

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



Space Transformation

When my partner was plunged into the long-term care system in May, most everything I was doing stopped. I stopped most of my ministry work. I stopped facilitating groups. I stopped endurance cycling outside (although I continued to enjoy indoor workouts). I stopped any remaining social activities I was engaging in. All my energies were devoted to helping my partner, as best I could, get settled in a long-term care facility.

Now, four months later, my partner is settled in a long-term care facility. I have sold our home, moved, and settled in to a new place. Now, four months later, life is starting to settle down a little. I feel space in my life again; that is, some time to sit and relax, space and time to 'smell the proverbial roses.' I have begun to think about resuming some of the activities I enjoyed before May. But not so fast!...

I have made a conscious decision to re-evaluate everything I was doing prior to May. As I consider engaging in any/all activities, I will evaluate whether I want to resume the activity. I have made a conscious decision to not fill up all my time and energies. I have made a conscious decision to allow 'space' in my life. This feels like such a critical juncture in my life; and giving myself the permission to be patient with the unfolding feels important. I need time to watch and witness what may emerge. I don't want to numb any new, creative ideas that may come my way because I have no time or space to explore them. For example,

I am intending to return to University in January to study Human Kinetics. In recent years I have developed a keen interest in the relationship among human anatomy, physiology, physical exercise and nutrition. While I have enjoyed my self-directed study in recent years, I want to return to an academic setting and add some structure to my learning. What I am so looking forward to is inviting this new learning experience 'for me,' not for a degree (i.e., piece of paper), but for the simple joy of learning.

As my life transforms and emerges from a tumultuous purification of sorts, I will consciously observe the unfoldings, giving myself permission to 'feel' the unfolding. I will be patient with myself and give myself the time I need to adjust and embrace what emerges.

This time feels like a great 'reset,' an opportunity to start over again, sort of. Of course, I am not going to jettison everything I did before. The foundation of my ministry work will remain. I intend to continue my psychotherapy practice and spiritual groups. I intend to continue my collaboration with my spiritual teacher, Richard Harvey. But all of these activities will be streamlined. Some newness will emerge, for which I look forward to.

Transforming one's life, and what one does with one's life, is invigorating and rejuvenating. Life can get pretty full. Sometimes this fullness creeps up on us. Sometimes life gives us some calamity that makes life spill over and we are forced to make abrupt adjustments. It's all carefully orchestrated to guide us through our own learning and healing, however. Regardless of what's unfolding, whether we perceive it as good or bad, it will

pass. Something new will emerge. Nothing stays the same, except our love. That is the one constant, love. Let love guide us through life and the transformations of space we experience.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Letting Go

Help me to let go of my preoccupations
with the future.

Give me the strength to stop
my futile attempts
to predict and control the future.

Let me see no value in my plan
of what the future should be.

Rid me of my senseless questions
about tomorrow

And of all my desires to manipulate
and control others.

Remind me that my fears and uncertainties
of tomorrow are only related to
my unfounded fear of You.

Help me be still,
help me listen and love.

Awaken me to the truth of Your Presence
being only in the now of this moment.

Life me up into Your Arms and
remind me that I am Your Creation,
and that I am the Perfection of Love.

Help me to acknowledge that I am Your Messenger
of Love, and free me to shine
Your Light everywhere.

Let me feel Your Freedom within me, and
let me laugh at the illusions
that my ego once made
me feel were so real.

Let me be light; let me be joy; let me know that I am
the reflection of You wherever I am,
and wherever I go.

Gerald G. Jampolsky

3. Quote or Question

“Peace we achieve when we do not expect anything from the world but only give, give and give unconditionally what we have and what we are.”

~ Sri Chinmoy ~

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: Creating Places of Divine Light

Hello to the world-wide Family of Light!

Each time we create a loving thought we create a place of Divine Light. This Light may be found inside our minds, our heads, our bodies, in the places where we sit or beyond into other regions, countries and worlds. Light is everywhere and within this Light there is a supreme intelligence that directs life.

Although we may think that Light comes in restrained formats like rays, this is not always so. Light is not limited. It is not located in a specific place. This may be difficult for us to understand because we live mostly in a dimension where there is time, space, a beginning and an end. But in truth Light, like our souls and hearts, is unbounded because all physical creation springs forth from Light. Even though in our world there is more space than actual physical creation, Light spreads itself throughout the molecules, atoms, and minuscule particles of vibrating matter as well as throughout the spaces between them.

Thus the nature of Light is omnipresent. Omnipresence is also the nature of our souls.

The importance of creating places of Light upon our planet cannot be underestimated. True, our world is moving to a less dense manifestation of itself. But help is needed. As we awaken to the new reality of an elevated earth and world, it is essential that we awaken others. This is done through thoughts and actions based on Love.

At this time there are already areas of Light established in various places upon our earth. If we calm and expand the mind and heart and roam across our planet with our awareness we will sense places of Light in specific geographic locations. However, more places of Divine Light are needed.

We can create places of Light exactly where we are by immersing ourselves in the Creator's Light and feeling our sacred nature. We can imagine this Light as a physical extension of our soul's Light which we can spread out into all other places upon and within our planet and into higher frequency worlds. Here we create opportunities to awaken ourselves and others and encourage all to live in a higher vibration of heart and mind.

Let's play.

Sit in a quiet place, close your eyes and lift them up to the spiritual centre between the eyebrows. Quiet the mind, open the heart and sense peace moving through you. Feel your deep, sacred connection with the Creator. Now, with your awareness and imagination travel upwards into space and see the Planet Earth as a beautiful blue sphere moving in space. Sense that the planet is covered with Light. Become a part of this covering by inserting your own soul's Light. Now, with your imagination and awareness travel through this beautiful Light that covers the planet and down into the earth. Inside the earth feel this same Light. Allow your soul's Light to be part of this Light inside the earth. Now, travel upwards to the surface, and radiate Light everywhere, in all directions, in all places and minds and hearts.

In Divine Friendship,
Regiena

Regiena Heringa
[nextagemission.com](https://www.nextagemission.com)

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 – Reincarnation Explained

I just watched an episode on reincarnation, time travel or past memories of past lives that triggered something in my mind and thought it would be fun for me to tackle. Now, I don't consider myself being an expert, but I wanted to tackle this subject, nevertheless. When I say fun, I do mean fun and not in a sceptical manner. After all, I consider myself an amateur investigator having my own methods. So, please, have an open mind. True investigators do have an open mind. To answer your question, have I experienced past memories? No. Not yet. That doesn't mean it doesn't exist.

From Absolute Documentaries:

“Jenny Cockell rose to fame after her bizarre and inexplicably accurate memories of a life she did not live. She talks about being a mother-of-eight in a past life and even tracked them down. How was this possible? Did she travel through time? These witness testimonies come from people whose lives have been changed forever by their paranormal experiences.” (Description below the video - part one. Second part deals with another subject altogether. - <https://www.youtube.com/watch?v=DR9EEUDyI5M>)

I'm not going to detail the video, only the subject in the first part of it. They didn't talk about the soul. For me, it is essential that the soul be part of the equation. Let's examine the subject. I'll try to be simple and clear. Not all of us believe in reincarnation or experience it. In countries, like India for example, more so. The question that can be asked is why is that? I may have one answer among others. More spiritually in tuned to the spiritual realm, in tuned or more connected, with their souls. Let us not forget that the memories, past memories, are those of souls who reincarnate other hosts. It's not 'past Steves' who reincarnate but souls. I recommend you google Carol Bowman who does excellent work with children in the U.S.

Western society is more fast paced than Asian society. Some Asian countries are most fast paced than others. We are so hooked on technology and other things, that we fly through our lives that we don't even see what's going on around us. We miss out or block out a lot of spirituality in our present era. I'm not talking about organised religion. I'm talking about being aware of YOU or I AM. For one thing, my soul revealed her name. I mentioned this in my previous sharings. Kimanarah is her name. I added her name to mine. Even Christianity refuses to acknowledge the possibility of reincarnation. However, it believes in souls. Go figure. So much dogma, no spiritual connection with the spiritual realm of Light. What is lacking is the connection of that realm. Too much mind connection.

I have a strong connection to off-world civilisations such as the Amaranasi or Kihri'anisi in what we call the Pleiades. In fact, at least to my knowledge, my soul originates from the Pleiades. Kim, as I fondly call her, enables me to have knowledge of those civilisations. I acknowledged the possibility of what I call inter-world reincarnation. It is a possibility. To me, anything and everything is possible. Do I know anyone from those two worlds? Yes, two. Araniarah-Adrika and her daughter, Ika'Ani, from Amarani and Kihri'ani respectively. The encounter happened in 2016. Kimanarah is a link, if you will, between them and I. That's another subject matter altogether.

I was born with this condition called Cerebral Palsy. Is it because I need to redempt myself from previous actions? Like repair what I have supposedly done in 'my previous lives'. No. I had a vision a few years ago when the person my soul incarnated was a healer. Not a doctor, but a healer. Two different fields. That vision came as I was meditating at a course I was taking in counselling.

I need to clarify something here right away. When I said 'my previous lives' it ultimately equals with resurrection! Listen very carefully. If I had past lives, wouldn't that mean I resurrected not once but many times not leaving my bones in the ground? Think hard about that. Another thing: reincarnation is in fact another way of being resurrected. Soul resurrection because it's the soul who is reincarnated in more than one bodies. Take

Jeshua as an example. He resurrected without leaving his bodily bones in the tomb. We tend to use reincarnation as a form of resurrection but multiple times over. Fascinating subject. Now you see the fun I'm having? I'm exploring several fields here. Here's another one: [soul-reincarnation](#). I can also call it spirit resurrection because souls are spiritual beings. Are they not? By the way, Sananda is Jeshua's soul or energy.

Speaking of energy, souls are essentially energy. Spiritual or cosmic. That itself is fascinating. Visualise (I tend not to say imagine) souls being energy. Also, energy can reincarnate anywhere and in multiple beings be them twins or more (quintuplets) or individuals. What about multiple reincarnations of twins? Twin souls? We need to consider that possibility as well. If I mention that spontaneously, is it because that too, is plausible? I think so. Otherwise, I wouldn't or couldn't have mentioned it. This is neat.

Multiple twin souls who reincarnate multiple bodies. This too, I can talk about. Have you experienced something like you see someone and you feel this energy coming from the other person especially females? I have that experience often. And I'm not talking about physical attraction. It's far, far more than that. For me, it's feeling the energy of that soul. It's like feeling the energy of my soul family or group. We vibrate the same. I'm not necessarily talking about soulmates where each other say the same words, sentences, or have the same thoughts at the same moment. I'm talking about energy. Here, let me explain.

Christmas Eve 2010, I went to this community centre for the first time and met this young woman, 18. As we talked over supper, I felt this energy coming from her. This peaceful energy. After the Christmas supper and celebration, I asked her if she would be interested in helping me on Sundays with my suppers because I happened to be separated and had no one to help me. I also told I trust her already. She accepted. On Boxing Day, she came to visit me and I told her that I'm adopting her as my daughter and gave her the keys. It's as if we knew each other before. Then, there's one who I met at this shopping mall where I go and again, I felt this energy from this young woman of 26. I also adopted her. There's this energy coming from them and a few others I know or they just passing by.

Is it their souls' energy? I strongly believe or know so. Is it because our soul family incarnated or reincarnated bodies and happen to meet at the same places, same moment? Again, I believe or know so. Don't forget, anything and everything is possible. I adopted three young women. And then, there's this one who works this public transport service's para transit division that captured my attention a few years ago. I felt her energy through the telephone! Yes, while talking over the phone, I can feel her energy. When we met at the same mall one day, I certainly felt her energy. I feel her soul's energy. I didn't adopt her, but I love her as I do the others. I hope she knows that. I believe she does.

You see, reincarnation is far more than past lives memory. It's souls meeting again. I can write about this subject more. It's fascinating to explore with an open mind.



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 sparrow heard that the sky was falling, and while all the other creatures fled, she asked herself, 'What can I do? I'm just a sparrow.' But then, in a flash of brilliance, she lay on her back, pointing her tiny feet towards the sky. 'What are you doing, Little Sparrow?' the others asked. 'Well, I've heard the sky is falling, and so I'm doing my bit to hold it up.'," Nipun Mehta recounts a story told to him by a young teenager from a village in India. In an address at last month's annual European Forum Alpac, Mehta palpably builds on the profound parable: "From the lens of impact, the sparrow's actions may seem insignificant. Yet, where critical mass and 'critical yeast' converge is not in quantity, but in the organizing principle of the field in which they operate. The sparrow's intention to serve without condition sustains the very platform of consciousness that allows a thousand flowers to bloom. She doesn't just add a drop to the ocean; she sees the ocean in that drop. Her act, because it is given freely, without expectation, becomes the yeast of the heart, drawing a delicate line from the fleeting to the eternal, carried forward by the unseen currents of nature. And in that way, even the smallest act becomes a seed of transformation, a spark that ignites the unimaginable..."

<https://www.dailygood.org/story/3253/a-sparrow-s-song-to-lift-up-the-sky-nipun-mehta/> Be The Change:

Engage in a small act of care without conditions or expectations today. Can you feel your contribution to the invisible commons of our collective consciousness?

7. Inhabiting the Body

This article offers an interesting take on the idea of living within our bodies. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2526>

8. An Awe Walk

A wonderful article about brining 'awe' into our lives. Read more here...

<https://www.dailygood.org/story/3219/an-awe-walk-dacher-keltner/>

9. Citizen of Dark Times

This beautiful poem eloquently offers how to maneuver one's way through these challenging times. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2537>

10. **15-Year-Old Letter To The Yard Across The Street**

This touching story invites us to be grateful for each moment in our life. Read more here...

<https://www.dailygood.org/story/3255/15-year-old-s-letter-to-the-yard-across-the-street-elizabeth-liang/>

11. **It's Okay To Be Perfectly Human**

A delightfully light-hearted look at our tendency toward perfectionism and how we may break that cycle. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2366>

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.

12. 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).

13. 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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