

# Spiritual Guidance

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 [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Life Is Like A Jigsaw Puzzle

One of my favorite pastimes at this time of year is solving jigsaw puzzles. As the daylight hours grow shorter and the temperatures are not as conducive to spending long periods of time outdoors, I turn to indoor activities that nurture my heart and soul. One of these indoor activities is solving jigsaw puzzles. Jigsaw puzzles are interesting creatures. My favorite jigsaw puzzles are bright and cheery, and will have people, movement, and action in them. During the Holiday Season, I enjoy puzzles that depict holiday gatherings of merriment and joy. Landscapes are also a favorite of mine, so long as there are people in the puzzle.

While working on a recent jigsaw puzzle, an awareness came to me that life is very much like a puzzle. There are many pieces to our lives, one might say an infinite number of pieces. Each of these pieces of our lives is put together to create a beautiful picture or mosaic.

One of these intricate qualities of the jigsaw puzzle of our lives is that each and every piece is located and put in its rightful place at exactly the right time—exactly when we need it. Allow me to share an example.

I enjoy going for walks at this time of year. I get bundled up and off I go for walks through the forest and along the banks of a nearby river. On one of my recent walks, I was thinking that I wanted to speak to someone about apartment renting. I wondered who I could speak to. As I thought about it, I realized I had a good friend who lived in an apartment and that this friend would be the perfect person to speak to. Who did I bump into on this very walk? That's right, the friend I was thinking I needed to speak to! I asked my friend my questions about apartment renting and got exactly the answers I needed. The preceding is a simple, yet perfect, example of how the pieces of our jigsaw puzzle life get put together as we make our way through life.

The one interesting quality of life as a jigsaw puzzle, that I am fascinated with, is that we never actually get to see the completed picture or image. We do complete our jigsaw puzzle of life, but we are not able to see our completed picture. As we are living our lives, we are not able to see

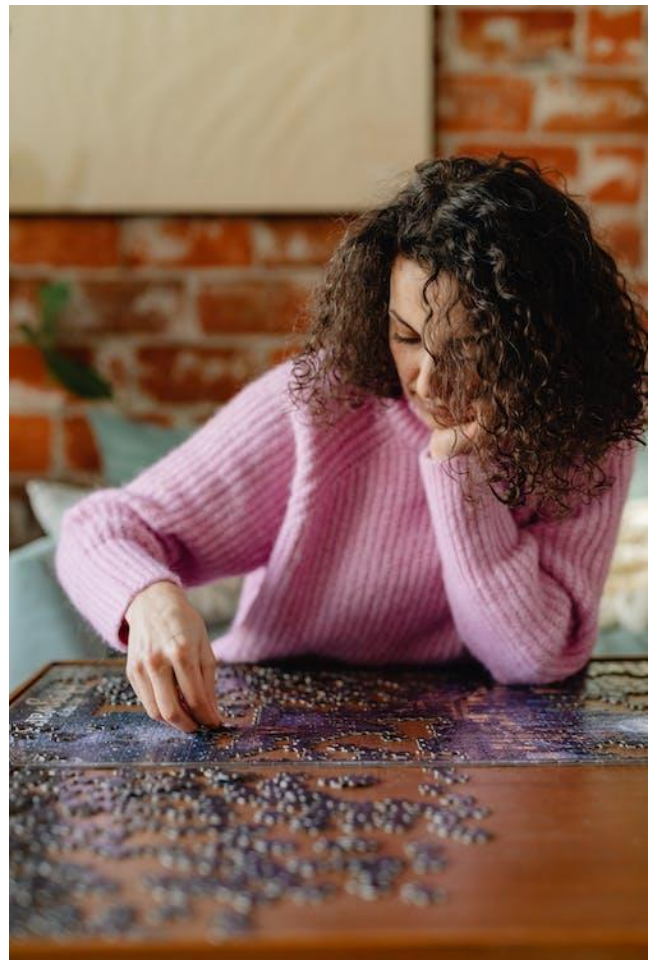


Photo Credit - Pexels.com - Karolina Grabowska

the bigger picture and how it all fits together. The best puzzle solvers of life are those that develop a trust in life—a trust that the pieces are all falling in to place exactly as they should and/or need to. The best puzzle solvers are those that realize every situation unfolds exactly as it should and that we are brought the pieces of our puzzle when we are ready to find it.

Yes, there are seeming ups and down in life. But each up and down is a piece in the jigsaw puzzle. And each piece does come together to create a beautiful picture or mosaic. Enjoy piecing together your puzzle of life. Enjoy making your own, unique creation.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Each of Us Can Make A Difference

Each of us can make a difference  
When we put an end to *indifference* and  
When we let go of our selfish desires.

Each of us makes a difference  
When we awaken each day  
By showing each other the way.

Each of us makes a difference  
When we commit ourselves to have a heart  
That beats only with compassion,  
Where caring for one another becomes  
Our only passion.

Each of us makes a difference  
When giving, kindness, patience, and tenderness  
Is the way that we pray,  
When Love and Forgiveness become  
Our song of the day.

Each of us can make a difference  
When everything we think, say, or do  
Becomes a gift of Love to God.

Each of us makes a difference  
When we commit ourselves  
To Peace, to Love, to Happiness;  
When we commit our lives to God.

Gerald G. Jampolsky

## 3. Quote or Question

*“The only way love can last a lifetime is if it's unconditional. The truth is this: love is not determined by the one being loved but rather by the one choosing to love.”*

~ Stephen Kendrick ~

## 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 - Opportunities

Hello to the world-wide Family of Light!

There are many opportunities that appear in our everyday life but we do not always recognize them. As we become more aware of them, we find that there is a direct link between what we perceive, what we radiate and what is manifested in the form of opportunity.

Our higher mind, which is directly linked to our soul, is the ambassador of our soul to the outside world. This elevated mind is the instrument that we use to attract opportunity harmoniously. In living the qualities found in our inner spirit we strengthen our outer focus and thus attract opportunities that are filled with the spiritual qualities we live and radiate. Here we exist in both worlds harmoniously: the outer world manifesting the inner world.

Why are opportunities so important?

They encourage us to progress as individuals so that we can help advance our societies and our world. When you seize upon an opportunity that demonstrates your spiritual qualities, you reveal to the world that you are an infinite expression of Light. The more you explore the power and beauty of your spiritual nature, the more you enjoy it and the more you look for opportunities to express it openly. When you use opportunities wisely they become increasingly bountiful. Suddenly, you find yourself in a wondrous advanced state of consciousness and soul satisfaction!

Our star friends consider it a privilege when an opportunity is presented to them. Why? Because opportunities allow them the possibility to advance—to learn, to teach, to guide and to be fulfilled. Consequently, our star neighbours ask us to grow closer to our souls; to grow close to our Creator, to grow close to Love. We are encouraged to bathe in moments of quiet reflection and sacred Light. In this way, we strengthen our spirituality and we draw to ourselves wondrous opportunities to help others just as our star neighbours are helping us. In this way, we increase our understanding of life and we deepen our compassion for others.

Let's play.

Sit comfortably in a quiet place and close your eyes. Still the mind and the body. Feel peace and loving kindness. Place your attention in the spiritual eye in the forehead. Sense here a lovely, gentle Light. You are peaceful, calm and you are bathed in this Light. Now, bring up a soul quality you would like to strengthen. Soul qualities are based on Divine Love. Some examples are: patience, compassion, wisdom, kindness and joy. Choose one quality and feel it already present inside of you. Say to yourself, "I am filled with (name the quality)" and sense the quality expand and strengthen within you. Become this quality. Make it your own. Now, send out an intention that opportunities will come to you from the outside world for you to practice the quality you have chosen. During the day and weeks ahead be alert of any opportunities that may present themselves.

In Divine Friendship,  
Regiena

The spiritual messages can be read here:

- in French: [https://www.nextagemission.com/Messages/MonthlyMessagesIndex\\_FR.html](https://www.nextagemission.com/Messages/MonthlyMessagesIndex_FR.html)
- in Dutch: <https://www.wakkeremensen.org/category/channelingen-k-z/regiena-heringa/>



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](http://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](mailto:regiena.heringa@gmail.com).

## 5. Steve Dolesch – Spiritual Realm

I wish to present you the spiritual realm and what I experience by its presence in my life. Ever since I am present on this world, I experience its presence. Every time I need someone to help me, a being or two pop into my life. Like right now, a being pops up seeing my ad on the Internet and she contacted me to arrange an interview and when she came, I hired her on the spot. We hardly spoke but communicated plenty. I sensed, felt, her being. I don't feel the person but the being. You see, the term person comes from the Greek persona meaning mask. Many of us do wear a mask. That's why we say human beings and not human persons. Now, the reason why I mention spiritual realm is that recently I was somewhat destabilized in the sense that the being who normally helps me had to go on leave. It took a month or so but the being who I hired on the spot popped up. I needed to be very patient. The spiritual realm works in this way: "the being who you truly need, will pop up, but you need to be patient. No use of forcing things. Trust us as you always do."

This is happening all the time. I admit, I panicked at one point. However, those beings in the spirit realm know when I have enough and do their work. I had a being who helped me temporarily but couldn't continue. So, the being I hired on the spot came at the right moment. She too, needed to do something because she woke up in the mornings kind of moody. In the way, the spiritual realm also helped her.

I need to explain that the spiritual realm is not a place where spirits float endlessly and aimlessly. It is a place very organized and even governed. It's a dimension invisible to most of us. That is because it, or rather the beings, vibrate on a higher frequency. An example: animals hear sounds that our ears can't hear. Animal ears are far more sensitive than ours. Some beings are more sensitive to vibrations be them sound or visual or both. Me, I'm sensitive to ambiances. Changes in the place. I feel if I shouldn't be there and get out right away. I even feel how the other being is: trustworthy or not. That I feel. I'm not as sensitive as some, but I am to some aspects of the spiritual realm's dimension. I also receive messages from beings from time to time that I share with a very few.

For me, the realm is a part of me and I need to be aware of its reality because it is real. I am always being watched over by beings.



**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](mailto:stevedolesch@gmail.com).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 6. Good News Of The Day

*The stories below are reprinted from [www.dailygood.org](http://www.dailygood.org).*

The uplifting words and music of Jont are accompanied by a heart warming video display of loving connections, providing a healing combination of "medicine the world needs right now." With the focus on a sense of belonging and living fully, it is a joyous reminder that "connecting to the love will keep us safe and we will be just fine. We will be just fine." <https://www.karmatube.org/videos.php?id=8885> **Be The Change:** Share this video with someone you care about as a hug from your heart to theirs.

"When my father died, I began making weekly visits to a public grief house. I mean greenhouse. For seven Mondays, I rode the streetcar across town to warm myself in a glass building full of plants. No one had warned me that hard-hitting losses sometimes take the form of ordinary problems such as temperature-related discomfort. I had not seen this play out in stories, so I was not prepared for the cold current that entered my body and spread like ice through my veins. I did not know ski gloves and wool fleece would be my mourning vestments. For seven Mondays, I sat with leaves the size of airplane wings under a glistening dome..." Kyle Maclear writes about the slow, green cycle of mourning in this thoughtful piece.

<https://orionmagazine.org/article/grief-death-greenhouse/> **Be The Change:** For more inspiration, check out this Meditation on Grief by the team at gratefulness.org. <https://www.dailygood.org/story/2690/a-meditation-on-grief-the-gratefulness-team/>

"From the moment we open our eyes, we are meaning-seeking creatures, looking for what matters though we carry what matters deep within us. And more than the hard-earned understandings we arrive at, more than the principles or beliefs we stitch together out of our experience, how we stay in relationship to the mysterious Whole of Life is what brings us alive and keeps us alive. Everyone knows firsthand that life is messy and painful, beautiful and unpredictable. The endless practice is keeping our heart open to the whole of it. And the journey of becoming who we were born to be never ends. It's limitless, eternal. We don't arrive--we grow." Mark Nepo shares more... <https://www.awakin.org/v2/read/view.php?tid=2660> **Be The Change:** How do you relate to the notion of 'the practice before the practice'? What helps you deepen?

"The idea of sacredness tends to come up often in my work. What anoints something as sacred? Its a question I often receive as a Din poet talking to audiences across the country. But its a subject I feel I cant talk to, because that kind of esoteric knowledge is unreachable. Not in the sense that I cant learn it, because I can. Its unreachable in the sense that perhaps I am not ready to learn it, or I have not made the right kind of commitments to learning that kind of knowledge. During the Emerging Din Writers Institute, a summer program for creative writing held at Navajo Technical University in Crownpoint, New Mexico, Philmer Bluehouse talked about the three realms of Din knowledge and the ways esoteric knowledge is almost meant to be just beyond our grasp. Because that knowledge unlocks a different coding of reality, a different approach to the world, and its one that has sustained Din thought and lifeway for generations. In the wrong or unprepared hands, the knowledge could backfire. So, instead, I answer knowing what I know based on the stories Ive been told: that a sacred space is anywhere meant for reverence to a realm beyond our current spatial awareness of reality. That this sacred is beyond our three dimensions, maybe even dimensionless. It is the beyond itself." Poet Jake



Skeets shares more... <https://orionmagazine.org/article/edge-of-sacred-dine-native-culture/> **Be The Change:** Learn more about Skeets and check out a sampling of his poetry here. <https://www.poetryfoundation.org/poets/jake-skeets>

This short film about self love by Hannah Grace animates a feeling of unworthiness that many of us have had at some point or another - or maybe most of the time - but we don't admit it to anyone. This simple and beautiful movie shows how destructive negative messages may become. We can absorb so many unhealthy messages from childhood that end up being reinforced by social media and more. Soon we are chained to an image of ourselves that isn't true yet feels so real. As we love the child deep within as no one else can, we can discover the freedom to be our true self. <https://www.karmatube.org/videos.php?id=9050> **Be The Change:** Do at least one thing today that nurtures self-worth and self-compassion. When we do this, kindness can spill over into the world around us. Be that change you wish to see in the world.

"Make the world your Temple. In 2019, Sarah Tulivu had been given this clear instruction by two Taoist masters, including her direct teacher, Master Waysun Liao. At the time, Sarah, ordained as Fong Yi, was living and training full-time as a monk in a Taoist temple in Lago Atitln, Guatemala. For six years, she had practiced meditation and the embodied consciousness practice of taiji (tai chi) in the lineage of Taiji Tao for six to seven hours a day. In the two years prior to her monastic life, Sarah had been a deep student of the Buddhist tradition across Nepal, India, and Thailand. It was now time for her to venture into the world. Find the Teacher and the Teaching everywhere, and in everyone, said Master Liao." Sarah Tulivu has led Taiji Tao retreats and workshops in many different corners of the world. More on her unique life journey here. <https://www.awakin.org/v2/calls/671/sarah-tulivu/>

In this deeply moving episode, Fill to Capacity podcast host Pat Benincasa speaks with writer and life coach Jennifer Bichanich. Jennifer opens a window on her experiences with profound loss, including losing her beloved husband when the church they were remodeling went up in flames. Despite immense grief and despair, Jennifer found ways to rebuild her life and discover her own creative resilience. Working with a shamanic energy healer, delving into art therapy, and joining the Modern Widows Club, she found community, healing and the possibility of creating something beautiful from the ashes of her life. The following conversation explores themes of grief, healing, and the power of creativity in navigating through difficult times. <https://www.dailygood.org/story/3169/jennifer-bichanich-rising-from-the-ashes-jennifer-bichanich-pat-benincasa/>

"From his hospital bed one night, Terayama had a strange dream. He was looking at his body in a coffin. He was 47, and did not yet know he had cancer. That soon changed. After surgery, chemo and radiation, with his cancer now out of reach of medical cure he went home to face death." A few mornings later, I had a very strange sensation in my body. When the sun came up, the sunlight came into my heart, very strong energy. It was amazing." After his spontaneous remission, Shin Terayama would go on to become the Executive Director of the Japan Holistic Medical Society. More in this 2018 interview. <https://www.conversations.org/story.php?sid=582> **Be The Change:** Shin Terayama left our world earlier this month, at the age of 87. He inspired healing, joy and compassion to the very end. Take a moment today to notice the fact of your aliveness, and to remember your capacity to give love.

Musicians Nimo Patel and Daniel Nahmod brought together dozens of people from around the world to create this beautiful, heart-opening melody. Inspired by the 21-Day Gratitude Challenge, the song is a celebration of our spirit and all that is a blessing in life. For the 21 Days, over 11,000 participants from 118 countries learned that gratefulness is a habit cultivated consciously and a muscle built over time. As a famous Roman, Cicero, once said, Gratitude is not only the greatest of virtues, but the parent of all others. This soul-stirring music video, created within a week by a team of volunteers, shines the light on all the small things that make up the beautiful fabric of our lives. <https://www.karmatube.org/videos.php?id=4460> **Be The Change:** Share this video with family and friends today as a springboard to reflect collectively on all that each of you is grateful for.

## 7. The Empty Boat

This perennial spiritual teaching from Chuang Tzu speaks of how to live our life in humbleness, and more. Read this exquisite teaching here... <https://www.awakin.org/v2/read/view.php?tid=2676>

## 8. Mistaking The World We've Made For The Real World

This wonderful article by George Saunders offers a new take on how and why the ego exists. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2663>

## 9. Sympathy, Empathy And Compassion

This article beautiful focuses on compassion as it contrasts to sympathy and empathy. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2671>

## 10. Gratitude

Here is a beautiful poem about one of my favorite topics,...gratitude. <https://www.awakin.org/v2/read/view.php?tid=2514>

## 11. The End Is An Illusion

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

The uplifting words and music of Jont are accompanied by a heart warming video display of loving connections, providing a healing combination of "medicine the world needs right now." With the focus on a sense of belonging and living fully, it is a joyous reminder that "connecting to the love will keep us safe and we will be just fine. We will be just fine." <https://www.karmatube.org/videos.php?id=8885>

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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](mailto:rmeagher@servingyourjourney.com) by the 25<sup>th</sup> 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](mailto: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>.

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Rev. Robert Meagher

## **Spiritual Guidance**

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