

Serving your personal journey toward enlightenment...

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 meagher@servinyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Slow and Steady

If you have been following my writings recently, you know that cycling is a passion of mine. Over this past season, I have been offered the awareness that cycling has become sacred to me and it has demonstrated itself as a form of spiritual practice. As such, I have embraced the teachings of my cycling adventures.

This past season I was blessed with the experience of cycling over very long distances. On one occasion I joined a group of riders for a 225 km excursion. While the outing was intended to be recreational in nature, with no competitive angle, there were numerous riders who did decide to make the event a race to see who could complete the 225 km route in the least amount of time. I had no intention of participating in the race aspect of the day. I simply wanted to enjoy the long ride at my casual pace.

When the outing started, many of the cyclists took off ahead of me in their pursuit of victory over this very long route. I simply settled into my comfortable pace and moving meditation on my bicycle. I had cycled with some of these riders before and knew that their approach to cycling long distances was to exert themselves over 20-25 kms at a time, and then rest for a while, often stopping for periods of 15 – 20 minutes, before resuming cycling. I, by contrast, cycle slower, stopping every 15 – 20 kms, but only for a few minutes at a time; long enough to enjoy nutrition and nature breaks.

As the excursion moved past the 100 km point, I noticed that I was passing some of the riders who initially darted off ahead of the pack at the beginning of the ride. These riders were stopped along the side of the road on one of their rests / breaks. At the 150 km point, I noticed that I was passing yet more of the riders who initially darted off ahead of the pack at the beginning of the ride. After more than 12 hours of riding, I finished the 225 km route ahead of more than half of the other riders; many of which had started their ride in a hurry to complete the route first.

I trust you have heard the wisdom teaching “slow and steady wins the race.” I wasn’t racing on this day, but I was cycling slow(er) and steady. As it turns out, this slow and



steady approach allowed me to complete the 225 km route in a shorter time than those who approached the outing as a race.

My approach to cycling long distances is a metaphor for my life. No need to rush. No need to hurry. Just go about your daily life at a comfortable, steady pace. No need to exert myself unnecessarily. Life is not a sprint; it's more like a marathon.

The experience was, and continues to be, an important reminder to be aware of how I am living my life. Are there times and places in my life where I dash off the start line with the intention of getting to the finish line first? Are there opportunities to slow things down a bit when I feel rushed and under pressure? Am I living my life like I am in a sprint / race?...or am I living my life to so that I may endure? These are all metaphorical questions. But you get the idea.

Sometimes hurrying and rushing does get us to the finish line first. But what I've learned from long-distance cycling, is that slow and steady will more often than not allow you to finish ahead of many, if not most, and be ready to hop on your bicycle and do it again the next day.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Beyond Suffering

Remind me that when I am in
the Heart of God, there is
no suffering. There is no pain.

Help me to be compassionate and
identify with the dignity of Love
in all whom my eyes would behold.

Remind me that the gift
of peace and unconditional love
is the most valuable thing
I can give to anyone.

Let me look past the pain that
human suffering would tempt me
to identify with
and to see only the Light of Love
enveloping and emanating from
all living forms.

Help me to know that Your Love
is my only reality
and to know that what is true and real
can never be hurt or harmed.

Let me be the beacon of Your Light
that heals all pain, suffering,
and separation.

Let me feel the beating of Your Heart
within me, that I may shine
Your Love and Light on all
and know that the Light I see
is but a reflection of Your Light
and my Light joined as One.

Remind me to be grateful for Your Love
and for the opportunity to be
helpful and loving to all others.

Gerald G. Jampolsky

3. Quote or Question

"The value of a man resides in what he gives and not in what he is capable of receiving."

~ Albert Einstein ~

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 – Your Noble Achievements

Hello to the world-wide Family of Light!

Within the soul of each individual lies a program that encourages the soul to return to its Divine Creator who initiates life through Love. As a result, housed within each individual is the impetus to advance and to be reunited with this Divine Presence.

How do we advance? By producing noble achievements that we foster through consciously living our qualities of soul. These achievements are actions, small or large, that demonstrate the expressions of the Creator. They are, therefore, founded on the expressions of Love.

Perceive yourself as a soul of nobility— refined and gentle, insightful and kind, understanding and generous, filled with elegant, loving power.

In the many advanced planetary, galactic and intergalactic nations that comprise our space community, noble achievement is the underpinnings of creation and progress. We, on Planet Earth, are also bringing into existence societies of noble achievement. Let us reflect on the many actions of good will that are circulating our globe and infiltrating our hearts and minds. Let us realize that we are being elevated by the very Love, insight and compassion of our neighbours, those from our earth and those from the stars. Let us take a moment to recall our own noble achievements: those marvellous thoughts and actions, rooted in our very sacred selves, that continue to bring solace, encouragement and inspiration to those around us.

Let's play.

Sit quietly with your eyes closed. Breathe in Light and peace. Feel your mind and heart lifted up and free. Experience expansion. Now, imagine you are in the middle of a golden ball of Light. Imagine that you are sitting comfortably in a chair in the middle of this sphere of golden light. Feel the beauty and elegance of this environment and feel this same beauty and elegance within you. Now, in front of your closed eyes ask to see images of some of your noble achievements in this life. No matter how small these accomplishments may be, let these images come to you, re-live them, enjoy them and be filled with a loving energy of completion and gratitude. In re-living your wonderful actions and accomplishments, you are filled with peace and well-being, unified with all life.

Everything our world is vibration. Each thought of well-being and every action of noble achievement reverberate throughout our world and throughout the universe. This is how life everywhere advances and is elevated. This is the way of union and reunion.

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 – Sounds Of Silence: A Bridge Over Troubled Water(s)

Here's a verse from that song sung by Simon & Garfunkel:

And in the naked light, I saw
Ten thousand people, maybe more
People talking without speaking
People hearing without listening
People writing songs that voices never share
And no one dared
Disturb the sound of silence.

What about this?

And no one dared disturb the sounds of noises in our minds and hearts. Why can't we hear the birds sing, the leaves swaying to and fro in the gentle breeze? Why can't we or won't dare to disturb the noise of our cell phones to listen to the streams flow? Why can't we or won't dare to let our souls talk to us to appease our agitations of our minds? Why is it that we don't dare to affirm ourselves as true beings of Light on this world that so much needs our light for peace?

The sounds of silence need to be heard especially when it is a silence of peace. Silence in peace is like a bridge over troubled water(s) on which we can safely cross. To paraphrase a verse and some in utmost respect: Silence is I, a friend, walking with you when you're weary, feeling small. When tears are in your eyes, I'll dry them all with my Silence of Peace. I'm on your side. Oh, when times get rough, and friends just can't be found, like a Bridge over troubled water(s), I lay me down.

Sounds of Silence is a bridge over troubled water(s) that its time has come to appease our hearts so that we all can live and be alive in Peace. Our hearts need not be drowned in troubled water(s) but walk on a bridge to reach that Peace of peace.



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.

"I had sort of a grandiose idea that I was writing a big hybrid book--part oral history illuminated by portraiture, part graphic memoir, and part history of the peculiar role that the idea of agrarianism has played in American life. The drawings of daily life on the farm became a small part of this rangy, years-long interdisciplinary process. After I finished the year of drawing 'Landings,' I kept working on the oral histories and portraits, and worked on farm-related comics. I still had the idea that all of these things might come together in some singular work, but I could not get my arms around it. After all that, I suppose it's no surprise that Landings has such a simple form..." Writer and artist Arwen Donohue shares more about her unique book, 'Landings: A Crooked Creek Farm Year.' <https://www.terrain.org/2023/interviews/arwen-donohue/> **Be The Change:** Learn more about Donohue and her work here. <https://arwendonohue.com/>

In the fall of 1987, Polly Simpkins met a man on the midnight train from Copenhagen to Amsterdam who shared with her his philosophy of life which focused on appreciating the people we love in this world. Cup of Karma was born to spread this message by bringing together Polly's love of people and her love of tea. Tea brings people together and Cup of Karma hosts events at which storytellers share the story of one person in their lives who has influenced them. There is good karma in every cup of tea and shared stories of appreciation and celebration of the special people in our lives who have touched us through love and learning. <https://www.karmatube.org/videos.php?id=9023> **Be The Change:** Host your own tea and storytelling event where guests share stories about a special person in their lives, in a spirit of love and appreciation.

"When psychotherapist Megan Devine -- creator of the excellent resource Refuge in Grief and author of its portable counterpart, It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand (public library) -- watched her young, healthy partner drown, the sudden and senseless loss suspended her world. As it slowly regained the motive force of life, she set out to redirect her professional experience of studying emotional intelligence and resilience toward better understanding the confounding, all-consuming process of grief -- the process by which, as Abraham Lincoln wrote in his immensely insightful letter of consolation to a bereaved friend, the agony of loss is slowly transmuted into "a sad sweet feeling in your heart, of a purer and holier sort than you have known before"; a transmutation in which skillful loving support can make a world of difference -- support very different from what we instinctively imagine helps." More in this post from The Marginalian. <https://www.dailygood.org/story/3144/the-radical-act-of-letting-things-hurt-maria-popova/> **Be The Change:** For more inspiration, check out this interview with Francis Weller, "The Geography of Sorrow." <https://www.dailygood.org/story/2223/the-geography-of-sorrow-tim-mckee/>

The term 100 percenter is inspired by Charly and Lisa Kleissner, tech entrepreneurs who wanted to invest their money in a meaningful way, and inspire others to do the same. That's why they started the 100 percent impact network, which brings together likeminded people who invest all of their assets into social and environmental causes. Now, these are some serious investors, but being 100 percent isn't just about money; it's about making a 100 percent commitment to ensuring your life reflects your values. As Kleissner says, "social transformation begins with personal transformation." Just think of all the decisions you make every day, from

the big to the mundane--where you invest your super, what you eat for dinner, where you buy your coffee, what you do for work, the relationships you have. Imagine if you could align these choices with your core beliefs. We're on the road to doing that, and while we're still working a lot of it out ourselves, this two-step guide will help you get the wheels in motion." Danny Almagor shares more... <https://www.dailygood.org/story/3146/how-to-become-a-100-percenter-danny-almagor/>

"Wildflowers--Such color, such petal-work on the trail behind our village: Queen Annes lace, daisies, goldenrod, wild pea, purple vetch, thistle, meadowsweet! gather them, remembrance of splendor, to bring home to you." Trebbe Johnson shares more in this exquisite collage of memories from a beloved partner's last days. <https://orionmagazine.org/article/11-interventions-in-the-10-days-of-your-dying/> **Be The Change:** More from Trebbe Johnson here. <https://trebbejohnson.com/vastforward/>

"Whenever you bring your attention to anything natural, anything that has come into existence without human intervention, you step out of the prison of conceptualized thinking and, to some extent, participate in the state of connectedness with Being in which everything natural still exists." Eckhart Tolle shares more in this brief passage. <https://www.awakin.org/v2/read/view.php?tid=341> **Be The Change:** More from Eckhart Tolle here. <https://www.dailygood.org/story/461/eckhart-tolle-the-easier-path-spirituality-and-health-magazine/>

"Being in the presence of Barbara Brown Taylor's wonderfully wise and meandering mind and spirit, after all these years of knowing her voice in the world, is a true joy. I might even use a religious word -- it feels like a "blessing." And this is not a conversation about the decline of church or about more and more people being "spiritual but not religious." We both agree that this often-repeated phrase is not an adequate way of seeing the human hunger for holiness. This is as alive as it has ever been in our time -- even if it is shape-shifting in ways my Southern Baptist and Barbara's Catholic and Methodist forebears could never have imagined." More in this On Being interview between Krista Tippett and Episcopal priest, public theologian and author, Barbara Brown Taylor. <https://www.dailygood.org/story/3147/this-hunger-for-holiness-on-being/> **Be The Change:** Read an excerpt from Taylor's writing here, "Learning to Walk in the Dark." <https://www.spiritualityandpractice.com/book-reviews/excerpts/view/26287/learning-to-walk-in-the-dark>

"No matter who you are, you have undoubtedly experienced hurt in your life. And oftentimes, that hurt is compounded by the fact that you do not have the tools necessary to offer forgiveness, and thus begin the healing process that is critical to moving on with your life. In this succinct essay, Robert Enright offers a path to help move us towards forgiveness." <https://www.dailygood.org/story/1174/eight-steps-towards-forgiveness-robert-enright/> **Be The Change:** Experiment with one or more of the steps in Enright's article this week.

"I write a lot in Sacred Medicine about the paradoxes of healing and one of them is to be clear in your intention to heal, to do whatever's in your power to change your life, and go for it. And don't be passive, make it happen. Let go of attachment to outcomes, surrender to what is, accept the limitations that sometimes we're limited, we're not limitless. Sometimes just being able to accept those limitations creates like an opening of peace. That peace can actually calm the nervous system, which paradoxically can sometimes actually create the outcomes that we wanted in the first place that we can't get when we're revving our engines, grasping for our miracle." Lissa Rankin is a best-selling author, ob-gyn, linear thinker, and evidence-informed scientist. In the same breath, however, she also describes herself as a mystic -- an open-hearted, spiritually alive, empathic healer who has witnessed countless miracles of healing and has also experienced them firsthand herself. More in this in-depth interview. <https://www.dailygood.org/story/3028/lissa-rankin-sacred-medicine-and-the-mysteries-of-healing-awakin-call-editors/> **Be The Change:** More from Rankin here, "The Paradoxes of Healing." <https://www.dailygood.org/story/2972/the-paradoxes-of-healing-lissa-rankin/>

7. Tale Of The Ringless Ring

This is a precious story about emptiness as told through the story of a student having to leave his beloved spiritual teacher. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2655>

8. Compulsion to Closure

To you have doubts in your life? Do you have worries? If so, then read this article. It is a poignant pointer to peace. <https://www.awakin.org/v2/read/view.php?tid=2602>

9. What You Are Is Perfect Imperfection

This beautiful poem speaks of loving those parts of yourself you may not think is worthy of your love. It's an age-old message...but this poem does it justice...it's worth the read.

<https://www.awakin.org/v2/read/view.php?tid=2656>

10. A Flame In A Dark Cave

This is a wisdom-filled passage is about the expansiveness of life and how to approach it.

<https://www.awakin.org/v2/read/view.php?tid=2657>

11. Cultivating Wisdom: The Power of Mood

Reprinted from www.KarmaTube.org.

Do you believe that what you see influences how you feel? Actually, the opposite is true: What you feel - your "affect" - influences all our senses - what you see, hear, smell, taste, and touch. Psychologist and neuroscientist Lisa Feldman Barrett shares the groundbreaking discovery that you experience the world through affect-colored glasses. She also reveals how affect can be a source of wisdom that helps you to make better, wiser choices in life. <https://www.karmatube.org/videos.php?id=8991>

12. Cup of Karma

Reprinted from www.KarmaTube.org.

In the fall of 1987, Polly Simpkins met a man on the midnight train from Copenhagen to Amsterdam who shared with her his philosophy of life which focused on appreciating the people we love in this world. Cup of Karma was born to spread this message by bringing together Polly's love of people and her love of tea. Tea brings people together and Cup of Karma hosts events at which storytellers share the story of one person in their lives who has influenced them. There is good karma in every cup of tea and shared stories of appreciation and celebration of the special people in our lives who have touched us through love and learning.

<https://www.karmatube.org/videos.php?id=9023>

13. How Do You Help A Grieving Friend?

Reprinted from www.KarmaTube.org.

This short animated video contains much wisdom about what not to say, what to say, and what to do when someone you know and care about is experiencing intense grief and loss. "The way to help someone feel better is to let them be in pain." Acknowledging their suffering and being with them in it, rather than trying to cheer them out of it, can make things better even when they cannot be made right. Listening helps. Being present helps. Being heard helps. <https://www.karmatube.org/videos.php?id=8816>

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.

14. 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).

15. 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

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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