

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



To Love Something, Just Stop Hating It

Life is an amazing teacher. And recently, I have been ‘schooled,’ figuratively speaking, and literally.

Western allopathic medicine has never resonated with me. Most of my life I have been oriented to seeking alternative approaches to health and wellness. Yes, I have undergone treatments over the years in traditional western medicine. But I have equally, and especially over the past 20-25 years, looked to wholistic approaches to treat my ailments.

It may come as a surprise then, and it certainly has been for me, to learn that at the beginning of January 2025, I entered Medical School at the University of Ottawa to begin self-directed studies in Human Kinetics. The very first course I took was Cellular Anatomy and Physiology.

Why on earth would I do this? Well...my reasons for returning to University were multi-faceted. But my decision to study Human Kinetics was out of a growing interest in the intersection and integration of human anatomy, physiology, nutrition and exercise. Over the past 10-15 years, I have developed a keen interest in endurance athletics. Over this period I have learned a lot on my own. I have worked with numerous trainers, read countless books, and learned a lot from many people. But I wanted to return to a structured learning environment to integrate my disparate learnings and have a more solid theoretical foundation to apply to my growing passion for endurance athletics.

My first course, Cellular Anatomy and Physiology, was a real challenge for me. My previous degrees and professional certifications were in unrelated disciplines (arts, commerce, psychology, business, management consulting, theology, psychotherapy). But I learned so much in my first course, far more than I thought I would, or more that I thought was even possible! I had some learning goals for this first course and those goals were met even before classes began! My readings in preparation for the first class helped me to answer some nagging questions that so many of my trainers had brought up for me, but could not themselves answer to my satisfaction.

I have often judged Western allopathic medicine harshly. I have even loathed the ‘system’ for seemingly dismissing alternative approaches to health and wellness. To say “I hated” Western medicine may be an exaggeration, but I wasn’t keen to give it much of my attention. But here I am, going through a Western medicine medical school, and really enjoying it!

No, I have not been converted. I will still choose alternative healing approach to any illnesses that may arise. But I have certainly developed a new level of respect for Western medicine. I understand much better why things are the way they are—not right or wrong, better or worse. I understand better how Western medicine thinks about health and wellness, and why.

The educational experience has allowed me to drop my judgements and disdain about and for Western medicine. In its place is a deep respect and appreciation for the human body and Western medicine's approach to health and wellness. All the while being aware of the Truth of our existence, and who and what we are.

Life has taught me that to love something, or someone, all I need to do is stop hating. Hate is a strong word. I wouldn't say I hated Western Medicine, but my judgements held the system in contempt. I have let go of that contempt and see Western Medicine in a very different light now. It has been a formative experience for me. To learn that in order to love something, all I have to do is stop hating it. All I need to do is stop judging it. And when I do, I allow myself to cease my separation from that thing. I allow myself to join with, to become one with the other. Oneness emerges and I am blessed with new awareness.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Song of the Soul

In the depth of my soul there is
A wordless song – a song that lives
In the seed of my heart.
It refuses to melt with ink on
Parchment; it engulfs my affection
In a transparent cloak and flows,
But not upon my lips.

How can I sing it? I fear it may
Mingle with earthly ether;
To whom shall I sing it? It dwells
In the house of my soul, in fear of
Harsh ears.

When I look into my inner eyes
I see the shadow of its shadow;
When I touch my fingertips
I feel its vibrations.
The deeds of my hands heed its
Presence as a lake must reflect
The glittering stars;
My tears reveal it, as bright drops of dew
Reveal the secret of a withering rose.

It is a song composed by contemplation,
And published by silence,
And shunned by clamor,
And folded by truth,
And repeated by dreams,
And understood by love,
And hidden by awakening,
And sung by the soul.

It is the song of love;
What Cain or Esau could sing it?
It is more fragrant than jasmine;
What voice could enslave it?
It is heartbound, as a virgin's secret;
What string could quiver it?
Who dares unite the roar of the sea
And the singing of the nightingale?
Who dares compare the shrieking tempest
To the sigh of an infant?
Who dares speak aloud the words
Intended for the heart to speak?
What human dares sing in voice

The song of God?

-- Kahlil Gibran

3. Quote or Question

"You give but little when you give of your possessions. It is when you give of yourself that you truly give."

~ Kahlil Gibran ~

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 Part 2

Hello to the world-wide Family of Light!

Within each one of us are many thoughts and memories. Some of these memories deal with our present life and others with past lives. Memories can be experienced as feelings, images, sounds, fragrances and other more subtle vibrations. Although there are many different parts of us inside ourselves, there is a one universal, cosmic frequency that makes us who we truly are. This overall frequency brings order and coherence to our inner lives; it is found in our souls where it resonates to the sacred vibration of the Divine Creator.

All people on our earth hold this divine frequency. It is the same frequency for each one of us whether we are aware of it or not.

Divine radiance shines forth from this sacred inner vibration. It shines inside of us and it shines outside of us. Due to the unsettling situation upon our planet this radiance is now strengthening. This divine radiance of Light and Love, coming from innumerable spiritual beings from material and non-material dimensions, is pouring down upon our world, illuminating our souls and strengthening our inner selves. We receive and absorb this radiance easily when our hearts and minds are open. The more we take in these divine frequencies, the more we lead harmonious lives and the better we absorb even greater sacred vibrations coming to us from within and from without.

We are created from this divine frequency. We belong here for this sacred vibration is our home. Let us, therefore, spend time daily in the silence where we surrender to the holy radiance of our Creator. In this way we strengthen our inner divinity and radiate this sacredness to the world.

Let's play.

Sit in a quiet place and close your eyes. Lift them up gently to the spiritual eye between the eyebrows. Open your heart and calm your mind. Feel peace and feel Love. Now, visualize your favourite geometric form. Fill this form with your favourite colour of light. Feel here sacredness and a strong sense of divine friendship. Now, sense that this coloured geometric form is inviting you inside. Enter this coloured form with your heart completely open, filled with Love and peace. Feel yourself surrendering to this exquisite divine energy that is filled with joy and bliss. Stay as long as you wish.

In Divine Friendship,
Regiena

Spiritual Guidance

Serving your personal journey toward enlightenment...

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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. Good News Of The Day

The stories below are reprinted from www.dailygood.org.

"Many of us are outraged today. We dig in our heels around our beliefs on abortion, vaccines, immigration, or gender. We believe we are morally right and the other side is wrong. And the other side also believes they are morally right and we are wrong," writes journalist Sahar Habib Ghazi. She interviews Kurt Gray, who for 20 years, has been researching how people make sense of the world when it comes to morality. Gray, a professor of psychology who directs the University of North Carolina at Chapel Hill's Deepest Beliefs Lab describes, "No one gives up moral beliefs because of facts. If you have a deep conviction about immigration or abortion or tax and someone's like, well, here's this fact, you're not going to say: You nailed it, I'm totally wrong, I give up my moral beliefs. ... In our studies, when we compare the ability of sharing a true statistic or sharing a personal experience of suffering or harm with some of the other side, we find out that those personal experiences of suffering really create more understanding, more respect, and it does help people see you as rational." Gray and Ghazi discuss how shifting our thinking away from right and wrong, black and white, to instead focus on concerns about harm could be the solution to our chronic outrage. <https://www.dailygood.org/story/3284/how-to-move-beyond-outrage-toward-understanding-sahar-habib-ghazi/> **Be The Change:** In daily conversations, notice where you hold perceptions of right and wrong. In encounters with those who appear at odds with your values, ask yourself what their human concerns around harm may be. As a bonus, try the three steps outlined in the article: connect, invite, and validate.

Writer Lindsey Wayland invites us to examine our thinking around play. Some may think play is something only children do, and many of us forget how to play as we age, "reinforced by a culture that measures worth through productivity." Afraid of embarrassment or feeling foolish, we lose our freedom – "freedom to fail, freedom to change our minds, freedom to be ridiculous." Lindsey says, play is "not about what we can produce together; it's about being together." Play allows us to enter "a timeless space where we are wholly absorbed in what is rather than what must be done." "It asks only that we step outside the roles we are performing and engage with life on its own terms—improvisationally, intuitively, and openly." Play may feel "lost to us, yet it isn't truly gone. It remains in the 'enchanted place' of our memory. We leave it behind, but the possibility of return is always present." <https://www.dailygood.org/story/3283/dear-sunday-play-lindsey-wayland/> **Be The Change:** The author has many suggestions to engage with play. Here is one: Think of a childhood game you haven't played in years. Now, imagine playing that game as your current self. What changes? What remains? Write about how the game still lives in you. Free the laughter!

6. Inter-Faith to Inter-Pilgrim: Alive In The Search

This is a refreshing article on inter-faith dialogue. The author proposes a new approach to modern day efforts. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2725>

7. Inner Voice vs. Ego Voice

This article uses very simple stories and analogies to explain how we know if we are listening to our inner voice or that of the ego. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2727>

8. We See Into The Life Of Things

A beautiful poem about life and the never-ending cycle of life. Read here... <https://www.awakin.org/v2/read/view.php?tid=2726>

9. Unexpected Strength

A beautiful parable about turning our perceived weaknesses into strength. Read more here... <https://www.awakin.org/v2/read/view.php?tid=2729>

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.

10. 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).

11. 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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Rev. Robert Meagher

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