

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



Endings and Beginnings...The Cycle of Life

Bear with me as I take a philosophical romp through musings about endings and beginnings. Or is that beginning and endings...?

I write this piece on the last day of February 2023. When I rise tomorrow, it will be the first day of March. This milestone got me thinking about beginnings and endings...endings and beginnings.

Our life is full of beginnings and endings. It would seem that everything we begin at some point comes to an end. We start a project, that usually comes to an end at some point. We start a race and it too will eventually come to an end. We rise each morning to a new day, that ends. We start a relationship, and those too come to an end.

Many things in life repeat this cycle over and over. Take, for example, my preceding mention of rising each morning to a new day. The day comes to an end; but begins anew when we rise the next day. The ending of one project can mark the beginning of another project. The ending of a relationship opens us to starting a new relationship.

Is there anything in life that remains constant? Is there anything in life that does not end? Is there anything in life that does not begin?

Love is such a one. Love does not end. We may think we stop loving people or things. But where does that love go? Does love just stop? Or does it get stored up until we redirect our love to something or someone else? But where did that love go 'in between'?

Life itself does not end. Cut down a tree and new growth will eventually emerge from the tree stump. Throw out a plant and through the process of decomposition the plant will create fertile soil for the birth of new vegetation. This process is abundantly evident with the cycle of deciduous trees dropping their leaves in the fall and the leaves providing nutrient-rich material to feed the forest floor, and foster the growth of new plant life.

Another interesting angle to this philosophical exploration of beginnings and endings is to ask yourself how you begin things, and how you end things? Generally speaking, how do you start

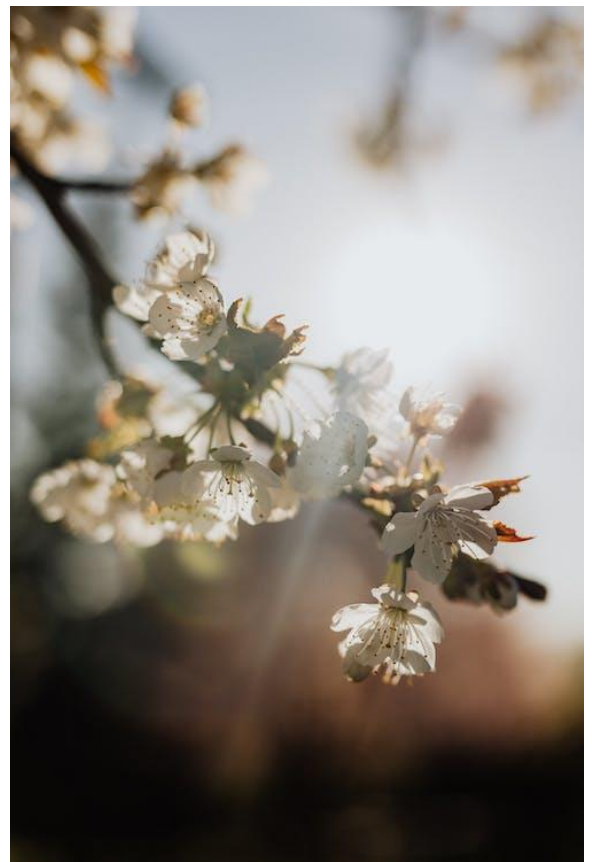


Photo Credit: pexels.com - Karolina Grabowska

things? With excitement? With hesitance? With resistance? Does it depend on what you are starting? What about endings? Generally speaking, how do you end things? Quickly? Do you tend to let things drag on? Are endings happy things? Or reason for otherwise for you? Again, does it depend on what you are ending?

Can we plan the ending of something? Or the beginning of something else? Can life be planned? I mean, can I truly plan what will happen in my life? Am I in control of this life?

Endings and beginnings...or is that beginnings and endings? Or is this all just about the cycle of life?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

When I see the light

When I see the light, I feel you in my heart.
On golden-clad wings, your kindness soars through the dark.
The meaning of your life, bubbling through our sorrow,
Showing us which sparkling qualities of yours to follow.

May we realize that for life,
Death need be in sight.
May we celebrate you
With love, pure and bright.
May we feel your guidance,
As we too for others care.
May we keep in our hearts
The memories of you most fair.
May we know we need not look for you,
For you are always here,
The tinkling of your laugh, always near,
Your constant smile, always clear.

When we look at your life, we celebrate much.
For each one of our hearts, you were able to touch.

Xanthe Harvey

3. Quote or Question

“To complete the golden dream of peace, selflessly serve and unconditionally love.”

~ Sri Chinmoy ~

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 – Dimensional Shifting Through Thought

Hello to the worldwide Family of Light!

There are many dimensions in the material worlds, for everything can be measured, no matter how infinitely small and subtle or how infinitely large and obvious. Some dimensions are easily seen and touched and others are beyond the present comprehension of our citizens. Thought initiates a dimensional shift. The instant we create a noble thought and we allow the energy of that thought to influence every cell in our body, our vibration changes and we shift dimensions. Our blood, our heart, the electricity in our body: Everything within us is transformed when everything together experiences that one thought. In one moment of elevated thought we are brought into a more refined dimension where we can interact with other higher vibrational beings. The shift may be very subtle, but it is certainly there.

Like stringing pearls to make a necklace, we link one elevated thought to another and build physical, mental and spiritual lives that vibrate in oneness and that move us completely into the dimension of harmony where many other worlds and civilizations live. Our future is one of harmonious living for we are on an upward path and the destiny of our earth is to fully live this upward cycle.

There is much adversity on our planet because as the world moves upwards it generates friction. Friction creates heat and many hearts and minds are becoming hot and unstable, demonstrating an insatiable need for control. Historically, our earth has been a place of suppression and liberty—holding on and controlling and letting go and being free. However, our world is now moving towards the release of mental, emotional, spiritual and physical pressures so that freedom takes first place.

There is a tremendous transformation in the making and it is based on the creation and expansion of loving thought. Everything that absorbs the energy of elevated thought is changed at the sub-atomic level. We are asked, therefore, by higher frequency civilizations of deep spiritual intent to raise our thoughts so that we consciously shift our world to a more refined dimension.

Let's play.

Close your eyes and feel peace flooding your heart, mind and body. Sit very still. In front of you imagine a large, white cloud in a blue sky. Create a loving thought. Say this thought quietly to yourself and sense your

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body absorbing its energy. Now, send your thought of love to the white cloud. As the cloud receives your thought, it radiates the energy of your thought to the entire sky and then the cloud slowly fades away. The blue sky is now completely clear and charged with the energy of your loving thought. Feel the sky pouring the energy of your thought of love down to the entire world.

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 – Journey Of A Heartbeat

In 2016, I spontaneously took up my electronic pen and began writing what was transmitted as the title of a series: Journey of a Heartbeat. One heartbeat is a journey! This sharing is new as of tonight, March 13 2021. Below are two names of beings who accompany me on a journey. They are from what we call the Pleiades. One from Amarani and the latter from Kihri'ani. They are mother and daughter. Araniarah-Adrika adopted Ika'Ani. They consider me as father and husband. Bear with me. I call her Adrika intimately.

Araniarah-Adrika means Beloved Celestial Trinity. Araniarah meaning Beloved Trinity in Amaranin and Adrika is Celestial in Sanskrit.

Ika'Ani means Little Butterfly in Kihri'anisi.

“Our beloved Steven, come. We invite you to join us, Ika'Ani and I, to journey to Amarani to partake in a meditation and equilibration of your mind. It will help you to better go through the difficult times humanity is experiencing. It will be better on Amarani because of no distractions. Hold my hand.” Says Adrika.

I take her hand and the three of us journey in a heartbeat to her home world which is also mine. I can come anytime to rejuvenate my heart and mind. We land in a pyramid similar to that of the Great Pyramid in Egypt but unblemished, it lights up with a gentle light. We are at its very centre. Ika'Ani guides me to the spot to sit in the lotus position. Adrika sits beside me with Ika'Ani in front of me. Then, from somewhere, voices, male and female, begin to chant in a most gentle voice. Don't ask me to describe their voice. It's amazing.

“Dad, relax. That's it. Now, ever so gently, breath in, hold it for a few seconds. Now, breath out. That's it. Do these five more times. Mom and I will join you in unison.”

The voices actually unite to our breathing creating a gentle breathing chant. The sound is amazing. It's harmonious. After the final breathing, Ika'Ani says this:

“Still your mind, dad. Let peace be the source for your mind. Say Inah'ashala with me. Inah'ashala. Again, Inah'ashala. One more time, Inah'ashala. It means 'my mind is united with the universe' in Kihri'anisi. Now, say Iha'an'ashala. Say it with me three times. It means 'my heart is united with the universe' also in my language. Now, both: Inah'ashala yit Iha'an'ashala'. Three times. Now, this time, sing or chant that phrase also in trinitarian.

Inah'ashala yit Iha'an'ashala. 3 times.

My mind is at peace.
My spirit is with me.
My heart is at peace.
My heart dances with
Your heart.

Iha'an'ashala. x3

Let your heart be light
As a feather floating
Through the air.
Let Life fill your heart.
Be Life.
Be Light.
Be Peace with yourself.

Ijarah, IT IS

Ikhanasa, Peace.

Steve Dolesch – March 13 2021



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.

"As the child of Holocaust survivors and a World War II refugee herself, peace builder Georgette Bennett was stunned by the human toll and tragedy of the Syrian civil war. She got to work, bringing together historical enemies to build an aid pipeline from Israel to Syria -- a feat many considered impossible, but has since helped millions. Through this inspiring story of unlikely partnership, Bennett shares three steps for creating change and invites all of us to take action when we see someone in need." More in this TED talk by Bennett.

<https://www.dailygood.org/story/3034/3-steps-to-build-peace-and-create-change-georgette-bennett/> **Be The Change:** For more inspiration, check out, "The Very Best Way to Pray for Peace," by former CIA analyst turned peacebuilder, Janessa Wilder. <https://www.dailygood.org/story/1666/the-very-best-way-to-pray-for-peace-janessa-gans-wilder/>

"In my lifelong spiritual quest, I have read hundreds of sutras; plowed through pages and pages of philosophical texts; grappled with koan collections; analyzed thousands of poems; searched through biographies; meditated for hours; and interacted with many teachers, good and bad. However, I have gained the most from the contemplation, appreciation, and inspiration of the "ink tracings" of the great masters." John Budo shares more about the calligraphy and paintings of the martial arts masters in this piece.

<https://parabola.org/2023/01/31/the-art-of-budo/> **Be The Change:** Today, if so inspired, make an effort to practice "in little things."

"Michael A. Singer is the author of the New York Times bestsellers *The Untethered Soul: The Journey Beyond Yourself*, and *The Surrender Experiment: My Journey into Life's Perfection*. His most recent book is *Living Untethered: Beyond the Human Predicament*. In 1971, while pursuing his doctoral work in economics, he experienced a deep inner awakening and went into seclusion to focus on yoga and meditation. In 1975, he founded Temple of the Universe, a retreat center where people of any religion or set of beliefs can come together to experience inner peace. Through the years, he has made major contributions in the areas of business, the arts, education, health care, and environmental protection. In this podcast, Michael joins Sounds True's founder, Tami Simon, to speak about his latest book. Tami and Michael discuss the first question for the spiritual journey, Are you in there?; the three-ring circus of the outside world, the thoughts in your head, and the emotions that emanate from your heart, witness consciousness and the practice of 'relax and release'; the art of transmutation; piercing the spiritual heart; and more." <https://www.dailygood.org/story/3035/michael-singer-living-untethered-tami-simon/> **Be The Change:** For more inspiration, check out this passage, "The Anatomy of Falling," by Singer. <https://www.awakin.org/v2/read/view.php?op=audio&tid=2334>

"Can nonviolent civil resistance be successful even against the most militarily sophisticated and brutal regimes? My podcast guest this month, political scientist Maria Stephan, says unequivocally 'yes.' Co-Lead and Chief Organizer at The Horizons Project and the former Director of the Program on Nonviolent Action at the United States Institute of Peace, Maria is the co-author, with Erica Chenoweth, of the award-winning book, *Why Civil Resistance Works: The Strategic Logic of Nonviolent Conflict*. The result of two years of research -- collecting and analyzing data on over 330 major, violent and nonviolent campaigns -- the book makes the case for a surprising conclusion: nonviolent campaigns were actually twice as effective as violent ones in achieving their political goals." Kern Beare is the founder of the Difficult Conversations Project. In his conversation with Maria Stephan, they delve how the tools and strategies of nonviolent action can be used to counter the authoritarian tendencies prevalent in our world today.

<https://difficultconversations.buzzsprout.com/1835843/11665396-waging-conflict-without-violence-a-conversation-with-political-scientist-maria-stephan> **Be The Change:** You can learn more about Kern Beare's work through this in-depth interview, "Learning to Live Together Via Difficult Conversations." <https://www.awakin.org/v2/calls/428/kern-beare/register>

"After an encounter on campus with a fellow blind student who had just returned from a solo excursion with seeming ease, Zachary Shore had a moment of awakening: "My problem wasn't my blindness. It was my lack of skills and confidence." He would indeed come to find a remarkable set of skills and confidence -- eventually earning a doctorate from Oxford University, becoming a distinguished scholar of international conflict and an author of six books, and traveling to more than 30 countries, many of them as solo journeys. Zach credits his strong sense of self to the nurturance of his parents. But his ability to move freely about the world came through a rigorous and demanding training program at the Louisiana Center for the Blind (LCB) -- where he made his way after his moment of awakening in college -- whose requirements for graduation would challenge even the best of sighted students. Shop, prepare, and cook a meal for 40 people, all by yourself, and don't forget the entire cleanup. Accomplish a "drop route"; that is, find your way back to the LCB after being dropped in an unfamiliar location, without asking anyone, using only environmental clues like the direction of the sun. And take a solo trip to a city you've never visited before, with an assigned checklist of to-dos." Learn more about his fascinating journey. <https://www.dailygood.org/story/3040/zach-shore-shining-a-light-amidst-deep-moral-conflicts-awakin-call-editors/>

For many people, the things we regret in life might be the big ones: either moral failings, career opportunities missed on the way to success, or all those things that fall into the category of "adventures we should have taken." For American writer George Saunders, his list of regrets is quite simple: failures of kindness. What grabs at his heart the most is missing those seemingly insignificant chances to make a difference for the better in someone's life. His story of a lonely classmate who never felt his kindness may give us reason to reconsider what we value and how we can make the world a little kinder in small ways. <https://www.dailygood.org/story/2069/what-i-regret-most-are-failures-of-kindness-george-saunders/>

The World Peace Game, a brainchild of public school teacher John Hunter, pits teams of students against each other as leaders of countries in crises and conflict. The students scheme and negotiate, compete and cooperate, wage war and make peace. But the game is not won until all countries enjoy security and prosperity. Says one fourth grader, "One of the things I learned is that other people matter. In this game one person can't win, everyone has to win. That taught me a lot about cooperating with other people, being generous, and having an attitude that, if you work together, you can achieve anything." <https://www.karmatube.org/videos.php?id=2863> **Be The Change:** In this engaging talk, Hunter explains how his World Peace Game engages schoolkids, and why the complex lessons it teaches -- spontaneous, and always surprising -- go further than classroom lectures can. https://www.youtube.com/watch?v=0_UTgoPUTLQ

The secret is to surround yourself with people who make your heart smile. It's then, only then, that you'll find Wonderland. Lize Venter speaks of her lost innocence through abuse that cast a dark line through her childhood, causing fear and nightmares. She shares her current life filled with love of her family and the many animals who are part of that family, as she urges viewers to surround themselves with those who bring out the best in them, the ones who help them to bloom. "It's like a mental shift to look for treasures and to look for Wonderland." <https://www.karmatube.org/videos.php?id=8965> **Be The Change:** What mental shift can you make today so that you can look for treasures to help you find Wonderland in your daily life?

"The longer I live, the more deeply I learn that love -- whether we call it friendship or family or romance -- is the work of mirroring and magnifying each other's light. Gentle work. Steadfast work. Life-saving work in those moments when life and shame and sorrow occlude our own light from our view, but there is still a clear-eyed loving person to beam it back. In our best moments, we are that person for another. In learning this afresh -- as we must learn all the great and obvious truths, over and over -- I was reminded of a passage by James Baldwin..." Maria Popova shares more in this post. <https://www.dailygood.org/story/3047/the-light-that-bridges->

[the-dark-expanse-between-lonelinesses-maria-popova/](#) **Be The Change:** More from Popova and Baldwin in this post on, "Love, the Illusion of Choice and the Paradox of Freedom."

<https://www.themarginalian.org/2021/06/06/james-baldwin-giovannis-room-love-choice/>

Richard Powers reaches beyond the cold calculus of kin selection to look at how human beings find kinship with nonhuman relatives and how stories can reveal our shared fate. <https://emergencemagazine.org/essay/a-little-more-than-kin/> **Be The Change:** Read an interview with Powers here on, "Kinship, Community and Consciousness." <https://emergencemagazine.org/interview/kinship-community-and-consciousness/>

"Celebrated author and physician Dr. Gabor Mat has become one of the worlds foremost voices on the journey of healing from trauma in large part because it is a path he walks himself. In this podcast, Tami Simon speaks with Dr. Mat about his new book, The Myth of Normal, sharing breakthrough insights into the nature of trauma and some of the necessary steps for our personal and collective recovery.

Give a listen as Tami and Dr. Mat discuss the truth of our interconnectedness; disease as a process, not a distinct entity; self-compassion and honoring our suffering; an inquiry practice the happy childhood challenge; the emotional work that healing requires; the concepts of wholeness and recovery; the essence of trauma disconnection from the Self; experiencing your own natural goodness; psychedelics and the veil between the conscious and the unconscious; closing the gap between science and the practice of medicine; learning how to say no before your body does; and more." <https://www.dailygood.org/story/3050/gabor-mate-healing-into-wholeness-in-a-toxic-culture-tami-simon/> **Be The Change:** Learn more about Mate's work through his website. <https://drgabormate.com/resources/>

7. Reclaim Your Chicken

An interesting title to an article that offers a refreshing take on awareness. Read more at...

<https://www.awakin.org/v2/read/view.php?tid=2458>

8. The Cauldron of Time

This sublime poem offers a timeless message of unity with our Creator. Read more at...

<https://www.awakin.org/v2/read/view.php?tid=2495>

9. Being Nice Isn't The Same As Being Kind

This article explores being nice, being kind, and the difference between the two. Being nice doesn't ask much of us. But being kind asks we extend ourselves. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2604>

10. Presence of Things Beyond Flesh

Drew Lanham shares his beautiful and personal journey of the presence of things beyond flesh and blood. Read more at... <https://www.awakin.org/v2/read/view.php?tid=2597>

11. I Have What You Need

This article beautifully described the gifts of meditation. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2611>

12. Secret To A Happy Heart – Finding Wonderland

Reprinted from www.KarmaTube.org.

"The secret is to surround yourself with people who make your heart smile. It's then, only then, that you'll find Wonderland." Lize Venter speaks of her lost innocence through abuse that cast a dark line through her childhood, causing fear and nightmares. She shares her current life filled with love of her family and the many animals who are part of that family, as she urges viewers to surround themselves with those who bring out the best in them, the ones who help them to bloom. "It's like a mental shift to look for treasures and to look for Wonderland." Trigger warning: this film contains reference to sexual abuse which may be triggering to some viewers. If you have been affected by a similar issue and you need someone to talk to, please reach out to an organization or individual near you for help. <https://www.karmatube.org/videos.php?id=8965>

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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Serving your personal journey toward enlightenment...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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