

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



Keep Practicing and One Day It Will Become Second Nature

One cycling day last month I headed out to one of my favorite destinations. Just 1 km from my destination, at the furthest point from my where I started, my back tire went flat. I was directly across from a popular rest stop, so I gently rolled myself into the stop.

I took my bicycle repair kit out of my pannier bags, along with my previously-prepared instructions to fix a flat tire, and began the process. Shortly after I began repairing the tire, a young man stopped and asked if I had everything I needed. I said yes, thanked the man, and wished him a good day. I continued

with my tire repair and a few minutes later a man and woman stopped to ask if I needed any help. I was well along in my repair and responded, "This isn't exactly something I do every day, but I think I'll be okay."

There must have been something in my voice or written on my face, but the man said, "How about I stick around to see if you'll need any help." I thanked the man, saying "That's very kind of you. Thank you."

It wasn't too long after that exchange that I ran into a snag with putting the repaired inner tube back into the tire. The man could see I was struggling, and said... "Here, let me help." A few minutes later, I was back on track and 5 minutes after that, I had the tire back on the bike and was ready to hit the road again. I continued my cycling adventures for the day and made it back home safely.

The next day, I decided to take my bike into the local bike shop to have them check the bike. I explained to the bike jockey that I had a flat tire the previous day, and that I was able to fix the flat and get myself back home. I explained that because I was not confident in my mechanical ability, I would appreciate him taking a quick look over my bike to make sure I put everything back together correctly.

I watched the bike jockey quickly put the bike up on the hoist, quickly remove the tire from the bike, quickly and effortlessly check the tire and the gear mechanism, put the tire back on the bike, and adjust everything so that it was like brand new and coming off the assembly line at the factory.

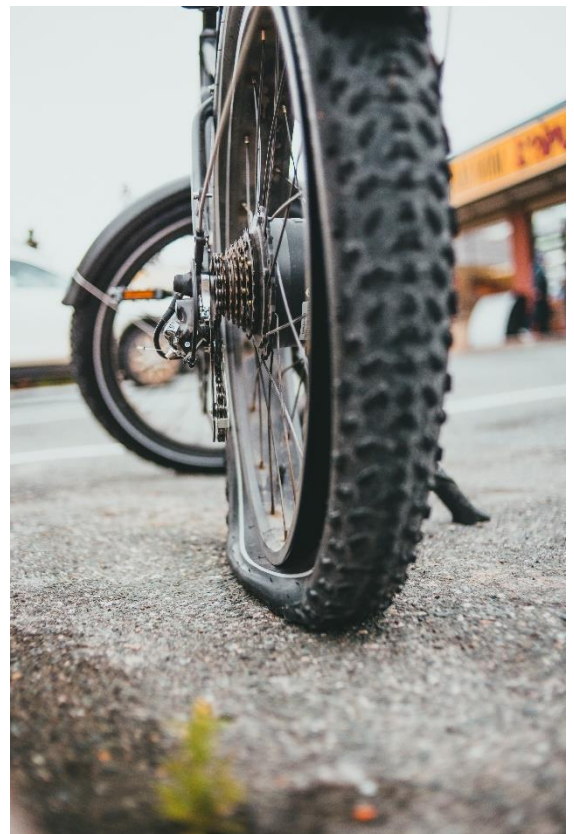


Photo Credit: Pexels - Erik McLean

I had been coming to this bike shop for many years. Early on, I couldn't even change a flat tire. No doubt, I had been a butt of a few jokes among the bike jockeys about my lack of mechanical abilities. But over the years, I had become comfortable repairing a flat tire; given I had experienced more than my fair share of flat tires over the years while out on my cycling adventures. I'm just not as confident getting the tire back on the bike and making sure the gear mechanism is properly in place and calibrated properly.

As I watched the bike jockey look over my bike, it was clear he had lots of practice repairing bicycles. After all, it's his job. He could repair a flat tire with their eyes closed! The more practice I get fixing a flat tire, the more confident I get repairing the bicycle on my own. Each time I take my bicycle in to the local bike shop and watch the bike jockey work on my bike, I learn something new.

The above story and experience are no different than my spiritual practice. The more I practice, the more my practice becomes second nature. After enough practice, I don't even need to think about what I'm doing. My mind and body seemingly remember for me. So, keep practicing. One day you'll notice your work is paying off. One day you'll notice it's no longer practice, it's your life.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Only Dream Worth Having...

The only dream worth having...
Is to dream that you will live while you're alive.
And die only when you're dead.
To love. To be loved.
To never forget your own insignificance.
To never get used to the unspeakable violence and vulgar disparity of life around you.
To seek joy in the saddest places.
To pursue beauty to its lair.
To never simplify what is complicated or to complicate what is simple.
To respect strength, never power.
Above all, to watch. To try and understand.
To never look away. And never, never to forget.

Arundhati Roy

3. Quote or Question

"Your task is not to seek love, but merely to seek and find all the barriers within yourself that you have built against it."

~ Rumi ~

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 Return Home

Hello to the Family of Light!

Inside each of us there is a revered plan for our soul to return to its Creator. There comes a point in some lifetime when the soul awakens and is attracted to sacred Love and Light. This attraction pulls the soul increasingly towards the centre of the Divine Source. What is this pull of birds and fish and other animals to return to their original nesting places to give birth once again? This pull is innate, buried in the very nature of life.

When we ask the question, “Who am I?” an opening of consciousness occurs. Simply in asking this question our awareness automatically expands.

First and foremost we are souls saturated in Divine Light, pulsating the perfect, divine force called Love. The soul seems clothed by the body but it is not covered up by the body. It constructs the body and it shines through it. When we acknowledge that the answer to the question: “Who am I?” is “I am a soul, bathing in sacred vibration, free from the obstruction of the material world,” then our great awakening begins. We become aware that we are souls and our greatest wish is to return home to be with our Divine Source. In truth, our souls are not outside this Divine Creative Force; they lie forever within It.

Let's play.

With eyes closed, imagine you are looking into the centre of our star—the sun. Feel its radiance and allow the brilliance of the sun's light to become as strong as you can comfortably absorb. Notice how your body increasingly relaxes as it is bathed in this imaginary sunlight. Now, let go of this image and visualize every cell in your body as a twinkling particle of light. Take a moment to feel this. Then place your attention in the centre of your forehead, between your eyebrows. Imagine here a gentle ball of white light. Let this sphere glow and expand. Notice that the particles of light in the cells of your body are familiar with this sphere of light and they happily sparkle to its radiance. The divine light coming from your forehead recognizes the light particles in your body and the dancing light particles in your body recognize the brilliant light in your forehead. In this recognition they become one light. As you sense this unity, feel sacredness moving through you. This heavenly feeling transcends all time and space and for a moment you have consciously returned home to your Divine Source.

Our star friends who are guiding our steps to a higher understanding and way of life, reside in refined vibrational worlds because they live perpetually in this divine Home. Here they create, develop, and evolve to even higher planes of perception and ability. They have understood that the way to spiritual and scientific advancement is through the recognition that all souls are a sacred and integral part of the Creator's Love and Light.

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We are also beginning to comprehend this.

As the hand opens, the heart expands, the soul thrills in its divinity and we return home.

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 – Awakening: Part Three

In Part One, Steve talked about the importance of mental strength. In Part Two, the focus was on physical health.

I wanted to talk about the third element of awakening, spiritual awakening, but something told me there's another one. One that we don't hear about. At least not much. It's the healer aspect of one awakening. It's also about vibrating on a level before being ascended (don't forget, ascended doesn't mean going up). This one may be a difficult one to understand, so, bear with me.

Visualise if you can you are a fulfilled being, having mastered your mental and health states, walking along a path and you stumble upon an animal, let's say a cute rabbit who is injured by a snare trap. Not a very pleasant example but it's less dramatic than other examples I can come up with. This isn't about gruesomeness but about learning. You stop, gently lower yourself as not to scare the rabbit more that it is already. You meditate for a few moments. By doing so, you put yourself on the same level as the rabbit. This enables you to communicate with it. This is essential. If one wishes to communicate with any animal one needs to put him or herself on the animal's level. Also, the animal must accept you before you do anything. Trust needs to be established between both parties. I know what I'm talking about. I'm surrounded by dogs where I live.

Ok, back to our little rabbit. Once it relaxes, you near it slowly letting it know you want to help. If it's still relaxed, you go closer. You can show it your hands and move them closer at a point where it can sniff them. Then, you pat it gently. After that, you try to loosen the trap ever so gently. Once you loosened it, you put it as far away as possible. You concentrate on the injury on one of its paws. Again, you meditate for a while gathering your healing energy of warmth and a gentle purple (violet) light around your hands. You let the light surround you and the rabbit as well. That enables it to relax even more. Then, you put your hands just a few millimetres from the paw. You don't need to touch it, just let your hands hover. Let the universal energy combine with yours. (Guess what, Jeshua most likely healed people in this manner. No hocus pocus, just used the energy to heal.) After its paw is healed, you can move your hands over its entire body ever so gently. This erases the aches and pains it feels. You do this as long as needed. When done, you can reduce your light energy but still be aware of the surroundings. Once the little friend feels safe and secure, you let it go. If it stops and turns towards you, just put your right hand on your heart and smile back at it. You did what was needed to be done, it will recognise that in its own way. Oh, don't forget to take the trap and dispose of it before anyone else gets hurt.



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.

"To have a chance at really hearing other beliefs, philosopher David Smith teaches, you have to value truth more than your own opinion, and you have to come in with a measure of humility. With nothing more than these two questions, we can help our minds move from certainty to uncertainty, finding gaps in understanding that help our curiosity catch on." The following piece shares eight tips for having better conversations across our differences. <https://www.dailygood.org/story/2934/how-to-stay-open-and-curious-in-hard-conversations-m-nica-guzm-n/> **Be The Change:** For more inspiration, check out Judy Ringer's checklist for difficult conversations. <https://www.dailygood.org/story/2543/we-have-to-talk-a-checklist-for-difficult-conversations-judy-ringer/>

We all have days when things don't go as smoothly as we'd hoped and we have to make peace with things as they are. Fortunately the sun rises again each morning for all of us and we get another chance to see what the day will bring, to try again and to meet each moment with hope and to practice the art of living. Rejection, fears, doubts and failure are simply part of the human condition. Acknowledging the reality of what we have experienced allows us to move forward into the next moment without bitterness or expectations. Such an attitude gives us the potential to be open to something new and completely different. What is important is to stay connected to one's inner self--the True Self, that is not subject to the external idea of success--and to remain receptive to life as it is coming to us. Next time you have a "bad day" remember that the sun will rise again tomorrow and with it the opportunity for a new beginning.

<https://www.karmatube.org/videos.php?id=8882> } **Be The Change:** When you have had a difficult day, consider these ways to start your morning the next day to help you begin anew. <https://daringtolivefully.com/morning-habits>

"Healing the Divide: Poems of Kindness and Connection," is an anthology that includes poems by Ross Gay, Marie Howe, Naomi Shihab Nye and many others. The poems within it urge readers in these polarized times to "move past the negativity that often fills the airwaves, and to embrace the ordinary moments of kindness and connection that fill our days." What follows is one of the poems from this collection, titled, "Small Kindnesses," by Danusha Lameris. <https://gratefulness.org/resource/small-kindnesses/> **Be The Change:** Practice perpetual kindness today.

"In this podcast, Dr. Bolen joins Sounds True founder Tami Simon to reflect on her many years as a writer, teacher, and activist, and how doing our soul work becomes the path to self-actualization, connection, and contribution throughout our lives. They also discuss our innate capacity for love and awe; becoming a whole-brain person; speaking up as a key aspect of individuation; gratitude and appreciation; the dandelion effect, or how seeds of beneficial ideas are carried to fertile ground; navigating liminal times; the predicament of just doing time with our lives; connecting with loved ones we've lost; becoming more familiar with your dark side of the moon; the metaphor of the millionth circle; and more." <https://www.dailygood.org/story/2937/becoming-who-you-are-meant-to-be-tami-simon/> **Be The Change:** Read Bolen's poem, "Untapped Source of Peace," and learn more about her work here. <https://www.jeanbolen.com/poem>

After a Palestinian sniper killed ten Israeli soldiers including her son, who was active in the peace movement, Robi Damelin's first words were: "Do not take revenge in the name of my son." Somewhere below the grief, she knew even in that moment that exacting vengeance would merely fuel the cycle of violence. In her pain,

Robi couldn't bear "business as usual" and closed down her PR office. She soon intersected with the Parents Circle-Families Forum, a grassroots group of Israeli and Palestinian families who lost loved ones to the conflict. The group became her refuge and path to self-discovery and activism through its focus on dialogue, mutual understanding, and reconciliation, and she is now PCFF's spokesperson. The following post shares more, and includes the moving letter Damelin wrote to the sniper who killed her son.

<https://www.dailygood.org/story/2938/resisting-revenge-to-embrace-humanity-robi-damelin/>

"Padraig O Tuama is a friend, teacher, and colleague to the work of On Being. But before that was true, Krista took a revelatory trip to meet him at his home in Northern Ireland, a place that has known sectarianism and violent fracture and has evolved, not to perfection, yet to new life and once unimaginable repair and relationship. Our whole world screams of fracture, more now than when Krista sat with Padraig in 2016. This conversation is a gentle, welcoming landing for pondering and befriending hard realities we are given."

<https://www.dailygood.org/story/2951/this-fantastic-argument-of-being-alive-on-being/> **Be The Change:**

Learn more about O Tuama's writing and work here. <https://www.padraigotuama.com/>

"Something happens when you are in a garden, when you garden something beyond the tactile reminder that, in the history of life on Earth, without flowers, there would be no us. Kneeling between the scale of seeds and the scale of stars, touching evolutionary time and the cycle of seasons at once, you find yourself rooted more deeply into your own existence transient and transcendent, fragile and ferociously resilient and are suddenly humbled into your humanity. (Lest we forget, humility comes from humilis Latin for low, of the earth.) You look at a flower and cannot help but glimpse the meaning of life." In this engaging post Maria Popova shines a light on the garden-related musings of artists and writers down the ages.

<https://www.themarginalian.org/2022/05/07/writers-artists-gardens/> **Be The Change:** For more inspiration, check out Popova's post on, "Gardening and the Secret of Happiness."

<https://www.dailygood.org/story/2142/gardening-and-the-secret-of-happiness-maria-popova/>

When Anna-Zoe Herr's father passed four years ago, she grappled with almost unbearable pain and grief and was finding it difficult to find hope. One night, she had a dream in which her father appeared, sitting opposite her. "I came back because you have a question for me," he said. Zoe was taken aback and then said quickly, "Yes, I do. How do I overcome your death?" "You don't overcome my death," her father replied. "You just love." Taking this injunction to heart, Zoe's path deepened towards love, towards hope and imagination even amidst despair. You can read more about Zoe's journey and her creative endeavors here.

<https://www.dailygood.org/story/2952/surrendering-and-opening-to-hope-in-times-of-crisis-awakin-call-editors/>

"Mom, I'm feeling nervous, my 12-year-old daughter shared one night as I tucked her into bed. "Are you just having nervous feelings or are you thinking about something?" I asked. "Ukraine," she replied. I asked if she wanted to talk about it. She didn't. "I just want you to tell me a story--a happy story--to help me fall asleep." In that moment, I found myself going through the eternal parenting struggle--the struggle of wanting to do or say the right thing and not knowing exactly what that was." In this thoughtful piece Shauna Tominey offers five pointers on how to talk with kids about the difficult realities of our current world.

<https://www.dailygood.org/story/2953/talking-with-kids-about-what-s-going-on-in-the-world-shauna-tominey/>

When Dan Stevenson placed a stone Buddha across the street from his house in Oakland's Eastlake neighborhood, it was out of desperation. The corner had become an impromptu dump. City signs warning of punishment did nothing to change things. Dan asked himself if there might be another approach; something simple. He never imagined the positive energy chain that would ensue.

<https://www.karmatube.org/videos.php?id=8861> **Be The Change:** Is there a situation in your own life that has brought you to the point of desperation? How might you change the energy with a simple action coming from love?

7. Groundlessness

This magnificent article explores the gift in abandoning hope and learning how to find the place 'beyond hope and fear.' The process begins, oddly enough, with insecurity. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2551>

8. Agent of Illumination

I have read many articles about random acts of kindness. This one by Elizabeth Gilbert is one of the more memorable ones. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2557>

9. The Exquisite Risk

Mark Nepo's writing are gems. In this jewel, Nepo talks about the exquisite ground of being that allows us to drop into the fabric of existence that holds open the veil of illusions to hell-on-earth and, simultaneously, heaven-on-earth. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2555>

10. Let the Sun Rise

Reprinted from www.KarmaTube.org.

We all have days when things don't go as smoothly as we'd hoped and we have to make peace with things as they are. Fortunately the sun rises again each morning for all of us and we get another chance to see what the day will bring, to try again and to meet each moment with hope and to practice the art of living. Rejection, fears, doubts and failure are simply part of the human condition. Acknowledging the reality of what we have experienced allows us to move forward into the next moment without bitterness or expectations. Such an attitude gives us the potential to be open to something new and completely different. What is important is to stay connected to one's inner self--the True Self, that is not subject to the external idea of success--and to remain receptive to life as it is coming to us. Next time you have a "bad day" remember that the sun will rise again tomorrow and with it the opportunity for a new beginning.

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11. Buddha of Oakland

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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 by the 25th of the month, for distribution in the following month's e-newsletter.

12. 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).

13. 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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