



VOLUME 12, NUMBER 2

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Coming Events

LIGHT is pleased to announce our upcoming events for September to December 2014. There is *no admission charge* for any of these events, but donations are gratefully accepted.

LIGHT Lecture Series

The talks will be held on three Tuesdays in October and November.

Attendees are invited to a buffet dinner starting at 6:00 p.m., with the talk to follow at 7:00.

Location: Charisma Restaurant
83D Sherbrook St.

Tuesday, October 7

Zain Mohammed: "Towards Being Our Natural and True Self"

Our Natural and True Self is essentially loving, compassionate, creative and present. It is the source of our happiness, joy and hope, and is intimately connected to a Reality that underlies all life and non-life forms. We are one with all of Mother Nature, connected to her through a sacred relationship of reverence, care and protection. What then prevents us from being our natural self? What separates us from oneness with all of life? What can we do to help us move along a path to being more fully our True Self? The presentation will share some thoughts of the wise on these questions; participants will have an opportunity to participate in a ten-minute guided meditation developed by Thich Nhat Hanh on our relationship with Mother Nature.

Your task is not to seek love, but merely to seek and find all the barriers within yourself that you have built against it.

- Rumi

Dr. Zain Mohammed is a family therapist with the Manitoba Association of Marriage and Family Therapy. He has trained in meditation at the Blue Mountain Meditation Centre in California and has been meditating daily for the last sixteen years.

Tuesday, November 4

Douglas Staley: "The Great Chain of Being"

The concept of a timeless, all-encompassing Unity underlying the diversity of life is often associated with Plato, but a similar teaching is an integral part of many metaphysical, philosophical and spiritual traditions. The presentation will explore the idea of a continuum of spiritual energy and intelligence existing in the universe and expressed as a hierarchy of levels, sometimes allegorized as: God—angels—humans—animals—plants—minerals.

Using formulations as diverse as the four elements, Jacob's Ladder, Gurdjieff's Ray of Creation, and the work of contemporary scientists and philosophers, the talk will show the inter-dependence of life, the nature of impermanence and the reality of a timeless, sacred principle that is the ground and source of all that exists.

Douglas Staley has studied a variety of spiritual traditions over the last forty years, with a specific interest in integrating Western and Eastern models of inner development.

Tuesday, November 25

To be announced.

Film Screening

INNER WORLDS, OUTER WORLDS

TUESDAY, SEPTEMBER 16
MURIEL RICHARDSON AUDITORIUM
AT THE WINNIPEG ART GALLERY
300 MEMORIAL BLVD 7-9 PM



Created by Canadian filmmaker, musician and meditation teacher Daniel Schmidt, the film explores the nature of existence from the perspectives of modern science and traditional spiritual teachings. The stated goal of the film is to awaken humanity to a new world view and higher level of consciousness in order to restore balance and harmony on the planet.

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This presentation is part of Winnipeg's Peace Days 2014. For more about Peace Days, see page 4.

LIGHT Special Events

(continued from page 1)

Inner Worlds, Outer Worlds has won numerous international film festival awards, including an Award of Excellence at the Canadian International Film Festival, Vancouver 2013 and the Peace Award of Excellence at the International Festival for Peace, Inspiration and Equality in 2013. The film is notable for its outstanding visual imagery and success in capturing the essence of timeless spiritual teachings and their relevance to the challenges of the contemporary world. In the words of one reviewer: "The content is rich and deep, presented in brilliant sequences with amazingly high production values. The visuals are nothing short of stunning and the subject matter impeccably presented and researched."

Tuesday, October 21 - 7:00 p.m.

Jules Lavallee: "Spiritual Teachings from a Native Elder"

Each culture attempts to provide a basic structure upon which to make sense of life. We try to understand the Great

Mystery. Respected elder and teacher Jules Lavallee will present the Coming of the Pipe, the Teaching of the Pipe, the Seven Sacred Teachers of the Pipe and other traditional teachings. These spiritual teachings point us to a way that can bring us back into oneness with our Creator and all of Creation.

Jules Lavallee has taught courses through the Universities of Winnipeg and Manitoba, and currently works as an Elder for Red River College and Addictions Foundation of Manitoba. He and his wife Margaret founded the Red Willow Lodge healing centre east of Anola.

Location:

Harrow United Church - Lower Hall
955 Mulvey Ave. (at Harrow)

No admission charge - donations gratefully accepted.

Wednesday, November 19 - 7:00 p.m.

Tanis Moore: "Sound and Healing"

The vibrations of nature, musical instruments and the human voice have healing qualities which deeply affect us on physical, emotional and spiritual levels.

Tanis will lead a discussion covering the vibratory healing effects of sound and how sound therapy can be used as an aid to healing. Tuning forks will be available for the chakras, meridians and solfeggio scale so that participants can observe how these are used in Tanis's own healing practice and to demonstrate the sounds of the chakras. Internet sources and references will also be provided for further in-depth investigation and study.

Tanis Moore works as a healer centered around the CranioSacral Therapy protocol and includes medical intuitive techniques, acupuncture, Therapeutic Touch and other modalities such as the use of tuning forks in her practice. She has had an interest in sound/healing vibrations since she first heard of toning used in healing practices. Her experiences with crystal bowls demonstrated the power of sound vibrations and the drumming circle she is involved with showed how energy is drawn to the circle and can be directed with intention.

Location:

Harrow United Church - Lower Hall
955 Mulvey Ave. (at Harrow)

No admission charge - donations gratefully accepted.

LIGHT Website Additions

A new series of essays entitled "An Extended View of Man" will soon be added to the Writings section of the LIGHT website. By integrating findings from diverse scientific fields (archaeology, anthropology, genetics, sociology, psychology, history) with traditional spiritual and esoteric teachings, they provide an overview of human history and the spiritual evolution of humanity. They reveal the amazingly diverse expressions of human activity and spirituality throughout the ages, as well as the discontinuous nature of the evolutionary process - which is full of surprises and unexpected leaps of development. The essays also present alternative viewpoints on human history and evolution (e.g., Atlantis) and explore the possibility of an 'inner circle of humanity,' who guide the spiritual destiny

of the human race. Here is an outline of the topics covered in the seven essays:

- Science and biological evolution, alternative perspectives, progressive models of evolution, conscious evolution
- The dawn of Human evolution, the emergence of modern man, the Neanderthals, Homo Sapiens Sapiens or Modern man, higher intervention in the evolution of Humanity
- Atlantis: myth or reality, the Great Flood and other cataclysms, Ancient Egypt
- The Inner Circle of Humanity, esoteric knowledge and Schools, the Agricultural revolution, the Megaliths, the flowering of civilization
- The origins of Christianity, Jesus of Nazareth, Esoteric Christianity

- Timeless tradition of wisdom, Western Esotericism, Islam and Sufism, Alchemy, the nature and continuity of the esoteric stream
- Advaita Vedanta, Zen and Tibetan Buddhism, Gurdjieff and the Fourth Way, contemporary Sufism

We also wish to draw your attention to previously added chapters under the heading Spiritual Writings, which present the essential, universal teachings of the world's wisdom traditions, selected to illuminate and challenge our understanding of the human potential and the nature of reality in ways appropriate to our contemporary time and culture.

Sound, Vibration, Music and Healing

In everyday life the vibrations of sound and music accompany countless human endeavours. We often hum a tune when happy, mothers soothe their babies to sleep with gentle lullabies and repetitive manual work is often accompanied by rhythmic music or song.

The invocation or repetition of words and phrases as a means of spiritual development is widely practised in many different religious and spiritual traditions throughout the world. For instance, *mantras* have been used in Hindu, Buddhist and Taoist traditions for thousands of years, and the Sufis have employed *zikrs* in their spiritual practices. The early Desert Fathers recited "Lord Jesus Christ have mercy on me," as part of their life of solitude and prayer, and the 'Prayer of the Heart' is a fixture of Eastern Orthodox Christianity.



These techniques have been employed to control the energies of the mind in a very specific manner: "The mind is a channel, a swift current of thoughts and a mantra is a dam put in the way of this current to divert the water to where it is needed." When properly pronounced, parts of the body which are out of harmony are re-orchestrated into a unified whole. Each organ of the body responds to the vibration of certain sounds which have healing properties.

It is believed that sacred words and phrases have great inherent spiritual potency and are a link to the primordial energy of the universe. For example, the

Sanskrit word "OM" represents divine Shakti energy and signifies the ultimate truth that all is one. When this powerful spiritual energy is harnessed through the recitation of special sacred sounds it can be projected for the purpose of healing.

Perhaps the most developed form of sound is sacred or transcendental music. This type of music is based on mathematical laws governing sound vibrations and their relationship to the human psyche: "Objective music affects all people in the same way. It not only touches the feelings but transforms them, bringing the listener to a unified or harmonious state within himself and thus to a new relation with the universe which is itself a field of vibration."

Some examples of this spiritually refined music are Christian Gregorian chants, Indian ragas, the songs of the harmonic singers of Mongolia, Tibetan Buddhist chanting, Western classical music composed by Bach, Beethoven, Mozart and others, and the music of Gurdjieff and Thomas de Hartmann.

The origins of sacred music can be traced to Neolithic times, when ancient shamans used their voices and rhythm instruments to heal and initiate others, and connect with the spirit realm. This type of music can also be found in some of the root cultures of the ancient world such as Egypt and especially India, which might be considered the 'mother source' for many later expressions of sacred sound such as mantras and chants. In the 6th century B.C., the esoteric school of Pythagoras in Greece codified many of the mathematical properties of music (vibration, the octave), a knowledge that was later transmitted to other countries of the Western world.

Science now recognizes the relationship between the properties of music and certain psychological and physiological effects on the listener. In recent years there have been a number of studies which provide scientific evidence that different components of music influence different aspects of the human

being. It confirms what most of us intuitively understand: rhythm moves the body, melody and harmony touch the emotions and musical form and structure appeal to the intellectual mind.

In a more subjective sense, sacred music can take the listener out of the normal human condition to a new level of experience of an evolutionary nature. We see glimpses of a larger universe, imbued with sacred meaning and purpose. At Gurdjieff's school in France in the 1920s, his student Thomas de Hartmann would play Gurdjieff's music on piano. The effects on the students were profound: "Some of them were so moving as to be almost unbearable, and the tears would stream involuntarily down our cheeks. One of the pieces consisted of slow and solemn chords of the most divine harmony, and in the overtones one could hear a sort of joyful singing as of the voice of a seraph. The only thing comparable to these hymns of Gurdjieff is some of the very early church music such as can be heard in Notre Dame, and some of that of Bach, who at times touches the higher emotional centre."

Mainstream Western science and medicine are only beginning to discover and accept the healing qualities of sound and music, although their efficacy has been known in traditional cultures for millennia. With no debilitating side effects, this non-invasive form of therapy has great promise as a treatment for both physical and psychological disorders, especially when combined with other natural forms of holistic medicine.



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LIGHT's membership year begins on September 1.

To become a member:

- Fill in a membership form
- Attach \$20 (cash/cheque) or provide your credit card information and signature
- Leave it at any LIGHT event or mail it to the address at the bottom of the form

Peace Days 2014

Winnipeg will be hosting "Peace Days 2014: A Festival of Peace and Compassion" running from Thursday September 11 through to the International Day of Peace on Sunday September 21. The purpose of the festival is to advance peace, social justice, compassion and human rights in the world. LIGHT will be screening the film *Inner Worlds, Outer Worlds* as part of Peace Days (details on page 1).

Peace Days was inspired by Rotary World Peace Partners in 2010, and grew out of a desire to celebrate the United Nations International Day of Peace, designated as September 21 each year. In 2010, Winnipeg celebrated with a Concert for Peace, where music was the medium to commemorate the importance of working toward a more peaceful and compassionate society. Peace Days evolved, and in 2013 became a week-long festival with community events from the International Day of Democracy on September 15 to the International Day of Peace on September 21. LIGHT participated by holding a panel discussion on "Spirituality and Peace" at Charisma restaurant on Tuesday September 17.

The mission of Peace Days is to promote and advance peace and compassion as well as highlight the harmony and cultural diversity of the citizens of Manitoba by exposing the general population to a multitude of activities and organizations that embody the culture of peace and compassion.

This year Peace Days will include a diverse, stimulating program of events throughout Winnipeg to appeal to all ages.



Beginning this year on September 11, to coincide with the start of Compassion Games, Peace Days 2014 will be especially exciting as it also coincides with the official opening of the Canadian Museum for Human Rights on September 20.

Besides the LIGHT event on the evening of Tuesday September 16, you may also be interested in some of the other events taking place during the week, including:

Tuesday September 16, 12:15 p.m.
Statue of Gandhi near the Canadian Museum for Human Rights
"A Circle of Silent Contemplation"

Wednesday September 17, 7:30 p.m.
St. Peter's Anglican Church
755 Elm St.

Winnipeg Insight Meditation Group
A twenty minute guided meditation on cultivating peace in our heart towards ourselves and others.

For more information, visit the website www.peacedays.ca