recipe to cups.

The recipe was calling for 450g flour. The first 3 times I made the recipe, I had referred to Google and was given the conversion of 2 cups = 450g. Now, right there, if you are a baker, you may already realize the folly in that conversion. What I was searching on was "How many cups in 450g?" Well...I didn't realize until that moment that the conversion was for liquid, not flour. So, I then searched on "How many cups of flour in 450g?" And the answer was 3.75 cups!!! I had been using only a little more than half of the required flour!!!

The fourth attempt (afterall, the fourth time is the charm!) turned out great!...a beautiful loaf of wheat-and-gluten-free buckwheat bread.

I still laugh at myself when I think about my numerous attempts at the recipe before realizing I was using the wrong conversion for the flour measurement. But alas, live and learn. We are indeed always learning. And what a joy that is. Learning is made all the more joyful if we learn to laugh at ourselves in the process.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Dream that Must be Interpreted

This place is a dream.
Only a sleeper considers it real.

Then death comes like dawn,
and you wake up laughing
at what you thought was your grief.

But there's a difference with *this* dream.
Everything cruel and unconscious
done in the illusion of the present world,
all that does not fade away at the death-waking.

It stays,
and it must be *interpreted*.

All the mean laughing,
all the quick, sexual wanting,
those torn coats of Joseph,
they change into powerful wolves
that you must face.

The retaliation that sometimes comes now,
the swift, payback hit,
is just a boy's game
to what the other will be.

You know about circumcision here.
it's full castration there!

And this groggy time we live,
this is what it's like:

A man goes to sleep in the town
where he has always lived, and he dreams he's living
in another town.

In the dream, he doesn't remember
the town he's sleeping in his bed in. He believes
the reality of the dream town.

The world is that kind of sleep.

The dust of many crumbled cities
settles over us like a forgetful doze,
but we are older than those cities.

We began
as a mineral. We emerged into plant life
and into the animal state, and then into being human,

and always we have forgotten our former states,
except in early spring when we slightly recall
being green again.

That's how a young person turns
toward a teacher. That's how a baby leans
toward the breast, without knowing the secret
of its desire, yet turning instinctively.

Humankind is being led along an evolving course,
through this migration of intelligences,
and though we seem to be sleeping,
there is an inner wakefulness
that directs the dream,

and that will eventually startle us back
to the truth of who we are.

Jelaluddin Rumi

3. Quote or Question

"You cannot be lonely if you like the person you're alone with."

~ Wayne Dyer ~

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 2

Hello to the world-wide Family of Light!

Becoming aware of our true identity as spiritual beings born and living in sacred Light takes time. We are asked to be patient. Just as the light of the sun gently stimulates the leaves to produce chlorophyll so do the higher frequencies of Creation gently move up from within our souls to help us acclimatize and blossom.

We know when we have touched a higher vibration because we feel peace and oneness with all life that is found not only upon, within and above our earth but also in the many universes and layers of existence.

We are returning to our origins. This is the great movement that is now being witnessed upon our Planet Earth. Our people are rediscovering their divine origins and they wish to live them. We are taking back our true identity and we are asked, therefore, to be very mindful of our inner selves. As we spend time daily in the silence to connect to our souls we automatically connect to our Creator: We are drawn into this exquisite Light and merge with our Creator. The closer and deeper this sacred union, the greater the joy experienced and the more profound and meaningful our lives become.

As we rediscover our true identity we become more conscious of a wonderful flow of energy that moves inside us. This is the vibration of divinity. We feel it in our physical bodies and in the air surrounding us. In and around our world we sense particles of Light coming together to create one impermeable covering of Light.

Imagine that our Planet Earth is inside a large ball of glass. When you look inside this ball, you see millions upon millions of Light particles floating around the planet. However, as you look more closely, you perceive that these particles are no longer scattering. They have come together to create a celestial, multi-dimensional blanket of Light that covers and penetrates our earth.

The chaos in our world is attempting to infiltrate this covering of celestial Light. It is trying to break this Light apart and to destroy it. But this is not possible. Light can never be destroyed; it can only increase. Therefore, our true identity as beings of sacred Light will always remain victorious. Knowing this, we strengthen our true identity by living it fully. We joyfully realize that we all belong to the same infinite Divine Source that creates all life in and beyond all time and space. We remember who we are and we remember that we are forever loved, blessed and guided.

Let's play.

Close your eyes and lift them up gently to the spiritual eye in the forehead between the eyebrows. Open your heart and feel peace. Breathe in this peace and breathe out this peace. Feel a quiet, loving harmony inside of you. Breathe in this harmony and breathe out this harmony. Sense in the air around your body where you are sitting, sparkling particles of Light. Breathe in these particles of Light and breathe out these particles. You are

now filled with peace and harmony and Light. Feel and absorb this. You are now experiencing your true divine identity. Absorb and become this state of being. Now, feel in your heart a mighty sphere of majestic golden Light. Let this sphere expand naturally from within you. Do not force this movement. Just let it happen. This magnificent sphere of Light is now expanding from your heart to your forehead. It is growing larger and larger and now is absorbing your entire physical body. Remain in peace and harmony and feel this. Live this experience of oneness in this celestial Light. Enjoy your spiritual identity.

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. Vows of Active Hope

A beautiful story of how our commitments can manifest as active hope. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2749>

6. Preparing For The Darkness And Holding The Light

This is a deeply moving and touching article about these times—the bardo between eras. Read more here...

<https://www.dailygood.org/story/3308/preparing-for-the-darkness-and-holding-the-light-llewellyn-vaughan-lee/>

7. Letting The Hero Die

An enchanting message of humility through the words of Paul Weinfield. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2625>

8. The Laughter Thief

This is such a precious reminder about the joy of laughter. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2756>

9. Courage In Grief, The Beauty Of Surrender

Reprinted from www.KarmaTube.org.

We are unified as humans by the inevitability of loss - the death of loved ones, the end of relationships, the shattering of dreams. And with loss, there will be grief. Instead of resisting, what miracles might come if we soften, surrender and open? Grief is a fierce and loving teacher, a guide to what's most true in the center. As the Persian poet Rumi recommends, let it crack our hearts wide open. That's how the light of love gets in.

<https://www.karmatube.org/videos.php?id=9154>

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.

10. 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).

11. 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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613-204-0299

rmeagher@servingyourjourney.com

www.servingyourjourney.com

Linked In: ca.linkedin.com/in/robertmeagher

Facebook: www.facebook.com/Servingyourjourney