

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



The Blessings of Life

“Words are windows, or they’re walls,
They sentence us, or set us free.
When I speak and when I hear,
Let the love light shine through me.”
- Ruth Bebermeyer

The past eight months has been an unprecedented period of personal and spiritual education for me. The recent, intensive learning began in May (2024) when my partner was plunged into long-term care due to paralysis. My partner lives with advanced stages of Parkinsons and dementia.

The preceding eight months has been one of purification. Home life with my partner of 25 years has been stripped away. My physical home was stripped away (I have relocated into an apartment). Much of my work activities were stripped away, as I devoted all of my energies to helping my partner transition into long-term care and selling our home. What remaining social life I had, outside of institutional settings, was stripped away. There was little left. If there had been any facades, any coverings or veils, that my ego was still projecting, these too had been stripped away. I was ego-less. Not ‘without’ ego, but with less of it. I felt helpless, vulnerable beyond compare, and with no control over all that was unfolding.

As I begin to emerge out of this period, some precious insights are starting to crystalize into beautiful gems. First, there is an awareness that unlike any other time in my life, I know nothing. I do not know what anything outside of me is for. I do not understand anything outside of me. I cannot even be sure I can explain what anything outside is for or even means. Second, there is an awareness that all of it, all that is seemingly around me, people, places, events, means nothing. It is ALL meaningless. Third, and perhaps most precious, is an awareness that I no longer need to strive to understand anything outside of me. I no longer need to strive to make sense of, or find meaning in, anything outside of me. All I need do, if anything, is accept all that appears to be unfolding outside of me.

The preceding awareness has been tremendously freeing. I can certainly acknowledge all that is unfolding outside of me, but now I give myself permission to not *have* to make sense of it or understand what it is all about. It simply is. As a dear soul friend has often shared with me about that which he experiences unfolding outside of him...all I need do is acknowledge “Oh, that just happened.”...and move on. No judgement; no thought beyond what just happened. Just an awareness; and then a letting go.

Until now I have written about what is seemingly going on outside of me. What about the inside? What about all that is going on inside of me? Well...there is little to no difference. The outside if merely a manifestation of what is going on inside. It is equally helpful to be aware of what is going on ‘inside’ as ‘outside,’ but it is equally meaningless and pointless. All of my inner work over the years, while valid and a stepping stone to present-day

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awareness, was, in itself meaningless and pointless. I don't mean that the inner work was not worth doing, but that, in and of itself, it was meaningless and pointless. It was only what I projected on the inner work that had any meaning or point.

Even my meditation practice has not gone unaffected in my awareness. For several years I have allowed less and less structure to lay over my meditation practice. Yes, I continue to sit daily in stillness, but I have moved almost entirely to a meditation practice of 'allowing' no structure or set way of doing things. If there is a goal, it is simply to be still and allow my thinking mind to come to rest. This practice of stilling the mind is, in an of itself, like all other illusions. However, it differs in one very important way; at least it doesn't create any other illusions of myself, or anything I may perceive to be unfolding outside of me.

These 'dark nights of the soul' are precious gifts. The preceding eight months has allowed me to deepen in my trust of life and Spirit. So long as I surrender to the unfolding, the TRUE gifts of life will reveal themselves to me. But so long as I hold back, so long as I refuse to go in to the dark, I walk away from my healing. There is light in the dark. The darkness is not there to consume me; it is there to set me free.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Only Breath

Not Christian or Jew or Muslim, not Kindu,
Buddhist, sufi, or zen. Not any religion

or cultural system. I am not from the East
or the West, not out of the ocean or up

from the ground, not natural or ethereal, not
composed of elements at all. I do not exist,

am not an entity in this world or the next,
did not descend from Adam and Eve or any

origin story. My place is placeless, a trace
of the traceless. Neither body or soul.

I belong to the beloved, have seen the two
worlds as one and that one call to and know,

first, last, outer, inner, only that
breath breathing human being.

Jelaluddin Rumi

3. Quote or Question

“If you reach deeply into your own heart and the heart of others, understanding will arise. If there is understanding, acceptance and love will follow, and suffering will be eased.”

~ Thich Nhat Hanh ~

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 – Building A New World: Our Thoughts

Hello to the world-wide Family of Light!

Building a new, higher-frequency world is based on loving thought. Although our world seems solid, in reality it is composed of invisible particles of Light that eventually become material particles visible under the microscope and to the human eye. Here we witness the emergence of matter.

Particles of Light are directed into physical manifestation through thought. Human thought that is loving becomes spiritualized; It becomes divine thought. When we live in divine thought we harmonize the manifestation of matter whether this matter is solid or transparent, in this world or in other dimensions.

It may be difficult for us to understand that thought is a vehicle for material manifestation. Therefore, we are asked try this experiment: For one day let us create only positive thoughts. Should we have a negative thought, we change it to a constructive one and we live this new thought completely. We lift it up into the Light, make it our own and use it. As a result, we become aware of an inner transformation: feelings of Love, rightness, harmony, joy and freedom come up from deep inside of us. We observe that our inner and outer lives have become harmonious.

Choosing to cultivate positive thought nourishes our inner selves and promotes the strengthening of Light in the outer world.

There is presently a tremendous influx and outpouring of celestial energies that filter through our open minds to help us strengthen in Light. These high-frequency energies, easily absorbed by our quietly expanding hearts and minds, assist in manifesting the harmony necessary to build the foundation of our new world.

We have never been alone; We have always been accompanied by beings of exquisite vibrations. This is so because the very fabric of existence is holy and forever emphasizes the unity of life. Perhaps we see our world split—united in the Light and united in the dark. However, nothing united in the dark is truly united. There cannot be harmony in the darkness for that is against the universal principle of oneness. The only harmony that exists in all worlds and dimensions is Love. All shadow is dissident and will, therefore, destroy itself.

As we continually create loving thoughts and act upon them, we see our new world emerging and we gratefully extend an invitation to the many other helping civilizations to join us.

Let's play.

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Sit comfortably in your quiet room. Open your heart. Feel peace within you. Feel this same peace and Love in the air around you. Now, imagine that there are thousands of particles of Light in this loving and peaceful air that surrounds you. Feel the sacred beauty of these thousands of Light particles. Now, create a kind, loving thought. Make the thought as clear and as real as possible. As you do this, notice how all the particles of Light are coming together to create a beautiful sphere of Light. Now, with your loving thought imagine that you are going inside this sphere of Light. Feel that you, your thought and this sphere of Light are becoming one. Now strengthen your loving thought and feel that the radiance of this Light is increasing in your room, in your mind, in your body and in your heart. Remain here for a while to deepen this experience.

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 – Reincarnation Explained Part 3: Soular Genealogy

In the beginning. Let's see what could have happened, shall we?

Honestly, every time I heard that, I felt funny inside. I mean, just when was that beginning in the first place? How many billions of years was the beginning? Was it when the singularity burped and everything went out in all spherical directions? By the way, many say only a few thousands of years, like the Jews, or other number of eons like science? Weird, to say the least. However, what if, just what if, centuries or eons more before the singularity? No, no! Impossible, you say? Well, how about the other universes or dimensions that we are now talking about? When did they have their beginnings? Now, that is mind boggling. Were there other singularities that burped and let everything flying in all spherical directions? Do they have their own genetics, genealogies and so forth?

My mind is exploring so many of possibilities. We are talking about multiverses and dimensions of all things. What I'm talking about is the genetics and genealogies (*genesises*) and *genealogies* (family trees) of their creations. I'm smoking too much weed, you might think. Nope. What if souls migrate from one universe and dimension to others and create their off-springs here and there? I'd say, why not. Souls, energy, can birth off-springs, generations. What's more is that their sex or gender can be variable and multi-sex or gender! It would be logical. Besides, each universe and dimension have their own logic. We have ours. Well, that too, may be questionable because what we know, or think we know, may go out the window. Which may be the case with most of what we think, or even want to know, or believe we know.

Here I will try to explain why I'm presenting this sharing about genetics and genealogy in a very different spiritual and cosmic manner. Okay, if we take for granted that in the beginning, there were no beings and that by time poof, one being appeared and then another and so on and so on. There appears genetics, which I call genesises and then, appears the family trees, genealogies of those off-springs. If, according to various beliefs, souls incarnate us, from where did they appear with their genealogies, off-springs? Had to appear from somewhere and somehow. With each subsequent generation of beings, humans for example, more souls populated the spiritual realm in order to give life to our babies and reincarnate into other babies later in time.

This is a fascinating subject for me to dive into and try to make sense of. As I said try. For me, souls are essential. They are energy of life, life's energy. Come, I wish to show you something. Are you ready? Ladies and gentlemen, you are seeing our home as it really is. Lo and behold: Milky Way.



This is the most recent photo of our home galaxy. Now, look at it. We are about there at the South-West, Perseus Arm, as we call it. Look carefully and you might, just might, catch a few souls dancing around. One might be one who will incarnate your child. There are innumerable other galaxies. Feel lonely all of a sudden? Do I? Maybe at first. But then, no! I hold the sight in my heart's eye and mind somehow knowing I'm not alone here. I look around and say, dear souls, we need you to teach us on Gaia to be wiser and truly intelligent to be able to learn to live in peace with each other. Then, perhaps, we can say, dear souls, we are ready to embrace you as our brothers and sisters.



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.

While we might assume that life satisfaction would lead to a longer life, recent studies suggest that having a purpose in life could be a better indicator. The long-term and wide-ranging study found that people with a life's purpose lived longer regardless of the demographics. The lead study author says that purpose involves striving for something meaningful and is active, whereas life satisfaction is a passive assessment, and may depend on other things "like your general health, ethnicity, gender, or health risk factors. It's hard to be satisfied with your life if you struggle with your health. However, you can have a strong purpose, no matter your health status." The author recommends developing a sense of purpose at any age. "A life of purpose can energize and give hope even during those moments when the conditions of one's life leave one unsatisfied."

<https://www.dailygood.org/story/3266/to-live-longer-find-your-purpose-in-life-jill-suttie/> Be The Change:

Consider your life's purpose, or articulate it if you have not already done so. Take one step that will help you "do it on purpose."

In this brief video, Dr. Talithia Williams talks about zero -- the value of nothing. She explains that "by giving ourselves permission to sit and ponder about nothingness and to give it structure, to give it a value -- we also give ourselves permission as a society to think about hard things and complex things." We can think about the absence of things, about what is happening in the universe that we cannot see and where we cannot go. We can explore the nothing of dark energy, magnetic fields, gravitational forces, or $E=mc^2$. "When you denote that nothing with a symbol -- say, '0' -- it suddenly becomes very valuable." <https://www.templeton.org/news/the-revolutionary-power-of-zero-talithia-williams> Be The Change: Sit with zero for a few moments. Look through it. What in the world do you see?

Editorial Director of Parabola magazine and author of Presence: The Art of Being at Home in Yourself shares one nourishing story after another. In one, she speaks of her 93-year-old father: "He was going to make dinner for my sister and I, and had to keep resting, having oxygen. When I tried to help, he said, 'Tracy, the secret of life I've found, is to notice what brings you joy and love, and let things take as long as they take.'" A stirring conversation with Tracy Cochran sharpens our capacity to listen to the space between notes in the silent symphonies streaming across the background of each day. <https://www.dailygood.org/story/3268/conversation-with-tracy-cochran-coming-home-to-yourself-conversations-org/> Be The Change: If, at any time in one's ordinary day, the thought comes up of simply being present with what's happening in myself, take that risk. Just let be what's there. Can I let go of trying to change it and meet it with interest and compassion?

Studies linking self-compassion and compassion for others show different results. Some studies show compassion dependent on a person's own well-being in that if they are doing well, they will treat themselves and others well, whereas if they are dealing with difficulties, they may not. Even in those circumstances, some people are compassionate toward others but not toward themselves. "...being compassionate toward ourselves may relate to the values we uphold, and these values in turn affect how we treat others." Researchers found that training in self-compassion, other-focused compassion, or loving-kindness meditation increased both self-compassion and compassion toward others. "This study suggests that boosting

one type of compassion can potentially impact the other.” As one researcher said, “The compassion we cultivate for ourselves directly transmits itself to others.” <https://www.dailygood.org/story/3269/do-we-need-to-love-ourselves-before-we-love-others-elizabeth-hopper/> Be The Change: Make it a point, first thing in your day, to let the compass in "compass-ion" guide you to compassion around the circle of life that begins and ends within you.

7. Embracing Deep Transitions With Wisdom

This intelligent and thought-provoking article shared new terms and inspiration for embracing deep transitions in our lives. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2714>

8. Sharing Someone Else's Wound

This is a masterful article about the magnificence that can be found in sharing someone else's suffering. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2715>

9. Gratitude Is More Than You Think

An article that eloquently speaks of gratitude and its relationship to reciprocity. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2719>

10. Perfume of Wholeness

This article explores what it truly means to be whole—to integrate the inner and outer. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2716>

11. The Life Of An Inspiring 85-Year-Old Change Maker

Reprinted from www.KarmaTube.org.

Is there an age at which you stop being an activist for change? Not according to Helen Dew! In fact, Helen's activism didn't even begin until she was in her 60s. From growing her own food, to bringing a natural burial park to her community, to teaching others about local currencies, Helen has worked tirelessly in so many ways to contribute to her community and to the planet. She is truly Something Beautiful for the World!

<https://www.karmatube.org/videos.php?id=9111>

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...

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