

Coming Events

LIGHT is pleased to announce our upcoming events for September to December 2012.

There is *no admission charge* for any of these events, but donations are gratefully accepted.

LIGHT Lecture Series

The talks will be held on the first or second Tuesday of each month. Attendees are invited to a buffet starting at 6:00 p.m., with the talk to follow at 7:00.

Location: Charisma Restaurant
 83D Sherbrook St.

Tuesday, September 11

James Jupiter: "Pathways to Spirit"

Throughout history human beings have sought to harmonize with the sacred spiritual dimensions of life. Join James Jupiter for an exploration of this fascinating journey to discover the highest reaches of human potential and the paths to approach and realize this possibility. Learn about the development of spirituality and its varied expressions on our planet from the ancient myth of Atlantis to contemporary spiritual teachings.

James Jupiter has explored a wide range of Western and Eastern spiritual teachings for more than 35 years. He received his M.A. in Psychology from the University of Manitoba and, in his private practice, integrates traditional and contemporary approaches to human spiritual development and fulfillment.

Tuesday, October 2

Anna Olson: "Do Children Remember Past Lives?"

The presentation will explore the intriguing topic of past lives, especially in relation to children. Although certain religions and the general scientific community deny the possibility or reality

of past lives, there is abundant evidence, especially the work of Dr. Ian Stevenson, supporting the idea. The talk will convey the importance of listening to children's past life memories, how to tell if such a memory is real or a fantasy, and offer practical advice on how to handle a child's revelation of a past life memory.

Anna Olson is a freelance writer and editor with a special interest in metaphysics. She founded Winnipeg's 'New Age Connection' and for many years was the editor or co-editor of 'The Aquarian.' (See the interview with Anna Olson starting on page 3.)

Tuesday, November 6

Kay Stone with Nandita Selvanathan: "Flavours of India 2"

Storyteller Kay Stone and musician Nandita Selvanathan return for another entertaining evening, with new stories and new music. Bring your hearts and ears! (And questions, too.)

Kay Stone, folklorist, storyteller, writer and artist, was born in Detroit, Michigan and raised in Miami, Florida. In Winnipeg, she started her teaching career at the University of Winnipeg, where she taught folklore, children's literature and storytelling for almost 30 years. Nandita is a musician from India trained in Indian Classical, Tagore's music and folk songs, as well as popular songs of other Indian styles.

Tuesday, December 4

Ian Whicher: "All Life is Yoga"
(postponed from last June)

While Yoga today in its more popular expressions is primarily associated with a physical culture for which it is well known, little is understood about the deeper aspects of Yoga that both transcend and include human life and our potential for greater freedom and fullness and relational wholeness. Throughout its long historical development all forms of Yoga discipline ultimately are intended to converge in the One Life called Yoga, a life that is free from affliction yet includes a freedom for the world and for the benefit of Life everywhere.

A long-time Yoga practitioner, Dr. Ian Whicher is a Professor and Head of the Department of Religion at the University of Manitoba.



LIGHT Special Events

Autumnal Equinox Concert: Sound Healing Celebration

Saturday, September 22 - 1:00 p.m.

Location: Unity Church
300 Arlington St. (just north of Portage)

Admission: \$10
(**LIGHT** members \$8.50)

Pianist Deborah Judith and vocalist Jacqueline Cuthbert will be presenting a very special musical healing invocation, in celebration of the Autumnal Equinox, the Earth's point of equilibrium between day and night. With higher balance as their focus, these inspiring and accomplished artists will channel a musical blending that is specifically created in the moment for the audience and dedicated to the highest forms of wholeness, integration and loving well-being.

Jacqueline Cuthbert is a student at Aromansse yoga and meditation, and has been certified as a sound healer by Tom Kenyon.

Ron Bell: "Petroform Teachings"

Wednesday, October 17 - 7:00 p.m.

Location: Robert A. Steen C.C.
980 Palmerston Ave. ~ Fireside Room
(side entrance off the parking lot)
No admission charge - donations gratefully accepted

Petroforms, which may date back to 8,000 years ago, are patterns or shapes created by the formation of large rocks and boulders. The Bannock Point Petroforms in Eastern Manitoba are laid out in the form of turtles, snakes and humans, as well as abstract patterns. First Nations people believe that they were built for the benefit of all those who visit the site to receive their teachings and healing. Ron Bell will discuss traditional teachings, the history and creation of petroforms, their meaning and purpose, and interpret their past and present usage.

Ron Bell has been keeper of the Bannock Point Petroforms in Whiteshell Provincial Park for close to 58 years and has sundanced for 24 years. He follows a traditional way of life and works with inner city children to share the petroform teachings with them.

Film: "Crop Circles: Messages From the Cosmos" (narrated by Francine Blake)

Saturday, November 24 - 1:00 p.m.

Location: Unity Church
300 Arlington St. (just north of Portage)

Suggested donation: \$5.00

A film about the source, symbology and spiritual significance of these mysterious geometrical patterns that have appeared in various kinds of vegetation since ancient times.



LIGHT Board

We would like to announce the following changes to the **LIGHT** board of directors: Bonnie Wrighton has resigned and Victor Popow has replaced her as a new board member.

LIGHT would like to thank Bonnie for her years of valuable service on the board. Her background as a clinical psychologist and deep interest in Tibetan Buddhism brought an intelligent and common-sense perspective that made **LIGHT** a better community organization. We wish her the best in all her future endeavors.

Victor Popow has an extensive knowledge of metaphysical and spiritual teachings and for many years has been involved in Freemasonry. He is past president of Templum Sion in Winnipeg and has contacts with Freemasons throughout the world. During the past few years Victor has given a number of presentations for **LIGHT** and has been a strong supporter of our mission to foster inter-faith and cross-cultural understanding and to share the world's spiritual teachings with the community.

LIGHT Library

The intention of the **LIGHT** library is to share with the community the most significant and helpful selections from the world's spiritual and metaphysical teachings.

LIGHT has added a number of important titles to the **Gurdjieff and the Fourth Way** section of the library. They include recently published books by direct students of Gurdjieff (Henriette Lannes, Hugh Ripman and Patty de Llosa) as well as selections from second-generation students and new transcripts of Gurdjieff's conversations with pupils in Paris during World War II. There are also new titles in the **Sufism** and **Spiritual Biographies and Autobiographies** sections.

The library catalogue can be accessed through **LIGHT**'s website. Suggestions for new additions to the library are always welcome.

LIGHT Interview: Anna Olson

Anna Olson has been a fixture in Winnipeg's New Age and spiritual community for many decades. Born in England, she moved to Manitoba at an early age and spent her formative years in Winnipeg, later marrying and raising three children. She took a number of writing courses in high school and university, then began freelance writing from her home for local newspapers. During this period she developed a strong interest in environmental issues, holistic health and metaphysical teachings. Her enduring life interest has been writing, editing, learning and exploring the world of metaphysics and spirituality.

Q: Could you tell us the story of your role in the 'New Age Connection' and 'The Aquarian,' two of Winnipeg's most iconic community newspapers?

In 1987, with help from some friends, I launched the 'New Age Connection.' It was a personal journey into the unknown as I suddenly had to learn desktop publishing, accounting and many other business skills. But with the support and encouragement of others the community newspaper was successfully published as a quarterly. In 1990 the 'New Age Connection' morphed into 'The Aquarian' where I remained editor and co-editor with Syd Baumele. It continues to thrive to this day.

Q: How has your own spiritual journey played a role in your life?

When I was in my 30s I was profoundly affected by reading a highly influential book current at the time, *The Findhorn Garden*. It inspired me so much that I travelled to Findhorn, Scotland and



visited that fascinating and magical place. The trip greatly enhanced my understanding of the earth spirit, elemental energies and spirit beings. The next major transformative experience in my spiritual evolution was the birth of my third child.

(Continued on page 4)

An Exploration of Sacred Music

LIGHT recently talked with Deborah Judith about the nature of sacred music and Deborah's and Jacqueline Cuthbert's upcoming concert on September 22 at Unity Church.

What are the origins of sacred music and what are some of its historical and contemporary expressions?

Sacred music can be traced to Neolithic times where ancient shamans used their voices and rhythmic instruments to heal and initiate others, and connect with spirit realms. 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 sixth 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.

There are many examples of sacred music drawn from different cultures and time periods:

- Christian Gregorian chants
- Indian ragas, including contemporary exponents such as Ravi Shankar and Ali Akbar Khan
- Sufi zikrs or recitations and the ecstatic singing of the late Nusrat Fateh Ali Khan
- Tibetan Buddhist chanting
- Western classical music, including Bach, Beethoven, Mozart and others
- The music of Gurdjieff and Thomas de Hartmann
- Contemporary artists such as Arvo Pärt, Philip Glass, Steve Reich and Lubomyr Melnyk.

How does sacred music affect the listener?

There have been some interesting physiological studies which show that different components of music influence different aspects of the human being. Rhythm moves the body, melody touches the emotions and musical structure appeals to the intellect. Sacred music embodies a fourth impulse as it communicates directly with the deepest core of our being, with our spiritual nature. The music can take us out of the normal

human condition to a new level of experience of an evolutionary nature. We see glimpses of a larger universe, a greater reality imbued with sacred meaning and purpose.

What role does the setting and audience play in the performance of sacred music?

The setting is crucial. One hopes for an environment that has a spiritual ambience such as church, cathedral or other sacred space. Natural light is important, as is fresh air, perhaps flowers, spiritual scents and harmonious colours. The space can be prepared and sanctified by meditation, invocation or smudging to remove any negative energy. The audience and musicians mutually interact and influence each other. In a live concert the performer is not always aware of the effect on the audience and so feedback and mutual exchange of energy is very important. When both musician and listener are in perfect harmony, a special grace or blessing may descend from the level of Spirit and spiritualize those who are receptive to this gift from Above.



LEARNING INSTITUTE FOR
GROWTH, HEALING AND
TRANSFORMATION

980 Dorchester Avenue
Winnipeg, Manitoba
R3M 0S1

Phone: (204) 453-2717

E-mail: info@lightwinnipeg.org

Website: www.lightwinnipeg.org

Directors

Karen Barkman
Tim Freeman
Victor Popow
Douglas Staley
Ernie Strauss

Newsletter Editor:

Ernie Strauss

Contributors to this issue:

Deborah Judith
Doug Staley

**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

Anna Olson Interview

(Continued from page 3)

I prayed for guidance from Mary and Jesus who appeared as a vision at the birth and wrapped the baby and me in white light. To this day I continue to pray to Mary and Jesus for guidance.

Q: Have you or any of your friends had past life experiences?

A number of my friends have related conversations with their children that are very suggestive of past life experiences. Reincarnation is real to me because I have experienced past lives myself. About 25 years ago I went to a regression therapist out of curiosity. During the session I relived past life events that seemed very credible because the memories were associated with certain physical sensations. In one life I was a young soldier shot in the lower back and became paralyzed as a result. As I described the incident I felt a shock at the base of my spine which went down to my toes and up to the top of my head at the same time. In another past life memory I died in a fire and, sensing three distinct stages to the death, eventually felt my spirit leave my body.

Q: How did your interests in death, dying and reincarnation develop?

At first, I gained information through my circle of friends and colleagues at the 'New Age Connection' and 'The Aquarian.' As editor I was often sent books to review and these exposed me to new ideas and possibilities. Four years ago I read several books about the "oversoul," which inspired me to give a talk for LIGHT at Charisma and later present workshops to various community groups. Recently I read Carol Bowman's *Children's Past Lives* and was strongly influenced by her thesis that parents can help their children with remembrances of past lives. Her book is the major inspiration for my upcoming LIGHT presentation.

Q: How did you research the topic of past life memories?

I drew from my own experiences and reading, those of my friends, books and published material in both the scientific and metaphysical disciplines. For instance, Tibetan Buddhism has a rich history of spiritual teachings related to the 'bardo' or after-death experiences. And in the Western tradition there are many studies of hypnotic regression that shed light on the phenomenon of past lives.

One influence on my understanding of past lives is the work of psychiatrist Dr. Ian Stevenson whose books *Twenty Cases Suggestive of Reincarnation* and *Children Who Remember Past Lives* provide compelling evidence for the existence of past lives across cultures and religions. And of course, Carol Bowman's idea that parents and caregivers should know about past lives in order to help children, was very inspirational.

Q: What are your feelings about predestination, fate and free will?

I believe there is a complex interactive relationship between these forces. My understanding is that Spirit descends to the earth plane with a "list" of goals, challenges and interpersonal connections, but this "list" is not rigidly enforced. It is more like a "magnetic pull" towards certain people, circumstances and events.