

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 Expansive Energy of Love

If you have been following me over the past few years, you know that I love cycling. It has become a passion of mine. The more I cycle, the more I realize that cycling has become my moving meditation. Cycling has expanded to be a spiritual practice and teacher for me.

Turn the clock back 20+ years ago when I first moved to Ottawa, CANADA, and started exploring the National Capital Region by bicycle. Back then, other than public transit, my bicycle was my sole means to commute to and from where I wanted or needed to go. My rides would typically be leisurely outings along the amazing National Capital Commission (NCC) dedicated bike paths through parkland and meandering riverside pathways. Rides would typically range from 1 – 10 km in length.

Between 10 – 15 years ago, I started using my bicycle for more than just commuting to and from places I wanted or needed to go. Cycling became a pastime. I would spend the morning or afternoon touring around the region. My joy and love of cycling expanded and the distances I would cycle expanded too. I was now riding distances of upwards to 25 kms on a single outing.

About 10 years ago, I started to think of my cycling as an outing for part of the day. I would leave before noon, find myself a nice, quiet spot to stop and have a lunch I prepared for myself. Then I would carry on cycling for a while longer. Now my rides would regularly see me cycling 50 kms or more on an outing.

The more I adventured on my bicycle, the more I saw, and the more my wonderment flourished. I became inspired to keep exploring further. I became energized to see what lay beyond 'that' stop sign, where 'that' road would lead me, what 'that' destination would be like to cycle to and through. My love for cycling just kept growing.

Then, 5 years ago, I started setting new goals for myself. I wanted to cycle 100 km in a single day. This was a big deal for me. I gradually worked myself up to the distance, first cycling distances of 60 km, then 70 km, then 80 km...on a regular basis. I remember how exhilarating it was to be able to cycle 100 km on a single ride. I was also becoming aware of how meditative my long(er) rides were becoming. I would lose myself in a blissful state of being, of cycling for hours at a time, stopping only for brief nature and nutrition breaks.



Photo Credit: pexels.com - Matheus Viana

Today, my rides are typically 150 – 175 km in distance, riding for 8 - 9 hours. Earlier this season I completed one ride of 225 kms, taking me more than 10 hours of riding to complete. Next season I intend to join an international group of cyclists—with a Chapter here in Ottawa—called the Randonneurs. The Randonneurs is a long-distance and ultra-long-distance cycling club. Rides range from 100 – 1,200 kms. Yes, you read that right...upwards to 1,200 kms. The thought of riding for days on end excites and inspires me beyond description!

What's the point?

The point is...when you are 'in love,' the energy of love expands. The energy of love never, ever stops expanding. The very nature of love is to continue to expand, without any incumbrances. My cycling journey and adventures are merely a metaphor for the expansive nature of love. My rides are symbolic of loves never-ending extension of healing energy.

Have you ever heard the expression, 'Follow your bliss.'? Well, if you follow your bliss, you will not only find love, but you will be 'in love.' Your joy, peace, and contentment will be indescribable. Your life will be a meditation in grace and tranquility. You will live your life in the heart of the Divine, where love is all there is.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Anthem

The birds they sang
at the break of day
Start again
I heard them say
Don't dwell on what
has passed away
or what is yet to be.

Ah the wars they will
be fought again
The holy dove
She will be caught again
bought and sold
and bought again
the dove is never free.

Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in.

We asked for signs
the signs were sent:
the birth betrayed
the marriage spent
Yeah the widowhood
of every government—
signs for all to see.

I can't run no more
with that lawless crowd
while the killers in high places
say their prayers out loud.
But they've summoned, they've summoned up
a thundercloud
and they're going to hear from me.

Ring the bells that still can ring ...

You can add up the parts
but you won't have the sum
You can strike up the march,
there is no drum
Every heart, every heart
to love will come
but like a refugee.

Spiritual Guidance

Serving your personal journey toward enlightenment...

August 2023 e-Newsletter

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Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in.

Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in.
That's how the light gets in.
That's how the light gets in.

Leonard Cohen

3. Quote or Question

"We don't always need what we want and we don't always want what we need."

~ Unknown ~

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 – Planet Earth: Moving From Ego to Soul

Hello to the world-wide Family of Light!

Wonderful progress is being made by the citizens of our Planet Earth. They are letting go of their egos that speak of separation, and now embrace their souls that encourage the coming together of hearts and minds for the betterment of all.

The civilizations of our star friends are very advanced. This is so because our star neighbours understand the necessity to come together and create a common purpose through the sharing of their talents, abilities and visions. This common purpose, which reflects the values of the Divine Creator of harmony, peace and Love, unifies and elevates their minds, their hearts, their communities and their world.

It is to be remembered that all worlds, whether visible to the human eye or not, follow the natural laws of unfoldment—laws that do not contradict the innate nature of life. If a frog is asked to live in a cloud in the sky it will be very unhappy. This is a nonsensical image of course, but hopefully the point is made. There is a natural order to life which, if compromised, becomes distorted. The true nature of humankind is found in the many expressions of the soul which include Love, peace, understanding, cooperation and compassion.

Our star friends are delighted to see this all-important soul movement presently taking place upon our planet. This means that on our earth there are individuals, groups and societies now gathering in harmony and, like our star friends, they are sharing their hearts, talents and ideas to encourage our civilization to move forward and upward.

There is an approaching collapse of ego-driven individuals and groups upon our earth who are promoting the unnatural—darkness and hatred. Divine law specifies that all unnatural development, hence that of deceit and underhandedness, will eventually fail. If you wish to bake a tasty chocolate cake and the ingredients used are those for making cement, you will have difficulty making and eating your cake! This is a nonsensical image of course, but hopefully the point is made.

It is to be remembered that all creation everywhere, no matter the dimension, is founded on the language of the Divine Spirit: Love and Light. Those on Planet Earth who are living this sacred language resonate in perfect harmony with an exquisite frequency now intensifying within them and lifting them up.

Let's play.

Sit in a quiet place with your eyes closed. Feel deep peace and harmony. Recall a time when you lovingly helped someone. Relive this moment very clearly and relive the feelings you had at that time. Then let go of the actual event and focus only on the love you felt (and now feel) in helping this person. Now, recall a time when someone lovingly helped you. Relive this moment very clearly and relive the feelings you had at that

time. Again, let go of the actual event and focus only on the love you felt (and now feel) in receiving help from this person. Realize that in these two events (when you helped someone, and someone helped you) you experienced the same loving feeling. These two events are actually joined because both are vibrating together in the perfect Love of the Divine Spirit.

Our star friends ask us to let go of the ego and embrace the soul so that the upward movement of our Planet Earth and its citizens is assured. This soul movement is constructing the future of our Planet Earth and this future will not be altered.

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 – Place In The Soul

“There is a place in the soul where you have never been wounded.”

~ Meister Eckhart ~

(My hands are together) Welcome back. This evening is going to be a special one. The quote above is so meaningful and so filled with care that we thought to share our thoughts with you. Kriřianji, because of your expertise in the field of spiritual therapy, can you share your experience?

Okay. Thank you, Steven. Yes, what a beautiful quote. As a therapist, a spiritual therapist and not only a psycho-spiritualist, as I mentioned in one of our recent past discussions, I try to give my clients a suggestion that when they are wounded, there is a safe haven to go to and not be wounded thereafter. That place can be their soul. What Eckart suggests, to my understanding, is that the verbal abuses can be given to the soul for them to be dissolved or at least not having control in one's life. This goes for physical abuses as well. The goal is to be able to go to that place before abuses begin and not only when they occur in order to be always protected. As I say, it is the goal. I do agree that the quote has mystical qualities. But it also says that, if one is able to have true symbiosis with it, the soul can truly empower the person. That is also the goal: to give the person the empowerment not to feel victimised by others. As a therapist, his quote is important. The other important matter is to be aware of is to be able to be free of what I may call memory relapse of the abuses.

Let me explain. You see, it is important that the memory of abuses not affect one's mental health. That is to say, one must not let that memory become one's state of psychosis. Personally, I am not in favour of hypnosis to erase those bad memories but instead, manage them consciously. Besides, events, actions and even activities may retrigger those memories. In my practice, psycho-medication, whatever, are also very much out of the question because of their side-effects. Causing physical harm with medication to ease psychosis, one or several psychotic states, is not right. I know, I know, in emergencies it is necessary. My thinking is to start the healing before it gets too hard to treat.

Let me expand on the soul that Eckhart refers to as a safe haven. However, Eckhart also talked about the Grunt, ground in German. Here's the thing: he spoke about the 'ground of the soul'. That is what I want to expand upon. I find it quite up to date that concept which in reality is more than a thought. Here's why. One needs to be grounded as to keep safe of persons abusing others or each other. There is such a ground where one can go to be safe. A place in the soul is ground. Everyone needs to be grounded and the soul is the perfect ground. This is important because those who are wounded, and these days there are many, need to find that ground to heal their wounds, no matter what they are. There are no wounds less or more important than one other. The soul gives priority to all wounds. And I mean all. I'm afraid these days, governments give priority to what is present right now but not to cancer, sepsis, etc. So, where can one go? I do recommend the soul.

To be grounded is to find one's own way to give the soul its wounds. There is no one way or manner. Each person has its way and manner. They also need good people who truly know how to help the wounded to achieve this otherwise they may and will end up even more wounded than before. One other aspect: one needs to find solutions from within and not outside. As Eckhart stated something like this: 'When you go out of yourselves to find God or fetch God you are making a mistake: that, on the contrary, you do not find God outside yourselves and you shall not conceive him except as in you – that your best chance of finding God is where you left him.' Same for finding solutions. One has all the solutions in one's soul but also by using one's own mind. One needs to meditate upon finding solutions.

One of my favourite manners to meditate is to be in a very quiet place accompanied by one or two, no more than two. The reason for the presence of one or two is to help the one who is wounded to channel his or her wounds towards the light of the soul. This might need several sessions. As I mentioned earlier, and it's not said enough, one must be accompanied by good people who know what they are doing. Healers need to heal. Speaking of healers, souls are healers too. The thing is, one needs to be aware, very aware of his or her soul. In fact, one needs to transcend the notion, and perhaps, the belief that the soul is in us to learn. It's both. Each teaches and learns from each other's experiences and knowledge. I call that communion of the soul and host. Perhaps this is also true, the soul doesn't need a host to learn. It can learn by observing and even by experimenting.

I end with this: One sees by one's eyes, so does the soul's eyes. By this I say, both see the same. By placing one's wounds into a soul, those wounds shall heal and dissolve into the LIGHT of the Christic Energy.



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 shift my own awareness toward a more-than-human perspective, I sometimes take a wooden flute outside and begin to play, offering simple music to pine and stone, offering gratitude to billions of ancestors from elements born in supernovas, to bacteria and trees, insects and trilobites, to lineages of human ancestors both known and unknown. Offering wild prayers for all the beings who come after us, as well as gratitude to all of the teachers, both human and wilder Ones, is a practice to help destabilize my everyday mind and perceptions. Sometimes it is as if I hear the world breathing in response to the melodies." Geneen Marie Haugen shares more.. <https://www.dailygood.org/story/3113/reemergence-of-animate-world-experiences-geneen-marie-haugen/> **Be The Change:** For more inspiration, check out this piece by Haugen on, "Wild Faith." <https://www.dailygood.org/story/1981/wild-faith-geneen-marie-haugen/>

"We reflexively blame on the Internet our corrosive compulsion for doing at the cost of being, forgetting that every technology is a symptom and not, or at least not at first, a cause of our desires and pathologies. Our intentions are the basic infrastructure of our lives, out of which all of our inventions and actions arise. Any real relief from our self-inflicted maladies, therefore, must come not from combatting the symptoms but from inquiring into and rewiring the causes that have tilted the human spirit toward those pathologies -- causes as evident to Kierkegaard long ago as to any contemporary person who crumbles into bed at night having completed the day's lengthy to-do list yet feeling like a thoroughly incomplete human being. How to heal that aching spirit is what Hermann Hesse (July 2, 1877-August 9, 1962) addresses in a spectacular 1905 essay titled "On Little Joys," Maria Popova shares more... <https://www.dailygood.org/story/3114/hermann-hesse-on-breaking-the-trance-of-busyness-maria-popova/> **Be The Change:** For more inspiration, check out this excerpt from Hesse, "Trees are Sanctuaries." <https://www.awakin.org/v2/read/view.php?tid=2170&lang=Spanish>

"Stephen Lewis, a social catalyst of community transformation and healing, was shaped by the classroom and medicine making activities that existed within his grandparents' kitchen. Without a college education, Stephen's grandparents held degrees in the practice of hospitality, leadership formation, and business. They were wise elders, farmers, food alchemists, educators, and community healers who imparted wisdom about life, the Sacred, and responsibility to family, friends, and neighbors who visited, ate, or graced their kitchen. Today, Stephen leads and instigates change and healing in faith communities, higher education, and social entrepreneurship." <https://www.awakin.org/v2/calls/662/stephen-lewis/>

"Perhaps being prudent in dreams also comes down to having a sound sense of self. By rejecting the expectations imposed by others, you can devote time and effort towards what truly works for you, such as growing stout and taking up track and field. Such is the case for the Somali ostrich, soundest and heaviest of all living birds. Not needing to train his pecks for flight means that every day becomes leg day, as the ostrich might disclose during one of his rare, non-ditzy moments, when he isn't strutting around showing off his dressy ruffled feathers and blue-hued gams or boasting his half-marathon times against any four-legged creature under the African sun. When pressed for secrets on his terrestrial lifestyle, he may choose to respond in his own peculiar way, by unsquiggling his seventeen-vertebrae rubberneck to stare through you with billiard ball-sized eyes before bouncing off like a shot! Sprinting past in a blur! Thus you will receive a living reminder that dreams are not mere ends to aspire towards, but acts to be enacted and embodied, and here one is, on full display by one with a heart thrice your size, and with such spring in each two-toed, tendon-taut step. Exercising

the right dream to its fullest extent can encompass ones whole body, ones whole being, an entire life. And it can be complete. And it can be enough." In an essay that is by quick turns playful, informative, philosophical, and wonder-full, Issac Yuen explores the teeming diversity of Earth's non-human dreamers and their gloriously ungovernable dreams. { [read more](#) } **Be The Change:** What kind of a dreamer are you? Daunted? Incorrigible? Modest? Obsessed? Embodied? Practical? Enigmatic-- or--? How is your own nature reflected in the nature of your dreams? <https://www.dailygood.org/story/3120/giving-up-on-your-dreams-isaac-yuen/>

"The material world is necessarily temporary, and it is only a matter of how deep we are willing to look, how far into the past and future we are willing to consider, to understand this. If you don't believe me, look at the ruins of every society that has predated us on this planet. Remember that the matter that makes up our moon and planet is the dust of stars exploding in other galaxies. Remember that we can be partially made of stardust only because stars die. Death is a non-negotiable aspect of the pattern of life for most creatures we are aware of. (With the exception of immortal jellyfish, tardigrades, and turtles who don't come across humans.) For humans and most species we have encountered on Earth--and even for most celestial bodies--there is a life cycle that includes death." <https://www.dailygood.org/story/3121/murmurations-breaking-is-part-of-healing-adrienne-maree-brown/> **Be The Change:** For more inspiration, check out Krista Tippett's interview with adrienne maree brown here, "We are in a time of new suns." <https://onbeing.org/programs/adrienne-maree-brown-we-are-in-a-time-of-new-suns/>

"Before I arrived in Japan, I was intoxicated by its tradition of wandering poets. They weren't roaming around lakes and hills like Wordsworth, but proceeding along a rough, pointed path, in the way of Matsuo Basho. His most famous work--Narrow Road to the Interior--could suggest both the remote areas of northern Japan through which he was walking, and the inner terrain that the act of walking would awaken. Monks in the Zen tradition are called unsui--"drifting like clouds, flowing like water"--to enforce the sense that they follow Buddha on his daily path, sometimes quite literally as they walk around each morning with begging bowls, collecting food. The destination is never the thing; some temples in Kyoto, twenty miles away, greet me at the entrance with Japanese characters on the ground that mean, "Look beneath your feet." Everything you need is here, in other words, if only you're wide-awake enough to see it." Pico Iyer shares more in this meditative piece. <https://orionmagazine.org/article/never-the-same-river-twice/> **Be The Change:** Take the path you took yesterday-- and see what forms of newness shimmer forth.

"There is hardly any activity, any enterprise, which is started with such tremendous hopes and expectations, and yet, which fails so regularly, as love," the humanistic philosopher and psychologist Erich Fromm wrote in his classic on the art of loving. In some sense, no love ever fails, for no experience is ever wasted -- even the most harrowing becomes compost for our growth, fodder for our combinatorial creativity. But in another, it is indeed astonishing how often we get love wrong -- how, over and over, it stokes our hopes and breaks our hearts and hurls us onto the cold hard baseboards of our being, flattened by defeat and despair, and how, over and over, we rise again and hurl ourselves back at the dream of it, the delirium of it, the everlasting wonder of it. How to go on doing it undefeated is what British philosopher Gillian Rose examines in her part-memoir, part-reckoning Love's Work (public library), written in the final years of her prolific and passionate life, and published just before her untimely death of ovarian cancer." Maria Popova shares more. <https://www.dailygood.org/story/3123/love-s-work-gillian-rose-on-the-value-of-getting-it-wrong-maria-popova/> **Be The Change:** For more inspiration, check out "Hannah Arendt on Love and How to Live with the Fundamental Fear of Loss." <https://www.themarginalian.org/2019/02/25/love-and-saint-augustine-hannah-arendt/>

"How do we know our own authenticity? How can we return to our hearts when we find we've left them? As we evolve and change along our journey, how do we relate to the 'former selves' in our past? Tami Simon and poet-philosopher Mark Nepo address these questions and more, as they discuss his creative process; his new book, The Half-Life of Angels; and how we can each touch the ever-present and wholly miraculous spark of becoming waiting to guide our lives." <https://www.dailygood.org/story/3126/mark-nepo-the-half-life-of-angels->

[tami-simon/](#) **Be The Change:** For more inspiration, check out a selection of Mark Nepo's poems here. https://marknepo.com/poems_breaking.php#

Tracey Schmidt's poetic reading of a Blessing for Our Death reminds us of the complexities of life - how we can be gatekeepers and entrance points, light filled and vulnerable, lonely and loved, all at the same time. She praises life and exhorts us to do the same, to "sing as if tomorrow will not come because one day it will not." This singing of life's praises enables us to live fully, "as if home were everywhere and you no longer a guest but a loved and welcome member." <https://www.karmatube.org/videos.php?id=8994> **Be The Change:** What in your life today causes you to sing its praises and to feel at home?

"To slow down in times of crisis--times that in so many ways require action on all fronts--can seem counterintuitive. We are constantly met with pressures to achieve more, act faster and be better. Dr. Bayo Akomolafe disagrees. Urgent times, he urges, call for quiet; for rest and respite. Instead of ramping up, we must surrender, and wait to witness the transformative potential of stillness. Dr. Akomolafe is a writer, poet, teacher, and public intellectual, whose groundbreaking philosophies draw on his roots with the Yoruba people to look beyond perceived certainties and obfuscate binary thinking. The first step toward emancipatory wholeness is finding comfort in the unknowable, and embracing bewilderment and wonder. "In pursuing justice, we're reinforcing the system we're trying to escape. In trying to climb out of the pits that we've dug for ourselves, the pits become resilient. In trying to escape the prison, the prison gains its form. So, in a very critical sense, we are in a crisis of form," said Dr. Akomolafe. "We need trickster approaches, we need ways of dancing away, or dancing to, fugitive spaces; dancing to sanctuaries where we can shape-shift. Grieving, mourning, even allowing ourselves to partake in pleasurable activities in the face of the storm." For the Wild founder Ayana Young speaks with Bayo Akomolafe on the generative powers of stillness and fugitivity. <https://atmos.earth/dr-bayo-akomolafe-on-slowness-in-urgent-times/> **Be The Change:** Learn more about Bayo, his work and writings here. <https://www.bayoakomolafe.net/writings>

"What songs are audible when the wind stops? What has been kept alive in the time snatched from work and sheltered from ongoing destruction what moments of recognition, what ways of relating, what other imagined worlds, what other selves? What other kinds of time?" In this conversation, artist and writer Jenny Odell points beyond the domination of clock time toward ways of being that are more in tune with the rhythms and patterns of the Earth. <https://emergencemagazine.org/interview/another-kind-of-time/> **Be The Change:** More from Jenny Odell in this talk, "Discovering a Life Beyond the Clock."

"To meander is a natural form of movement, uncontrived, unhurried. Rivers and roving butterflies are adept at meandering. And we were too, once upon a time before we developed a preference for traveling in straight lines, perhaps because of Euclid, who told us a straight line is the shortest distance between two points (for the record he was not entirely right about this.) Regardless of length, a bend in the road will always be revelatory. A straight path seldom holds any surprises. In other words efficiency and epiphany do not typically travel together..." More in this short post that explores broad margins and the bend in the road. <https://www.dailygood.org/story/3124/a-broad-margin-pavithra-mehta/> **Be The Change:** Make time for meandering today. For more inspiration, check out Rebecca Solnit on, "A Childhood of Reading and Wandering." <https://www.dailygood.org/ding-and-wandering/>

"Beneath our anxious quickenings, beneath our fanged fears, beneath the rusted armors of conviction, tenderness is what we long for -- tenderness to salve our bruising contact with reality, to warm us awake from the frozen stupor of near-living. Tenderness is what permeates Platero and I (public library) by the Nobel-winning Spanish poet Juan Ramon Jimenez (December 23, 1881-May 29, 1958) -- part love letter to his beloved donkey, part journal of ecstatic delight in nature and humanity, part fairy tale for the lonely." Maria Popova shares more from the Nobel-winning Spanish poet... <https://www.dailygood.org/story/3129/the-donkey-and-the-meaning-of-eternity-a-love-letter-to-life-maria-popova/> **Be The Change:** Take a moment to register the "crackings and creakings" of your immediate environment. What does it evoke for you?

"There is in every person something that waits and listens for the sound of the genuine ... There is in you something that waits and listens for the sound of the genuine in yourself. Nobody like you has ever been born and no one like you will ever be born again -- you are the only one.

If you cannot hear it, you will never find whatever it is for which you are searching and if you hear it and then do not follow it, it was better that you had never been born. You are the only you that has ever lived; your idiom is the only idiom of its kind in all the existences, and if you cannot hear the sound of the genuine in you, you will all of your life spend your days on the ends of strings that somebody else pulls." More from Howard Thurman in this short and potent passage. <https://www.awakin.org/v2/read/view.php?tid=2648#comment> **Be**

The Change: For more inspiration, check out, "Backs Against the Wall: The Howard Thurman Story."

https://www.youtube.com/watch?v=wVI_irB59IM

The garden is a space defined not by its physicality but by the emotions it evokes and the connections it provokes. And the act of gardening can change the way we relate to the world around us for the better, giving us perspective and teaching us lessons about life. Our souls are gardens. Our hearts are flowers. They need to be watered, tended, fertilized and loved. Happy gardening! <https://www.karmatube.org/videos.php?id=9011>

Be The Change: Choose to plant seeds of love. Fertilize harmony. Water the connections, the underground network where our hearts speak to one another.

A Cloud Never Dies is a biographical documentary of Zen Master Thich Nhat Hanh. Narrated by actor Peter Coyote, "it weaves together original film and photographic archives, telling the story of a humble young Vietnamese monk and poet whose wisdom and compassion were forged in the suffering of war. In the face of violence, fear, and discrimination, Thich Nhat Hanh's courageous path of engaged action reveals how insight, community, and a deep aspiration to serve the world can offer hope, peace, and a way forward for millions."

Watch it here. <https://www.dailygood.org/story/3135/a-cloud-never-dies-plum-village/> **Be The Change:** For more inspiration, check out this passage from Thay, "Clouds in Each Paper."

<https://www.awakin.org/v2/read/view.php?tid=222>

7. Pain Extends Our Capacity For Joy

The Buddhist tradition teaches that life is suffering. Nikole Lim shares in this article the upside of that suffering. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2644>

8. Sound Of The Genuine

This is a unique and creative article about *separation* and our return to unity with all of creation. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2648>

9. Shadow Cannot Drive Out Shame

This is as passionately-authentic and healing discourse on looking at and healing our shame and guilt. It's well worth the read... <https://www.awakin.org/v2/read/view.php?tid=2653>

10. Blessing For Our Death

Reprinted from www.KarmaTube.org.

Tracey Schmidt's poetic reading of a Blessing for Our Death reminds us of the complexities of life - how we can be gatekeepers and entrance points, light filled and vulnerable, lonely and loved, all at the same time. She praises life and exhorts us to do the same, to "sing as if tomorrow will not come because one day it will not." This singing of life's praises enables us to live fully, "as if home were everywhere and you no longer a guest but a loved and welcome member." <https://www.karmatube.org/videos.php?id=8994>

11. The Constant Gardener

Reprinted from www.KarmaTube.org.

The garden is a space defined not by its physicality but by the emotions it evokes and the connections it provokes. And the act of gardening can change the way we relate to the world around us for the better, giving us perspective and teaching us lessons about life. Our souls are gardens. Our hearts are flowers. They need to be watered, tended, fertilized and loved. Happy gardening! <https://www.karmatube.org/videos.php?id=9011>

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>.

Spiritual Guidance

Serving your personal journey toward enlightenment...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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