

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



Oh Crap!

Sometimes life has the most exquisite and poignant ways of teaching us!

One morning last month, while clearing email, one of those emails contained my daily wisdom saying / teaching. That wisdom teaching read as follows:

"To leave the world better than you found it, sometimes you have to pick up other people's shit."

Not thinking the wisdom teaching meant literally picking up other people's shit, I pondered the significance of the teaching and how it related to the life I had led. Yes, indeed, I had often found myself picking up after others. Who hasn't? Well, on this day, that teaching and experience was brought to a whole new, very literal level.

After breakfast and clean up, I headed to the nursing home for my daily visitation. I arrived at my partner's room to see two Personal Support Workers (PSWs) standing outside my partner's door. I could hear the usual Saturday ward nurse inside the room speaking with my partner. As I approached my partner's door, I asked one of the PSWs... "Everything okay?" To which the PSW replied... "Sherwin (my partner) is having difficulty pooping."

I went in to my partner's room to see the nurse and another PSW tending to Sherwin, who was sitting on the toilet. After about 10 minutes of effort, the nurse and PSW, upon acknowledging my presence, asked if I was okay to look after Sherwin. It was explained to me that the nursing staff had only so much authority to perform certain procedures. The most they could do for my partner was to provide a laxative for him to consume, monitor him, then escalate the issue to the on-call doctor if the constipated situation continued.

The nurse and PSW left the room, but my partner was still in distress; mostly an anxiety-ridden distress over thoughts of dying because of bowel obstruction or rupture. My partner pleaded with me to "Do something!" So...I did. I helped my partner evacuate his bowels. I won't go into the details of the procedure here. You very likely can imagine how the process goes.

I remember when we were living together, and when my partner was of sound mind and body (now he lives with advanced stages of dementia), we discussed what events would indicate a 'line had been crossed' in my ability to caregive for my partner. Well, having to evacuate bowels was one of those 'lines.' If it ever came to the point when manual bowel evacuation became necessary, we both agreed it would be time to be institutionalized.

But here we were...my partner institutionalized, and nursing staff not able to perform the necessary procedure for liability reasons. I had to face this situation that we both promised each other would never happen. After manual bowel evacuation was completed, I helped my partner to his bed where he dozed off and slept for a while, no doubt emotionally exhausted from the preceding procedure.

The process of evacuating my partner's bowels was fraught with a potpourri of negative feelings and emotions. It ranged from uncomfortable, anger, disgust, fear, etc. It was only in the following days was I able to begin processing the events. Sometimes life isn't all that pretty. Sometimes we do need to roll up our sleeves and get our hands dirty. And sometimes relieving the suffering of others calls for doing things you may never have thought, or promised, you would ever do.

We are not saints for doing these acts. We are merely embodied souls who have a heart and do what we can in the moment to help another, to relieve their suffering. We learn through these loving acts that there is nothing we cannot do when love leads the way. We simply hope that in those times we have to pick up other people's shit, we are leaving the world in better shape than we found it!

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Guest House

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

Jelaluddin Rumi
translation by Coleman Barks

3. Quote or Question

"Everything can change in a blink of an eye. But don't worry; God never blinks."

~ 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 – Towards A Higher State Of Being: Light

Hello to the world-wide Family of Light!

There is no beginning or end to existence. This we might find strange because we live in a finite world. Yet even our finite world and our very selves are created from Divine Light which is eternal and infinite. Eventually, as our human consciousness moves up to divine consciousness we recognize and understand that the physical world, including our material bodies are simply expressions of Light.

This Light is perfect Love and supreme Intelligence. When Light expresses Itself through various, defined structures such as sand, animals, flowers and our physical bodies, this Love and Intelligence are not diluted. Light remains pure and unaffected. It is we who become so identified with the material world that we forget our initial, true origins as forms of Light.

Times are now changing and we, on our planet, are awakening. Our consciousness is opening and expanding. We realize that *first* we are Light and *then* we are physical beings—the physical world is the final result of the manifestation of Light.

In every cell of the human body there is a perfect particle of Light. Yet, although Light is manifested in each cell It still remains pure and intact.

Light creates Creation, and Light elevates Creation. Although this Light remains forever rooted in the Divine Source where all Creation is born, It also brings our bodily cells to a higher state of being *if* we expand our hearts and minds and become receptive to this Light.

Each moment we express love, joy, peace, harmony, gratitude and all the other attributes of our soul, we bring together all the particles of Light in our body. We become whole and harmonious and we become happily united with the great Light of the Creator. We move to a higher state of being.

There is a great and steady gathering of our Light in this world which we are absorbing and intensifying. As a result, a tremendous mass of Light is now being poured out throughout our world and beyond it. *We are creating and sending forth a signature of Divine Light and Friendship to all life, including higher-frequency civilizations who are with us to applaud, encourage and assist.*

We are asked to develop this inner Light: to befriend It, to become It, to strengthen It and to share It.

Let's play.

Sit in a quiet place, close your eyes and lift them up to the spiritual eye, the point between the eyebrows. Gently breathe in and out and relax the body and the mind. Open your heart. Feel a flow of loving peace

moving throughout your body and consciousness. Become aware of a beautiful stillness within you. Feel your closeness to the Divine Creator.

Now, imagine that you are in space and you see a point of brilliant Light shining in the distance. This point of Light comes closer and now is shining on you. Feel Its infinite Love and compassion and Its tremendous power of Creation. Now, imagine that various forms of life are coming out of this Light. Each form that comes out is made of Light and then gradually changes into a physical form. For example, imagine a flower coming out of this great Light. As it comes out, see or sense this flower first as a structure of Light and then imagine this flower gradually transforming into a physical rose. Imagine a tree coming out as a structure of Light and then slowly changing into a physical tree, perhaps an oak. Imagine the form of a being coming out as a structure of Light and then slowly transforming itself into a physical body. Imagine that it is you.

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. Why Silence Can Feel Agitating

This article brings clarity, through science, to the reason behind our monkey mind and the benefits of meditation. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2757>

6. Hosting The Pain Of The World

An interesting article about using the power of 'now' to heal the world. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2755>

7. Bouquets and Brickbats

A magnificent article about vigilance for your peace and truth. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2758>

8. The Face Game

This article is a poignant journey through the stages of no ego, through ego identification, and finally relinquishment of ego. A must read! More here... <https://www.awakin.org/v2/read/view.php?tid=2752>

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.

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).

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>.

Spiritual Guidance

Serving your personal journey toward enlightenment...

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Rev. Robert Meagher

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