

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



Enlightenment Without The Fanfare

“The use of miracles as spectacles to induce belief is a misunderstanding of their purpose.”

- A Course in Miracles (T-1.I.10)

There was a recent experience I want to share with you. Some may call it an awakening. Others may call it enlightenment. I will simply refer to it as an awareness.

I was having a rather peaceful week; each afternoon and evening I sat in meditation. Each sitting brought an awareness of the beauty around me. As I glanced out my living room window, the trees, the sky, the lights of the city, everything took on a beauty that felt more significant, more illumined, than I had noticed before. There was an expansive feeling to the moments.

As I sat with the awareness, on one day, my thoughts started to drift to recent events and people. As each event or person passed through my mind, I felt only beauty and love for the event or individuals involved. Whereas previous moments may have been only fleeting when experienced, these recent feelings of beauty and love remained with me for many minutes.

One of the events and people that revealed unprecedented teachings was the recent US election and Donald Trump. As I thought about the events, the election results, and Donald Trump himself, I just kept smiling and feeling only beauty and love for the event, the election results, and Donald Trump. Whereas earlier thoughts on the same may have resulted in a moment of the beauty and love, and then other fear thoughts would race in, I remained in this beauty and love for several minutes; just sitting there with only beauty and love surrounding my thoughts.

There was an awareness of the perfection of it all—the event, the election results, and Donald Trump. The awareness of the perfection of it all brought with it a most precious teaching. I humbly realized that not only did I not understand the event, the election results, or Donald Trump, but I no longer understand anything happening outside of me. I don't know what anything outside of me is for. Furthermore, there is an awareness that it is all meaningless.

Even my inner work, all the time and energy I have seemingly spent on my spiritual growth and development, it too is not understandable. It too is meaningless. This does not mean the inner work has been without purpose. In and of itself, it is all meaningless, whether inner work, or outer work. It is only my thoughts about the unfolding that give it any meaning to me.

In my sittings, the awareness and gifts continued being offered to me. As I sat with the preceding awarenesses, there was an awareness that I no longer *need* to understanding anything. I no longer need to try to figure out the inner or outer world. I simply need, if anything, to witness it, and then let it go. This awareness offered me great freedom.

More important and significant than all the preceding, was the awareness to acknowledge the awareness, but to let it go and move on. Fixating on these moments in time, these windows on reality, on truth, will serve no one. The gift in these experiences, as egoic as they are, is to let them go and move beyond them. Cling to nothing.

I have had many of these types of experiences over the years. But this one is different in a significant way. I remember it! All previous illuminating experiences came and went, often without my being able to remember any of them. There would have been an awareness that something transpired, and it was a beautiful teaching, but I could not remember the details, the teaching. Sometimes I have scurried to a notepad to try and capture the teaching, but before I even got to the notepad, 'puff!', it's gone. This teaching has stuck with me weeks after the experience.

The preceding experience, the awareness, came without fanfare. There was no 'illumination,' no rapture. The skies did no open up. The seas did not part. It was rather subdued. Gentle. Sublime. It was like any other experience really. This one differed only in that it has brought a new way of looking at the world, my thoughts about the world, and how I choose to live within the world. There is a beautiful teaching... "Before enlightenment, chop wood, carry water. After enlightenment, chop wood, carry water." These experiences don't change our life, yet our life changes. Not because of the experience, but because of our awareness of the experience. It's all egoic, afterall. All of it! Let it all go. Be grateful for the experience, but let it all go, move on and be aware in the next moment. For Robin Wall Kimmerer offers us... "Maybe there is no such thing as time; there are only moments, each with its own story."

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Patience

The impatient are always
in a hurry.

They are trapped in the future
attached to fear and time.

The impatient follow self-made
goals that go nowhere.

The patient are never
in a hurry.

They are totally in the present,
bathed in timeless loving.

The patient have no need for goals,
except to be Home
in the Heart of God.

The patient are patient
because they know
they are already there.

Gerald G. Jampolsky

3. Quote or Question

"It is better to see one time than to hear one hundred times."

~ Mongolian Proverb ~

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: Soul and Habits

Hello to the world-wide Family of Light!

If we slow down and move into reflection we can direct our thoughts and feelings to a time when we experienced happiness. A past, or present moment of happiness reflects the nature of our soul—our spirituality. In reliving a happy moment we realize that our soul is speaking to us. It invites us to increase the habit of inner listening and the opportunity to live the language of our spiritual nature.

Our soul is created in Light by the Divine Source. No matter in what world or dimension we live, it is always the Divine Creative Force that directs our life through our soul. Our spiritual essence ensures that we are always with the Creator and, should we lose our way, our soul can pull us back to this Divine Source.

Therefore, it is essential that we create daily habits that reflect our soul so that we are forever in active partnership with the Creator. As we build a personal life based on spiritual habits we elevate all life.

What habits do we create? All habits that reflect our inner divine nature. Habits that reflect Love: Love for ourselves, for all others and for our Planet Earth because we are all spiritual creations vibrating in sacred Light.

The most powerful way to create spiritual habits is by marrying the heart and the mind. Daily, in the quiet, we connect our souls to the Divine Creator. Here, we strengthen our inner selves. Here, we build the foundation of mental, physical and emotional habits that we use in the outer world to reflect our inner loving spiritual selves. Here, we move into action and elevate our world.

We are a part of an infinite family of Light that has its home in the Divine Source. We are a part of a vast community of celestial energies that vibrate exquisitely not only upon and within our earth, but also throughout the infinite universes of physical and non-physical matter.

Let's play.

Sit in a quiet place, close your eyes and open your heart. Feel peace and harmony around you and within you. Now, behind your closed eyes see yourself in every day life. Observe your actions. Be the loving observer. In observing yourself, you notice that there is a habit you would like to change for the better. Perhaps it is a physical habit, or a feeling habit or a thinking habit. Go to the habit that you want to change. With your feeling nature, modify this habit so that it reflects Love. Absorb this new habit within you. Anchor it. Live it. Feel that it has now become a part of your spiritual nature. You are now filled in peace and harmony.

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 – Kirîa Kirîa Kirîa

Holy Holy Holy in Kihri'anisi. It also means *being present* in that language. If you're thinking of the Greek word kyrios (lord), Kirîa is not even near that. In this instance, Kirîa is far more intense in its meaning. Holy. But not holy, religiously speaking. As mentioned above, it means being present. In a true sense isn't holy supposed to mean be present to others? It, in this case, goes far beyond religious meaning. Far more. It's a state of being. No, not a state of mind but of being. It means being whole in your state of being. How can one be alive and not be present as a being aware of Life, being alive?

When saying or chanting Kirîa Kirîa Kirîa, one invokes awareness of itself to the universe. One is enlightened by the immensity of the universe, or should I say cosmos? For we are in a time when we say multiverses. Being present to the cosmos makes one be the same size as the cosmos! Weird, isn't it? Small and yet so immense. Just like the singularity before the Big Bang, we need to burst out of our shells and begin to live. Really live, not only to exist.



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.

Research through the years shows volunteering and acts of kindness increase happiness and psychological well-being. Newer findings reveal they can improve physical health as well. Some results: less decline in memory and executive function; ability to walk longer at older ages with better balance; lower levels of physical pain; healthier body mass index; less stress that can drive up blood pressure and cholesterol levels; healthier inflammatory markers and total cholesterol; and decreases in cardiovascular risk. One of the researchers said we really can't go wrong when we engage in behaviors that aim to help others. "At the very least, it will make the world a little bit better place for many others. And we might just make it a little bit better for ourselves."

<https://www.npr.org/sections/shots-health-news/2024/12/25/nx-s1-5233123/kindness-heart-brain-mental-health>

Be The Change: If you don't already volunteer, sign up for one of many possibilities in your community, and get started. Make volunteering and acts of kindness part of your physical fitness routine. Exercise your heart.

7. I

Rabindranath Tagore offers one of his exquisite poems on the perennial "I". Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2713>

8. Looking Through A Window

This exquisite articles uses the common window as a teaching aide for consciousness.

<https://www.awakin.org/v2/read/view.php?tid=2717>

9. Staying True To Your Heart Is The Essence Of Life

This beautiful article examines our perception of suffering and despair through the social lens of 'survival.' The author challenges us to see our suffering differently. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2548>

10. The Softening

This beautiful poem speaks of softening being “one of the great secrets of all spiritual practice.” Read more here... <https://www.awakin.org/v2/read/view.php?tid=2721>

11. The Future in Unknowable

A poignant article and message about the uncomfortableness of realizing we are not in control of our fate. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2720>

12. The Beauty We Can't See

Reprinted from www.KarmaTube.org.

We think we know beauty through sight, but these four visually impaired people envision beauty in a different form. Robert, Sheila, Sean, and Virginia describe how they visualize beauty through aspects such as a person's character, or through experience, such as the smell of warm, baked cookies or grass beneath one's feet. When life consists of nothing but feelings, going to the beach and sitting by the shore is beauty with its calm and peace. Losing one's sight means also losing one's judgment. Beauty becomes an experience of living and finding joy — the most beautiful thing in the world. <https://www.karmatube.org/videos.php?id=5111>

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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