

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.

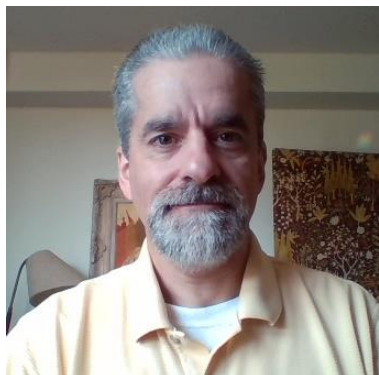
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to rmeagher@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



The Power of Perception

Earlier this month I was having a conversation with a dear, long-time friend. At some point in the conversation my friend asked me if I had ever seen so much unrest in the world. I said, "No, not in my lifetime." My friend affirmed that they had not experienced such unrest in the world in their lifetime either. We talked a little about the current events unfolding around the world. We then moved on to talk about other things.

The very next morning, I woke up and walked out to the living room. I walked over to the large window overlooking the neighborhood. Sitting on the window sill was a hyacinth bulb planted in a small pot. The bulb had grown significantly since I planted the bulb several weeks earlier. In the past week alone, the bulb had really taken off. It was clear that something magnificent was going to become of this hyacinth bulb.

Later in the day I thought about the two experiences I describe above. The exchange with my friend regarding the events in the world was full of disbelief, fear, even anger. I saw nothing but darkness in the exchange. My perception of world events in that moment left me feeling only fear. The experience with the hyacinth bulb was full of beauty and joy. My perception of the hyacinth bulb was imbued with love.

One could look at the above two experiences, and the feelings associated with these events, and consider them to be two very different experiences. If they were, it was only because of my perception. It is said in A Course in Miracles, "Perception is a choice of what you want yourself to be; the world you want to live in, and the state in which you think your mind will be content and satisfied. It chooses where you think your safety lies, at your decision. It reveals yourself to you as you would have you be." (T-25.1.3.1-3)

All events are neutral; they simply are. Anything I experience associated with an event is a result of my perception of the event. None of my perception is true, in truth. Anything and everything are only as I want them to be. Our perceptions are a powerful thing. In the above experiences, I was struck by how my perception made my reality in those moments. I could have as easily saw love in the current world events, as I could have seen fear in the sprouting hyacinth bulb.



Photo Credit: pexels.com - Emel Ceren

We can train our perception to see a more peaceful and loving world. Like anything else we strive for, it takes practice—until we realize there is nothing we need do to return to peace and love. We are that we seek.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Journey

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice...
though the whole house
began to tremble
and you felt the old tug
at your ankles.
“Mend my life!”
each voice cried.

But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen branches and stones.

But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do—
determined to save the only life you could save.

Mary Oliver

3. Quote or Question

"You cannot be lonely if you like the person you're alone with."

~ Wayne Dyer ~

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 - Unfolding

Hello to the Family of Light!

As you move your attention from the outer to the inner world, you realize that all becomes more refined, less obvious yet all important. For example, if you look at an apple, you observe its outer skin, then its inner flesh, then its little seeds. From within these seeds cells, atoms, smaller particles and subatomic movement can be detected.

Everything before its actual physical manifestation is founded on a common denominator: Love and Light energy. From this common platform a current of great intelligence unfolds and differentiates this energy into specific physical forms. Thus, the flower comes from the same origin as our fingers and the bird that flies above us. We are all a part of this magnificent unfolding of Love and Light energy that is condensed into individual, tangible forms, and we need only to become consciously aware of this. How? By surrendering and unfolding.

Let's play.

In the quiet, allow a great peace and love to well up from within you. Savour this inner joy. Imagine now that you are wearing seven heavy coats. Feel the weight of these coats and realize they are pulling you down, distracting you from your feeling of peace. Now, slowly take off a coat. Immediately you feel lighter and freer and sense the love inside you strengthening. Take off another coat and then another. With the removal of each layer you are increasingly liberated. Finally, you take off the very last coat and you know you are free, shining completely in this inner love and joy.

If you look at your past, you realize you have already eliminated useless layers that have pulled you down. You have already begun to experience your unfoldment because you have freed up different layers of thought, action and feelings that have prevented you from living completely in this sacred Love and Light energy.



Photo Credit: Pexels.com - RODNAE Productions

A tremendous awakening and unfoldment to this sacred energy is presently taking place upon our Planet Earth for us to experience and share. There are great numbers of beings of high frequency from planets, dimensions, worlds and beyond, who are here to help us. They ask us to rid ourselves of those thoughts and actions that hold us down. They ask us to open our hearts and minds so that our spiritual vibrations can be lifted up to the vibrational patterns of our star friends and other great beings and masters.

We are invited to unfold to an infinite world of peace, harmony and fellowship.

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 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 – Awakening: Part One

Good evening, ladies and gentlemen. In this series we'll discuss the awakening of this civilisation. Don't worry, it won't be dull as to putting you to sleep. At least we hope not. Our investigation shall begin here at our home in Gatineau, then pan out into the world. We need to mention that there's not one but multiple ways or routes to find one's state of awakening. What we will try to demonstrate is just that: ways and routes to be awakened, spiritually, that is, but also physically and mentally. Let me start the discussion if I may.

To my understanding, one needs to be strong in mind, meaning mentally. That's the first step. When one achieves mental stability, nothing can disturb his or her upbringing. The reason I mention this is because many of us are programmed by parents, school and society not to forget religion, organised religion, that is. Politics also plays a role. Many of us are stuck in a loop-like state of mind. One needs to stop, step off the loop and stand alone as his or her being and not be influenced by the things I mentioned just now. That is not to say not having relationships with others. We, most of us, are social beings. That's the beauty of our civilisation. We gather with family, friends, colleagues and so on. May I say something regarding what we have passed through with this pandemic? Lockdowns and curfews have done much damage to our social and psychological life. Our psychological state is being tested at an alarming rate and level. Ok, when I couldn't go out to have coffee with friends at the mall and have a discussion, it did have some effect. I had to think of ways to keep my mind focused. You see why we need to be strong mentally?

For me, I have a way of equilibrating my mental state. I visualise situations and places that enable me to stabilise my psychological state. Places of peace be them fields full of flowers, plants and even people and that includes people who have hurt me or tried to. By doing so, I put positive energy in and around them. The goal is to transform them into who they truly are, good beings. This pandemic is another challenge for all of us. We need to find a way to reverse its goal and bring it to the LIGHT. I can testify to that effect. Even by being surrounded by people, I don't let the potential of being attacked by the virus. Yes, I have been vaccinated because of the passports. However, I don't believe they truly are as effective as they claim. Besides, they were created and given too rapidly. Normally it takes 10 to 15 years to develop, test and give safely. I don't want to go into that. But my state of mind helps me to stay healthy as much as possible. I have another way of keeping my mind stable. I kind of augment my adrenalin level that also energises my whole body. It's a fascinating feeling, like I'm aware of my surroundings. I also listen to music. Right now, I'm listening to The Ventures & The Spotnicks and The Shadows. Some music or songs trigger something in me. I don't really need to do the puff the magic dragon thing if you get my drift. I get high with certain music and songs. They awaken me.

Seriously though, there are many ways to wake up the awakening in us if I can put it that way. The important thing to know is that each of us find our own ways to help us to achieve enlightenment. Mental awakening is the most important part. Once one achieves that the rest will follow. You see, having good mental health helps to continue towards the ultimate goal of awakening which is ascension. There's another important element in appeasing one's mind, it is to still it. To stop the hamster from going on and on. There are several exercises and meditation that can help to achieve this. Again, one needs to find the exercise and meditation that is best for him or her. I also have to add that meditation music or sounds are not helpful. Let me explain.

You see, meditation is the absence of unnatural sounds and for me, hearing music or sounds while meditating doesn't really still my mind. I'm not talking about listening to music when I write. I'm talking about appeasing my mind when I need to reenergise my mind and body. To help myself to focus the energy. One way is to find a room in your home where you aren't disturbed by unnatural sound like the refrigerator going on or hearing the clock tic-tocking for example. It can also be a corner in a bedroom where you can put candles or a lamp either on the floor or on a small table or something that doesn't invade the room that you can choose the intensity of light. Use your imagination. Me, I have a lamp and Christmas lights that give just the right intensity of light on a small two-drawer table beside my bed. It works for me. Create your own zen corner somewhere you feel homey

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and safe. Test it, tweak it if needed. When you find what works for you, stick with it. Ambiance is important, a peaceful one. This is step one, creating a peaceful mental awareness.

Next: Step Two: Physical Awareness.



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.

"Remember, Bryan Doerries likes to say in both physical and virtual gatherings, you are not alone in this room and you are not alone across time. With his public health project, Theater of War, he is activating an old alchemy for our young century. Ancient stories, and texts that have stood the test of time, can be portals to honest and dignified grappling with present wounds and longings and callings that we aren't able to muster in our official places now. It's an embodiment of the good Greek word catharsis releasing both insight and emotions that have had no place to go, and creating an energizing relief. And it is now unfolding in the amphitheater of Zoom that Sophocles could not have imagined." More in this On Being interview.

<https://www.dailygood.org/story/2898/you-are-not-alone-across-time-https-onbeing-org-programs-bryan-doerries-you-are-not-alone-across-time/> **Be The Change:** Learn more about the work of Theater of War in addressing pressing social and public health issues here. <https://theaterofwar.com/>

"This sonic journey written and narrated by David G. Haskell brings us to the beginning of sound and song on planet Earth. The experience is made entirely of tiny trembling waves in air, the fugitive, ephemeral energy that we call sound. Spoken words combined with terrestrial sounds invite our senses and imaginations to go outward into an experience of the living Earth and its history. How did the vast and varied chorus of modern sounds--from forest to oceans to human music--emerge from life's community? When did the living Earth first start to sing? We invite you on a journey into deep time and deep sound that will open your ears and your imagination." <http://www.dailygood.org/more.php?n=9210> **Be The Change:** For more inspiration, check out 'Sounds of Silence' by Gordon Hempton. <http://www.dailygood.org/story/972/sounds-of-silence-gordon-hampton/>

"Glenn Albrecht is a philosopher and environmentalist who for many years was Professor of Sustainability at Murdoch University in Western Australia, and is now an Honorary Associate at the School of Geosciences at the University of Sydney. In his book 'Earth Emotions: New Words for a New World,' he argues that we have lost awareness of our deep and long-lasting connection with nature, and no longer have words to express the distress and grief we feel as climate change and development destroys the world that we once took for granted. He has coined new words for these earth emotions solastalgia, ghedeist, soliphilia which are becoming widely used. In this interview, he talks about his own experience and his vision of how, even at this late stage, we might reconnect with nature and enter into an inspiring and creative future."

<http://www.dailygood.org/more.php?n=9211> **Be The Change:** For more inspiration, check out this piece by Albrecht, "Sumbiotude." <https://theconversation.com/sumbiotude-a-new-word-in-the-tiny-but-growing-vocabulary-for-our-emotional-connection-to-the-environment-136616>

"Courage is a word that tempts us to think outwardly, to run bravely against opposing fire, to do something under besieging circumstance, and perhaps, above all, to be seen to do it in public, to show courage; to be celebrated in story, rewarded with medals, given the accolade, but a look at its linguistic origins is to look in a more interior direction and toward its original template, the old Norman French. Courage is the measure of our heartfelt participation with life, with another, with a community, a work; a future. To be courageous is not necessarily to go anywhere or do anything except to make conscious those things we already feel deeply and

then to live through the unending vulnerabilities of those consequences. " David Whyte shares more.

<http://www.dailygood.org/more.php?n=9208> **Be The Change:** For more inspiration, check out this passage by Lynne Twist on, "Taking a Stand." <https://www.awakin.org/v2/read/view.php?tid=2098>

"Spiritual listening is at the heart of all relationships. It is what we experience when we become a quiet, safe container into which the speaker is able to express his or her most genuine voice. There is a communion of souls. The way we listen to each other sets a tone for everything that follows. We often think that our speaking, the words we use, is the most important part of our communication. Yet it is the quality of our listening that has the greatest impact in any conversation. Quaker writer Douglas Steere says: To listen another's soul into a condition of disclosure and discovery may be almost the greatest service one human being ever performs for another. What makes listening spiritual? It is the art of becoming a listening presence, a way of being in which stillness and attentiveness provide the space for people to speak authentically and know they are being heard. It is from this place that we can listen across diverse backgrounds, cultures, religions and belief systems. It is about being a presence for understanding rather than for judging. When we are open, curious, and attentive to others in this way we discover a deeper, sacred connection; we are in relationship." Kay Lindahl, founder of the Listening Center, shares more. <https://www.dailygood.org/story/2902/spiritual-listening-kay-lindahl/>

"As an integrative yoga teacher with a background in various yoga modalities, I aim to follow the needs of my students as they arise, not only those needs affected by their internal atmosphere, but also the collective needs. Meeting them where they are. This is a simple story of how this aspect of yoga intensified in my life. I will tell it primarily through the voice of 2 of my students, who tell their stories best. In 2017, after practicing for nearly 20 years and teaching for 12, one of my long-term committed students announced to me she had been diagnosed with breast cancer. She absolutely wanted to continue to practice yoga to support her physically, mentally and emotionally during her treatments." Fiona Hayhoe-Weiland shares inspiration from her journey as an oncology yoga teacher. <https://www.dailygood.org/story/2905/oncology-yoga-tapping-into-the-wisdom-of-the-body-fiona-hayhoe-weiland/>

"I was half-asleep. It was a few minutes past 5:00 a.m. and the morning larks were half-asleep, too. The sky was deep indigo. My house was rarely so quiet and still. I just rolled out of bed, tiptoed to my study for privacy, and turned on my laptop. Teacher Wei Qifeng was on the screen, projecting from over 6,000 miles away in Dali, China, where it was 8:00 p.m. Sporting a shaved head and a perfect set of teeth behind his ear-to-ear smile, he started his session on the mind-body practice of qigong with a soft, yet commanding voice, 'Relax your intention.' Relax my intention? I'd always heard the opposite: 'Strengthen your intention!' 'Manifest your intention!' 'Harness the power of your intention!' Besides, it seemed to me that my intention was noble, always focused on the healing of myself, others, and the natural world. Surely, I'd misheard him." A doctor of internal medicine, Cynthia Li, shares more in this piece about her ongoing journey with Qigong, and the revelations that have come with it. <https://www.dailygood.org/story/2906/how-to-awaken-your-inner-healer-cynthia-li/>

"In nature, there is nothing wrong with quiet. It exists under the weighted depths of ocean and in the cool of rocky caverns. It spills out beneath the wings of eagles as the world below freezes. Nature is never wholly silent: she speaks in breathy whistles and the jingle of dry leaves. She listens, but she is not mute. Even in the high desert, where sage-shrouded grouse have just begun to stir and a girl sits alone in the shelter of a camouflage blind, she has so much to say in her quiet. I have been called 'quiet' from an early age. Our world of constant conversation often makes me feel expendable. There is no appropriate response to the phrase 'You're really quiet.' It is observational." <http://www.dailygood.org/more.php?n=9235> **Be The Change:** For more inspiration, check out this piece on "Quiet Spirituality," by Mirka Knaster. <http://www.dailygood.org/story/2260/quiet-spirituality-mirka-knaster/>

7. My Freedom Is In Your Hands

What a beautiful take on COVID-19 offered by Jacques Verduin, a subject matter expert on mindfulness, restorative justice, emotional intelligence, and transforming violence. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2418>

8. Send Love – It Matters

Carrie Newcomer is a musician, poet and educator. In this poem she shares a grace-filled message about love. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2546>

9. Between Gift and Privilege

Jonathan Harris offers a unique exploration of the difference between gift and privilege. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2545>

10. Memnoon: Blessing The One Who Is Asked

Imagine doing only what you want to do! This is the energy of memnoon. Memnoon is a request to bless the one who is asked to do something. Read more about this interesting philosophy...

<https://www.awakin.org/v2/read/view.php?tid=2429>

11. Tenderness

Reprinted from www.KarmaTube.org.

We have a tendency to race so quickly through life, that we don't always make time for ourselves. Carving out a little solitude can make a world of difference. We need to remember to be more gentle, not only with others, but with ourselves too. What miracles might life reveal if we sit quietly with ourselves for ten minutes a day?

<https://www.karmatube.org/videos.php?id=8865>

12. Seek Silence

Reprinted from www.KarmaTube.org.

Silence helps us to explore our shared humanity as it speaks to the part of life that is beyond words. This video created by Green Renaissance and filmed in South Africa encourages us to hear the words that silence whispers to our hearts and to find a quiet space in the busyness of life, wherever we live. It invites us to explore what silence means to us. <https://www.karmatube.org/videos.php?id=8892>

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.

13. Sacred Attention Therapy

Sacred Attention Therapy (SAT) references the etymological meaning of therapy: "attending to soul". SAT is a new paradigm of psychological and spiritual growth and development and is based on Richard Harvey's ground-breaking approach to depth psychotherapy, and on his 3-stage model of human awakening (<http://www.therapyandspirituality.com/>). This new paradigm of psychotherapy / counselling is an approach that takes into account the ego-based individual and the desire of the individual to grow spiritually. SAT recognizes the fundamental, true, spiritual nature of humanity and the intense longing for the truth about our real, divine state. SAT involves listening with the whole self to the soul of the other. This is what therapy should always be, or at least always aim at, because this is the profound depth of healing and reverence which two gathered together in search of truth can bring about. For more information about SAT, visit these websites:

<http://www.servingyourjourney.com/Sacred-Attention-Therapy.html>

Sessions can be offered in person, by phone, or via Zoom or Skype videoconference. For more information about booking appointments, please visit <http://www.servingyourjourney.com/Booking-Appointments.html>. To schedule an appointment, please contact me by phone (613-204-0299) or email (rmeagher@servingyourjourney.com).

14. A Course in Miracles Global Community Centre

Spiritual Guidance is honored to host the 'A Course in Miracles (ACIM) Global Community Centre.' This Centre is a meeting place for ACIM students and teachers from around the world to access coaching counselling, therapy, study and discussion groups, courses, a community café for you to communicate with other students and teachers, and helpful resources and links. Visit the ACIM Global Community Centre at <http://www.servingyourjourney.com/ACIM.html>.

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In love, gratitude, compassion and forgiveness...

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