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Coming Events

LIGHT is pleased to announce these events for February to May 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 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 4

Tara Maniar: "We Are All One"

Science is beginning to discover what was known to the rishis and sages of ancient times - that 'we are all One.' This concept allows each of us to realize that even though we may appear to be separate from each other in a physical sense, in reality everything in existence is made up of Source Energy that is in relationship to and interacts with all of life. This presentation will explore this concept of Oneness and its impact on self, others and Mother Earth.

Tara Maniar is a Holistic Life Coach and Inter-personal Wellness Facilitator, a Focusing practitioner, Yoga instructor and spiritual guide.

Tuesday, March 4

Robert and Lisa Tucker:
"The Findhorn Foundation"

The Findhorn Foundation in northern Scotland is a spiritual community, eco-village and an international centre for holistic education. With the lowest recorded ecological footprint for a community in the industrialized world, its 50 years of experimentation and the

unfolding of a new human consciousness can become a model for sustainable living.

Lisa and Robert Tucker, who serve as Findhorn Foundation Resource People, have visited this unique community numerous times. (See the interview with Robert Tucker starting on page 3.)

Tuesday, April 1

Erin Stewart: "What is Subud?"

Subud is a spiritual movement that originated in Indonesia in the 1920s and spread to the West in 1957. Subud members practise a simple spiritual exercise twice weekly. Subud is not a religion, nor is it a teaching, but rather it is a process by which one's life is gradually touched or moved from within.

(See the article "What is Subud?" on page 3.)

Erin Stewart has been a Subud member since 1976 and has a deep interest in contributing to world peace and harmony. She has been involved in adult education for many years and recently retired as Dean of Professional, Applied and Continuing Education at the University of Winnipeg.

Tuesday, May 6

Manny Matas: "Visions"

Visions - What are they? Where do they come from? The subject will be approached from a mind/body/spirit perspective, exploring the medical, psychological and spiritual aspects of visions in people's lives. This is intended to be a participative presentation - sharing from audience members will be encouraged.

Dr. Manuel Matas is a psychiatrist with a long-standing interest in spirituality. He received his medical degree from the University of Manitoba and his Diploma in Psychiatry from McGill University. This presentation is based on a book he is writing on the topic of metapsychiatry, which is the confluence of psychiatry, metaphysics, parapsychology and spirituality.

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

(More events on page 2)



LIGHT Special Events

Film: First 2 (of 8) of John Anthony West's Magical Egypt series
Episode 1 - The Invisible Science
Episode 2 - The Old Kingdom & the Older Still

Saturday, February 15 - 1:00 p.m.

Location: Unity Church

300 Arlington St. (just north of Portage)

Suggested donation: \$5.00

Did Ancient Egypt inherit its mysterious ability from an even older civilization? Join legendary Egyptologist, symbolist author and Emmy award-winning producer John Anthony West for a look at another Egypt. In this guided tour on video of the sacred places of Egypt, you will discover in magnificent art and architecture the work of an advanced science of the spirit.



Experience the great monuments and temples of this ancient land as they were meant to be seen and used by the Egyptians themselves.

Tereza Gomes: "Dance the Rhythms of Your Soul"

Sunday, March 30 - 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

Dance the Rhythms of Your Soul is a movement practice that brings together learnings from various traditions. It involves the use of sound and breath practices to facilitate inner and outer movement. Dress comfortably and come prepared to have fun and to experience as much as you are willing and able to.

Tereza Gomes has been exploring and integrating the creative arts and meditation into her personal and professional life as a therapist since the 1980s.

Anna Olson: "What To Do After You Die"

Thursday, April 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

Drawing on the work of Michael Newton and Bernard Willemsen, Anna Olson (author of *Exploring the Mysteries of Life and Death*) will detail the activities of the afterlife, such as reviewing one's life on earth, classes, recreation, guiding people on earth, and planning the next life on earth (or elsewhere).

LIGHT Website

The Writings page of LIGHT's website has recently been revised and expanded to include many new offerings exploring the nature of the spiritual path. In particular, there has been a major revision of the Spiritual Writings section, which presents the essential, universal teachings of the world's wisdom traditions, selected to both illuminate and challenge our understanding of human potential and the nature of reality in ways appropriate to our contemporary time and culture.

The teachings are drawn from the seminal writings of the world's great spiritual traditions and the voices of enlightened teachers. The chapters or essays are structured to reflect the three sequential stages of inner development: "Human Nature and Experience," "The Spiritual Path or Way" and "Self-Realization and Enlightenment."

Inner Worlds, Outer Worlds

There will be a showing of all four parts of the extraordinary film *Inner Worlds, Outer Worlds* on Saturday, January 25 at 7 p.m. The film will be presented at Ervin Bartha's home theatre at 85 Lenore St. in Wolseley. Those who attended LIGHT's screening of the film last Fall were unanimous in their praise of this technically accomplished and spiritually rich exploration of human consciousness and the mystery of existence. For those who seek real answers to life's great questions, this beautifully crafted film should not be missed.

The core ideas are often expressed in the direct words of realized teachers, as they contain a special spiritual power which can reach and touch the inner essence of the thoughtful and receptive reader.

The purpose of Spiritual Writings is to serve as a guide or 'textbook' by providing an overview of the Path and highlighting the fundamental principles of authentic inner development. It is also intended to act as a nutrient which both inspires and nourishes the human soul by pointing to the great truths which lie at the centre of the world's spiritual traditions.

The culmination of more than forty years of study and research, Spiritual Writings is offered as a gift to the

community with the hope that its presentation of the 'perennial wisdom' will touch the hearts and illuminate the minds of all who read this bequest of spiritual knowledge and inner transformation.



LIGHT Interview: Robert Tucker

Robert and Lisa Tucker have visited Findhorn several times. Robert recently spoke with LIGHT about their experiences of visiting the community and the history of this unique place.

Q: Could you tell us something about the history and significance of Findhorn?

Findhorn community is located in Scotland and was founded in 1962. It was originally known for its remarkable gardens of vegetables, fruits and herbs - in some instances producing gigantic vegetables by cooperating with nature spirits. Since then Findhorn has grown into a world-renowned example

of a self-sustaining spiritual community (or 'eco-village') in harmony with the spirit and forces of nature. In addition to horticulture there is a wide range of activities and initiatives including education, publishing, arts centre, business enterprises, alternative medicine clinics and various charitable organizations.

Q: What first prompted you to go to Findhorn?

We were drawn by an inner sense and two years ago we went to Findhorn for the first time to explore its possibilities. We were immediately inspired and took

part in an "Experience Week" which introduced us to the concept of a cooperative, sustainable community and the dynamics of conscious living with fellow seekers.

Q: What did you find at Findhorn that resonated with your spiritual aspirations?

It was an amazing life-changing experience which shifted our fundamental approach to life. There was an immediate sense of community and willingness to share and exchange ideas and experiences with other visitors and

(Continued on page 4)

What is Subud?

Subud means to follow the will of God / Allah / the Creator / the life force with the help of the Divine Power that works both inside and outside ourselves. It is a way to renew contact with the Power of God, an individual experience which arises from within. Subud can be described as the reality behind all religions or the life within a life. Subud is not a religion but a spiritual practice. It enables people of all religious backgrounds, as well as those with no particular religious beliefs, to practise together. Thus we find Christians, Jews, Muslims, Buddhists, Hindus, Sikhs, Russian Orthodox, Quakers, Unitarians and others involved in Subud together. Subud has spread to about 80 countries.

The meaning of 'Subud'
Subud is a contraction of the Sanskrit-derived words *Susila* (the behaviour and character of a person following the will of God), *Budhi* (the essence of the Divine Power within a human being),

and *Dharma* (complete submission, trust and sincerity to God).

Bapak - the founder of Subud Muhammad Subuh Sumohadiwidjojo (born 22 June 1901, died 23 June 1987), also called Bapak (Indonesian for "respected father"), came from Java in Indonesia. He unexpectedly received a series of spiritual experiences in 1924. Later he was able to pass his receiving on to anyone who asked for it.

The Latihan - our spiritual exercise
The common practice for all Subud members is the Latihan. The term is Indonesian and means training or exercise - an exercise for the soul. This spiritual practice is a personal experience that begins with one's surrendering to God by letting go of all thoughts and desires. In this state of inner quiet, one may experience an understanding that a supreme and divine spiritual force is present in all of life.

One's first Latihan, referred to as the 'Opening,' is received in the presence of those members who are simultaneously doing their own Latihan. Men and women exercise separately. Practising the Latihan cannot be trained for or learned. It does not require a teacher. In fact, many Subud

members would say that their true self - their inner, higher self - is their teacher. The Latihan awakens us or opens us to our true inner self.

Religion in Subud

Subud is multi-faith and is open to members from all religions or beliefs. You can follow your religion and beliefs while practising the Latihan.

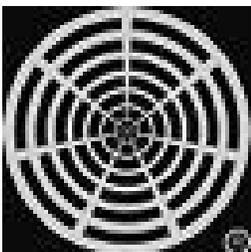
Subud organization

Subud has democratic structures on local, regional, national and international levels. The International Subud Council moves country every four years so as to reduce the likelihood of being attached to one culture or country in particular.

Joining Subud / membership

Anyone from the age of 17 can join Subud. Since the Latihan may cause changes in your life, it is usual to have a preparation time of up to three months before you join. There is no membership fee - members give voluntary contributions to cover overhead.

(Adapted from the website of the Subud Cambridge group in England)





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Robert Tucker Interview (Continued from page 3)

permanent members of Findhorn. For the most part people came across as accepting, open-minded, non-dogmatic and non-political, all traits we respect and admire. We were also struck by the importance placed on alternative education, sacred ritual and compassionate spirituality.

Q: How does the Findhorn community support individual spiritual growth?

Basically in two ways. Findhorn has developed skilled leaders, both male and female, who are called "Focalizers." They have both a teaching function to impart knowledge and practical methods as well as leading by example. Their intention is to serve and help others on their spiritual journey, and they are highly regarded members of the community responsible for embodying and sustaining the spirit of Findhorn. The group experience is also a vehicle for self-understanding and inner growth. By interacting and cooperating with others we gain insight into our common challenges and difficulties and the greater vision that energizes our spiritual search.

Q: What did you learn about yourself from your visits?

The primary lesson was that everyone essentially goes through the same life



experiences with all the inevitable highs and lows, challenges and tribulations, pleasures and awakenings. I am no different from others. Therefore we can share experiences, learn from each other and support our efforts to grow as human beings.

Q: Do you feel that the Findhorn model will work in other settings?

One of the visionary aspirations of Findhorn is to build alliances with other groups and communities around the world in order to create a more ecologically sensitive and sustainable way of living. The need to harmonize the spiritual and the material aspects of life in a way that is practical and cognizant of the needs of future generations is the foundation of such a global community. Lisa and I are trying to contribute to this vision by acting as resource people for Findhorn here in Manitoba.

LIGHT Library Additions

A new section has been added to the LIGHT Lending Library: Mythology and Symbolism.

Myths, archetypes and symbols are universal expressions of perennial spiritual principles and truths, and appear in a wide variety of forms and manifestations across various cultures and time periods. They offer non-verbal, intuitive answers to the mysteries of the unknown and attempt to explain the nature and workings of the physical and spiritual dimensions of reality.

The volumes in the section include contributions by world-renowned authorities such as Carl Jung and Joseph Campbell and examine both Eastern and Western, ancient and contemporary, myths and symbols. Universal themes related to the spiritual journey are explored in depth: the unconscious, dreams, revelations, death and rebirth, creation myths, quests, heroes, tests, as well as the plant, animal, human and spirit worlds.

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