

***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



#### Freedom as False Autonomy versus True Freedom

It is cycling season again in my city, and I relish every opportunity I can to get out for my day-long bike rides. I have written about this joy before. I get up about 4:30am, have my breakfast, pack my panier bags with food and water for the day, and head out for an adventure.

My trips will often take me to and through villages and towns. I will almost always visit forests, hills, lakes and rivers along the way. Many times, I will have the joy of cycling beside vast farmer's fields. There is never any shortage of splendid scenery to captivate and caress the senses.

I am also blessed to encounter much wildlife. Birds and water fowl of all kinds, deer, bears, fox, reptiles, squirrels, chipmunks, racoons,...just to name a few. I am never alone. There is always someone or something that accompanies me on the ride.

There is always a great sense of freedom I experience on these day trips. To get out in nature, peddling to my heart's content, is often blissful for me. I forget about the world, my life as I experience it, leave my self-imposed worries behind and immerse myself in a hypnotic-like, almost poetic expression of my physical being. The hotter and more humid it is, the better! I have never met a hot and humid day I have not adored!

This freedom I mention above is an interesting experience. This freedom is peaceful and even blissful. It is full of joy. It is rapturous at times. This freedom will often give me a sense of being carried away to another time and space. I can easily lose track of time, especially if it's a gloriously-sunny-and-hot day. But is this freedom?

The freedom I speak of above is a freedom born out of a sense of self that is tethered to this world. It is a freedom born out of a sense of separateness. It is a freedom that thinks it is autonomous and self-sufficient. But this autonomy is a false autonomy.

The freedom I experience on my bicycle day trips is rooted in my sense of me doing something and experiencing something. The experience always brings awareness of another thing or body, in relation or comparison to me.



Photo Credit: pexels.com - Javon Swaby

There is another freedom I aspire to. This other freedom is a true freedom. It is a freedom from the very bindings that gives me the freedom-as-false-autonomy experience described above. This true freedom is freedom from my mind.

True freedom for me is an absence of a sense of self. With no sense of something or someone separate and distinct from anything or anyone else, I experience 'being' instead of 'doing'. My bicycle trips are 'doing' in the very real sense, with the occasional glimpse of being. When I lose track of time on my bicycle trips, I am only just beginning to enter a state of being.

Freedom from my mind allows me to look on everything and everyone with equanimity. There are no judgements. There is not even any perception. There is total acceptance of everything and everyone—of all that is. That is freedom!

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Only Breath

Not Christian or Jew or Muslim, not Kindu,  
Buddhist, sufi, or zen. Not any religion

or cultural system. I am not from the East  
or the West, not out of the ocean or up

from the ground, not natural or ethereal, not  
composed of elements at all. I do not exist,

am not an entity in this world or the next,  
did not descend from Adam and Eve or any

origin story. My place is placeless, a trace  
of the traceless. Neither body or soul.

I belong to the beloved, have seen the two  
worlds as one and that one call to and know,

first, last, outer, inner, only that  
breath breathing human being.

Jelaluddin Rumi

## 3. Quote or Question

*"All the principles of heaven and earth are living inside you. Life itself is truth, and this will never change."*

~ 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 – Shaking Hands with the Invisible

Hello to the Family of Light!

If you move your hand in air, what do you observe? You feel your fingers displacing the air where there are no objects impeding your movement. Yet, in the air around you there are atoms, molecules and natural forces invisible to the human eye. With heightened awareness you may even sense in this air the energy patterns created by the thoughts and emotions of others.

If you were to increase your own vibration, you would observe that in the air around you lie other dimensions and worlds. And perhaps your hand, as it waves about in the air, is actually touching another hand, invisible to your human eye but visible to another being in another world!

Physical worlds are vibrational. The higher the frequency, the finer the dimension. When we realize that the purpose of life is to advance to greater levels of understanding, we move towards refined vibrational patterns. Sometimes we stay in these elevated patterns to enjoy them and sometimes we let them go.

How we can enjoy these elegant worlds which we cannot always perceive with our eyes? By cultivating trust.

Today upon our planet there is an increased outpouring of exceptional spiritual light which is shining even in the darkest corners of the human heart. This is a great Light, infinite and eternal, that many people on Earth are beginning to recognize. They realize that this spiritual opening is their future, their destiny. As they allow greater radiance to flow through them they choose, with their free will, to make this great Light their foundation for trust.

Inwardly we know that all things are constructed from this Light which remains untouched by a world in chaos. We know that other worlds and dimensions are also constructed from this spiritual Light because, first and foremost, creation is spiritual in nature.



Photo Credit: pexels.com - Kobe

The deeper we ground our lives in Light (hence, in Love), the more we are aware of the wondrous coming together of ourselves and those of higher dimensions. Even in the present turbulence, we are ever reminded that this tremendous spiritual outpouring that lights up every willing heart on our planet is intensifying. It is calling us home.

We are asked to cultivate loving trust as we focus our attention on our spiritual growth and act with integrity, compassion and patience. In this way we can enjoy minds and hearts as they open and illuminate. We can enjoy the gifts of others in our world and encourage humankind to move into greater unfoldment.

We are all playing, learning and growing in the same “spotlight” of the Divine Source. The more we love, the deeper our trust and the shinier our souls and hearts. Then one day we will lovingly shake hands with the invisible!

In Divine fellowship,  
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).



## 5. Steve Dolesch – A Challenge

Permit me to present you a challenge from Saint Germain. A challenge to change this world. I humbly like to use the words 'a challenge' to better this world and not change it. For you see, it is better to better our world than change it. As with a person, one cannot change him or her, but only help him or her to be better. Not better according to our personal standards but to the true Best according to Heart of Hearts. Only if he or she wants to be helped. I was looking for more information on Saint Germain and found the below prayer. When I saw his prayer, the phrase 'Love is the most potent medicine in existence.' struck me. So, I paused my sharing I titled 'You Only Live Once' to concentrate on this one. I need to say that I am familiar with Saint Germain. A good friend's mom received a message from him regarding my mission. So, let's dive into his challenge although it is a community challenge because all Ascended Masters and Beings of Light speak with one voice.

"Blessed are you who love. Love is the ultimate experience in this life. Love will provide you with the riches of the universe. Practice true and deep soul love. **Soul love comes from the deepest level of your being.** Love embraces all. Love is beyond the understanding of the human part of you.

To embrace and know it at its deepest level, one must first tap into the spirit which is who you really are. Pray to understand and practice loving those whom you believe do not deserve it. All deserve love. All respond to love. **Love is the most potent medicine in existence. We challenge you to use this power to change your world. Do not be sceptical until you try. To change your situation requires that you be love, and nothing less.**"

Gosh, where do I begin? Okay, found it: 'Soul love comes from the deepest level of your being.' Look at it: Soul love. How deep can that be? First, it is not even what I call mind love or even heartfelt love! Not even agape love (unconditional love), Phila (brotherly love, excluding sisterly love). But soul love. We may have been missing something here. Soul love is spiritual love, is it not? It does go beyond our human understanding. Soul love is just that: Soul love. Let me explain again, if I have not already in one of my previous sharings, that when we say, 'I have unconditional love', it is conditional while soul love just is. We do not need to put the term unconditional before love. Think about it.

Now, let me tackle the next phrase: 'We challenge you to use this power to change (better) your world.' Okay, what we are living now, needs our attention to better our situation. With what is going on and what may happen with possible conflicts looming, we certainly need to use the power of soul love to better our situation. Let me try to explain something very difficult: how to stop aggressions of the enemy not being conscious of soul love? Well, having soul love yourself. I have survived one conflict directly, the invasion by the defunct Soviet Union of Hungary in 1956 (I was not even 1 year old). I do not wish to witness another one. I am fortunate. Even having a physical limitation, I was protected by everyone including Beings of Light and others. Personally, I cannot say otherwise. I do not have to believe, I know.

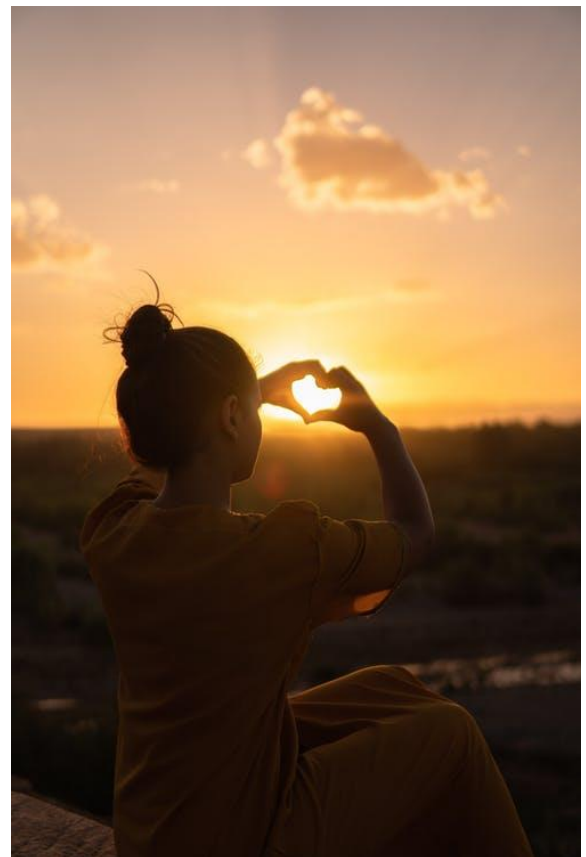


Photo Credit: pexels.com - Hassan Ouajbir

# Spiritual Guidance

Serving your personal journey toward enlightenment...

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I have proof: Messages from the Beings of Light (January 9, 2014) and Saint Germain (January 27, 2014), but also, I am here and now. Love is the most potent medicine to heal, not to band aide our world, but heal it. Soul love. That jewel of healing. Let us wear it and live it.



**ABOUT THE SPIRITUAL GUIDE AND TEACHER:** Steve Dolesch was born in Budapest, Hungary, in 1955. Born with Cerebral Palsy, Steve lived with his grandparents while his parents immigrated to Canada. Steve came to Canada in 1965, to live with his parents and sister, in Toronto. Today, Steve lives in Gatineau, Quebec. He can be reached at [stevedolesch@gmail.com](mailto:stevedolesch@gmail.com).



## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 6. Good News Of The Day

*The stories below are reprinted from [www.dailygood.org](http://www.dailygood.org).*

'Arbejdsglaede' is a wonderful Scandinavian word that literally means 'work-love' or 'work-glad'. There is no direct translation for this word in the English language, so Maptia decided to use crowdsourcing to explore its meaning. More than 200 people who love their jobs shared three words that described how they felt on a Monday morning. A beautiful poster summarizes the results, with the size of the words representing how many people felt each emotion and what they do for a living. <https://www.dailygood.org/story/768/an-illustrated-poster-for-people-who-love-their-work-maptia/> **Be The Change:** Take time to reflect on what you love about your work and on one thing you can change to make your work more meaningful.

"In her heartwarming book, My Grandfather's Blessings, Rachel Remen says, "You do not need money to be a philanthropist. We all have assets. You can befriend life with your bare hands." I am grateful for being able to befriend life with my bare hands through the making of quilts and prayer shawls." Jane Jackson is a mother, grandmother, former mid-wife, writer and much more. Over the decades she has made and gifted exquisite memory quilts to people who have lost loved ones. In this gentle piece-- that includes a beautiful slideshow of her work-- she describes the evolution of her pay-it-forward initiative, Karma Quilts, and the patchwork of people, places and events that shaped her quilting journey.

<https://www.dailygood.org/story/2730/karma-quilts-stitched-with-love-jane-clark-jackson/>

Deanna Van Buren designs restorative justice centers that, instead of taking the punitive approach used by a system focused on mass incarceration, treat crime as a breach of relationships and justice as a process where all stakeholders come together to repair that breach. "Imagine a world without prisons," Van Buren says. "And join me in creating all the things that we could build instead." <https://www.karmatube.org/videos.php?id=8062> **Be The Change:** Imagine a space that makes possible restoration of relationships, both personal and social in your neighborhood. Take a step toward making that vision come to life.

Hope is often viewed as the anticipation of circumstances being better in the future, but in this article environmentalist and social activist Kate Davies suggests that intrinsic hope is based in the here and now. Applying 6 habits of mindfulness to one's daily life will allow us to live from a place of hope that embraces life as it is now in all of its beauty and complexity. <https://www.dailygood.org/story/2053/6-habits-of-hope-kate-davies/> **Be The Change:** When you are feeling discouraged and in need of hope, pause in your day and notice the effortless miracle of your breath rising and falling or the natural courage found in nature's tireless movement to grow all things.

"Our origins are of the earth. And so there is in us a deeply seated response to the natural universe, which is part of our humanity," Rachel Carson wrote in reflecting on our spiritual bond with nature shortly before she awakened the modern environmental conscience. The rewards and redemptions of that elemental yet endangered response is what British naturalist and environmental writer Michael McCarthy, a modern-day Carson, explores in *The Moth Snowstorm: Nature and Joy* (public library) -- part memoir and part manifesto, a work of philosophy rooted in environmental science and buoyed by a soaring poetic imagination." Maria Popova shares more about McCarthy's book and its timely messages here.

<https://www.dailygood.org/story/2731/nature-and-the-serious-work-of-joy-maria-popova/> **Be The Change:** Walk into nature in any of its forms today, and as you look and listen and receive the impression, also notice within yourself its effect on you. Is there some simple way you can return to nature its great gift to us, by planting or weeding or caring for an animal?

For decades, Sister Marilyn Lacey has aligned her energies and aspirations with refugee communities in the United States, as well as in some of the most ravaged pockets of our world. She describes her leap into the refugee universe in her breathtaking book, 'This Flowing Towards Me: A Story of God Arriving in Strangers.' The heart of the Scripture come glowingly to life in the words, works, and the world of Sister Marilyn. She and her organization, Mercy Beyond Borders, embody what it means to welcome the stranger, to see the Divine in the displaced, and to walk beside those on the burning margins. She shares more about her journey and work in this interview. <https://www.dailygood.org/story/2390/mercy-needs-to-be-where-the-need-is-greatest-awakin-call-editors/> **Be The Change:** For more inspiration, join this week's Awakin Call with renowned immigration lawyer Sheela Murthy: Serving the Stranger. RSVP info and more details here. <https://www.awakin.org/calls/560/sheela-murthy/>

The science of empathy is now one of the most celebrated subjects of psychological and neuro-psychological enquiry and it has the potential to transform human society in spectacular ways. For instance, if a human being's central nervous system carries blueprints for empathy, and if the health and vitality of one's empathy circuits depend on one's environment from conception through adulthood, what does that mean about our moralistic judgments of good and evil, and of punishment and reward? This well-written piece on the latest findings on empathy and on its limitations offers some surprising and heartening answers. <https://www.dailygood.org/story/1508/to-heal-the-human-heart-robin-grille/> **Be The Change:** The next time someone irritates you with something they said, try to understand where they may be coming from and how they may be feeling. Can you try to respond with compassion instead of anger?

The Peace of Wild Things is a beautifully animated film of a poem written and read by Wendell Berry as part of the Poetry Films series of the On Being Project, which features animated interpretations of beloved poems. This poem is a warm invitation to return to our early memories of peace and joy, perhaps lying in the grass on a sunny hill, listening to bird and insect sounds, when suddenly, for a moment, "we are free!" <https://www.karmatube.org/videos.php?id=8805> **Be The Change:** Writing a poem yourself is a wonderful way to explore the heart's desires, and a poem about any aspect of nature, or even the Wild Things, can bring you to that same inner freedom Berry speaks about. Try it today.

Aristotle believed courage to be the most important quality in a man. "Courage is the first of human virtues because it makes all others possible," he wrote. Today, it's one of the more neglected areas of positive psychology, but recent research has begun to move toward an understanding of what courage is and how we might be able to cultivate the ability to face our fear and make decisions with greater fortitude. This article shares six ways to loosen the grip of fear on your life, and become more courageous than you ever imagined. <https://www.dailygood.org/story/622/the-science-of-conquering-your-fears-carolyn-gregoire/> **Be The Change:** Write down ten things you've accomplished in your life, ten skills and talents that you have, and ten times when you've solved a problem or overcame adversity.

"Though we have instructions and a map buried in our hearts when we enter this world," the extraordinary Joy Harjo has written, "nothing quite prepares us for the abrupt shift to the breathing realm." She is a saxophone player and performer, a visual artist, a member of the Muscogee Creek Nation, and the 23rd Poet Laureate of the United States. She opens up with Krista Tippett about her life, dreaming as a way of relating to time and place, and the story matrix that connects us all." <https://www.dailygood.org/story/2740/joy-harjo-the-whole-of-time-on-being/> **Be The Change:** For more inspiration, check out this beautiful poem by Joy Harjo. <https://www.dailygood.org/story/2447/for-calling-the-spirit-back-from-wandering-the-earth-in-its-human-feet-joy-harjo/>

Tami Simon speaks with Coleman Barks-- a leading scholar and translator of the 13th-century Persian mystic Jelaluddin Rumi-- about the extraordinary friendship between Rumi and his teacher Shams Tabrizi.

<https://www.dailygood.org/story/2741/rumi-grace-and-human-friendship-tami-simon/> **Be The Change:** For more inspiration, here is a verse by Rumi, "The Root of the Root of Yourself."

<https://www.awakin.org/read/view.php?tid=2299>

## 7. See A Universe In A Flower

Does something exist if you do not see it? Ask another way, if you cannot see something, does it mean it does not exist? These beautiful questions are explored in this meaningful, short story by Thich Nhat Hahn. Read more at... <https://www.awakin.org/read/view.php?tid=2431>

## 8. The Shambhala Warriors' Weapons

Have you ever heard or read about the Shambhala Warriors? These warriors are armed with only compassion and insight. Read more at... <https://www.awakin.org/read/view.php?tid=945>

## 9. A Fixed Place to Stand

Richard Rohr uses the metaphor of a fulcrum to teach us about the importance of contemplation. See what more he has to say in his article "A Fixed Place to Stand" at this link...

<https://www.awakin.org/read/view.php?tid=2479>

## 10. Practice Over Parables

Do you meditate? Do you struggle with blocking out the noise that surrounds you? You might want to read this interesting piece from Jason Garner... <https://www.awakin.org/read/view.php?tid=2353>

## 11. Imagine A World Without Prisons and the Things We Could Build Instead

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

Deanna Van Buren designs restorative justice centers that, instead of taking the punitive approach used by a system focused on mass incarceration, treat crime as a breach of relationships and justice as a process where all stakeholders come together to repair that breach. "Imagine a world without prisons," Van Buren says. "And join me in creating all the things that we could build instead." <https://www.karmatube.org/videos.php?id=8062>

## 12. The Peace of Wild Things

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

“The Peace of Wild Things” is a beautifully animated film of a poem written and read by Wendell Berry as part of the “Poetry Films” series of the On Being Project, which features animated interpretations of beloved poems. This poem is a warm invitation to return to our early memories of peace and joy, perhaps lying in the grass on a sunny hill, listening to bird and insect sounds, when suddenly, for a moment, “we are free!”

<https://www.karmatube.org/videos.php?id=8805>

## 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.*

### 13. 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)).

### 14. 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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