

Serving your personal journey toward enlightenment...

***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



#### The Butterfly Effect Comes to Life

Have you ever heard of the 'butterfly effect'? In simple terms, it refers to small changes in one system or area leading to large-scale and unpredictable variation in the future state of another area or system. The example I have most often heard to describe this theory is that a butterfly flapping its wings in Mexico can cause a hurricane in China. You get the idea.

While the 'butterfly effect', like any theory, sounds good on paper, it is sometimes hard to imagine it having a real and lasting impact on your life. Well...the butterfly effect came to life for me in the past couple of months.

Perhaps you are aware of the still-unfolding, geo-political situation surrounding Canada detaining, and recently releasing, Meng Wanzhou, Huawei's CFO. While Ms. Wanzhou has finally returned to China after several years of detainment in Canada, the diplomatic outfall of the situation will no doubt be felt for years to come.

Like many people, I never knew Ms. Wanzhou. I still don't. Even though I was aware of the global significance of Ms. Wanzhou's detainment, I never thought it would affect me directly...until last month.

One of the joys of my life over the past three years has been teaching English as a second language to Chinese children (online). I have grown to truly enjoy my time with the children and feel inspired by spending time with them.

Since August, the Chinese government has slowly been restricting the teaching of Chinese children by foreign teachers. These restrictions have come in the form of new legislation aimed at companies (whether domestic or foreign) that offer Chinese parents the opportunity to teach their children English. Along the way, credible news sources such as BBC, Bloomberg, and the New York Times, have provided some insightful analysis of the unfolding decisions by the Chinese government. The impact of the Chinese government's regulations is that hundreds of thousands of English teachers around the world (mostly Canada and the US) have lost their jobs.

Did the situation with Meng Wanzhou influence the Chinese government's decision to restrict foreign teachers from teaching Chinese children? Some news sources (previously stated) say yes, directly. Other news sources say 'indirectly'. According to these same news sources, the Chinese government's new education regulations would not have come into effect if Meng Wanzhou had not been detained.

So...I never knew Meng Wanzhou, I still don't, and I never met her. But according to credible news sources, the decimation of the English as a second language industry globally—an industry worth 100s of billions of dollars annually—has been as a result of the events surrounding Meng Wanzhou.

What all the preceding has emphasized to me is how we are all interconnected. What we say, what we do, dare I say what we think, affects everyone, everywhere. We may never know the impact of our words, our

actions, our thoughts. And we certainly may never meet the people we affect, but everything we do, in every minute of every day, affects the entire world.

The preceding experience has been a clarion call for me to practice kindness and love with everyone I meet. I may never know how my kindness and love impacts others, and that's okay, but I'd much rather my kindness and love affect people than the alternative!

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Surrender

And I asked, "What is the secret of  
total surrender to God?"

And I was told,  
"The secret of surrender is simply  
to be.

The secret of surrender is simply  
not to think.

It is letting perception gently  
dissolve into the knowledge of Love,  
the land of no change,  
the Kingdom of God.

It is hearing the waves tenderly  
kiss the surf,  
becoming united, becoming one.

It is perception dissolving  
into knowledge of the perfect  
one-essence of God and Love.

The secret of surrender is simply  
to do nothing and to be."

Gerald G. Jampolsky

## 3. Quote or Question

"The grace of God is a wind which is always blowing."

"Ramakrishna"

## 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 – Playing With Frequency

Hello to the Family of Light!

We live in a vibratory world; everything we see, touch, hear, smell, taste, feel and think is vibration that affects other vibration. The lower the frequency the heavier the expression, the higher the frequency the lighter the expression.

When we are inwardly quiet and we view a scene of beauty, a sunrise, for example, we absorb its frequency. The more we clear our minds and open our hearts, the easier we absorb these higher, refined frequencies of peace, love and harmony that the beauty of the sunrise offers. For that instant we actually *become* a higher frequency.

The most exquisite frequency that we hold is this perfect, sacred Love that lives and vibrates in our soul. It also resonates constantly in our minds and bodies. We need only to become conscious of it. When we allow the awareness of the beauty of the sunrise to enter our minds and bodies, we intentionally nourish this feeling of Love and change the vibration within ourselves and in the world around us. Here we are complete and whole in the highest possible frequency—Love. We become the sacred resonance of our souls and we radiate to the outside world this inner, perfect vibration.

In absorbing the essence of the sunrise, we amplify within ourselves the exquisite resonance of the beauty we see, receive and feel. In raising our inner frequency we also positively affect the actual sunrise. We elevate the physical structure of the sunrise by sending out our joy of its beauty, peace, love and harmony. In return the sunrise, too, lifts us up to a more refined vibration.

Through Love, all life in our vibrational world is transformed, refined and elevated.

Let's play. Imagine a yellow ball floating in the air before you. Now, with your imagination change the colour of the ball to another colour that pleases you. Feel your delight in this change and notice a change in the vibration within you. Because you are delighted, you have elevated the frequency of your heart, mind and body. You have entered a lovely vibration of delight.

Our earth and our world are moving to a more refined frequency and we are invited to come along. Would you like to? Will you do so?

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If the answer is “yes!” we are asked to choose frequencies that match this new, emerging world. How do we do this? By ensuring that the content of our thoughts, the quality of our feelings and the oneness of our hearts vibrate to the exquisite frequency of Infinite, Divine Love.

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 – Creative Thoughts

Here's a text my little sister sent me and asked me what I think:

"If you think about how the beginning of creation started with the power of a thought (because God/Prime Creator is pure energy) you would understand how powerful your thoughts are. Thoughts are pure energy and the driving force of creation; thoughts contain unlimited creative power. Before anything can become physical, it materialises into dense matter. Your imagination is your gateway to creating the life of your dreams or your worst nightmare. Why do you think the most successful people visualise their success first then make it happen? Do you want your thoughts to control you or do you want to be in control of your thoughts?" (Lightworker Lifestyle)

Here is my answer: You see, thoughts are not only thoughts that we think by. If we think of thoughts, we should be able to create physically objects and even life from those thoughts. The thing is we need to ascend into a much higher consciousness to be able to create from thin air. It's quite simple really.

Well, it may be simple but believe me, it is not. There is a process by which a being passes through. Here are some corrections: You see, thoughts are not only thoughts by which we think. If we think by thoughts, we should be able to create life and objects. The thing is we need to ascend into a much higher state of consciousness to be able to create from thin air.

I wish to expand on God/Prime Creator is pure energy. Bear with me if you will. Our thoughts are energy, spiritual energy. There is no hocus pocus in that. Our being is energy. Why not our thoughts as well? Right now, I feel a deep sensation of energy. I sincerely wish I could think of thoughts to create a better environment for us to live in. I am not in that higher state of consciousness. If I could bring myself to a higher state of consciousness or being, I would be considered creator as well. Everyone could be in that higher state. It is only a matter of wanting but also of entering a deeper sense of awareness. Being aware of the surroundings having our 360 senses activated. Visualise, if you can, having 360 senses. Difficult to say the least but not impossible. Once upon a time, we had that many but lost all but 5 or 6.

Let me try demonstrating what it would be like just to have the senses we do have augmented. I am standing in the middle of a village square. People passing by. I hear their thoughts, feel their sorrow or joy. Feel everyone's heartbeat, nervousness, ease, pain, so forth. I can see through their bodies seeing their blood flowing through their veins. I feel the presence of everything around me which includes above and below me. Ants, birds, trees, butterflies. Leaves are brighter and I hear their voices singing in the breeze. With heightened senses I can even see, hear, smell, touch, feel (as in feel emotions from others) and taste around the world. (Note on feel: when receiving certain emails or texts, I do feel the other person's emotions even without emotional words or emojis. Not always though.) That is our senses that can be heightened or augmented. Now, for the creative thoughts.

Still in the village square, Ika'Ani walks towards me. I kneel and gently touch the ground. With several gentle twirls of my hands, I create a beautiful tulip, stand up and give it to her. Then, I hold my beautiful daughter's hand. As her name means little butterfly, I think of a butterfly, et voilà. It appears in her hand resting for a few moments before flying off into the air. As am not yet there in my evolvment, Ika'Ani is about to demonstrate the deeper creativity of thoughts in a most positive and beautiful manner for thoughts can be used in a most destructive manner. Lest not we forget reality especially of these horrid times of the pandemic.

Before me stands Ika'Ani, my beloved little butterfly, begins to shine with a most beautiful luminescence of Light. A deep luminescence of irradiating warmth and peace from her soul, Iradani. Ika'Ani approaches me taking my hands into hers as we begin to ascend into space. As soon as we arrive, we leave the star system to stop at the edge, way out. The sphere of light keeps us alive. She turns and closes her eyes going into a deep but high conscious state. Other energy forms join her and surround us. After a few moments, she is again augmented

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energetically by the others. Then, from nowhere, well, physically from nowhere, but from creative thoughts, a solid sphere slowly begins to materialise. It is a new planet! A beautiful planet at that. My eyes, glued to the creation of the world, my thoughts combined with hers and the others to embellish it even more. I have the name Ika'Ani Amaranasi – Ika'Ani's Blossom in mind. She smiled to say she accepted the name. It is to be protected by the Community of Hearts. Life would literally flourish. Only Ika'Ani, Araniarah-Adrika, me and very few are to be allowed to go near or on it. It will also be invisible to human eyes be them natural or electronic.

I have the privilege of witnessing the creation of a world by thought. Our thoughts, when they are of peace and at peace, can create even worlds. We need to be willing to evolve to a higher state of consciousness to be able to create life and worlds. This was only a demonstration of how it may be done and achieved. Energetically, our thoughts need to be combined with more than one being. An entire community needs to unite to achieve this. Are we even ready to take the first step?



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).*

"John A. Powell is the director of the Othering & Belonging Institute and a professor of law, African American studies, and ethnic studies at the University of California, Berkeley. He previously directed the Kirwan Institute for the Study of Race and Ethnicity at the Ohio State University, and the Institute on Race and Poverty at the University of Minnesota. He is also the author of *Racing to Justice: Transforming Our Conceptions of Self and Other to Build an Inclusive Society*. In this episode of *Insights at the Edge*, Tami Simon speaks with John about how to create a culture of deep belonging. They discuss what it takes to become "belonging activists," a process that begins with empathetic and compassionate listening. John also explores the large and small ways othering occurs in our society. Finally, Tami and John talk about the spiritual lessons we can learn from suffering." <https://www.dailygood.org/story/2782/building-belonging-being-an-ambassador-to-the-earth-tami-simon/> **Be The Change:** Check out another interview on Othering & Belonging with John Powell here. <https://www.awakin.org/calls/431/john-powell/>

"Growing up Christian in predominantly Buddhist Sri Lanka, I learned early that there was much to be gained from the study of Buddhism. The teachings of the Buddha sometimes challenged my assumptions about Christianity, and at other times they illuminated and clarified the words and stories of Jesus." Shanta Premawardhana shares three teachings from Buddha that enriched his own faith. <https://www.dailygood.org/story/2793/what-i-learned-from-buddhism-a-sri-lankan-christian-s-reflections-shanta-premawardhana/>

The ancient forests of the Pacific Northwest are home to giant old-growth trees, and many secrets, which science is just beginning to understand. These forests are our best climate change allies, storing huge amounts of carbon and retaining water, protecting communities from droughts, floods, and wildfires. But these forests are at risk of disappearing. In British Columbia on First Nations territory, a small band of forest defenders are risking life and liberty to protect some of the last remaining ancient forests. <https://www.karmatube.org/videos.php?id=8850> **Be The Change:** Listen to an interview from 2020 with Joshua Wright, one of the Fairy Creek Forest defenders. <https://dgrnewsservice.org/resistance/direct-action/activists-launch-old-growth-forest-protection-blockade-on-vancouver-island/>

Preethi Srinivasan captained the under-19 Tamil Nadu women's cricket team to national championship in 1997, won a gold medal in swimming at national level, and was an internationally renowned student academically. At the age of 19, an accident left her paralyzed from the neck down. What followed over the next 2 decades is a journey of untiring grit and grace. Today, Preethi is co-founder of SoulTree, the only organization in India committed to the long term holistic rehabilitation of women with spinal cord injuries... <https://www.dailygood.org/story/2797/between-grit-and-grace-awakin-talks-editors/>

"The word 'doulas' comes from the Greek word meaning "woman who serves," though most people associate it with someone who helps during birth to usher in life. In recent years, however, more people have come to recognize the need for as much assistance at the end of life as the start, part of the so-called death positivity movement that is gaining momentum in the United States and other countries. The movement, popularized by the mortician and writer Caitlin Doughty, encourages open discussion on death and dying and people's feelings on mortality." This piece from the New York Times shares more. <https://www.dailygood.org/more.php?n=8986> **Be The Change:** For more inspiration read this interview Frank

Ostaseski: Lessons to the Living from the Dying. <https://www.dailygood.org/story/1813/frank-ostaseski-lessons-to-the-living-from-the-dying-awakin-call-editors/>

In this interview, conducted two years before his passing, influential physicist-philosopher David Bohm discusses his insight into "the essential unbroken wholeness of the universe: the timeless order which lies behind physical phenomena, and the importance of the imagination for giving a meaningful understanding of reality." <http://www.dailygood.org/more.php?n=9011> **Be The Change:** Watch clips from "Infinite Potential," a recent documentary that explores the mystery of consciousness and Bohm's revolutionary ideas. <https://www.infinitepotential.com/the-film/#clips>

"Legend has it that the physicist Niels Bohr had a horseshoe hanging above his door. A colleague asked him why, to which he responded, "It's for luck." The colleague then asked him if he believed in luck. Bohr reassured him that as a scientist he did not believe in luck. Puzzled, the colleague asked again why Bohr had the horseshoe hanging above his door. Bohr responded, "I'm told that you don't have to believe in order for it to work." William Irwin is a Professor of Philosophy, and author of 'God Is a Question, Not an Answer: Finding Common Ground in Our Uncertainty.' More in this essay. <https://www.dailygood.org/story/2800/prayer-for-atheists-william-irwin/> **Be The Change:** "I don't know where prayers go, or what they do..." So begins a poem by Mary Oliver. Listen to her reading it here. <https://www.karmatube.org/videos.php?id=8786>

Born in Jerusalem to respected Palestinian scholars and educators, Huda Abu Arquob's great-grandfather was one of the many Muslim Palestinians who took in and protected Jewish residents of Hebron during the 1929 massacre. "That story has not been properly documented," Huda says, "perhaps because it challenges the simplistic narrative of Palestinians and Israelis fighting for 3,000 years. I've felt throughout my life that is it important to challenge these false narratives and to try and change the way we look at the 'Other'." Based in Hebron, Huda Abu Arquob is the Regional Director of the Alliance for Middle East Peace (ALLMEP), a coalition and network of more than 130 civil society organizations working in Palestine and in Israel on conflict transformation, peacebuilding and nonviolent direct actions. She is also a recognized leader in grassroots initiatives focused on Feminist Inclusive Political Activism. She shares more in this interview. <https://www.dailygood.org/story/2801/a-palestinian-woman-building-peace-from-the-bottom-up-fathom-journal/>

What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life. <https://www.karmatube.org/videos.php?id=8840> **Be The Change:** The Harvard Study of Adult Development tracked 724 men for 75 years. The 60 who are still alive show proof of what can bring us true happiness and satisfaction. Guess at their three major findings before you watch! <https://www.adultdevelopmentstudy.org/>

Measuring one's suffering against that experienced by others is not an unusual tendency. The disproportionate degree of loss we have witnessed over the past year has left many struggling to make sense of where they fit into the whos-got-it-worse-hierarchy. When the world as we know it is undergoing tremendous and tumultuous shifts, how do we frame our blue days and broken hearts? In this article, writer and therapist Emily Barr explores the concept of comparative suffering and its antidote: compassion. <https://www.dailygood.org/story/2805/comparative-suffering-and-compassion-emily-rose-barr/> **Be The Change:** If interested, practice Loving-kindness meditation for a little while every day. If you haven't tried it before, this site can help you get started. [https://ggia.berkeley.edu/practice/loving\\_kindness\\_meditation](https://ggia.berkeley.edu/practice/loving_kindness_meditation)

## 7. We Actually Never Experience 'It'

Have you ever experienced 'it'? According to Culadasa "The 'it' is another imaginary construct of the narrating mind, a convenient fiction imputed to exist in order to link the different parts of the story together. The truth is we never actually experience any entity corresponding to 'it'." Read more here...

<https://www.awakin.org/read/view.php?tid=2371>

## 8. We Are All Beggars

This heartwarming article by Chaz Howard uses the metaphor of 'the bottom' to have us reflect the highs and the lows in life and what they can teach us. Read more here...

<https://www.awakin.org/read/view.php?tid=2513>.

## 9. A Life On The Ground

Parker Palmer uses his blessed journey with depression to share the importance of the teaching to 'have both feet on the ground.' Palmer plays with the ego's games of notoriety and arrogance to invite us to more solid footing as a way of healing our depression. Read more here... <https://www.awakin.org/read/view.php?tid=2372>

## 10. The World Feeling And The Soul Feeling

This insightful article invites us to learn the difference between feelings coming from self-glorification and self-promotion, versus those feelings that come from self-fulfillment. Anthony de Mello suggests that self-glorification and self-promotion are worldly feelings, whereas self-fulfillment is a soul feeling. Read more here... <https://www.awakin.org/read/view.php?tid=2515>

## 11. What Humans Can Learn From The Wisdom of Salmon

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

What can salmon teach us about sustainability in a complex environment? Marine biologist Alexandra Morton shares startling new research that lets us decode the information stored in a salmon's immune system. The data reveals where we're harming the fish, the ocean, and ourselves – ultimately revealing lessons for how humans can thrive on this planet without destroying it. <https://www.karmatube.org/videos.php?id=8592>

## 12. Knepp Rewilded

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

Knepp Estate in Sussex, England has led the way in "rewilding" farms since the 1970s. Rewilding is also called conservation farming with the idea of allowing nature to take over. The caretakers have gradually allowed plants and animals to roam and grow without human intervention until it is time to take the livestock to market. This philosophy of farming is like taking one's hands off the steering wheel and believing that Nature herself knows how to heal the land as she finds wholeness again. Biodiversity has thrived on Knepp Estate as species roam free and live in balance with each other. Farm animals live in harmony with wild animals and ultimately, farmers have discovered that they can still make a living by working with nature.

<https://www.karmatube.org/videos.php?id=8847>

## 13. Inside the Fight to Save an Ancient Forest

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

The ancient forests of the Pacific Northwest are home to giant old-growth trees, and many secrets, which science is just beginning to understand. These forests are our best climate change allies, storing huge amounts of carbon and retaining water, protecting communities from droughts, floods, and wildfires. But these forests are at risk of disappearing. In British Columbia on First Nations territory, a small band of forest defenders are risking life and liberty to protect some of the last remaining ancient forests.

<https://www.karmatube.org/videos.php?id=8850>

## 14. What Makes A Good Life?

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

What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone – but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life. <https://www.karmatube.org/videos.php?id=8840>

## 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.*

### 15. 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)).

### 16. 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

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

### **Spiritual Guidance**

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