

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.

In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:.....	2
1. Personal Story of Spiritual Lessons.....	2
2. Poem	4
3. Quote or Question.....	4
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:.....	5
4. Regiena Heringa – We Are Emissaries	5
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	7
5. Don't Leave Me Raw.....	7
6. The Fish, The Net, And The Water.....	7
7. End Of Violence	7
8. Our Purpose On Earth	7
HEART AND SOUL ADVERTISEMENTS:.....	8
9. Sacred Attention Therapy	8
10. A Course in Miracles Global Community Centre.....	8

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



Being Offered Forgiveness

More than 25 years ago, I visited Egypt as part of a Mediterranean cruise I took with a group of friends. One of the ports of call on this cruise was Alexandria, Egypt. I had the option of visiting the Great Pyramids of Giza while stopped in Alexandria. We were in port for 8 hours. The drive to/from the Pyramids was 3 hours each way. My idea of a good time was not spending 6 hours in a car driving to / from the Pyramids and only having 1 hour (and rushed at that!) at the famous site itself. So, I opted to stay in Alexandria and roam around the city for the day. A few friends joined me.

We were visiting Alexandria during Ramadan. Before leaving the ship, we were asked to respect the Ramadan ritual of fasting and not be seen eating during the day.

As we roamed the streets and alleyways of Alexandria, my friends and I were drawn to the enormous vats of food being cooked by street vendors. The food looked so delicious! There was humus, babaganoush, fresh pita bread, various shrimp dishes, spiced vegetables...all being cooked in these enormous vats heated by open flames. The smells were intoxicating. We noticed many locals going up to the street vendors and buying food. We had been told that it is customary for locals to buy their food from the vendors during the day, take the food home, and begin eating at sundown.

It was approaching noon and my friends and I were getting hungry. So, we decided to buy some food from the vendors. We gathered a feast of local delights and proceeded to find a private location to eat our food. We certainly wanted to respect the people of Alexandria and their traditions recognized during Ramadan, the most obvious that of fasting during the day.

My friends and I found a quiet back alley that was silent and had no foot traffic. I did notice this long alleyway was lined on both sides by sets of French doors. I also noticed there was a building at the end of the alleyway with a very tall spire. I assumed it was a mosque. I didn't think anything more of the setting. One of my friends placed a small blanket on the ground. We laid out our food on the blanket and began to indulge in the food we had purchased. It was easily the best food I ate the entire trip!

Part way through our culinary indulgence, we heard the bells chime on the spire at the end of alleyway. In unison, the sets of French doors lining the alleyway flung open and dozens of Muslims poured out into the alleyway and made their way toward the mosque. I realized in that moment that the chiming of the bells was the Muslim custom of 'call to prayer.'

Before we could react to the unfolding, and cover our food, dozens of locals were walking past us, with our buffet of local delicacies laid out on our blanket. Some of these locals frowned at us, some spat at us, some

smiled and giggled. I remember feeling awful at what must have been seen as a very disrespectful gesture on our parts. I remember thinking, "I will never let this sort of thing happen again." Famous last words!

Fast-forward more than 25 years...

During a recent visit with my partner living in a long-term care home, I took my partner for an outing to get us some lunch. We purchased our lunch and brought it back to the home. The long-term care home my partner is living in is called Hillel Lodge and is part of the Jewish Community Centre in Ottawa. This day happened to be Saturday, which is Sabbath in the Jewish tradition. Instead of eating our lunch in my partner's room, we decided to bring our food down to the lobby of the home where there is a large, open area, with tables and chairs for people to gather and sit. There is a Café in this area but the Café is closed on Sabbath. I was aware that Sabbath service was being held in the on-site synagogue. I also noticed there was a table set up in the area we were sitting in. The table had some food on it. I figured there must be some sort of gathering that would be taking place in the area we were sitting in. But I didn't think more about the situation. My partner and I sat down at a table, took out our lunch, and began eating.

You know what's coming, don't you?...

Soon after we began eating, we heard people coming out of Sabbath service. Before I knew it, a crowd of people from the service surrounded us, filling up all the other tables. These people began to enjoy their food from the table I had noticed was full of food. I then realized the food that had been laid out on the table was kosher food.

So...here was my partner and I...OH!...did I mention my partner does not recognize his Jewish tradition? So...here was my partner and I sitting in the middle of a gathering of people who had just come out of prayer service and were gathering with their community to, in the Jewish tradition, enjoy some kosher food, and we were there eating our non-kosher food. Flashbacks of sitting in the alleyway in Alexandria came flooding back! I couldn't believe I had done it again! Yet again!

My partner and I quietly finished our meal as inconspicuous as possible. As my partner and I rose from our table to leave the gathering, I turned to put my coat on and glanced over toward the Rabbi who happened to be looking at me. I smiled and gave him a respectful bow. The Rabbi smiled and waved goodbye.

But there was something in the eyes of the Rabbi. Something I will never forget. It was a twinkle. He had sized up the scene very quickly and realized we knew what had unfolded. The Rabbi saw we meant no harm, that we had not been aware the space, on Saturdays at that time, was used by the community to gather after their prayer service. The Rabbi was offering me forgiveness in the truest sense. He was saying with his smile that there was nothing wrong with what had transpired and released us from any thought of wrong-doing or disrespectful behavior.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Surrender

And I asked, "What is the secret of
total surrender to God?"

And I was told,
"The secret of surrender is simply
to be.
The secret of surrender is simply
not to think.
It is letting perception gently
dissolve into the knowledge of Love,
the land of no change,
the Kingdom of God.
It is hearing the waves tenderly
kiss the surf,
becoming united, becoming one.
It is perception dissolving
into knowledge of the perfect
one-essence of God and Love.
The secret of surrender is simply
to do nothing and to be."

Gerald G. Jampolsky

3. Quote or Question

"As you welcome whatever you find alien within yourself, extend that same welcome to whatever you find alien in the outer world. I don't know any virtue more important these days than hospitality to the stranger, to those we perceive as 'other' than us."

~ Parker Palmer ~

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 – We Are Emissaries

Hello to the world-wide Family of Light!

Everyone and everything that is aligned to the frequency of Divine Love is an emissary of Light. Life upon our earth is meant to move upwards, to become a greater expression of itself. Once we thoroughly understand this we realize that we, upon our upward path, become examples for others; we become leaders and encourage others to move upward.

We, as both human and divine beings, have a choice to make. Which identity comes first in our lives, our human nature or our divine nature? This is the choice facing us and this choice has to be made quickly and permanently. Hopefully, we choose to take on our true identity as divine beings. We reverently absorb the strengthening Light that is being sent to us from within us and from around us. We become part of this spiritual elevation now increasingly prevalent in our world.

If we chose to live our divinity then we happily take on the responsibility of becoming emissaries of Light in our world. Our responsibilities as emissaries are simple: to deepen our spirituality, to remain grounded in divine Love and Light and to help others to open up to their divine nature, while respecting their free will.

We easily absorb greater Light during our moments of sacred quietness in the mind and body. This Light opens us up to a greater understanding of life. For example, we realize that time is not linear and that the present time is eternal. We may have glimpses of other lifetimes and of higher more refined dimensions. We begin to feel a deeper and more compassionate understanding of others. We realize that the people in our world are created from the same Light and can choose, through their own free will, to live in this Light.

There is a great sun shining forth to our earth from an exquisite angelic vibrational dimension. This celestial sun's radiance is lifting us up from within, nourishing and increasing our inner Light. This sun asks us to deepen the absorption of its radiance and to help those who wish to become emissaries of this brilliant Light. In this way, we are birthing the new world.

Let's Play

Sit in a quiet, peaceful place. Close your eyes and lift them up gently to the spiritual eye, the point between the eyebrows. Feel the breath as it moves in and out. As you breathe, feel peace and love moving inside of you. Now, imagine a flow of pure gold light moving through your body, your heart and your mind. Let this inner flow of gold light become stronger and stronger. Sense that every part of you: your body, your heart, your mind is immersed in this light. Surrender to this light. Relax into it. Become one with it. This is where you belong. Feel that you are an emissary of Light for the new world. Sense that you are a part of a vast community of beings of divine Light both in our world and in other higher frequency dimensions.

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. Don't Leave Me Raw

For all of you going through challenging times, take heart. This article is a must read!

<https://www.awakin.org/v2/read/view.php?tid=2731>

6. The Fish, The Net, And The Water

This beautiful parable invites awareness of consciousness and reality. Read more here...

<https://www.awakin.org/v2/read/view.php?tid=2603>

7. End Of Violence

This article poses the age-old question, "Is it possible to end violence?" The author puts a refreshing twist on

the answer. <https://www.awakin.org/v2/read/view.php?tid=2529>

8. Our Purpose On Earth

Reprinted from www.KarmaTube.org.

Earth is our Mother, our home, and in the case of indigenous elder Tiokasin Ghosthorse, Earth is also our employer. His view is that Earth comes first. We need to expand our understanding and realize that we work for Her to sustain her, so that we in exchange can be sustained by her gifts. In today's fast-paced world, so many of us have lost touch with Mother Nature. We're constantly surrounded by technology, running from one responsibility to the next, rarely taking a moment to step outside and just breathe. The natural world, once central to our lives, has become something we visit occasionally rather than something we live within every day. But deep down, we're still a part of it— no different from the trees, rivers, and animals. Nature is the foundation of everything we are. The air we breathe, the water we drink, the food we eat— it all comes from the earth. By losing touch with this, we risk losing something essential in ourselves. It's time to slow down, take a step back, and remember that we belong to the natural world just as much as it belongs to us. Reconnecting with it not only restores our sense of balance but also reminds us of our responsibility to care for the planet that sustains us. <https://www.karmatube.org/videos.php?id=9165>

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.

9. 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).

10. 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...

May 2025 e-Newsletter

Page | 9

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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613-204-0299

rmeagher@servingyourjourney.com

www.servingyourjourney.com

Linked In: ca.linkedin.com/in/robertmeagher

Facebook: www.facebook.com/Servingyourjourney