

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



#### Holding On / Letting Go

We live in a world that prizes possessions. Hence, we tend to hold on to things. Do you remember the last time you moved? How much of your 'stuff' did you hold on to? How much did you let go? And if you let go of anything, how did that feel?

Personal possessions are perhaps the most obvious example of holding on and letting go. Yet personal relationships can be even more dramatic example of holding on to, and letting of, things. More than our personal possessions, we tend toward holding on to our personal relationships with even greater verve. We tend toward clinging to our relationships. And then when we let go of relationships, if we do, our response can be far more dramatic than with personal possessions.

More than personal possessions or personal relationships, the most vivid experience I have witnessed of holding on and letting go is with what we call life in the embodied state. I have been blessed to do many things with my Ministry work, but perhaps the most meaningful work I do is Chaplaincy work that focuses on visitation with the sick, infirm, and transitioning (or what is commonly referred to as dying).

I had the honor of sitting bedside with a man who was in the process of transitioning. I remember the day very well. He was nearing the veil of death and he shared with me that he was afraid. I held his hand and offered to him to squeeze my hand if he felt any fear. His grip became iron clad.

At one point I said to him, "It's okay to let go."

"But I'm afraid." he said.

"I am with you. I will remain with you to the end of your time here."

His eyes opened and I could see his fear lessening.

"Where am I going?" he asked.

"You aren't going anywhere. You will simply remember a state of being that has always been with you. It is a state in which you will know nothing but peace and love."

And with those words, he closed his eyes and journeyed through the veil of death. His grip on my hand weakened. A sense of peace washed over his body.

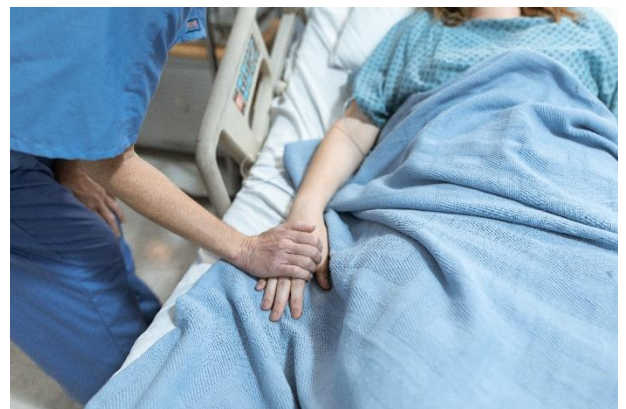


Photo Credit: pexels.com - RODNAE Productions

This man's ultimate peace was in letting go of embodied life itself. He clung to his life. He was afraid to let go. But in letting go, he was offered the greatest gift of remembering life in its purest sense—without our myriad of illusions cast upon it.

What are you holding on to in your life? How are you holding on? What is it you need to let go of?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Dream that Must be Interpreted

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

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

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

It stays,  
and it must be *interpreted*.

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

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

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

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

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

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

The world is that kind of sleep.

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

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

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

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

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

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

Jelaluddin Rumi

### 3. Quote or Question

*"We're never so vulnerable than when we trust someone -- but paradoxically,  
if we cannot trust, neither can we find love or joy."*

~ Walter Anderson ~

## 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 Soul’s Sense of Purpose

Hello to the Family of Light!

Buried in your soul lies a sense of purpose to your life. Once you discover this, you awaken and realize that it is your soul that has filled your life with meaning. You discover that the energy used to uncover your soul’s purpose, has always been pouring through you, only you were not aware of it. The reasons for this pouring out of spiritually based energy are two-fold: to awaken us and to encourage us to grow, develop and consciously live the true sense of our life’s purpose on earth.

Life in all worlds and dimensions is connected. You might say that, from our perspective, the many and various realities are folded inside each other and merge into one infinite point of sacred vibration. This may seem foreign to our present planetary notion of time and space. However, as we progress to a higher frequency, our consciousness expands and we begin gradually to comprehend that physical life is created from a great Light that vibrates inside the basic “building block” called Love.

If we consider that all life is vibrationally interconnected, we realize that the thought we create affects all existence, including our own. Therefore, when you send kind thoughts outwards you are also sending them inwards to yourself and when you encourage others in their growth, you are encouraging yourself!

How do we tap into the sense of purpose that awaits us within our souls?

Let’s play.

Imagine that on the ground in front of you there is a collection of exquisite, sparkling precious stones. They all supposedly represent your soul’s sense of purpose and they all want to be picked up. However, in this game you can only select one stone. How do you choose?

First, quiet the mind and expand your heart, paying little attention to the actual images of the stones. Then in this stillness and through your awareness, sense the inner vibration of each stone—its essence. Through this sensing, you become attracted to a particular stone because it encourages within you a marvellous sense of accomplishment rooted in goodness, peace and well-being. This chosen stone reminds you of your deepest desire to move increasingly into a feeling of rightness perhaps even into a sense of an adventure in the Light! When you pick up your stone, you realize you have selected it because it is based on the very qualities of your soul which houses multiple expressions of Love, including harmony, peace, divine fellowship, and elevation to more refined frequencies.

When we recognize and develop our soul qualities, we are automatically directed to our life’s purpose. The actual physical service we give for the spiritual benefit of others may change from time to time, but the soul qualities within us remain steady and continue to be our foundation for purpose and direction.

We are asked to remember that the magnificent radiance of love and encouragement from higher vibrational worlds and dimensions continues to be sent to us all. This radiance will not fade or stop. It will increase for it is a gift given to all who follow the sacred direction of the soul.



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](http://www.nextagemission.com) or write Regiena at [rheringa@bell.net](mailto:rheringa@bell.net).

## 5. Steve Dolesch – Grace Within Life

Introduction – Me

Grace within Life and Life within Grace. You know what, dear readers? Both words are the same. We have been given life by our souls gracefully so that grace can dwell in our life. Life can also be the heart that pulsates. Grace is also thanks for our life which in turn is thanks that we could give to our dear souls. I give thanks to Kimanarah. I ever so gracefully and gently hold her hand and say to her: I graciously give you thanks for being my soulmate.

Kimanarah: Grace and Life are One with one who is grateful for its abundance of Life that the Heart of Hearts freely gives. It is given without requesting anything in return. Grace and Life dance with each other with the Song of Love playing all around the Two.

Me: Who welcomes the Grace and Life, shall also dance for the three make up the Holy Trinity: Being, Grace and Life.

Kimanarah: The Trinity, Holy in its reality, shall forever and ever dance in Love, Peace and Respect. We, conscious or not, walk united with Grace and Life.

Me: My dearest Kim, shall we dance?

Kimanarah: Of course. How can I refuse?

Me: One can refuse, you know. However, one who does so, misses out on many beautiful things such as hearing the Melody of Life within Grace and Grace within Life.

Kimanarah: True.

Me: But I wholeheartedly welcome you as my Beloved partner. If I refuse, it is I who shall miss out on beautiful things such as seeing the Sun, our star, rise and set.

Both of us: Our Love for each other is Grace within Life and Life within Grace.



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).*

"This is the timeless wisdom of the shamans, our planet's oldest indigenous healers, and also of our great religious and spiritual traditions: suffering is the soil in which wisdom and compassion grow; it is the school from which we graduate, committed to healing others' hurt. Recent scientific studies on post-traumatic growth yield similar conclusions. This is what I know after fifty years of clinical work with traumatized people and from wrestling with and learning from the ordinary challenges and heartbreaking losses of my own long life." Dr. James Gordon shares more in this excerpt from his book, 'Transforming Trauma: The Path to Hope and Healing.' <https://www.dailygood.org/story/2852/transforming-trauma-james-gordon/>

The Well of Being is an exquisite 'children's book for adults,' one that encompasses the journey of life from the Big Bang, to this very moment that we find (or lose) ourselves in. Jean-Pierre Weill spent three years writing and illustrating this book about himself-- and perhaps everyone. Playful and profound in its approach to the human condition, Weill's words and whimsical drawings reveal the multiple ways in which we create narratives about ourselves and the world, and then proceed to confine ourselves within them. Why live in the cramped quarters of anxious self-doubt and unsettled expectation when there is a way out? All it takes is remembering. Remembering that we are already possessed of that which we seek, and that within us lies the unstinting well... of being. Watch and be enchanted by this gorgeous animated version of Weill's timeless book. <https://www.karmatube.org/videos.php?id=8799>

"I've been reflecting on the environmental crisis, and as I do, I find myself in the darkness, as I imagine we all are to some degree. And that says something, something we shouldn't brush aside or try to make go away. This is a place for sharing truth -- and the truth right now is darkness. I sometimes reflect on how I've been practicing meditation, morality, restraint, generosity, sharing, and simplicity for more than forty years with as much integrity as possible. I shouldn't have to feel this bad, this hopeless, this guilty. Yet when I look at this crisis, I'm in the dark." Ajahn Sucitto shares more in this thoughtful and timely exploration of darkness, loss, truth-telling, and the guiding light of the heart. <https://www.dailygood.org/story/2854/heart-light-in-dark-times-ajahn-sucitto/> **Be The Change:** Take a moment to tune into the light of your heart today.

"Fariba Safai and Ashley Smith were still students at CCA when they decided to do something radical. They decided to prepare a large batch of home made soup (from a favorite recipe of Fariba's mother), to construct a cart able to wheel a very large stainless steel pot along a sidewalk, and to make their way to Union Square in San Francisco on Black Friday [the day after Thanksgiving and largest shopping day of the year] where they would offer free bowls of soup to any and all. Ehren Tool, a marine who served in Iraq, upon finishing his tour of duty, enrolled at UC Berkeley to study ceramics in the Art Department. There he learned to throw on the wheel and found himself engaged in a new mission: making and giving away thousands of handmade ceramic cups. Each was shaped like a tea bowl and sometimes accompanied by a letter. And each cup was impressed with military emblems and images such as bombs, rifles and gas masks. Tool refers to himself as a war awareness artist. What struck me most strongly about these three artists is that they were all giving their work away, no strings attached. In the context of the art world, art that shocks is standard fare. But the kind of shock one expects from "shocking art" is something disturbing, not something that takes you out of your expectations and leaves you feeling grateful. Here was a new kind of shock, the shock of service, of giving, of generosity."

What follows is a dialog with these intriguing artists. <https://www.conversations.org/story.php?sid=111> **Be The Change:** For more inspiration, read an excerpt from Lewis Hyde's book, "The Gift."

Nils Kercher and Kira Kaipainen are life partners and unique world musicians who simultaneously draws listeners into the stark realities of our greater world, while also drawing them inward into the dazzling potentials of the human spirit. Theirs is a music that believes deeply in our fundamental interconnection, and the capacity we have to heal together. In the music they create together, the intensely personal mingles with the political, and universal truths are gleaned from local realities. Many of their themes have a raw intensity to them, and yet at the same time are infused with lightness, confidence and hope. Their latest music video, 'Time to Shed Our Skins,' is a beautiful example of this. Watch the video and read its moving backstory here.

<https://www.dailygood.org/story/2856/time-to-shed-our-skins-fiona-hayhoe-weiland/>

"My winter garden is quiet and lovely, with snow piled onto the shrubs and outlining the trees. For me, this is a time for resting and reflection, reading, drawing, and planning next year's garden. Gardening has always been a part of my life. As a child, I spent summers playing in my grandfather's stately and formal garden in Rochester, New York, where my great grandfather had managed the Ellwanger and Barry Nursery. Composed of a staggering 650 acres, this was the largest nursery in North America at the time." Artist and writer Helen Stewart shares more from her unusual life journey in this reflective essay filled with photographs from her magical garden, where she only plants what she wishes to paint... <https://www.dailygood.org/story/2857/her-imagination-is-a-beautiful-garden-helen-stewart/> **Be The Change**” Learn more about Helen's work and enjoy more glories from her garden here. <https://www.hestewart.com/instagram>

The quilters of rural Gee's Bend, Alabama, many of whom are descendants of slaves, learned to quilt from their mothers and grandmothers. They also learned, sitting under the quilting table as small children, valuable life lessons, and the hopes and dreams their families had for them. Their brightly colored quilts speak of love, peace, joy, and the value of hard work. Like their mothers and grandmothers before them, they sing and pray, sharing their life stories, as they work together. Their quilts have been recognized as valuable forms of art and exhibited in museums. Books have been written about them and their quilts. And yet they are most proud when "you can feel the love" that is sewn into every one of these quilted masterpieces.

<https://www.karmatube.org/videos.php?id=8510> **Be The Change:** he quilters are aware that their lifetime is limited and they work to make the most of it. What is it that you most want to do while you yet live?

Ever been told to 'just be happy' or, to 'lighten up'? Does that really make you feel happier? For many, this advice leads to the opposite effect. Author of Emotional Agility and leading Harvard Medical School psychologist Susan David recently teamed up with award-winning journalist and author Maria Shriver for a unique conversation on why positivity doesn't necessarily lead to happiness. Read more to understand how our obsession with positivity undermines the truth of our authentic expressions, and is an untrue display of our experience in the world. Sometimes, we need to just admit that we are having a bad day. Both experts offer steps on how to achieve this authentic expression in your own life. Research focused on what creates resilience, empathy and joy reveals that expanding our emotional vocabulary and how we express our authentic feelings, is what allows us to transcend these emotions, and find more peace.

<https://www.dailygood.org/story/1696/embrace-authenticity-how-to-break-free-from-the-tyranny-of-positivity-heleo-editors/>

"I am happier now, after the angst of my earlier years. Those years were rough. I started life in a factory as a coiled mix of copper and zinc being pressed into a small, cup-like shape. Then I was pulled mechanically into a cylinder and stretched to form a tight tube. Even the memory is painful: in order to be stretched without breaking, I had to be heated, annealed, pickled, rinsed, and measured, over and over." So begins this post in the monthly "Objective Lens " column written by Sr. Marilyn Lacey. Rich with empathic imagination and "object lessons," each post is an opportunity to look at the world from the point of view of an inanimate object in Haiti or Africa. This one is written in the voice of, "an unwilling accessory to death: the metal casing for an AK-47 bullet," who ultimately finds redemption. <https://www.dailygood.org/story/2860/from-bullets-to-bangles-sr->

[marilyn-lacey/](#) **Be The Change:** As an exercise in empathic imagination, pick an object from your daily environment and try and describe life from its perspective. To learn more about the inspiring work of Sr. Marilyn and her organization Mercy Beyond Borders, visit their website here.

<https://www.mercybeyondborders.org/>

This film chronicles a coming together of U.S. and China leaders in the consciousness and wellbeing sector, led by Mina Lee. At the heart of Mina's life and work is the permission to be stretched by love. She is guided by the question of how to bridge cultural and intergenerational divides the ways in which we dehumanize each other through misunderstanding, whether between investors and investees, business and non-business sectors, people living in the East and those in the West, and more specifically, China and the United States. Through honoring their shared life experiences they provide witness to the statement, "The only thing separating me from you is my idea of you." <https://www.karmatube.org/videos.php?id=8868>

Danielson Okeyo of Cape Town, South Africa, saw himself as something of a Superman because of his physical abilities. A series of injuries made him question who he was when he was no longer defined by what he could do. Okeyo takes us along on his journey to connect with the healing power of nature by befriending the ocean. In the process he realizes that nature accepts us as who we are. As he opens to this acceptance he is able to let in the love and care of those around him, as he finds freedom and a sense of peace with who he is now. <https://www.karmatube.org/videos.php?id=8858> **Be The Change:** Reflect on who you are in this moment? What have you lost and what have you gained to be the person you are now?

"Opposites arise in the field -- good, bad, darkness, light, joy, sorrow. These qualities arise in concert, each a complement to the other. But the human brain struggles with opposites. We attach to one side of an equation and call it Reality. Our point of view is never the whole picture. Fortunately, the Universe is maintained by scientific/spiritual laws. We're familiar with laws of science. The laws of physics get us where we need to go. The laws of gravity help us stay where we need to stay. A spiritual law, the Law of Three known as The Third Force, helps us reconcile opposites and find new possibilities in seemingly impossible conditions." Rev. Bonnie Rose explores the gifts of The Third Force in this inspiring post. <https://www.dailygood.org/story/2859/the-path-of-reconciliation-bonnie-rose/> **Be The Change:** Is there a place in your life where you can invoke the Third Force?

"At the end of Craig Foster's 2020 documentary film My Octopus Teacher, he shows his son the wonders of nature along the shore and in the sea. He says the most important thing to learn is a gentleness that thousands of hours in nature can teach a child. The word 'gentleness' suddenly stood out and could well be the best description of the film. It is a word rarely used today." Karachi-based artist Durriya Kazi explores this quality further here. <https://www.dailygood.org/story/2862/rediscovering-gentleness-durriya-kazi/> **Be The Change:** If parenting styles from different cultures were ranked by gentleness, the approach of traditional Inuit parents might come out on top. Learn more about it here. <https://www.dailygood.org/2019/03/19/children-anger-control-and-inuit-wisdom/>

A little girl enthusiastically observes the moon through a telescope. She spys an elderly man living there alone. With childlike exuberance she finds a way to let him know that he is not alone as they connect on a heart level, bridging the great distance that separates them. The song "Half the World Away" sung by Aurora Aksnes, adds to the magic of this celebration of the ability of hearts to connect even when they are "half a world away." While this 2015 campaign by U.K. retailer John Lewis aimed to raise awareness around loneliness for the elderly around holidays, the message of connection is important for all of us today.

<https://www.karmatube.org/videos.php?id=8782> **Be The Change:** Share this video with someone who is half a world away from you, either through distance or some other barrier, and let them know that they matter to you.

"Perhaps, you also grew up with this notion: that to be of value, it has to be big. And what if that notion is not true? What if it is the seemingly small actions that are in fact, of great value? What if these seemingly small

actions are what connect us one to another and open the gateway to deeper understanding?" Kristin Pedemonti shares more. <https://www.conversations.org/story.php?sid=698> **Be The Change:** Touch someone's life with an act of unexpected kindness today.

Neuroscientist David Eagleman expertly "decodes the mysteries of the tangled web of neurons and electricity that make our minds tick -- and also make us human. 'Our experience of reality,' says Eagleman, 'is constrained by our biology.' His research into our brain processes has led him to create new interfaces to take in previously unseen information about the world around us. Read this overview of Eagleman's intriguing talk." <https://www.dailygood.org/story/2603/beyond-5-sense-based-humanity-stillness-speaks-editors/> **Be The Change:** The implications of technology that extends us beyond our 5 senses are hard to fathom. Meanwhile take a moment to appreciate the sheer ingenuity and poetry of our existing faculties through this post, "Diane Ackerman on the Secret Life of the Senses." <https://www.themarginalian.org/2015/08/06/diane-ackerman-a-natural-history-of-the-senses-2/>

## 7. Unconditional Love Really Exists

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

The title of the article says it all! Unconditional love really does exist. As Ram Dass states in this article, unconditional love is love for no reason. Read more at... <https://www.awakin.org/v2/read/view.php?tid=2453>

## 8. You Are Not Alone

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

This beautiful article transforms what it means to think we are alone. Tracy Cochran uses teachings from the great faith traditions to empathize with all those who may feel the darkness (literally and metaphorically) at this time of year. But, using the beautiful teachings of the great faith traditions, Tracy Cochran reminds us that we are not alone. Read more at... <https://www.awakin.org/v2/read/view.php?tid=2532>

## 9. A Map To Here

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

I have a saying, "It's far better to learn to be happy where you are, than to try and be happy somewhere you are not." This article cuts to the core of being happy where you are and with what and who you are. Read more at... <https://www.awakin.org/v2/read/view.php?tid=2382>

## 10. The Well of Being

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## 12. The Quilters of Gee's Bend

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## 13. What Defines You?

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## 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.*

### 14. 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](mailto:rmeagher@servingyourjourney.com)).

### 15. 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**

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