

Coming Events

LIGHT is pleased to announce these events for February to June 2013.

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 6:00 p.m., with the talk to follow at 7:00.

Location: Charisma Restaurant
 83D Sherbrook St.

Tuesday, February 5

Elizabeth Krahn: “Unraveling and Transforming Family Legacies - A Spiritual Journey”

Each of us embodies the psychic history of past generations, which consciously or unconsciously shapes our personal development. In a visual and narrative journey to Stalinist Russia, Elizabeth will share how internalization of her parents’ traumatic history was, at first, a barrier to wholeness but later fuelled her growth.

Elizabeth Krahn has been in the process of ‘waking up’ for many years, which has involved the practice of alternative healing modalities and active engagement in spiritual work and community. She has recently received her MSW from the University of Manitoba and works as a counsellor and qualitative researcher.

Tuesday, March 5

Lisa Marie Tucker: “Singing Your Song”

We enter the world with a unique song or vibration, and at times throughout our lives we become in sync with the thoughts and vibrations of others, making it difficult to follow the music that we hear.

This session will help you reconnect with your authentic self, begin to hear your song, and create a life of authenticity and harmony.

See the interview with Lisa Marie Tucker starting on page 2.

Tuesday, April 2

Jules Lavallee: “The Wolf Teaching”

The Wolf Teaching is a traditional aboriginal teaching which employs the power of Spirit to heal through visualization, the sharing circle and awareness of the connections between attitudes and behaviour. It helps us understand how we imprison our true spiritual nature through self-imposed beliefs and external influences.

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.



Tuesday, May 7

Blake Surman: “The Experience of Meditation”

Meditation techniques and individual practices are wide and varied. In his presentation, Blake will delve into the topic of meditation generally, keeping things basic. As well, members of the audience should feel free to share their own personal experiences. We can all learn from each other.

Blake Surman taught high school for 32 years and retired in 2008. He began meditating at age 20, and has explored several techniques over four decades.

Tuesday, June 4

Beth Martens: “Finding Your Soul’s Voice”

What stands between how things look right now and a positive, healthy and life-supportive shift on earth? One of the major obstacles we face, on our own and collectively, is that we struggle to express what we know to be true, real and in line with our life purpose. This talk on finding your authentic voice is a window into the three obstacles that stop us from taking the risks we need to in order to become fully self-expressed, and how to get past them.

Beth Martens is a mantra singer, truth teller, fire starter, tribe builder, yoga coach and mother of a young son, who feels passionate about helping women find their voice.

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

(More events on page 2)

LIGHT Special Events

Film: "Our Common Roots"
Saturday, February 16 - 1:00 p.m.

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

Suggested donation: \$5.00

Join Winnipeg herbalist Chad Cornell for a showing of his acclaimed film "Our Common Roots: Unveiling Our Global Traditions of Healing with Plants" and an in-depth discussion of its implications for the future well-being of our planet. The film covers the therapeutic and energetic qualities of medicinal plants and their importance for optimal health, healing and spiritual growth. "Reconnecting with the intelligence of the plant kingdom, and our global healing traditions such as Ayurveda, may be the most rewarding investment we can make - not only for ourselves, but also for our planet, and all future generations."

Deborah Judith:
Spiritual Re-Awakening Concert
Saturday, March 30 - 1:00 p.m.

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

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

After years of concerts in collaboration with great creative artists, Deborah Judith will present a solo performance of keyboard and vocal improvisations. All of the music comes from Source and is created *in the Now* for the benefit of all who are present. The musical style has been described as Neo-impressionistic and transports each listener to their own Space of healing, rebalancing and rejuvenation of soul, heart, mind and body.



Rosemary Miguez:
"The Importance of the Moon Lodge and Its Teachings"

Thursday, April 18 - 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

The Moon Lodge was a place where women gathered together when they were in their 'Moon Time' or menstruation. It was a place where they learned about the importance of their roles within the community. It was a place of honour.

Rosemary Miguez grew up in Winnipeg, and has worked for various social service agencies. She is also an artist and her spiritual expression is of the First Peoples of this land, which is often referred to as the 'Traditional Way.' She gathers women together at the New Moon for a sharing time and has been responsible to gather women to serve in the Moon Lodge at a Sundance in Manitoba.

LIGHT Interview:

Lisa Marie Tucker

As a composer, recording artist and teacher, Lisa Marie Tucker inspires audiences internationally to connect with their deepest self, others, the earth, and beyond. Her desire to inspire others stems from a lifelong quest to live authentically and to follow the music that she hears. Lisa is a classically trained pianist and vocalist, and a Celtic harper. She holds a B.Ed. and M. Ed. and has over 25 years experience as a teacher in public schools, as the Director of Programs and Exhibits at the Manitoba Children's Museum, and as an instructor in the Faculty of Education at the University of Winnipeg. Lisa also has over 20 years experience as a Reiki Master.

Q: How did you become interested in sacred or transcendental music?

Music has been as natural as breathing for me since childhood. I was aware of the tremendous power of music to support, inspire and enlighten people, and I became intrigued with how people were moved by my music. During the 1990s when I discovered meditation and Reiki, I began to notice how particular kinds of music would allow me and others to become deeply relaxed and more fully present during a Reiki session. My interest in transcendental music began at this point, and over the last three or four years I have studied sound, vibration and healing, becoming quite intrigued with the potential that sound holds for personal and planetary transformation.

Discovering the harp has deepened this exploration for me because the player of the harp receives as much, if not more than the listener, as the vibration of the instrument permeates one's entire body. For me, sharing music with people is not as much about performing as it is about creating a sonic atmosphere or energy field in which people can begin to touch their essence or true self, opening a door to personal transformation.

Q: What are some of the qualities and effects of sacred music which seems to touch the human spirit?

We are vibrational beings; in fact everything is energy and vibrates. The human body is a resonator for sound, being around 75% water, and is in

(Continued on page 4)

The Transcendental Purpose of Art and Architecture

Victor Popow

Conscious artists and architects throughout the ages have understood that the purpose of sacred art and architecture was to lead humanity into a numinous place of vision and union with the divine. The very word *art* means “to fitly join together,” which parallels the Latin root of our word religion: *religio* - to “bind [us] back.” It is important to remember that the purpose of sacred art, like any religious or spiritual experience, is to draw or bind us back into a numinous state within ourselves, or to enable us to merge with an essence greater than ourselves.

That art and architecture should reflect cosmic truths found within nature was well understood by Plato, when he stated “Geometry existed before the creation.” First century BCE Roman architect Vitruvius spoke of the critical importance of building structures rooted in the divine relationships and proportions found throughout nature.

For centuries, the world faiths of Judaism, Christianity and Islam - as well as other, far older spiritual traditions - believed that the perfection of God could be expressed architecturally by means of the cube, the circle and the vertical line. The cube, for example, symbolically expresses the perfection of God and nature through its ratio of 1:1:1. Think of the perfect unfolded cube that becomes the holy cross, the perfect cube of the Holy of Holies in King Solomon’s Temple, the Holy Kaaba (cube) of the Moslems - all are divinely inspired creations. The circle expresses the divine, such as the ancient Egyptian glyph of the sun god Ra, which is seen as a point within a circle. Vertical lines, such as in the obelisk, seem to extend upwards beyond human reach to the sky; they communicate a feeling of loftiness and a connection with God.

Author Graham Hancock, in his book *Heaven’s Mirror*, explains: “There are a number of texts and traditions which hint that the monuments may have been used directly as instruments of the knowledge. They are spoken of as places in which the initiate might be ‘transformed into a god’ or into a bright star.” The pyramids and ancient sacred temples embody multiple layers of transcendental symbolism which express geometric, geodetic, astronomical and philosophical truths. To illustrate: the oldest known religious temples at Göbekli Tepe, in Turkey (11,000 BCE); the Egyptian stone circle of Nabta Playa (6,500 BCE); the initiatory centre at Delphi, Greece; the Egyptian and Chinese pyramids; Greek, Roman and Persian temples; the Khmer temples of Cambodia; the Gothic cathedrals of Western Europe; and even our Manitoba Legislature - all were designed to be experienced *physically* and thereby directly affect the human mind and spirit.

It is also well known that a structure’s siting, the materials employed, its dimensions and inherent design, all play a role in influencing people long after its builders have departed. The Latin word for temple - *templum* - is the word from which “contemplation” is derived: the ancients reasoned that where there was no temple there could be no contemplation.

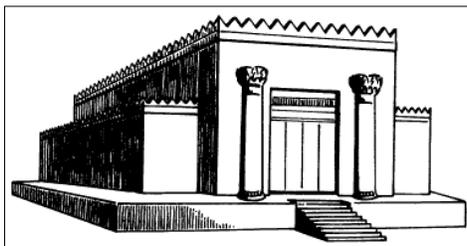
The great Russian artist Wassily Kandinsky, in his *Concerning the Spiritual in Art*, wrote that “painting is an art, and art is not a vague production, transitory and isolated, but a power which must be directed to the improvement and

refinement of the human soul.” Informed builders, artists and musicians have always known, whether consciously or unconsciously, that true art in whatever form can lead people to higher levels of perception. Thus the real work of the artist and sacred builder may be to infuse their work with a ‘magnetizing’ presence through their own intention or will so as to cause an observer to experience something beyond the personal.

Perhaps the transcendental role of art and architecture has never been more important than in today’s world, as socio-economic, political and religious structures undergo unprecedented turmoil and change, as we risk societal collapse from environmental degradation, and as the Mayan Fourth World Age has just ended. The Mayan Fifth World Age is now upon us, characterized by scientific and communications breakthroughs, the rise of the feminine principle and enriched spirituality.

This is precisely the time in which all enlightened artisans should practise with increased vigour, and celebrate their art as validating the message of their ancient predecessors - that everything we create should reflect a greater truth which lies all around us. Art and architecture should not simply be a banal practice serving consumers and the corporate elite, but rather should lead and inspire the human species to a wondrous new age of intellectual and spiritual evolution.

Victor Popow is a **LIGHT**board member, transpersonal abstract artist, Freemason, writer and lecturer.





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Lisa Marie Tucker Interview

(Continued from page 2)

essence a tuning fork resonating with the vibrations and frequencies around us. Our personal vibration fluctuates based on our thoughts, feelings and actions, and is also affected by meeting and absorbing the energy fields of other people, places and events. Our cells communicate through sound and can be altered by sound frequencies that we encounter. When we say that someone or something “strikes a chord” with us or that we have good or bad vibes about someone, we are stating a fact.

Sacred music is purposefully composed to assist the listeners in moving beyond their personalities and into their essence, true self or soul. This is accomplished through carefully weaving together particular tone qualities of instruments, rhythmic patterns, melodies, harmonies, modes, keys, and selecting an appropriate tempo which the listener then entrains to or becomes in sync with.

Q: Why is energy and vibration so important in spiritual healing and transformation?

Our ancestors used sound and vibration for healing and transformation until quite recently. They were creators of music and used sound purposefully in ceremonies, celebrations and healing rituals, and saw sound as a direct representation of the Divine. In the Western world we have unfortunately become consumers of music, and have gradually lost our connection to sound creation. The resurgence of drumming circles in the past few decades speaks to our deep connection to and need for vibration.

Q: What do you envision both personally and collectively for the future of humanity in these challenging times?

As we enter a new age, a new world is being envisioned and birthed. As with all births, this manifests as a combination of anticipation, pain, struggle, surrender and joy as people let go of old ideas, beliefs, habitual ways of



being and the accompanying vibrations. We have an opening or opportunity to create something new, both personally and collectively. The key to such a transformation lies in our willingness to commit to a regular spiritual practice - whether it be meditation, yoga, tai chi or contemplation. The transformative power of these practices is that they allow us to cultivate mindfulness and to awaken to our essence; our soul. Our true nature is pure beingness. As we become rooted in our being we begin to reconnect to ourselves, others, the earth and beyond. In this state of unity, compassion can flourish and therein lies the true gift. Of course we have free will, so we can choose to surrender to the old and journey into unfamiliar territory and ironically come home, or continue on our familiar path.

I am personally going through a rebirth and although it is both scary and exhilarating, I feel an inner movement to continue letting go of the old that does not serve me any longer and embrace the new with grace and joy.

Q: What are the most important lessons you have learned in your life?

I have learned that being as conscious as possible, is life.

I have learned to trust the still voice within.

I have learned that behind negative actions lies fear, and when I recognize that in others, it is an opportunity for me to express compassion.

I have learned to love more deeply and fully.