



VOLUME 8, NUMBER 1

JANUARY 2010

Coming Events

LIGHT is pleased to announce these events for February to May 2010.

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 Tuesday of the month. Attendees are invited to a buffet starting at 6:30 p.m., with the talk to follow at 7:00.

Location: Charisma Restaurant
83D Sherbrook St.

Tuesday, February 2

Ervin Bartha, Lubomyr Melnyk and Deborah Judith: "What Is Conscious Music?"

Conscious music dissolves mechanically conditioned, unconsciously recurring patterns, helping to guide and awaken consciousness to the inherent source of its unconditional potential. Join author/recording engineer/producer Ervin Bartha, and pianists/teachers Lubomyr Melnyk and Deborah Judith, as they present some of the underlying principles of "conscious music," including musical demonstrations.

(See the interview with Ervin, Lubomyr and Deborah on page 4.)

Tuesday, March 2

Doug Tataryn: "Implications of the Triune Brain on Human Development and Spirituality"

The EBIQ model (first presented by Doug in his March 2007 talk) shows how the unfolding of the physical, emotional and intellectual brains, in an individual, then a collective, context is responsible for the distinct stages of human development and our evolving relationship with Spirit. Audience members will be encouraged to reflect on their own developmental creation of previous, present, and possible future selves.

Dr. Douglas Tataryn is a clinical psychologist in private practice who works within an integral framework, acknowledging the behavioural, somatic, emotional, cognitive, and spiritual dimensions in his work with clients.

Tuesday, April 6

Doreen Holmes: "The Healing Power of Sacred Medicine Stories and Mystical Poetry"

Doreen is an ordained minister with the Alliance of Divine Love. Reverend Doreen has been named a mystic, a medicine woman, and an ordinary woman touched by the extraordinary. She is guided by her Christian mystical path and her Métis ancestry.

Tuesday, May 4

Chad Cornell: "Holistic Healing: The Wisdom of Nature"

The holistic model embraces the sacredness and inter-connectedness of life and the natural methods used for healing. Holism offers a vehicle that gathers ancient and modern perspectives for addressing the body, mind, and soul collectively. We will briefly review the core principles on the path of healing or "wholeness" from this perspective.

Chad Cornell operates Hollow Reed Holistic, a clinic and herbal dispensary in Winnipeg, and is a graduate of Wild Rose College of Natural Healing (Calgary), one of the world's leading natural healing colleges. Chad's goal is to awaken, inspire and renew our inherent connection to the plant kingdom that surrounds us.

The presentation will be preceded by a brief Annual General Meeting of LIGHT.

LIGHT Film Series

LIGHT will be presenting a series of films with spiritual themes once a month, starting in February.

Location: Robert A. Steen C. C.
980 Palmerston Ave. ~ Fireside Room
(side entrance off the parking lot)

Dates:

Sunday, February 21 - 7:00 p.m.

Gurdjieff's Legacy: Establishing the Teaching in the West

This final video of the trilogy "The Life and Significance of G. I. Gurdjieff" documents Gurdjieff's teaching mission in the West from 1924 until his death in Paris in 1949. Much of the video was filmed on-site in France, England and the United States, adding authentic detail to the narrative.

Sunday, March 21 - 7:00 p.m.

10 Questions for the Dalai Lama

This documentary by the explorer and filmmaker Rick Ray examines some of the fundamental questions of our time by weaving together observations from his own journeys throughout India and the Middle East, and the wisdom of Tenzin Gyatso, the 14th Dalai Lama.

Sunday, April 18 - 7:00 p.m.

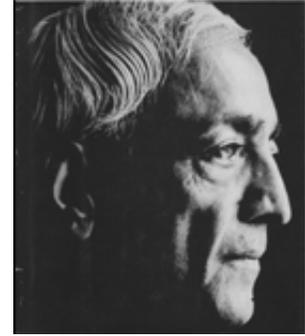
In God's Name: Wisdom from the world's great spiritual leaders

A National Geographic documentary which presents the intimate thoughts and beliefs of 12 of the world's most influential spiritual leaders, offering their perspectives on myriad issues in our post-9/11 world, including the rise of terrorism, fanaticism, intolerance and war.

LIGHT Lending Library

LIGHT has added a new section to its Lending Library devoted to the works of Jiddu Krishnamurti (1895-1986). Krishnamurti was a renowned spiritual teacher whose talks and writings have inspired millions of people throughout the world. Hailed by many from youth as a great teacher, he rejected adulation and leadership in order to encourage spiritual freedom and self-discovery. Krishnamurti spent his life expounding a revolutionary and totally original teaching which pointed the way for

each person to find the truth themselves, independent of traditional spiritual authority. The LIGHT library contains many of Krishnamurti's seminal books, including *Commentaries on Living*, *The Awakening of Intelligence* and *The Wholeness of Life*. The library catalogue can be accessed through LIGHT's website.



New LIGHT Board Member

We are pleased to announce the addition of Bonnie Wrighton to the LIGHT board of directors. Bonnie is a retired psychologist, having worked at an inpatient psychiatric facility in northern California for 24 years. She has been a student of Tibetan

Buddhism for 20 years and spends her time in retirement as a student of watercolour painting. Bonnie's extensive involvement with spiritual teachings and her previous experience on the boards of other organizations makes her a welcome addition to the LIGHT board.

In Memoriam: Joan McLaren

LIGHT would like to pay tribute to Dr. Joan McLaren, who passed away at her home in Winnipeg on December 8, 2009. Joan was an enthusiastic supporter and long-time member of LIGHT. She gave two wonderful presentations as part of LIGHT's lecture series. In May 2006 she spoke on the "Spiritual Dimensions of the Tarot" and her May 2007 talk, "Your Body Speaks Your Mind: the BodyMind Connection," explored everyday practices in working with the body and subconscious mind.

Joan was a gifted teacher who taught elementary and high school students for many years, as well as university courses. After getting her PhD in Administrative Studies, she rose to become director of program and staff development at Red River College. For her deep commit-

ment to women in education, in 2001 she was honoured with the YWCA Woman of Distinction Award. She also founded her own business—McLaren Research and Consulting—and trained and practised as a family counselor.

Joan was a wide-ranging and inquisitive reader who studied a variety of spiritual and metaphysical teachings throughout her life. But her greatest passion was the Tarot—sometimes referred to as "The Fool's Journey." For many decades she taught classes in Tarot and gave insightful readings to countless appreciative clients. She had an inquiring mind, a warm, generous heart and a powerful intuitive gift. Joan McLaren embodied a living wisdom that few possess; she will be dearly missed by all who knew her.



LIGHT Symposium on Spirituality and Healing



LIGHT will be presenting **Healing with Spirit: A Symposium on Spirituality,**

Health and Healing on Friday and Saturday, June 4-5, 2010 at Winnipeg's historic Fort Garry Hotel. Although conferences of a similar nature have been held in a number of other Canadian cities, this is the first offering of its kind in Winnipeg. An evening reception and keynote address by Jonathan Ellerby, PhD will be followed by a series of concurrent workshops and closing ceremonies on Saturday morning and afternoon.

There is a growing recognition in the health care field that healing and optimal health require an integrated holistic approach that recognizes the intimate relationship between body, mind and spirit. The primary aim of the symposium is to provide a diverse, multidisciplinary, multi-faith forum to explore the relationship between spirituality, spiritual practices, healing

and optimal health. The specific symposium objectives are:

- To highlight the importance of spiritual well-being both individually and collectively
- To share interdisciplinary expertise from a broad range of health and spiritual care providers by creating a forum dedicated to understanding the relationship between health and spirituality
- To provide opportunities to learn and experience spiritual practices congruent with health and healing

Workshop presenters will be drawn from a wide range of traditional health care disciplines (medicine, psychology, nursing, pastoral care, health education), complementary healing modalities (yoga, meditation, reiki, therapeutic touch) and creative therapies (music, art, play, dance, movement). Individual topics for the workshops will include energetic healing techniques, mind-body-spirit integration, art therapy

and healing, meditation and mindfulness. Keynote speaker Jonathan Ellerby will also be presenting a workshop on Saturday.

By bringing together individuals, groups and organizations with a common spiritual and healing perspective we hope to share contemporary cutting-edge ideas and practices that facilitate our understanding of the connection between spirituality and health, as well as focusing attention on the importance of an integrated body-mind-spirit approach to healing and health care. The symposium will also provide an opportunity for spiritually-minded individuals to share their knowledge and expertise in the art and science of healing with others in the community.

Further information and updates about the symposium will be available on the **LIGHT** website.

Symposium Keynote Speaker: Jonathan Ellerby

Jonathan Ellerby, PhD will be the keynote speaker at **LIGHT's** symposium on Spirituality and Healing. In his spiritual quest, Jonathan has travelled the globe to meet and study with spiritual teachers, elders and healers from more than 40 cultural traditions. Through his travels, research and personal experience he has gained an intimate understanding of both ancient and modern cultures and the psychology of the spirit, allowing him to synthesize the worlds of indigenous healing and integrative medicine.

Jonathan has also earned a doctoral degree in Comparative Religion with a focus on healing, conducting the majority of his research and fieldwork with traditional healers in South Africa. With his academic background and ordination as an interfaith Minister, Jonathan has worked as a hospital chaplain, healthcare executive, spiritual counselor, healer and business consultant within settings as diverse as

hospitals, prisons, community groups and major corporations.

In his role as Director of Organizational Development and Wellness with the Winnipeg Regional Health Authority (WRHA), Jonathan created programs to facilitate staff spiritual growth and development. One of his most important initiatives was to create a volunteer-based energy healing service for staff at Health Sciences Centre in a way that would educate and introduce them to methods that could ultimately be offered to patients. It was called the "Rainbow Room" because originally there were seven beds, each covered with a blanket representing one of the seven colours used in colour therapy.

Jonathan's first book, *Return to the Sacred*, is an exploration of 12 ancient pathways to spiritual awakening which reflect the unification of body-mind-heart-spirit. He weaves together sacred teachings, colourful tales and personal



reflections as he chronicles his spiritual adventures and experiences with teachers and healers around the world. His second book, *Inspiration Deficit Disorder*, is due for release in 2010.

Jonathan's unique perspective and deep understanding of the world's spiritual traditions enables him to inspire, mentor and guide individuals from all walks of life. He firmly believes that the keys to the spiritual life rest within the talents, passions and sense of purpose each person has carried since birth.

Jonathan is currently the Spiritual Program Director for Canyon Ranch Health Resort in Tucson, Arizona where he resides with his wife, Monica, and son Narayan.



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LIGHT Interview: Ervin Bartha, Lubomyr Melnyk and Deborah Judith

Q: What is conscious music?

Conscious music, sometimes called transformational music or sacred music, is intended to affect human consciousness in a transcendental manner. It touches the essential being of each person in an objective, universal way and evokes higher impulses conducive to spiritual unfolding. The intent of this music is to serve humanity in the journey to human completion and enlightenment. Unlike most music, where each individual responds to the music subjectively based on their conditioned personality and background, conscious music touches our deepest being, awakening compassion, conscience and a yearning for the sacred and divine.

Q: Are there any historical or contemporary examples of conscious music?

Although conscious music is not well known in our modern Western world, it has deep roots which can be traced back thousands of years. Throughout history human beings have created sound patterns which impact consciousness through vibrational resonance with the deeper self, similar to other sacred art forms such as dance, architecture, sculpture, carpet design, ritual and ceremony.

The traditional music of Indian ragas, Middle Eastern melodies and Tibetan Buddhist chants are examples of this type of music. In more recent times, certain classical composers like Bach, Debussy and Rachmaninoff have created works that have the quality of sacredness and transcendence. In the 20th century the musical collaboration of spiritual teacher G.I. Gurdjieff and composer Thomas de Hartmann created a body of sacred music that many consider an example of objective art.

Q: Does this music have healing qualities?

Conscious music operates on many levels from the physical to the aesthetic to the spiritual. When there is a natural openness and attunement to the music negative energy patterns can be dissolved and a harmonization of the inner being occurs. The music acts as a healing medicine.

Q: How did the three of you meet?

Four years ago Deborah and Ervin attended a concert recital at the Winnipeg Art Gallery by pianist Lubomyr Melnyk. They heard a musician of a different order than any they had previously encountered and were deeply moved by the sublime, transcendental quality of the music. A subsequent friendship and musical association followed. In recent years Lubomyr and Deborah have presented a series of captivating performances in Winnipeg.

Q: What is the nature of Lubomyr's music?

Lubomyr, who has been acclaimed on both sides of the Atlantic as one of "the most innovative and creative pianists of the twentieth century," has developed his own musical vocabulary which he calls "continuous music." The music is so named because it is a continuous progression of simultaneous notes with no break in the music. Notes pour endlessly from Lubomyr's fingers as listeners are enveloped by an ever changing flow of melodies, counter-melodies, harmonics and overtones. The polyphonic nature of the piano is ideal for creating the overtones and harmonics which combine, repeat and develop in the midst of subtle, unexpected discontinuities.

Q: How do Lubomyr and Deborah collaborate musically?

Deborah's music could be considered neo-impressionistic and complements the piano offerings of Lubomyr. She improvises free-form in response to the mood of the audience and her state of attention and presence. When they perform together they blend their skills to create a musical whole that is greater than their separate parts.

Q: What role does the audience play in a performance of conscious music?

The music comes alive in the presence of an attentive audience who create a circulation of energy when they are 'awake' and receptive to the music. The unification of performer and audience accesses a higher realm of being which connects to the universal Spirit.



Lubomyr Melnyk and Deborah Judith