

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.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Going Through The Dark Night of The Soul

In the fall of 2023, I entered the 'dark night of the soul.' What appeared to usher in this purification? My partner was diagnosis of dementia. My partner had already been living with Parkinsons for 20 years, and was now living with advanced stages of Parkinsons. The dementia diagnosis was not a surprise, as it is often the natural progression of Parkinsons, but it was a psychological and emotional blow!

In the weeks following the dementia diagnosis, and the realization that the dementia had been unfolding for several years, I was plunged into darkness.

There was a pervading sadness that rested upon everything...like a dense, dark, heavy storm cloud moments before it opens up to pour torrents of rain upon you.

I could feel myself sinking deeper and deeper into the darkness. I could feel my body becoming heavier and heavier. The feelings and sensations grew to manifest as a constant sinus and cranial pressure. My mind was foggy most of the time. I was sleeping okay, exercising daily, and eating my usual healthy diet, but I often felt fatigued.

As my awareness of these sensations grew, I wanted to ignore them, thinking they would just dissipate. But the feelings lingered. My cursory self-diagnosis was that I was experiencing depression; as the symptoms most closely resembled depression. As I meandered my way through the stigma associated with such conditions, another, different awareness was gifted me. This was the 'dark night of the soul' taunting me and gesturing for me to enter into its lair.

As I approached the entrance to this dark night of the soul, my physical symptoms started to abate. My body started to lighten up; my sinus and cranial pressure loosened. But I knew that I had to enter the dark night of the soul. I knew that if I backed out, my bodily sensations would return. I knew that if I wanted to heal, I had to enter the dark night of the soul. So...I entered.

Entering the dark night of the soul was a pure act of surrender. I knew that the only way out was to go into and through the pain. This surrender allowed the bodily sensations of heaviness, sinus and cranial pressure, and mind foginess to continue to dissipate. As I venture through this dark night of the soul, the pervading feeling of sadness remains, but the bodily sensations are lifting.

I cannot know the trajectory of my partner's condition, and I cannot know how long my journey through the dark night of the soul may last. But I am becoming more comfortable in this unknown space—as comfortable as one can be in such a place.

As I venture through the dark night of the soul, I am reminded of the wonderful parable about a student having an audience with his teacher. During this meeting, the student shares with the teacher that he is experiencing suffering. The student shares in detail what is happening in his life that results in his suffering. After listening

intently for a while, the teacher gently smiles, and says to the student, “You are not experiencing suffering. You are suffering your experience.”

The parable is a poignant reminder of how we see our suffering; that we even see suffering at all! I have given myself permission to feel what it is I am feeling about my experience. I have given myself permission to see this experience as a spiritual purification; of what?...that remains to be seen. I have given myself permission to continue to surrender to this journey through the dark night of the soul and to allow the journey to reveal to me what it is trying to teach me. I remain open and receptive.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

From Fear to Love and Forgiveness

What is this cancer inside me?
The fiery anger that lingers,
In its thin disguise...
The coldness and the brittleness
That comes from my pores
At a moment's notice.

Could it all be fear,
And nothing but fear?
Is there no roadmap
That can lead me to peace
And freedom?

Can I really feel
Whole and at one
By simply crossing
The bridge of forgiveness?

Why does something
That seems so simple
Bring out my greatest
Resistance?

Obstacles, obstacles, obstacles.
Is that all there is to life—
A series of obstacles
Separating me from others?

When will I awaken to
The full awareness
That all obstacles
Between myself and others
Are self-imposed?

I have manufactured them
Through my own fear of love
And my own fear of God.

Gerald G. Jampolsky

3. Quote or Question

“Withholding our love is not the answer. Extending our love is.”

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 – Resting In Our Hearts

Hello to the world-wide Family of Light!

As we know, a lovely and powerful tone is found in all creation: a flower, a galaxy, a thought, a number, a smile. The source of this sound originates within our souls that lie within the very core of Creation. And what is this core of Creation? It is Love. If we observe life as a linear experience, we realize that before physical creation there is the founding force of Love: It is Love that births Light and Light that births the material worlds which are filled with the resonating, universal and cosmic sound of Creation.

When the mind and the emotions are still and the heart is open, you experience a moment of pure Love. In that very moment you are in complete harmony with Creation—physical, visible creation, and spiritual, invisible creation. No matter how despondent you may feel, the instant you touch this pure, noble, divine Love with your mind and heart you are raised up. You are brought into the perfect vibration of Creation. For that one moment, you live in exquisite harmony with life everywhere, in all worlds, dimensions, universes and far beyond them.

Love is the binding force that holds creation together and It makes its home in your heart.

At the present time, there a marvellous movement upon our earth that is promoting the unity of all hearts. Within our innermost selves a magnificent tone of reverence and renewal resonates and it is becoming increasingly louder, deeper and stronger. The attributes of an unfolding new world—peace, fairness, justice, truth, loving ideas and creations, and faith in all that is good—are now becoming more evident. These qualities demonstrate the great planetary, universal and cosmic expression of Love.

We are asked to remain poised in the heart, to rest in the heart, to be refreshed by the heart. No matter what turbulence may surround us, we remain in the resonance of our hearts and magnify this exquisite vibration of Love in our families, communities, nations and world.

We, citizens of this fine Planet Earth, have the opportunity to once again be lifted up in heart, mind and soul. It is happening now; it happened in our past and it will happen in our future.

Let us rest in the heart and, with expanded consciousness, enjoy and employ the heart's wisdom and guidance.

Let's play.

Sit in a quiet place. Close your eyes and lift them gently upwards into the spiritual eye in the forehead. Still the mind and body. Be aware of your breath moving gently in and out. Let go of physical and mental tension. Now, feel the warmth and light of a great sun coming up from within you. It floods your entire being. Surrender to this

comfort. Enjoy it. Now, feel your heart opening up automatically. Feel a great love moving inside of you. Let it come. Let it expand. Let it rest inside of you.

In Divine Friendship,
Regiena

The spiritual messages can be read here:

in French: 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 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 – Why Is There Chaos?

“People were created to be loved. Things were created to be used. The reason why there is chaos in the world is because things are being loved and people are being used.” Dalai Lama

My sister emailed me the quote and it talks to me. Right now, this is what is happening. When I read that quote, I was like why do we let ourselves be used and abused? Abused is more likely the right term. There is a definite nuance between the two. I'll explain farther. It goes way back who knows when. Are we truly that weak to let ourselves be abused? Unfortunately, it seems like that. Does it have to be like that? Certainly not. Why is there chaos anyway? It doesn't have to be. It really doesn't. The answer is not simple. However, one possible answer is that we are control freaks. We 'need' or rather want to create a sense of wanting to control the other and others to make us feel superior to others. False sense of security and sense of being.

Look at the above quote closely. The Dalai Lama uses the term used and not abused. The thing is one can use a person for helping out but not abuse the person. The nuance is very thin. One must know where both sides are separated. The nuance is this: asking and ordering the person to help out. Here's an example: I use a person as I would use my legs and arms to do things I can't do like washing, dressing myself. I don't abuse my extra limbs to do things. The other person is a true 'extension' of my body or rather being. In fact, we even share our thoughts with each other. When one orders and uses abusive actions and words to the other, then, it is abuse. You see the nuance? The other person helping me or not, is truly a sacred being to be respected with the utmost respect. The abuse has become so entrenched with time in our psyche, that we have trouble of leaving it far behind us to rot. But we must in order to help us to evolve and not devolve. Personally, since some years, I notice a devolution of manners and way of life. The social net is being torn leaving holes through which many fall. Isn't that abuse? It is. It's denigration of the vulnerable.

It doesn't stop there. There's religious abuse. People are forced into what I can call dogmatized practice instead of practicing true spirituality in accordance to each and every person. I'm going to ask you 4 questions: would Jeshua approve what the Church did with the Inquisitions? Would He agree to the burnings at the stakes? What does He stand for? Would any sages agree to human slaughter? I'll let you ponder on those questions.

At this moment, I read and hear that conjugal abuse has risen to a high because of the pandemic. People are in tremendous pressure. However, is the pandemic really to blame? Or is it an excuse to lash out against the other person? The reason I ask is because we can create occasions or reasons for abuses be them false or real reasons. Mind you, no reasons are true for abusing each other. Need I repeat that? All reasons are false. I want to paraphrase a song: We've lost that lovin feeling.



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. An Awe Walk

This article is a blessed invitation to find awe in our lives. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2598>

7. Effort Does Not Change The Person

This is a beautiful article about the spiritual teaching of doing versus being. Anthony de Mello reminds us we don't have to do anything to be enlightened. We simply need to 'be' enlightened. No amount of action is going to enlighten us. Our enlightenment will 'be' when we simply allow it to be. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2629>

8. The Difference Between Knowledge and Understanding

What is the difference between knowledge and understanding? The incomparable Aldous Huxley explores the difference in this thought-provoking article. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2525>

9. Letting Go, Gently

Reprinted from www.KarmaTube.org.

Gina Niederhumer discovers through the loss of her forty year marriage that the true treasures of life are not physical objects but moments, memories and people. She asks herself: "What if that home I am so missing is inside of me?" She answers herself by turning within and becoming aware of the treasured moments of her life: the visit from a neighbor's cat, her joy in creating, the way the light reaches her, a flower's new blossom, while embracing wisdom that her mother taught her, "If there's something you can't fix, step over it."

<https://www.karmatube.org/videos.php?id=9057>

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.

10. 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).

11. 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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February 2024 e-Newsletter

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

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