

Spiritual Guidance

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.

In this e-Newsletter...

- SPIRITUAL GUIDANCE OFFERINGS:..... 2
 - 1. Personal Story of Spiritual Lessons..... 2
 - 2. Poem 4
 - 3. Quote or Question..... 4
- CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:..... 5
 - 4. Regiena Heringa – The Power of the Invisible 5
 - 5. Steve Dolesch – Fitting In 7
- OTHER GIFTS AND E-NEWSWORTHY ITEMS: 8
 - 6. Good News Of The Day 8
 - 7. Secret Kinship With The Other 10
 - 8. Conscious Completion 10
 - 9. If It Can Suffer, It’s Real 10
 - 10. Kintsugi 11
 - 11. InnerNet Weekly 11
 - 12. A School for Refugees, by Refugees 11
 - 13. A Better Place – Playing for Change 11
 - 14. Water is Life – Music Video 11
 - 15. Happiness Family Farm..... 12
- HEART AND SOUL ADVERTISEMENTS:..... 13
 - 16. Sacred Attention Therapy 13
 - 17. A Course in Miracles Global Community Centre..... 13

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 Don't See The World As It Is

I recently had an experience that reminded me of a timeless spiritual teaching.

On a recent visit to the grocery store, I had on my handy-dandy grocery list to get some cornstarch. I am so familiar with this grocery store that I know exactly where the cornstarch is located (with other baking needs).

So, I went to the aisle and section in question and began looking on the shelves for the cornstarch. My first, quick, search found no cornstarch. I looked again, casting my eyes further afoot to neighboring shelves (left and right, up and down)...still no cornstarch. "That's odd.", I thought. "I know this is where the cornstarch always is, normally." I looked more, this time walking up and down the aisle a little bit...but I still could not find the cornstarch. I could see the container of cornstarch in my mind's eye (remembering the jar of cornstarch I had brought home many times before), but I couldn't see any cornstarch on the shelf.

I noticed a store clerk working at the end of the aisle. I walked down to greet him and asked, "Do you have any cornstarch in stock?" "Yes," he said. "It's just over there," gesturing in the general direction where I had already been looking.

I walked back down to the area I was originally looking in and couldn't see any cornstarch. The store clerk kept calling out, "It's there! Right there!" still gesturing in the exact area I was standing in. "It's on the top shelf," yelled the clerk, now seemingly getting a little annoyed with me.

I looked up toward the top shelf and still could not see the cornstarch. I started walking toward the store clerk and said, "I'm sorry, I don't see any cornstarch."

The store clerk stopped what he was doing and walked down with me to where I had been standing. To my somewhat-embarrassment, the store clerk reached out to gently remove the box of cornstarch off the shelf, smiled, and handed it to me. I stood there with a dumb-founded look on my face. I looked back at the shelf and there, indeed, were the boxes of cornstarch...exactly where I had been looking all this time. But why hadn't I seen the box?



The reason I didn't see the box of cornstarch was because I was looking for a round, plastic jar of cornstarch. That's the format it had come in the previous dozen times I bought cornstarch from that store. But the format had changed (from a round, plastic jar to a square box).

I eventually laughed at my folly and proceeded to finish my grocery shopping. But as I continued about my grocery store outing, I was reminded of a timeless spiritual teaching.

We don't see the world as it is, we see the world as we want it to be. I had been looking directly at the box of cornstarch, but I didn't see it. I didn't see it because I was expecting (i.e., wanting) the cornstarch to be in a round, plastic container. I was blind to the new format of packaging, even though the package clearly had 'cornstarch' written on the front of it.

The experience got me thinking, "How many other times in my life have I not seen something because I have a pre-conceived thought/image of what it should look like, instead of what it actually looks like?" No doubt I have done it many times. But hopefully I'll do it less, now that I've had some awareness practice!

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

"The secret of success is to be in harmony with existence, to be always calm to let each wave of life wash us a little farther up the shore."

~ Cyril Connolly ~

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 – The Power of the Invisible

Hello to the Family of Light!

The fragrance of the rose that drifts unseen through the atmosphere, the loving wave of the greeting hand that moves the air, the thoughts of goodness and gratitude that radiate from our minds into the universe: These are all invisible movements of peace and power.

There is more activity on the invisible plane than on the physical plane as observed by the naked eye, such as the profusion of minute particles that constantly move through our bodies and our planet.

The Love that we radiate throughout the world may be invisible, but its power is overwhelming and can even change molecular structure.

In nurturing and experiencing higher, nobler thought—thought submerged in Love—we move to a purer and more powerful vibration, where we experience a wonderful interaction between this vibration and physical matter. We think that from our higher frequency physical matter has changed, but it hasn't. It has simply unveiled to us its principal compositions of love, light, sound and thought.

When we vibrate within this sacred frequency, we recognize that our perception of the material world has shifted. Through our eyes of heightened observation and through our hearts of heightened awareness, we experience and live in a finer vibrational state of physicality. Here we may see through dense matter and perceive its finer construction of light and intelligence. Here a more elegant vibration of life is revealed to us.

Why is this information important? It helps us to understand that it is the power of the invisible, sacred world that affects and elevates our physicality. It helps us realize that the radiance of Love in our world is essential to bring us together and to raise all life to more harmonious vibrations. In this way we enjoy fellowship with each other here on earth and with the many elevated beings in other worlds and dimensions.

Let's play. Send out a loving thought to the world and imagine that the colour of that thought is blue. Now imagine that you are walking inside this very colour blue. In fact, you are walking inside your own thought! Can you feel the frequency of the fine thought that you have created? Can you sense the energy of your thought passing through and transforming all matter, including people's minds and hearts? This is the power of invisible.

Let us always remember the power of the invisible. Let us remember that through Love and Its radiance we influence, change and elevate our world and every heart within it. Here lies the grand, common denominator that unites us and that moves all of creation to a more exquisite frequency.

In Divine fellowship,

Regiena



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa is a spiritual teacher, counselor and messenger and co-founder of the Institute for Spiritual Unfoldment and Interworld Studies (ISUIS). Through her writings, meditations groups, teaching, music and painting, and in concert with those beings of higher vibrational dimensions, Regiena facilitates the expansion of mind and heart in all who wish to participate in the creation of the sacred new world. For more information, kindly visit ISUIS at www.nextagemission.com or write Regiena at rheringa@bell.net.

5. Steve Dolesch – Fitting In

“I will never fit in. That’s one of my best quality.” Terri Willingham

My sister emailed me that. She’s sending me inspiration to write stuff. I love her to bits. What I feel is this: If you never fit in, why not drop in and squeeze out the bad or better yet. Let the bad or just what is considered normal or standard be transformed into good just by your light? One doesn’t even need to do anything. Just be who one is. It’s so simple. At least it supposed to be.

Ha! It’s kind of reverse: I fit in. If it’s my worst quality according to dogmatic standards, so be it. I feel just spiffy. In reality, it’s not even about best or worst quality. It’s being you. This also goes for our spirituality. I mean our own spirituality that is, at least to me, rock solid! Even more so than dogmas! Dogmas can be hammered to pieces. Why? First of all, they are created by us. If we created them, we can hammer them to pieces. We are living in social dogmas that we created. Not very long ago, women weren’t even considered persons or beings for that matter but properties of the males. Women had to force themselves to fit in. By doing so, they squeezed out old crazy standards. People with physical and intellectual limitations had to force themselves to fit in. Same with coloured people, first nations peoples and so on.

We had and still have this thing called fitting in revolution. It’s still going on. Young children, teenagers and young adults, even adults, are trying to find their place in society including politics, religion, socially and more importantly emotionally and psychologically. But they already have their place if only we would say you’re welcome here. Sit beside us adults. You have a lot to teach us old farts. I couldn’t resist. You see, one size society doesn’t fit all of us.

I took a break in writing this and as I listened to a panel in Plum Village sharing their experience and somehow, I felt fear. Not necessarily from the members but in general of not fitting in. Being afraid to exert our right to fit in but having our own rightful place in society. I can share this though. What I see around me is many searching desperately, in many situations, a way to fit in without creating waves upsetting the standards and dogmas. The thing is how can we fit in without creating waves? We need waves to clean up. Many young are frustrated because they aren’t listened to. Just take the environmental movement for example. The young are mostly the initiators of many movements. We had the hippy movement in the 60s and early 70s.

We dared to question authority not so as to destroy it but to evolve it into a true authority as a guide. We protested everything from government control to religious control even sexual control. Enough is enough we were saying. Funny, or not, we still say that! We are still hurting. Hurting of not fitting in. By that I mean fitting in as in being ourselves. I can dress as I want and feel like. Being who we truly are is our fundamental inherent right.



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.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

6. Good News Of The Day

The stories below are reprinted from www.dailygood.org.

"In these trying times, ordinary people are taking matters in their own hands in extraordinary ways, confronting global problems collectively -- and locally. They're saving lives by leaving uplifting notes in areas with high suicide rates, teaching people the importance of wild plants on the sidewalks, cleaning up roads while getting fit and connecting with others, and transforming abandoned spaces into bee sanctuaries. Indeed, these everyday people are creating a true do-it-ourselves revolution." <https://www.dailygood.org/story/2829/the-do-it-ourselves-revolution-mirella-ferraz/> **Be The Change:** What is one way you can imagine changing your corner of the world for the better? Take a step towards making that happen today.

"We are in the midst of an unprecedented transformation in human consciousness. Unprecedented. Our perception is expanding beyond the limitations of the five senses. Together, they form a single system whose object of detection is physical reality. Now we are acquiring another sensory system: we are becoming multisensory. We are transiting from a five sensory species to a multisensory species, and this is happening very fast. From an evolutionary point of view, it will happen within three or so generations. Our evolution is no longer tied to the evolution of physical matter that's taken 40 thousand years. This evolution is happening in you." Gary Zukav, best-selling author of multiple books, including "Seat of the Soul," and "Universal Human," shares more. <https://www.dailygood.org/story/2831/universal-human-in-training-gary-zukav/>

In her Journal of a Solitude (public library), May Sarton records and reflects on her interior life in the course of one year, her sixtieth, with remarkable candor and courage. Out of these twelve private months arises the eternity of the human experience with its varied universal capacities for astonishment and sorrow, hollowing despair and creative vitality." <https://www.dailygood.org/story/2837/solitude-the-seedbed-of-self-discovery-maria-popova/> **Be The Change:** For more inspiration read, "Solitude is Where Community Begins," by Henri Nouwen. <https://www.awakin.org/read/view.php?tid=2476>

"The hardest part of my cancer experience began once the cancer was gone," says author Suleika Jaouad. In this fierce, funny, wisdom-packed talk, she challenges us to think beyond the divide between 'sick' and 'well,' asking: How do you begin again and find meaning after life is interrupted?" <https://www.dailygood.org/story/2838/what-almost-dying-taught-me-about-living-ted-com/> } **Be The Change:** Learn more about Suleika and her recent book, "Between Two Kingdoms" A Memoir of a Life Interrupted," here. <https://www.suleikajaouad.com/book>

When their school closed during the pandemic, the teachers and families of the East Bay Waldorf School in El Sobrante, CA, all scrambled to put together backyard pods for the coming school year. They took the challenging hand they were dealt and made the very best of it, creating something beautiful, including a new re-birthed school. <https://www.dailygood.org/story/2841/the-peacock-mosaic-john-silliphant/> **Be The Change:** Give your very best to someone or something. Or collaborate with others to each bring your best together.

"'Something will always rise up and fall again' is a collaboration between the poet Kathryn Hunt and Camille Seaman, a photographer. The photographs are part of Seaman's years-long project chasing and photographing stormsdynamic, alive, wedded to wind. "I always wanted my images to speak to the duality of all

things--to speak to the essential truth that there can be beauty in something terrible and vice versa, that there is no creation without destruction," she says. The poems are part of Hunt's recent collection of poems, Seed Wheel, from Lost Horse Press. "The poems grew out of a desire to avow the basic and elemental kinship of humans and the Earth and to bear in mind the compassion at the heart of our inviolable bond."

<http://www.dailygood.org/more.php?n=9077> **Be The Change:** For more inspiration, check out this interview with Camille Seaman, "We All Belong to the Earth." <https://www.dailygood.org/story/581/camille-seaman-we-all-belong-to-earth-richard-whittaker/>

"A 'Portal to Presence' is exactly what it says: a simple doorway or entrance to the field of Consciousness or Presence. It would be stretching the meaning of the word "technique" or "method" to apply it to this idea. One just walks through the portal as one becomes aware of its existence. There is no effort involved such as a decision to remain in the doorway, or to walk through on one's hands and knees. In fact, it would be a bit odd to hang out in the doorway itself or to approach it in such a convoluted matter. The portal opens, and Presence arises spontaneously." Gunther Weil is a Harvard-trained psychologist, executive coach, and lifelong student of consciousness. His diverse and colorful life includes working as a music business executive and being instrumental in the production of Aerosmith's first album; teaching at Brandeis University, recruited and mentored by psychologist Abraham Maslow; coaching international executives in leadership, wellness, organizational development, and conflict resolution in the private and public sectors; studying and teaching Tai Chi and becoming a recognized master teacher of Qigong. He shares more in this in-depth essay on Qigong as a Portal to Presence. <https://www.dailygood.org/story/2843/qigong-as-a-portal-to-presence-gunther-weil/>

"Our worldview, our beliefs about what reality is, our views on what (if anything) has value and meaning, what Aldous Huxley called an individual's philosophy of life, contributes more significantly than we often think to our mental well-being. From pessimism to existentialism, might reading certain philosophical ideas actually lead to depression? The connection is not so simple. Philosophy can both depress and inspire us. But, at the end of the day, our worldview matters." Sam Woolfe delves deeper into the psychology of philosophy in this piece. <https://www.dailygood.org/story/2846/does-your-worldview-affect-your-well-being-sam-woolfe/> **Be The Change:** For more inspiration, read Rebecca Solnit on "How to Survive a Disaster," in which she explores the link between belief systems and how we show up for one another in times of crisis.

"Scientists are now affirming what many indigenous peoples and mystics have known for a long time: the world is made of sound. Everything around and within us is comprised of vibrating stuff. As a songwriter, I am always listening for the songs that are already here. My job is to catch these whispered suggestions and bring them into form." Barbara McAfee is a singer/songwriter, voice coach, and cross-pollinator traveling among the worlds of work, music, personal development, and community. She has been "midwiving" voices for over 25 years for people from all walks of life and is the author of Full Voice: The Art and Practice of Vocal Presence. In this beautiful piece she shares the deeper story behind one of her exquisite music videos, "There Are Songs." You can read it and watch the video here. <https://www.dailygood.org/story/2839/there-are-songs-barbara-mcafee/>

Happiness Family Farm is a Black-owned CSA farm in Portland, Oregon. Rosata, her husband, Prosper, and son, Japhety, work year-round to harvest fresh fruits and vegetables for the local community. They feature a unique assortment of vegetables from all over the world, bringing a taste of home to many in their community. <https://www.karmatube.org/videos.php?id=8846> **Be The Change:** Read the story behind Happiness Family Farm. <http://www.villagegardens.org/news/2016/8/23/happiness-family-farm-our-story>

"What does self-care mean, and what does it involve? Simply put, it implies -- physical, emotional, psychological, social and spiritual care. The very idea of survivors of suicide loss practicing self-care can seem radical. The stigma, shame, secrecy and silence that a survivor faces invisibilizes, erases and marginalizes any of their valid concerns. Equally relevant, most survivors themselves feel they are not entitled to any form of support either from themselves or from others. As someone who had just survived suicide loss, Cheryl Richardson's The Art of Extreme Self-Care was a milestone in my path toward recovery and healing. " Nandini

Murali, author of "Left Behind: Surviving Suicide Loss," shares more.

<https://www.dailygood.org/story/2814/radical-self-care-for-survivors-of-suicide-loss-nandini-murali/> **Be The Change:** What does self-care mean to you and how does it manifest in your life? If so inspired, share the above article with someone who might benefit from it.

"The great way is not difficult for those free of preferences. Without attachment or aversion, everything is transparent."

So begins this lovely translation of Xin Xin Ming (Engraving Trust in the Heart) attributed to Seng Can, the Third Chinese Patriarch of Zen. <https://www.dailygood.org/story/2850/engraving-trust-in-the-heart-sensei-kazuaki-tanahashi-roshi-joan-halifax/> **Be The Change:** For more inspiration, check out this TED talk, "A World Where We Trust Strangers." <https://www.dailygood.org/story/1493/a-world-where-we-trust-strangers/>

"The most ancient of principles that binds all religious and philosophical traditions together is what we have come to call 'The Golden Rule.' Simple in its statement, its actual practice seems at best fitful and, for many, difficult to impossible, from the level of our ordinary consciousness. To be able to practice the principle even with those we already love is not always easy. To practice it with others with whom such affection is absent is something else." This article from Parabola magazine shares more. <https://www.dailygood.org/story/2851/the-golden-rule-and-the-transformation-of-being-stephen-aranson/> **Be The Change:** Check out The Golden Rule Project here. <https://www.goldenruleproject.org/>

7. Secret Kinship With The Other

Reprinted from www.awakin.org.

Novelist Richard Powers explores the beautiful relationship we share with nature in his article 'Secret Kinship With The Other.' Read more here... <https://www.awakin.org/read/view.php?tid=2521>

8. Conscious Completion

Reprinted from www.awakin.org.

"We adaptively goal-oriented humans aren't typically in the business of noticing life, while it's happening." That's just one of the pearls of wisdom Rosie Bell offers in this wonderful article about awareness. Read more at... <https://www.awakin.org/read/view.php?tid=2522>

9. If It Can Suffer, It's Real

Reprinted from www.awakin.org.

This is a very interest article that discusses the relationship between suffering and reality. Read more at... <https://www.awakin.org/read/view.php?tid=2524>

10. Kintsugi

Reprinted from www.awakin.org.

This beautiful article offers us the teaching of resilience. It uses the practice of kintsugi—to bring together the pieces of broken pottery and at the same time enhancing the breaks—to teach us the value of looking at things in a positive way. Read more here... <https://www.awakin.org/read/view.php?tid=2378>

11. InnerNet Weekly

Reprinted from www.awakin.org.

12. A School for Refugees, by Refugees

Reprinted from www.KarmaTube.org.

Refugees who have fled their native lands in search of a place to live safely and to be treated as human beings often find themselves stuck for several years in an environment which can be unwelcoming and even hostile. A group of refugees in Indonesia established a school so that their children could learn basic education while being offered a chance at normalcy through social interaction. Children and adults are helped to overcome language barriers and prepare for a future in which they can find a sense of belonging and accomplishment. <https://www.karmatube.org/videos.php?id=8589>

13. A Better Place – Playing for Change

Reprinted from www.KarmaTube.org.

Musicians from around the world come together in song to speak up for equality and social justice. Whether they are performing from backyards, city street corners, by the oceanside, or in a park, they all give voice to the rights of people everywhere to live in freedom, dignity and peace. "If you feel it, through the music, we can make this world a better place." <https://www.karmatube.org/videos.php?id=8852>

14. Water is Life – Music Video

Reprinted from www.KarmaTube.org.

With depleted ground water sources, unclean rivers and streams, and dwindling springs, we are all having to get back to basics and honor just how precious water is. We cannot take her for granted anymore. This song/music video performed by Lyla June is based on a conversation with Mescalero Apache elder Oliver R Enjady in southern New Mexico, who gives us this message on how to re-understand water.

<https://www.karmatube.org/videos.php?id=8863>

15. Happiness Family Farm

Reprinted from www.KarmaTube.org.

Happiness Family Farm is a Black-owned CSA farm in Portland, Oregon. Rosata, her husband, Prosper, and son, Japhety, work year-round to harvest fresh fruits and vegetables for the local community. They feature a unique assortment of vegetables from all over the world, bringing a taste of home to many in their community.

<https://www.karmatube.org/videos.php?id=8846>

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.

16. 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 Skype. 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).

17. 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...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

rmeagher@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

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

Facebook: www.facebook.com/Servingyourjourney