

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@servinyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



What We Give Our Energy to Expands

Have you heard of the expression / teaching “What we give our energy to expands?” A recent telephone conversation with my sister brought this teaching to life for me.

I had not spoken to my sister in a while, so I decided to call her and catch up. We began the conversation with my asking my sister what was happening in her life...her husband, son, job, and life in general. After 15-20 minutes of sharing, my sister asked, “So...what’s happening with you?”

I proceeded to share about my family and my work. I then said, “And Sherwin (my partner) and I have been watching the events unfold in our neighborhood.” My sister responded, “What events?” Her question surprised me. I thought... “With all the media coverage, how could you NOT be aware of what is going on my city?!”

I explained to my sister that a convoy of trucks had come to Ottawa to protest a variety of issues. And that the event was resulting in the blockage/closure of many streets and businesses, and causing a level of disruption in city life that I had not experienced in the 20 years I had been living in Ottawa (and nowhere else in my life). I explained that at the time of our conversation, the area I lived in was under a militarized-like lockdown spanning an area one-two square miles. No one who did not live or work in this area was allowed to come in, and if you lived in the area and wanted to get out, you had to go through checkpoints with armed officers.

My sister responded, “Oh yah, I heard something about that.” And with that response from my sister, she flowed right into another thread of conversation. I followed along, realizing she wasn’t interested in hearing more about the events unfolding in Ottawa.

After the conversation ended, I pondered the conversation I had with my sister. I had moments of thinking how insensitive it was of my sister to not show some level of compassion or concern for what was happening in my life. I was reminded of the saying, “Not in my back yard.” That my sister was living more than 1400km from Ottawa might explain why she had paid so little attention to what was going on. But then I realized what was being shown to me was far deeper than ‘not in my back yard.’

I was allowing my thoughts, my energy, to coalesce and focus on the events unfolding in Ottawa. My sister, on the other hand, was allowing her thoughts to be about something else. Because my thoughts were focused on the events unfolding in Ottawa, that’s where my attention went. And the more energy I gave to this event, the more it expanded in my consciousness.

My sister was not being insensitive, and she was not showing a lack of compassion or concern. She was merely allowing her thoughts, her energy, to be focused on something else.

In both cases, my sister and I were choosing, in that moment, what we wanted to be the focus for us. I was focused on the events unfolding in Ottawa. My sister was focused on events in her life that were equally important to her. In focusing on our respective life events, the events expanded to consume our life.

From this experience I was able to ask myself, "Are my thoughts, my energy, my focus, bringing me peace?" If not, (and they were not), do I want to continue to give my energy to these matters? Where do I want my thoughts, my energy, to be? What will give me peace?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Inner Voice

How do I know when I hear Your Voice?
How do I know that my ego
is not masquerading in a costume
to deceive me once again?

“You will feel the extension
of My love
in the harmony of
what you think,
say and do.

You will see only value
in listening to My Voice
and having the single goal
of peace of mind, peace of God.

You will experience the peace of this moment
as you symbolically ride the crest
of the wave, effortlessly,
feeling no sense of time;

Looking neither backwards nor
forward,
knowing that you are the essence
of the wave, forever extending.

You will have the willingness
to experience the knowledge of Love
that all of your brothers,
sisters and you and I
are One Self.”

Gerald G. Jampolsky

3. Quote or Question

“Don’t compare your life to others. You have no idea what their journey is all about.”

~ 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 – The Gravitational Pull of Thought

Hello to the Family of Light!

In our physical world we observe that everything has a gravitational pull: the moon on the earth, the sun on the solar system, and black holes on surrounding light and star dust. This gravitational pull can be strong and resilient to preserve a certain order in the universe. We can go even further and explore the gravitational pull of thought.

Imagine that a thought is like a tennis ball. You throw the ball, it hits a wall, affects the wall and bounces back. When this ball is then examined on a subatomic level we realize that it is not exactly the same ball. In the ball's experience of being thrown out, of touching the wall and returning, its energy composition, however minute, has altered. The ball and its environment have changed because of the experience.

Thought has a gravitational pull that changes both the environment it touches and itself. Let's say you see a delicate snowflake. You think: *this is so beautiful!* Your thought of admiration increases the vibration of the snowflake. This caring thought also creates a gravitational force that pulls the heightened frequency of the snowflake into your own inner vibration and transforms it.

The more elevated the thought, the more refined its vibration and the greater the pull to uplift itself and its surroundings whether they are close by or far away.

When we realize that matter is composed of thought, we become aware of the tremendous influence we have on the transformation of our world. Through kind thought we acknowledge the innate beauty and intelligence of life. Through kind thought we create a gravitational pull that changes us and our world. We and our world then take our respectful places in the universe and gladly join with other civilizations of higher frequencies.

Let's play.

Imagine that you are standing in the middle of a very comfortable room. On each wall there is a large window that lets in an exquisite white light. Select the light of one window. Intend that the light you have chosen represents Love. Now, think of a colour that you feel represents Love. When you have a colour in mind, create thoughts that link Love and the chosen colour such as: *This colour* (name the colour you have chosen) *is beautiful. It is filled with Love. It is peace. It is pure radiance.* As you create these thoughts, begin to feel a gravitational pull. The white light begins to change to the colour you have chosen as it is "pulled" and modified by your elevated thought. Notice too how the actual thoughts you have created are also charged with a higher vibration.

We are reminded that the greatest gravitational pull of all is the innate attraction of the soul to its Creator—Light to Light, Love to Love. This attraction increases moment by moment when we realize that our world is

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being pulled upwards into a higher frequency, into a purer, simpler frequency of love, peace and wisdom all leading to planetary and universal friendship.

Knowing that our thoughts influence our inward and our outward lives, we have a unique opportunity to create a world of compassion and enlightenment.

In Divine Friendship,
Regiena



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa has been transmitting spiritual messages for many years. She has written and illustrated *Upon Nature's Path*, a book of gentle wisdom that offers inner reflection through the loving language of nature. Kindly visit www.nextagemission.com to listen to her 10-minute meditations, her quiet musical compositions and read her spiritual texts. Regiena can be reached at regiena.heringa@gmail.com.

5. Steve Dolesch – All Things

“As long as I am this or that, I am not all things.” Meister Eckhart

(My hands are together) Welcome back to our round table. Again, this evening we will tackle another saying by Eckhart about being all things. The big question is how can we be all things? We know that we can't be all things. We are human after all. At this moment we are a limited bunch. However, Ika'Ani has a few words about this. Ika'Ani, go for it.

Thank you. There's two ways of looking at the phrase: be this as being a specialist in one field, or another. Or be united with the One and All. One and All is you, you, you, and me! We are all united with One. Now, I can be a specialist in this or that, but that's only a title or something. The real issue is to be united. You know what? Our thoughts can also be united or focused into One. Kriřianji, you know about this kind of stuff, and our thoughts need to be focused so that we don't go in every direction. In my humble understanding, Eckhart's phrase might mean be only one thing: you and it's ALL you need to be.

The other thing is the fragmentation of our minds. I know I just mentioned that in another way but here me out. We talked about past lives and reincarnation a while ago. Yes, you got the idea, Steven. Memories of past lives should be considered in this talk. If one is about to become one, those memories should be integrated, if I may use that term, into one's becoming all things. I need to add that I don't really like the terms *all things*. I truly don't. I don't wish to complicate things, but things are material, objects and not spiritual. I don't want to be all things, nor this and that, but me. I'll stop here.

I:
I'm with you.



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 a world obsessed with work and productivity, many people feel broken by distraction, disengagement, and a default reactivity to life's surprises, but can rediscover their innate genius to lead a more creative life rooted in the present. In the new book 'Tracking Wonder', Jeffrey Davis an acclaimed teacher, consultant and speaker presents a science-based, soul-centered, counter-approach to hyper-productivity that speaks to the cultural moment of workism and languishing. Davis offers an eye-opening and mind-expanding exploration of wonder and how to nurture its profound capacity to reverse apathy and heal burnout." What follows is the opening chapter of 'Tracking Wonder.' <https://www.opencenter.org/wp-content/uploads/2021/10/trackingwonder-ch1.pdf>

Be The Change: For more inspiration check out this interview on, "The Many Flavors of Wonder."

<https://www.dailygood.org/story/2722/fabiana-fondevila-the-many-flavors-of-wonder-awakin-call-editors/>

"Twice this week I was rendered speechless by the power of unexpected generosity. The first was an actual gift from someone I barely knew, and the second was a story of survival that took such courage to write that I experienced it as a gift. The gift was brought by one of my students, from her mother who I only met once. It was her mother's way of saying thank you to me for loving her daughter so well, and I literally could not speak when I unwrapped it. A weaver, she raises sheep for wool which she shears, cards, cleans, spins and dyes with plant dyes before weaving it into blankets and shawls." Carolyn North shares more.

<https://www.dailygood.org/story/2879/on-generosity-carolyn-north/> **Be The Change:** Have you had that experience in your own life of giving your all, and feeling it cost you nothing? Consider taking a moment to reflect on it in writing, or in conversation with a friend. For more my Carolyn North, check out her website.

<https://carolynnorthbooks.com/>

"Dear Mother Earth, I bow my head before you as I look deeply and recognize that you are present in me and that I'm a part of you. I was born from you and you are always present, offering me everything I need for my nourishment and growth. My mother, my father, and all my ancestors are also your children. We breathe your fresh air. We drink your clear water. We eat your nourishing food. Your herbs heal us when we're sick." In honor of the passing of beloved Buddhist teacher, Thich Nhat Hanh, Emergence Magazine shares his Ten Love Letters to the Earth. The following meditations invite us into a dynamic relationship with this planet we call home. <http://www.dailygood.org/more.php?n=9174> } **Be The Change:** For an array of other reflections from Thich Nhat Hanh, check out this collection.

<https://www.awakin.org/v2/read/search.php?op=name&auth=Thich+Nhat+Hanh>

"This is a powerful practice that was shared with me by John Paul Lederach. John Paul is a sociologist and specialist in conflict transformation. He has served as a peacebuilder in Nepal, Somalia, Northern Ireland, Colombia, and Nicaragua around issues related to direct violence and systemic oppression. He has dedicated his life to exploring and implementing alternatives to dehumanization and violence through processes that rekindle empathy, respect, understanding, and mutual identification. He calls this practice rehumanization." Roshi Joan Halifax shares more in this post. <https://www.dailygood.org/story/2886/practicing-rehumanization-as-we-move-into-uncertainty-roshi-joan-halifax/> **Be The Change:** Learn more about Lederach's pioneering work in conflict resolution through this interview, "The Art of Peace."

<https://onbeing.org/programs/john-paul-lederach-the-art-of-peace/>

When Krista Tippett interviewed the psychiatrist and trauma specialist Bessel van der Kolk for the first time, his book *The Body Keeps the Score* was about to be published. She described him then as "an innovator in treating the effects of overwhelming experiences on people and society." She catches up with him in 2021 -- as we are living through one vast overwhelming experience after the other. And *The Body Keeps the Score* is now one of the most widely read books in the pandemic world. His perspective is utterly unique and very practically helpful -- on what's been happening in our bodies and our brains, and how that relationship can become severed and restored." <https://www.dailygood.org/story/2888/trauma-the-body-and-2021-on-being/> **Be The Change:** For more inspiration, check out this article on 'How to Hardwire Resilience into the Brain.' <https://www.dailygood.org/story/1998/how-to-hardwire-resilience-into-the-brain-rick-hanson-forrest-hanson/>

"Robert Lax was an American writer and poet who developed a unique style of abstract poetry, described by Jack Kerouac as 'one of the great original voices of our time'. He was also a contemplative who, outside of a formal monastic context, adopted a lifestyle based upon simplicity and prayer which was an inspiration to his many friends and visitors. Thomas Merton, his closest friend, immortalised him in his best-selling book, *The Seven Storey Mountain*. In the mid-1960s Lax abandoned his career in New York to live on the Greek islands of Kalymnos and Patmos, seeking 'to put himself in a place where grace could flow'. In this article, Robert Hirschfield presents a central aspect of his spirituality -- living slowly. <http://www.dailygood.org/more.php?n=9185> **Be The Change:** Step into the practice of slowness today. For more inspiration, check out this post on, "The Art of Slowing Down." <https://www.dailygood.org/story/388/the-art-of-slowing-down-karen-horneffer-ginter/>

We all have had our moments of impatience, rage and frustration...but how do these moments affect our lives? Get curious about anger, and you just might discover an untapped well of vital energy that improves your life circumstances and wakes you up to the whole of life. This article offers 10 powerful perspectives on anger. <https://www.dailygood.org/story/312/10-life-changing-facts-about-anger-gail-brenner-phd/> **Be The Change:** Reflect on a few of these perspectives the next time you catch yourself on the verge of impatience or anger.

"If we are able to see that loss can teach us and fear can reveal our edges and priorities, we can begin to understand that grief is part of a natural process of transformation, and more so now, as we face radical uncertainty. We also can discover that healthy grieving can be relational, and in other societies grieving and mourning are shared experiences. So being transparent with others about our grief can be transformative. We can also explore how our ancestors grieved. Every culture has its own rich and deep history of rituals of transformation -- and ours is like a treasure house waiting to be rediscovered." Roshi Joan Halifax shares more. <https://www.dailygood.org/story/2894/on-meeting-loss-finding-life-roshi-joan-halifax/> **Be The Change:** For more inspiration, check out this short piece by Terry Patten on, "The Wisdom of Grieving." <https://www.awakin.org/v2/read/view.php?tid=2287>

7. You've Been Nirvanized Since The NonBeginning

This article uses the teaching of Nirvana to share deep truth about live and death. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2539>

8. Seeking to Understand

We are asked a very important question in this article by Timber Hawkeye, “Why do we always assume we know what’s best?” If you’re interested in exploring this question, read more here...

<https://www.awakin.org/v2/read/view.php?tid=2419>

9. There Is Only One Taste

This magnificent philosophical article from the renowned Ken Wilber invites an exploration of who is the you that is experiencing your self and the world. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2331>

10. Cognitive Bypassing

This author suggests sitting with and feeling your pain, anger, and grief as a means of true healing. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2528>

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.

11. 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).

12. 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>.

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

rmeagher@servinyourjourney.com

www.servinyourjourney.com

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

Facebook: www.facebook.com/Servinyourjourney