



VOLUME 11, NUMBER 2

SEPTEMBER 2013

Coming Events

LIGHT is pleased to announce our upcoming events for September to December 2013.

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

LIGHT Lecture Series

The talks are normally held on the first Tuesday of each month.

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, September 17 "Spirituality and Peace"

Join LIGHT for an evening of music, discussion and interactive sharing as part of **Peace Days 2013** (see the article on page 3). LIGHT president Doug Staley will moderate a panel discussion on the relationship between spirituality and peace and its implications in our modern world. Pianist and vocalist Deborah Judith will create a peaceful ambience with offerings of her beautiful transcendental music.

Tuesday, October 1

Doug Staley: "The Spiritual Power of Winnipeg"

Winnipeg's abundant creative and spiritual energy is reflected in its natural setting and its people. Throughout its history the city has been a centre of excellence in many fields of endeavour, including entrepreneurship, scientific research, education, traditional medicine and alternative healing, and the creative arts (music, dance, theatre, art, sculpture, film and animation, storytelling and literature).

The presentation will explore the history, geography, cultural and religious diversity, weather and climate patterns, and astrological and cosmic cycles of Winnipeg that reflect the principle "as above, so below."

Born in Ottawa, Doug Staley has lived in Winnipeg since 1954. His studies of astrology, meteorology, geomancy and sacred earth teachings have helped him to understand the unique spiritual qualities of this fascinating city located in the centre of the North American continent.

Tuesday, November 5

Zain Mohammed: "The Essence of the Bhagavad Gita"

The Bhagavad Gita ("The Song of God") is a treasure of India's ancient wisdom. It reveals that our true nature or Self is masked by *Maya*, which creates the illusion of separateness and duality. The attainment of self-realization and enlightenment entails a letting go of our egoistic clinging to irrational beliefs, thoughts and feelings and turning toward a way of living guided by our Higher Self. The Gita is not an academic work of philosophy but a practical guide for skilful and effective daily living.

Dr. Zain Mohammed, now retired, has many years of clinical experience supervising and training family counselors. He has spent time at the Blue Mountain Meditation Centre in California and has been meditating for over 12 years.

Tuesday, December 3

Ervin Bartha:

"Tantra -The Transcendence of Sex"

Although the term *Tantra* has been in the Western vocabulary and consciousness for several centuries, its true implications have never been understood or realized. Sex is probably the most powerful and misunderstood force in human life. Consciously dedicating our sexual energy/attention to the LovePlay of new Universal Creation and Transformation is an integral element of primordial *AdiTantra*. Ervin Bartha (E. T. Nada) will unveil some of the profoundly illuminating possibilities inherent to our nature as sexual beings - possibilities that transcend the limitations of scale.

Ervin Bartha (a.k.a. E.T. Nada) is an author, artist, photographer, symbolist and navigator of the unknown.



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LIGHT Special Events

LIGHT will be presenting the first public screening in Winnipeg of the film *Inner Worlds, Outer Worlds*, by Canadian filmmaker, musician and meditation teacher Daniel Schmidt. The film could be described as the external reflection of his own adventures in meditation. It will be presented in two separate sessions:

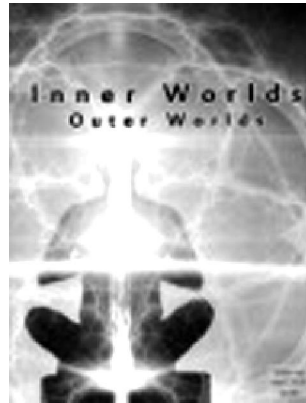
Saturday, October 19 - 1:00 p.m.

Part 1 - Akasha (31 min.) Akasha is the unmanifested, the “nothing” or emptiness which fills the vacuum of space. As Einstein realized, empty space is not really empty. Saints, sages and yogis who have looked within themselves have also realized that within the emptiness is unfathomable power, a web of information or energy which connects all things.

Part 2 - The Spiral (33 min.) The Pythagorean philosopher Plato hinted enigmatically that there was a golden key that unified all of the mysteries of the universe. The golden key is the intelligence of the *logos*, the source of the primordial *Om*. One could say that it is

the mind of God. The source of this divine symmetry is the greatest mystery of our existence.

Parts 1 and 2 will be shown together, followed by a period of reflection, sharing and discussion.



Saturday, November 16 - 1:00 p.m.

Part 3 - The Serpent and the Lotus (28 min.)

The spiral has often been represented by the snake, the downward current, while the bird or blooming lotus flower has represented the upward current or transcendence. The ancient traditions taught that a human being can become a bridge extending from the outer to the inner, from gross to subtle, from the lower chakras to the higher chakras.

Part 4 - Beyond Thinking (32 min.)

Life, liberty and the pursuit of happiness. We live our lives pursuing happiness “out there” as if it is a commodity. We have become slaves to our own desires and craving. Happiness isn’t something that can be pursued or purchased like a cheap suit.

Parts 3 and 4 will be shown together, followed by a period of reflection, sharing and discussion.

Location: Unity Church

300 Arlington St. (just north of Portage)

There is no admission charge for these events, but donations would be appreciated.

LIGHT Library Additions

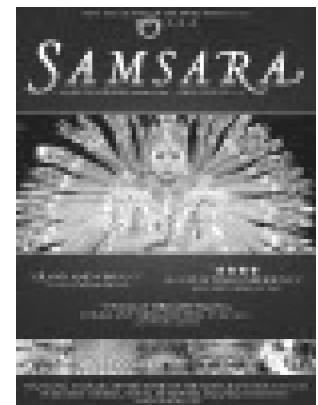
The purpose of the LIGHT lending library is to share with the community the most significant and important selections from the world’s heritage of spiritual wisdom and inner transformation. Many new titles have recently been added to the **Spiritual Traditions and Teachers** sections of the library (Advaita Vedanta, Gurdjieff and the Fourth Way, Sufism, Tibetan Buddhism and Zen Buddhism), as well as to the **Death and Dying** and **Poetry of the Spirit** sections. There are also many new additions of high-quality visually enriching photographic volumes in other sections of the library: **Sacred Art**, **Sacred Architecture**, **Sacred Earth** and **Sacred Gardens**.

As well, LIGHT has acquired a number of excellent DVDs for the **Spiritual Films and Videos** section of the library:

- *Entheogen: Awakening the Divine Within*
- *Bab’Aziz: The Prince Who Contemplated His Soul*
- *Samsara*
- *Zen Garden*
- *European Spiritual Masters*
- *From Selves to Individual Self to the Self*

The library catalogue can be accessed on LIGHT’s website.

Suggestions for new additions to the library are always welcome.



Peace Days 2013

In recognition of the United Nations' International Day of Peace on September 21, Winnipeg will be hosting a week of Peace Days, running from the International Day of Democracy on Sunday, September 15th through to the International Day of Peace on Saturday the 21st. The purpose of the week is to advance peace, social justice, compassion and human rights in the world. **LIGHT** will be presenting an event, "Spirituality and Peace," at Charisma restaurant on Tuesday, September 17 as part of Peace Days (*details on p. 1*).

Each year on September 21 the International Day of Peace is observed around the world. It is intended as a day of non-violence and mutual understanding. The first Peace Day was observed in September 1982. The UN General Assembly has declared it a day devoted to strengthening the ideals of peace, both within and among all nations and peoples. The United Nations invites all nations to commemorate the day through education and public awareness on issues related to peace.

Since 2010, the International Day of Peace has been celebrated in Manitoba by attempting to develop concrete actions aimed at promoting a culture of peace and compassion. This year, a diversified program of events has been created to appeal to people of all ages and cultural backgrounds throughout the city of Winnipeg.

The mission of Peace Days is to promote and advance peace, social justice, compassion and human rights, as well as to celebrate the harmony and cultural diversity of the citizens of Manitoba by:

- Creating a festive environment geared towards Manitobans in general to celebrate the International Day of Peace
- Promoting a culture of peace, compassion and non-violence
- Exposing the general population to a multitude of activities and organizations that promote the culture of peace.

Peace Days exists for all persons who believe in the culture of peace and compassion, and who reject stereotypes, discrimination, exclusion or prejudice related to age, gender, culture, religion, physical or intellectual disabilities or sexual orientation. Peace Days provides a unique opportunity to join with people throughout Manitoba to take meaningful action to create a more peaceful world.



Besides the **LIGHT** event on Tuesday, you may also be interested in several other events taking place during the week:

Thursday September 19, 12:15 p.m.
Millennium Library
Radhika Abeysekera "World Peace - A Buddhist Perspective"

Thursday September 19, 7:00 p.m.
St. George's Anglican Church,
168 Wilton St.
"Autumn Equinox - Peace Meditation"
A meditation for peace within a program of song, dance, poetry, story and music

Saturday September 21, 7:00 p.m.
Burton Cummings Theatre
"Concert for Peace," featuring Gentil Mis, Flo, Free Ride, Sierra Noble, The Treble and more.

For more information, you can phone 204-396-4636, email info@peacedays.ca or visit the website: www.peacedays.ca

The only true guardian of peace lies within: a sense of concern and responsibility for your own future and an altruistic concern for the well-being of others.

- Dalai Lama

LIGHT Interview: Chad Cornell

Chad Cornell has been passionately studying and practising natural healing methods for the past 15 years. He graduated from the Wild Rose College of Natural Healing as a Master Herbalist in 2003; he is also a graduate of the Ayurvedic Institute. In 2005 he founded Hollow Reed Holistic Centre in the Wolseley area of Winnipeg, which has recently moved to a new location on Corydon. He aims to integrate the best of our global healing traditions with

emerging scientific discoveries into the very nature of nature.

Q: What led you to explore herbal medicine and alternative healing?

In my early 20s I became very interested in shamanism and the workings of the natural world. I became involved in an alternative community in British Columbia and was introduced to plants, herbs and sweatlodes. Through reading and conversations with other community members I came to realize how much

Mother Nature had been wounded through unconscious exploitation and disregard of the natural intelligence residing in the mineral, plant and animal kingdoms. I also became much more in touch with the feminine energy and its role in healing both ourselves and the natural world. Later I formally studied alternative healing at the Wild Rose College of Natural Healing in Calgary and at the Ayurvedic Institute in New Mexico.

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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**

Chad Cornell Interview

(Continued from page 3)

Q: How did you come to found Hollow Reed Holistic in Winnipeg?

I wanted to put what I had learned into practice and help the community through service and sharing my knowledge with others. I also felt at the time that there was a void in Winnipeg and a need for alternative healing practitioners. It was a challenging undertaking, but I decided to trust in the universe and take a chance. I felt, in a sense, that fate decided and it was meant to be. Throughout this period there was considerable stress and financial uncertainty, but with the support and encouragement of my wife Nancy we persevered and Hollow Reed came to fruition.

Q: Hollow Reed has recently moved from the Wolseley area to a new location at 875 Corydon Ave. Tell us about the move and your new space.

For the last three years we have been looking for a new place to relocate due to structural problems with our Westminster location and the need for more space in order to expand our services and programs. We are very pleased and excited about the move and the new opportunities and possibilities that have opened up.

With a warm southern exposure, sunlight floods the interior space and the many plants, crystals, scents and works of art amplify the healing environment. Hollow Reed Holistic also offers healthy organic drinks, salads and snacks to nourish the body and spirit.

Q: What are your future plans for Hollow Reed?

We will continue to offer quality natural and herbal remedies, holistic services, counseling and education. We also hope to enrich the community by bringing in teachers and healers from many different traditions, hosting educational nature retreats and providing a setting for music, storytelling and poetry.



Q: How do you view the relationship between Western technological and pharmaceutically-based medicine and alternative, holistic approaches?

There needs to be a recognition on the part of Western medicine of the viability of holistic and Eastern approaches to health and healing. In my experience younger physicians are more open-minded and willing to explore holistic paradigms than earlier generations. But the Western model is still wedded to the belief that illness is essentially a physical condition best treated by surgical interventions or drugs. The influence of the pharmaceutical industry, through mass advertising and financial and other incentives, also plays a large role in reinforcing this belief. In the future I envision a more balanced and complementary approach to health and healing that utilizes "energetic" and "vibrational" methods to harmonize body, mind, emotions and spirit.

Q: You and Nancy are the proud parents of a young boy, Taliesen. How has parenting affected your lives?

Taliesen, which in Gaelic means "Shining Brow," is an active, energetic "little wizard," who has brought out the very best in both of us. Parenting has been a creative and transformative experience and has been the best thing that has ever happened to us. Raising children is hard work but also deeply fulfilling as we receive as much or more than we give.

In a spiritual sense it is a process of overcoming selfishness as we put the needs of a little being first. There is also a real sense of hope for the future as those born at this critical time in history offer both promise and a plenitude of spiritual gifts for the generations to come.