

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



Into And Through Our Pain

I was recently speaking with someone about the pain and suffering they were experiencing. Not surprisingly, this person was not in a happy place. Their bouts of pain and suffering had plagued them much of their lives. Their current episode of pain and suffering was among the most intense of their entire life.

This person spoke about all the times they encountered this pain and suffering. We spoke about some of the recurring themes of their pain and suffering and what seemed to be the cause. When I asked the person what they did to alleviate any given bout of pain and suffering, they said they would try and distract themselves, do something to not experience the pain and suffering. I asked them if this practice worked for them. They said it did temporarily, but the pain and suffering would always return.

I asked the person if they ever considered going into the pain and suffering. The person said they didn't know how to 'go into the pain and suffering,' and, even if they knew how, they would be too afraid.

I asked the person if they could remember doing anything in their life where they simply trusted, allowed, or surrendered. "Yes," was the answer. The person recounted many cases in their life when they trusted something unfolding, allowed it to unfold, and surrendered in the process. I invited this person to do the same with their episodes of pain and suffering; to trust, to allow, to surrender.

I shared that their pain and suffering have something to offer them. God is in the pain and suffering, just as God is in everything (as God is omnipotent). Their very healing is in the pain and suffering. But to heal we must go into and through the pain. It may feel like we are going through hell, but your healing is in going through the hell, not in staying in it. Not entering into our pain and suffering is a recipe for staying in our hell.

It is not intuitive to go into our pain and suffering. Our tendency is to want to avoid our pain and suffering. But our pain and suffering is our soul calling out for healing. Our pain and suffering, even though not the truth of our existence, is not just an opportunity to find peace in our lives, our pain and suffering is the very pathway to find peace in our lives. It is through our pain and suffering that we are shown what peace is, how to obtain peace, and how to keep it.

Our pain and suffering are not something to be avoided. Our pain and suffering are actually something to run toward. We don't need to seek it out. It will find us, when we are ready. Pain and suffering will find us because we are not at peace. We don't need to seek for peace, for peace is the Truth. We do, however, need to seek for what is false; and our pain and suffering is false. We need to bring our false, or illusion, to the Truth so that it may be healed.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Honesty

To be honest is to demonstrate
a total lack of any deception.

It is to omit nothing
because of our own fears
of being attacked or rejected.

To be honest we must be
totally free of guilt and fear,
to recognize that either
we are honest—or we are not;
and there is no in-between.

To be honest is to experience the
perfect harmony of having only
loving thoughts, loving words,
and loving deeds.

It is to take full responsibility
for our own behavior and
to blame no one for anything.

To be honest is to be perfectly free
and unafraid to be exactly
what we are...LOVE.

Gerald G. Jampolsky

3. Quote or Question

“Adopt the pace of nature: her secret is patience.”

~ Ralph Waldo Emerson ~

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 – Transitioning – Part 1 of 3

Hello to the world-wide Family of Light!

If you examine a leaf closely, you will see atoms and subatomic particles turning around each other respectfully at calculated distances to ensure that the structure of the leaf keeps its integrity. This is similar to the movement of planets, galaxies and universes. Within all life, there lies love, intelligence and service. One element helps the other: To maintain balance and harmony, the moon's gravitational pull helps the earth and the earth's gravitational pull helps the moon. One person lovingly encourages another and, through this encouragement, this next individual helps another.

Light, brought into being through Divine Love, creates matter. This Light brings intelligence to the outer world. When, through prayer and meditation, we are inside this Light we discover one central, exquisite frequency within Its core—God-frequency. This divine frequency is our foundation for life. Here, among other discoveries, we may also detect the intelligence of elegant geometric forms. These forms of Light, articulate and limitless, lie beyond our present comprehension of physical, quasi-physical and nonphysical universes. They can however, be perceived in our inner environment and, if we lift up our consciousness, they can also be perceived in our outer environment.

The sheer beauty of the emergence of Love as Light into a material universe is truly astonishing in Its infinite manifestation of intelligence, intuition and power.

Our souls are composed of Light. Because they originate and lie in the essence of our Creator, our souls are invisible. But the *use* of our souls can make them noticeable. The soul becomes detectable through the language of action, whether it be a physical deed, a thought or a radiance.

Our physical world is composed of particles of matter which specialize and create specific objects such as water, skin and sky. Now, imagine that the frequency of these particles begins to refine. For example, imagine that you are walking on grass and this grass begins to change its frequency to become a more refined image of itself. What does this mean? It means that the grass keeps its identity as "grass" but moves upwards to experience a more exacting expression of the Light that dwells within it. This grass, therefore, becomes less dense; it becomes more translucent.

This transitioning to a more refined frequency of Light is also possible for us.

Let's play.

Sit in a quiet place, close your eyes and breathe in slowly. Let go of all tension. Relax. Still your mind and body. Now, gently lift your gaze up to the spiritual centre found in the forehead. With your heart open, sense and perhaps see a Light coming from this spiritual centre. It comes naturally. Let It come. Relax into this Light.

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Allow this Light to flood your body and mind and heart. It fills you up with Love and peace and expansion. Surrender to It. Become one with It.

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 – Unchained Melody & Jacob Marley

Do you remember the song *Unchained Melody* sung by various artists but most notable version by the Righteous Brothers? That song was first heard in the movie *Unchained* (January 1955). Then, there's poor old Jacob Marley who forged his own chains in *A Christmas Carol* by Charles Dickens, a timeless message that is more than relevant. As for me, both are relevant. When I listen to *Unchained Melody*, my body reacts. It trembles and wants to dance with my dear Kimanarah, or someone else. There is another song, *You've Lost That Lovin' Feeling* gives me same effects. But for now, I'll concentrate on *Unchained Melody* and Jacob Marley.

Here is one verse of *Unchained Melody*:

*Lonely rivers flow
To the sea, to the sea
To the open arms of the sea, yeah
Lonely rivers sigh
"Wait for me, wait for me"
I'll be coming home, wait for me*

How long will we wait for ourselves to come home free from those chains that we have forged rendering us prisoners? Prisoners of ourselves. Here are some quotes from Jacob Marley:

"I wear the chain I forged in life," replied the Ghost. "I made it link by link, and yard by yard; I girded it on of my own free will, and of my own free will I wore it. Is its pattern strange to you?"

"How it is that I appear before you in a shape that you can see, I may not tell. I have sat invisible beside you many and many a day." It was not an agreeable idea. Scrooge shivered and wiped the perspiration from his brow. "That is no light part of my penance," pursued the Ghost. "I am here to-night to warn you that you have yet a chance and hope of escaping my fate. A chance and hope of my procuring, Ebenezer."

I say: how is it that, when we sit beside ourselves, also invisible, we do not see ourselves being free from our forged chains?



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.

The world today is rapidly changing; yet, there is also a shifting landscape within each of us. Emmanuel Vaughan-Lee offers a stirring inquiry into the space between our relationship with the Earth and within ourselves. He begins, "The stories are within the words and the images, but they are also at the margins, in what is not said ... the real story that is unfolding beneath the surface is the cry to decenter ... the human from the story, because that story has gone awry; to decenter ourselves from this narrative that we have woven at great cost. And to me, the real shifting landscape that must unfold is within. It is an inner change... where the human being is no longer at the center, because the human being never belonged at the center. ... And we must remove ourselves from the center of that story so that we can begin to set it right. But if we decenter ourselves from the story, where do we turn? To whom do we turn? For me, there is only one answer."

<https://emergencemagazine.org/interview/an-offering-of-remembrance/> **Be The Change:** From a space of stillness, do an act of care for the planet today.

Still wondering what you want to be when you grow up? Turns out, you're not alone. A fascinating phenomenon is burgeoning among retiring adults as they step out of their primary careers and into "the Encore Years". Programs at institutions like Stanford and Harvard have cropped up to support such transitions, particularly for high-powered leaders. Such a process unearths raw questions on the nature of who they are, and what really matters. "When we're young," author David Brooks writes, "we tend to want what other people want: the things that will bring affirmation, status, and financial gain. But in the Encore phase, students are compelled to move from pursuing the extrinsic desires the world rewards to going after their intrinsic desires." Conventional success hinges on productivity and its optimization of effort and deliverables. But what's the relevance of productivity once you get to the stage beyond work life? Former advertising firm CEO Susan Gianino notes, "The key shift is to go from mastery to servant." Brooks describes her sentiment, "When you're in a high-powered work environment, you think of yourself as a master of performance. But to succeed in this new phase of life, 'you have to serve.'" The question is; does one wait until 65+ to find our deeper purpose or can we learn from these trailblazers and start now? <https://archive.is/4OZSC#selection-575.0-575.15> **Be The Change:** Who are you beyond what you do? Today, cultivate a quality or value you'd like to grow in.

7. When My Father Faced An Emergency

This lovely story, recounted and retold through loving eyes, is an amazing portrayal of what's possible when we act from a place of love. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2682>

8. Equanimity Of Doctor, Hunter, Warrior

A wonderful reminder and invitation to practice allowing what is to simply be. The article is born of the Buddhist teaching called 'the middle way.'...to not get 'excited or upset about things going or not going the way you wanted them to.' Read more here... <https://www.awakin.org/v2/read/view.php?tid=2681>

9. Conscious Complaining

This article offers an interesting spin on the idea of feeling our emotions. The approach may not be for everyone; but for those that it is, give it a try and see what happens.

<https://www.awakin.org/v2/read/view.php?tid=2683>

10. Three Supports For Turning Toward Mystery

This is an illuminating article about the things we need to have in place to improve our nonconceptual awareness. <https://www.awakin.org/v2/read/view.php?tid=2610>

11. FOLI: There Is No Movement Without Rhythm

Reprinted from www.KarmaTube.org.

Life has a rhythm, it's constantly moving. The word for rhythm, used by the Malinke tribes, is FOLI. It is a word that encompasses so much more than drumming, dancing or sound. It's found in every part of daily life. In this film you not only hear and feel rhythm but you see it. It's an extraordinary blend of image and sound that feeds the senses and reminds us all how essential it is. <https://www.karmatube.org/videos.php?id=9060>

12. The Art of Paying Attention

Reprinted from www.KarmaTube.org.

This short TED talk is an invitation to slow down and look at the world around you. Graphic journalist Wendy MacNaughton illustrates how drawing can spark deeply human, authentic connections. This is not about doing a good drawing but more about looking and allowing yourself to really see what is before you and experiencing it fully. Ready to try? Grab a pencil and join MacNaughton for this delightful talk. "Drawing is looking, and looking is loving," she says. <https://www.karmatube.org/videos.php?id=9061>

HEART AND SOUL ADVERTISEMENTS:

Consistent with Spiritual Guidance's philosophy, mission and vision (refer to <http://www.servingyourjourney.com/about.html> for more details) Spiritual Guidance offers free advertising in this e-newsletter to those persons and organizations interested in promoting their spiritual-related products, services or events. If you do choose to advertise in this e-newsletter, Spiritual Guidance requests you submit your text ad (no graphics please) to rmeagher@servingyourjourney.com by the 25th of the month, for distribution in the following month's e-newsletter.

13. Sacred Attention Therapy

Sacred Attention Therapy (SAT) references the etymological meaning of therapy: "attending to soul". SAT is a new paradigm of psychological and spiritual growth and development and is based on Richard Harvey's ground-breaking approach to depth psychotherapy, and on his 3-stage model of human awakening (<http://www.therapyandspirituality.com/>). This new paradigm of psychotherapy / counselling is an approach that takes into account the ego-based individual and the desire of the individual to grow spiritually. SAT recognizes the fundamental, true, spiritual nature of humanity and the intense longing for the truth about our real, divine state. SAT involves listening with the whole self to the soul of the other. This is what therapy should always be, or at least always aim at, because this is the profound depth of healing and reverence which two gathered together in search of truth can bring about. For more information about SAT, visit these websites:

<http://www.servingyourjourney.com/Sacred-Attention-Therapy.html>

Sessions can be offered in person, by phone, or via Zoom or Skype videoconference. For more information about booking appointments, please visit <http://www.servingyourjourney.com/Booking-Appointments.html>. To schedule an appointment, please contact me by phone (613-204-0299) or email (rmeagher@servingyourjourney.com).

14. A Course in Miracles Global Community Centre

Spiritual Guidance is honored to host the 'A Course in Miracles (ACIM) Global Community Centre.' This Centre is a meeting place for ACIM students and teachers from around the world to access coaching counselling, therapy, study and discussion groups, courses, a community café for you to communicate with other students and teachers, and helpful resources and links. Visit the ACIM Global Community Centre at <http://www.servingyourjourney.com/ACIM.html>.

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

rmeagher@servinyourjourney.com

www.servinyourjourney.com

Linked In: ca.linkedin.com/in/robertmeagher

Facebook: www.facebook.com/Servinyourjourney