

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



When I Know It's My Ego Is At Work

People have asked me “When do I know if my ego is doing the talking, or Spirit is flowing through me and the words I speak are of Spirit?”

This is a very important question and a very personal one. Like with most matters of this ineffable, philosophical nature, one size does not fit all. I have heard it said that the ego always wants to speak first. This teaching goes on to offer we must learn to pause before we speak and choose our words carefully. But how long do we pause? How long do we wait to respond, instead of react?

I have noticed something about my ‘talking,’ responding, reacting. There are times when I speak in response to a question or comment that something comes over me; I lose the sense that I am talking. The words flow out of me. I know my lips are moving, my mouth is moving to form the words. But it doesn't feel ‘normal.’ When I am in this state, there is one, unequivocal commonality among these experiences...I cannot remember what I said. If I am asked to repeat what I just said, I simply cannot. I often can't even remember the gist of what I said.

Unlike when I speak from the ego, I can often remember much of what I say, if not be able to repeat it verbatim. I have no problem being able to summarize or repeat the salient points of what I said. This goes for anything—whether I am speaking in anger, defending myself, chatting with friends, having a conversation with an acquaintance or, generally, any person. If you ask me what I just said, I will probably be able to repeat myself or, at least, highlight the main point of what I said, repeating it another way.

But when I have those experiences of something talking through me, I am not able to remember what I say. It's almost like another being or entity is speaking and I am removed from the conversation, in mind and body. It may not be surprising that most times I recall having these experiences is when I am in a group setting discussing spiritual matters or teachings, or in a therapeutic setting.

The other times I know it's not the ego talking is when I sit in silence and not talk. Granted, in most of these situations, my mind is *thinking* with the ego. This may be obvious, but it is not without its important teachings. I will often get asked, as I am sure you have been too, “So...what do you think?” To which I increasingly respond, “I try not to think.”

The thinking mind is always led by/with ego. If we are thinking, we are engaging our ego. My act of sitting down in front of the computer, tapping on the keyboard to write/type this article, is an act of engaging my ego. Granted, I have had experiences, and heard of others' experiences, whereby I sit down at the keyboard and, again, something comes over me and my fingers fly over the keyboard but I feel removed from the act. What comes out on the paper/screen flows effortlessly. But normally, as in the case of this and most every article I have ever written, I think my way through the article and, thus, think with the ego.

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Is it any surprise that the core of any meditation practice I have ever engaged in invites me to clear my mind and let all thought go...to sit in stillness and *empty* my mind. It is from the egoless place (or less ego) that peace is possible.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Say I Am You

I am dust particles in sunlight.
I am the round sun.

To the bits of dust I say, *Stay*.
To the sun, *Keep moving*.

I am morning mist,
and the breathing of evening.

I am wind in the top of a grove,
and surf on the cliff.

Mast, rudder, helmsman, and keel,
I am also the coral reef they founder on.

I am a tree with a trained parrot in its branches.
Silence, thought, and voice.

The musical air coming through a flute,
a spark of a stone, a flickering

in metal. Both candle,
and the moth crazy around it.

Rose, and the nightingale
lost in the fragrance.

I am all orders of being, the circling galaxy,
the evolutionary intelligence, the lift,

and the falling away. What is,
and what isn't. You who know

Jelaluddin, You the one
in all, say who

I am. Say I
am You.

Jelaluddin Rumi

3. Quote or Question

“All the principles of heaven and earth are living inside you. Life itself is truth, and this will never change.”

~ Anonymous ~

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: Absorbing Divine Radiance

Hello to the world-wide Family of Light!

There are seeds that bring forth raspberries, oak trees and grasses, seeds that birth plants for eating, for healing and for pleasure. Within us all is the magnificent seed of Light called “the soul.” The food used to cultivate this seed of the soul is called Love. Love is the purest language that exists in life here on earth and in the numerous universes and dimensions beyond that are all part of the Great Light.

Divine Love is the essence found in all frequencies. It radiates through all matter. Without this divine radiance there would be no physical manifestation. We, as spiritual beings, recognize this divine radiance as the origin and the elevation of life. Now, in this time of transition in our world, we are asked to develop our soul’s radiance, and begin to absorb this divine radiance within us and around us.

In the physical space surrounding us there are any other worlds of higher frequency. Although we may not always see them, if we place our attention on our sacred essence and feel a deep soul connection to Love we will sense these higher, finer vibrations around and inside of us. This is divine radiance. This is our spiritual food. This sacred radiance which is flows through us from within and from the spaces outside of our bodies is now increasing in strength. Connection between our souls and this powerful radiance grows deeper. Here we experience the beginnings of conscious spiritual communion between our souls and the holy, higher frequencies of creation. Here we become aware of new life being birthed and filling up our world.

How do we absorb this divine radiance so that it becomes the foundation of our daily lives? In moments of silence we open our hearts and minds, let go of the ego and ask to absorb these divine frequencies. As we become increasingly aware of this divine radiance within and around us we feel whole. In the absorption and in the living of this divine radiance we are lifted up and brought home.

Let’s play.

Sit in a quiet place. Close your eyes and lift them up gently to the spiritual eye, the place between the eyebrows. Feel peace. Open your heart with love and gratitude for your life and feel the Divine Source within you. Take a moment to sense this sacred presence and let it flow through you. Feel devotion. Now, imagine a beautiful sphere of golden-white light in your forehead. Feel its beauty and its Love and its peace. With your heart open ask this sphere of light to flow down your spine. As it does, feel your entire body filling with light. This is inner divine radiance. It now continues to fill your heart, mind and body. Now, become aware of the air around you where you are sitting. Notice it is also being filled with light. Feel this divine radiance in your room and inside of you. Feel that you are absorbing and becoming this divine radiance and let it flow out to fill the world.

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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.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

5. Isness

Have you heard of the teaching 'isness'? This article will give you a good overview and introduction to the teaching. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2582>

6. The Rooted Rock

This is an interesting piece about how we differentiate between the living and non-living, the organic and artificial. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2722>

7. Keep Your Eyes On The Horizon Of Kindness

This is a beautiful article that reminds us of the importance of kindness. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2723>

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.

8. 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).

9. 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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Rev. Robert Meagher

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