

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



None Of It Is Me

Last month I shared about some losses I was experiencing: loss of living with my life partner (as he was being transitioned into long-term care); loss of our home (as I was in the process of selling it); and loss of my livelihood (as the circumstances that were unfolding resulted in my stopping the majority of my work). As I walk my way through these losses, as I grieve, some interesting awarenesses are being brought my way.

First, my relationship with my life partner, the loss of living with my life partner due to him being transitioned into long-term care, is not what I am. Any relationship I am in with another is not me. We have a tendency to define ourselves by the relationships we are in. We become the relationship and / or the relationship becomes us. We can quite easily lose ourselves in the other, the relationship.

Our home, and all the material possessions contained within it, is not me. Like with relationships, we tend to identify with our material possessions. We can become so attached to our material possessions that we think it's who we are. We identify with our material possessions. We allow them to define who we are. There's an interesting paradox about our material possessions. We think we own things. In reality, our material possessions own us.

Lastly, my livelihood, my work, is not who or what I am. How often have you been at a social gathering, meet someone new, and, perhaps naturally, ask... "So, what do you do for a living?" The typical response might be, "I'm a teacher." or "I'm a real estate agent." or "I'm an office clerk." Nothing could be further from the truth. We are none of these occupations, jobs, titles. Think about it!...are you REALLY a teacher, real estate agent, or office clerk? Is that what and who you are? I have often said of the work I do, I practice ministry, but I am not a minister. I practice psychotherapy, but I am not a psychotherapist. And so on.

My relationships are not who or what I am. My material possessions, no matter how grand, are not who or what I am. My job is not who or what I am. Then what am I? The ancient teachers guide us to an awareness that 'I am that which I seek.' Or even more simply stated, 'I am that.' And non-dual teachings would simply say 'I am.'

There is a beautiful teaching, "We don't have to seek for what is true. But we do need to seek for what is false." What is true is love, nothing more, nothing less. Love is the very essence, all and everything that we are. We don't need to seek for it, for that is what we are. We do need to seek for what is false. In other words, we need to seek for the blockages to love in all its myriads of layers and permutations. It is only in seeking these blockages, becoming aware of these blockages, that we may learn to remove these blockages.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

In Your Light I Learn...

In your light I learn how to love.
In your beauty, how to make poems.

You dance inside my chest,
where no one sees you,

but sometimes I do,
and that sight becomes this art.

Jelaluddin Rumi

3. Quote or Question

"If you are irritated by every rub, how will your mirror be polished?"

~ Djalal ad-Din Rumi ~

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 – Living In A Higher Frequency World: The Mirror And Our Thoughts

Hello to the world-wide Family of Light!

When you look into the mirror you see a reflection of yourself that moves when you do. When you live in a slightly higher frequency this same event can also occur: You realize that it is not the present “you” responding to you in the mirror but a higher, more refined “you.” This refined “you” shows in the mirror less emphasis on density and more emphasis on the soul’s Light emanating from the particles that form your body.

Imagine that you are thinking about heart expansion. Now, immerse yourself completely into the feeling of Divine Love. The more you are saturated in this Love, the more you move from *thinking* about heart to *becoming* heart. In that instant, you become a higher vibrational form of “you” because you are living this higher frequency consciously within you. If you remain in this elevated vibration and you soften your gaze, you might observe a subtle change of your image in the mirror.

As we well know, this outer reflection is really a result of the inner knowing that we are reflections of our Divine Creator. We are the outer manifestation of the inner thought of God.

The basis of harmonious physical manifestation is noble thought: thoughts created in Love. As we create more and more noble thoughts and we live them, we alter physical matter. In touching the origin of a loving thought, we access Divine Light and Love and modify the world around us.

In a lower vibrational field, such as where we are on earth, we witness a more sluggish, dense frequency which can manifest distortion. However, when we move, with an expansive and free heart, into more revered thought we automatically transform the outer world. The vibrational patterns of very fine particles of matter—invisible to the human eye—shift to a higher frequency.

With heart, mind, soul and body we move smoothly into the elevated worlds of our Divine Creator. Here we experience joy and create friendships with beings in higher frequency worlds. (This subject that will be explored in the September message).

Let’s play.

Close your eyes and lift them up to the spiritual centre in the forehead. Become quiet, open your heart and feel peace. Fill your mind with thoughts of love and goodness. Take your time. Now, allow the image of your face to appear in front of your closed eyes. Sense or see some of your soul qualities in your face. See compassion and understanding in your eyes. Feel a kind smile on your lips. Sense peace and love flowing throughout your

face and in and around your head. Your face and head are glowing in Light and Love. Now, invite your entire body to glow in this same Light and Love. Feel a marvellous harmony between heart, mind, soul and body.

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 – Purpose

In 2014, I had been given the messages by a reputable medium from her daughter's request. I was surprised to read what her mother received. I translated them into English from French. I dare not change some words as not to alter the meaning of the messages.

Message from the Beings of Light, January 9, 2014

"This being is of rare beauty. He amalgamates the human and the divine. His resources are infinite because he captures them within him, those around him thus receive the happiness and joy that he exudes.

Another big step will be favored by him because he is an emissary of peace on this earth. We wish him long life and he is in our hearts. "

Message from Master St-Germain, January 27, 2014 about Steve's life mission:

"He learns to be, then contemplates. His soul was cheered up by all the good work he had done. He then has to transmit his moods, to highlight, to illuminate what is deep within him through communication and actions.

His path is one of peace and harmony and he is not discouraged. We support it, support it every hour, every moment. He is surrounded by love.

This soul glorifies itself and enters the house of the Father. So be it. "

I shall not detail things but beings like her, my dear daughter, Cocotte, need all the love and care one can give them. When I saw her entering our home, I held her in my arms and told her I am not like other guys. I love you! I want you to stay. She will. If I'm a being who the Beings and Ascended Master St-Germain say who I AM, then I must be true to myself. These days peoples' lives are being destroyed by this inhumane pandemic. if I destroy her life, or of anyone else for that matter, I shall receive what comes around from what goes around! I am not on this world to destroy the lives of others. I shall do what needs to be done. what I was freely given in return I also give freely.

Is it not what Life is all about? The mere knowledge of what we are here for should give us confirmation of that purpose. I shall not let my human mind play childish games with my spiritual mind that children do not even play! Most of us lack the knowledge of our purpose or the acknowledgement of it in life, our life. It is nice to receive messages like those above from time to time. Now and then, I, like everyone else, need encouragement especially from Ascended Masters and Beings of Light. I dearly hope that you find your purpose in your lives.



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.

"Here, we rest in reverence," writes Greta Matos, co-founder of CuraKuda. But where is here? Greta reflects about what it means to move with a herd of horses in Chile, and how different, yet similar that is to the life she once led. Greta now advocates for communing with nature where awe and reverence show up not through visits to the mountaintops, but in the long rides she takes, collaborative journeys alongside four-legged teachers. Movement is a part of the job, yet "yet there is always ritualistic space and time for rest and reverence" she writes. And while it is easy to lose site of ourselves in our structured worlds of interstates and byways, glass, concrete, and stone, focusing on the end goal "The intention [...], must not be the destination, but instead, the relationality of the process." <https://www.dailygood.org/story/3231/the-whisper-of-reverence-greta-matos/> **Be The Change:** Pay attention to the herd of two-legged creatures you walk alongside today. What about their activities reflects them? Take a moment to notice someone and their story unfolding in front of you. How does it fit into the broader herd as a reflection of their own creative contribution? Note what you revere about their actions.

Cynthia Li invites us along on an illuminating experience while kayaking in a wilderness. In the silence and blanket of darkness, she stops paddling and begins to drift. She feels suspended in the "dance of the oneness" -- of past, present, and future. She feels both tremendous terror and tremendous freedom hoping to "trust enough in my aloneness to dissolve fully into this great emptiness." Cynthia shares further how a path to that great emptiness is through the heart. The heart is "the strongest electromagnetic field in the body... sending and receiving, transforming energy with everything that it touches." The heart empties and fills. She explains that if the heart holds onto attachments such as "I want this story" or "I like being full," it cannot send. When we empty ourselves, when we connect to our hearts and the emptiness, it opens the space where "life can play and create itself, through me, through all of us," and create a new story. <https://www.dailygood.org/story/3229/infinity-of-an-empty-heart-cynthia-li/> **Be The Change:** Stop paddling, and drift. Let go of any attachments your heart may be holding on to. Instead of "my heart is full," say, "my heart is empty." What life story fills into your heart space? Share the new story with someone.

Tracy Cochran describes a night when she was robbed by three men while walking down a dark street. One held her in a chokehold that can kill in less than twenty seconds. During the chokehold, Tracy had what is described as "conscious dying, or transference of consciousness at the time of death, or even a flash of enlightenment without meditation." She describes it in exquisite detail as a radiant light that "held everything that is. It was the alpha and omega, the particle and wave, the unifying force of the universe." She survived, and both immediately and in the years that followed, found that many people did not believe her story. So, she only told it to people she trusted or that were dying. Yet, the experience never grew dim. She says, "What we really have to share is not any spiritual treasure we imagine we have stored up, but our poverty, our common human situation, our inability to know." <https://www.dailygood.org/story/3233/the-night-i-died-tracy-cochran/>

Like many who grew up in the middle of America in the 1950s, his childhood was characterized by sports, church, and pop culture influences like the Mickey Mouse Club. Upon seeing Chinese characters at the age of fourteen, an unshakeable feeling of familiarity overtook him. When he opened the door to move into his dorm

room as a freshman in college, he found his roommate meditating in full lotus on the floor. In his senior year of college, a values-based graduate fellowship interview found him performing mime. Through a winding series of unexpected encounters, he became Rev. Heng Sure, a dedicated Buddhist monk in a Chinese Mahayana Buddhist tradition. In 1977, he was one of two American monks embarked on a pilgrimage to foster peace within and an without, taking three steps and one bow for 800 miles up the coast of California, along Highway 1. Over the decades, his commitment to compassion and inner cultivation is palpable to all whom he encounters. A stirring interview, resurfaced from a decade ago, shines light on colorful left and right turns found along this elder's remarkable path. <https://www.dailygood.org/story/3235/conversation-with-reverend-heng-sure-bela-shah-and-audrey-lin/> **Be The Change:** Who are you, really? Practice listening within today. Step it up by doing an act of inner cultivation that aligns with your values but that stretches your comfort zone.

A young carpenter who volunteered at an orphanage in Ghana wanted to help children make a living. A couple with a woodworking school in Pennsylvania sponsored his training, education, and other local support. When he returned to Ghana, with a little help from his Pennsylvania "neighbors," he and local community volunteers built bridges, fixed roads, repaired buildings, and even learned how to preserve foods. A school principal in Leotho realized children were hungry. She asked their parents for ideas, and enlisted an NGO to teach them organic farming. Together, they created a school garden that provided vegetables to feed the children and much more. In both cases, one person saw a need, engaged those in need to nurture an existing skill, involved the community -- neighbor helping neighbor -- and empowered people to create amazing results they didn't know were possible. One said, "We are a world community. We've gotta be friends with the world. And if you don't give to others, you've missed the meaning of life." <https://www.dailygood.org/story/3236/when-people-reach-out-to-help-their-neighbors-rosemary-cairns/> **Be The Change:** Do you have a skill you could teach or share with a local nonprofit, or with a neighbor -- even a neighbor on the other side of the planet? Start by identifying a need. Reach out, and create something together!

"It was a naturopathic doctor (ND) who handed me my first PaRx—a park prescription, sometimes called a ParkRx or NatureRx. I had exhausted all the treatment options with my family doctor and had turned to alternative medicine for answers. In addition to several nutritional supplements and dietary changes, my ND suggested I leave my claustrophobic cubicle each day at lunchtime, head over to a small butterfly garden adjacent to our office building, and take off my shoes. I was to stand in the grass for 10 minutes, feeling the cool blades tickling my toes. This was written down on an actual prescription pad, and I carried the slip home with me in my bag. The prescription felt silly at first, but I dutifully followed it every day throughout that summer ... And I was surprised to find that it helped—my lunchtime communion with this small greenspace seemed to set the tone for a better mood in the afternoon and post-work evening." Nature prescriptions or "nature pills" are rising among medical practitioners. A movement in Canada launched the Park Prescriptions (PaRX) initiative with the BC Parks Foundation, which provides health care professionals nature prescription files, codes, and instructions for logging prescriptions for patients to allocate regular time in nature. In Canada, over 5,000 physicians are registered in the program. <https://www.dailygood.org/story/3238/a-look-at-the-rise-of-nature-prescriptions-misty-pratt/> **Be The Change:** Soak in time in nature this week. Go for a walk or jog. Bike or walk instead of drive somewhere. Eat a meal outside. Or simply set aside ten minutes to be outdoors in some way.

7. Sacred vs. Survival Language

This is a fascinating article about how we shape our sense of self by the language we use, predominantly we word 'I'. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2688>

8. The Eagle And The Chicken

This beautiful fable about an eagle that thought it was a chicken teaches us about our true potential. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2538>

9. The Great Divide

This delightfully-refreshing poem speaks of bringing our heart and head together in cooperation and collaboration—the ego and the soul. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2464>

10. In Hardship, Choose Bewilderment Over Cleverness

This article offers a refreshing way of looking at crisis and hardship. If interested, read more here... <https://www.awakin.org/v2/read/view.php?tid=2706>

11. Re-Member

Reprinted from www.KarmaTube.org.

"What makes us lost is we've lost each other. We have been dis-membered for so long. It is time to re-member...to come together. Those memories we're looking for, they are village memories and you don't get those individually." L. Frank. The true work of meaningful connection is done in shared spaces, where more than words are connecting us - creating a space where true intimacy can occur - even if that means just touching an arm, holding a hand or sitting together saying nothing at all.

<https://www.karmatube.org/videos.php?id=9108>

12. Conspiracy of Goodness

Reprinted from www.KarmaTube.org.

Many times throughout history there have been silent movements of goodness that have made a significant impact on humanity. Perhaps we are on the verge of the greatest one yet, and the only thing stopping it is what's under your fingers! Dr. Lynda Ulrich, a dentist turned social innovator, is the founder of the Goodness Exchange (formerly Ever Widening Circles), a positive media company on a mission to prove that in spite of the doom and gloom that reach us through the internet, there's an enormous wave of progress and goodness underway, hidden under the noise of our digital lives. Her work points to a world of less fear and more joy, as

she shares in this TED talk some of the countless acts of good happening all around us through what she calls a “Conspiracy of Goodness.” <https://www.karmatube.org/videos.php?id=8794>

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>.

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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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