



VOLUME 3, NUMBER 2

MAY 2005

President's Report

LIGHT turns two years old this spring and is looking to the future with optimism and excitement. Our mission remains the same: "To raise awareness of spiritual alternatives and to provide education in spiritual wisdom and teachings for the purpose of promoting personal growth and societal transformation." In other words, to serve both the community and individuals embarked on the spiritual journey of discovery.

The last year has been particularly busy as **LIGHT** embarked on many new projects and events which have raised our profile in the community, and challenged our vision and resolve. We can be proud of our accomplishments:

- Launching a monthly spiritual film series on Friday evenings at Robert A. Steen C.C. The films were very well received and included titles such as *Waking Life*, *The Cup*, *Siddhartha*, *The Seventh Seal* and *Baraka*. Each evening was highlighted by a group discussion

of the film led by a knowledgeable facilitator from the community, which engaged and challenged the participants to explore the film's meaning and significance from a variety of perspectives.

- Continuing **LIGHT**'s popular monthly lecture series on Tuesday evenings at Charisma restaurant. Our presenters covered a wide range of topics related to spirituality, including "Emotions and Spirituality," "Voluntary Simplicity," "BodyTalk," "Death," "Art and Ecology" and "Meaningful Work." The talks were interactive and stimulated a great deal of discussion and sharing of ideas and experiences.
- Presenting storytelling workshops by gifted Manitoba children's authors Joe McLellan and Jamie Oliviero at Cornish Library. **LIGHT** also donated more than \$2,000 worth of spiritual children's books to the Winnipeg Public Library system.
- Development and completion of a website (www.lightinc.org) that showcases current events and projects,

provides links to other interesting websites and features articles, poetry and sacred art to nourish the spirit.

- The purchase of a multi-media projector to enhance our film and lecture series.
- Co-operative ventures with a number of community groups and organizations: Manitoba Arts Council, Winnipeg Public Library, Manitoba Writers Guild, Winnipeg International Writers Festival, Manitoba Astrology Association, Centre for Spiritual Awareness and St. Norbert Arts Centre.

We look forward to the coming year as an opportunity to continue our work in the community and establish our presence as a vehicle for the exploration of spiritual teachings and ideas. **LIGHT** plans to continue both the film and lecture series, and donate a further set of children's spiritual books to the Winnipeg Public Library. We hope to expand our storytelling workshops to the

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LIGHT's First Annual General Meeting

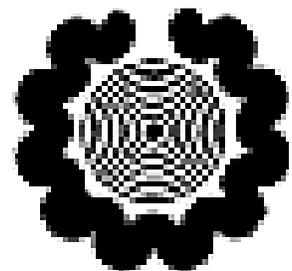
The first Annual General Meeting of **LIGHT** will take place on **Tuesday, June 7**, at Charisma restaurant, 83D Sherbrook St. (south of Westminster). There will be a buffet dinner available starting at 6:30 p.m., with the meeting scheduled to begin at 7:00.

The business part of the evening will include the election of Directors of **LIGHT** and a preview of the coming year's activities.

Following the brief business meeting, there will be an evening of poetry and music, featuring poet David Stubel and musician Deborah Judith.

Your feedback, ideas and suggestions are more than welcome as we endeavour to make **LIGHT** a true participatory community organization.

We encourage everyone to attend, and to become a member (or renew your membership) using the enclosed Membership Form.



An Interview with Jane Powell, BodyTalk Practitioner

As part of **LIGHT**'s Lecture Series, Jane Powell presented a talk entitled "BodyTalk: Communicating With Your Innate Wisdom" on Tuesday, March 8. The BodyTalk system, of which Jane is a practitioner, is a synchronized approach to holistic healing. It combines the wisdom of advanced yoga and advaitic philosophy, the insights of modern physics and mathematics, the energy dynamics of acupuncture, the clinical findings of Applied Kinesiology, and western medical expertise.

After her presentation, **LIGHT** conducted the following interview with Jane Powell.



Would you say a bit about yourself and how you came to your interest in BodyTalk? Communication is a long-time interest of mine. I have practiced as a speech language therapist working with children and adults for 20 years. I have incorporated the teachings of the Fourth Way Work into all aspects of my life. It is through my connections with people in the Work that I heard about BodyTalk. A friend from Calgary suggested that BodyTalk would be a useful system for both my continued inner work and also to assist others who are interested in inner development. I recognized that the BodyTalk system incorporated the three centers (brains) in its protocol and quickly made connections between what I knew and how BodyTalk could assist people in becoming more harmonious - improving communication within themselves and with others.

How do you approach health and wellness now?

I approach health and wellness from the perspective of the body being an activity rather than an object to be fixed. The body is in constant change and process. The innate wisdom of the body provides the direction and sequence for what it needs to stay in movement and process. BodyTalk is a way of assisting the body's innate wisdom to heal within the physical, emotional, mental and spiritual

centers. People come to BodyTalk for a variety of reasons. Those coming with some self-knowledge and a commitment to working with their inner lives find BodyTalk especially helpful. BodyTalk is an evolutionary process in bringing people to greater consciousness.

You can find out more about BodyTalk by visiting the website at www.BodyTalksystem.com. Practitioners in Manitoba are listed on the website, or you can call Jane at 452-7661 for more information.

The Lord's Prayer - translated from Aramaic, Jesus' language, into English - rather than from Aramaic to Greek to Latin to English (thanks to Steve Ouellette):

O Cosmic Birther of all radiance and vibration! Soften the ground of our being and carve out a space within us where Your Presence can abide.

Fill us with your creativity so that we may be empowered to bear the fruit of your mission.

Let each of our actions bear fruit in accordance with our desire.

Endow us with the wisdom to produce and share what each being needs to grow and flourish.

Untie the tangled threads of destiny that bind us, as we release others from the entanglement of past mistakes.

Do not let us be seduced by that which would divert us from our true purpose, but illuminate the opportunities of the present moment.

For you are the round and the fruitful vision, the birth-power and fulfillment, as all is gathered and made whole once again.

President's Report

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Winnipeg school system on a pilot basis and explore the possibility of obtaining grants to produce art, murals and sculptures with spiritual content as a way of enhancing the urban landscape. Another exciting project we hope to implement in the coming year is a library of spiritual videos and books to share with friends of **LIGHT** (see page 4).

We hope that **LIGHT** is making a positive contribution to our community and we look forward to sharing our ideas, resources and programs with all who are interested. **LIGHT** is a community-based

organization and we seek your ideas, feedback and participation as contributing members to the spiritual well-being of all.

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The Simplicity Practice and Resource Centre (SPARC)

Does consumerism leave something to be desired? An emerging community-based non-governmental organization thinks so, and wants you to think about it, too.

The Simplicity Practice and Resource Centre (SPARC) is currently being organized by a small group of dedicated students and practitioners of voluntary simplicity, a freely chosen way of life that aims to discover and actively fashion the lowest level of material consumption that is consistent with the highest level of human good. SPARC aims to develop the practice of voluntary simplicity within its members and to offer services that promote simplicity to the wider community.

Members of SPARC, and disciples of voluntary simplicity in general, come to their practice from a range of interests. Simplicity speaks simultaneously to those who believe in anti-consumerism, environmentalism, spirituality, peace, social equity and aestheticism. SPARC incorporates all of these into a single vision of society transformed by the values and practices of simple living. This vision is of a world in which each individual is free to devise a lifestyle that is least harmful to the environment while promoting the highest possible quality of life. SPARC believes that this life would feature simplicity, self-reliance,

co-operation, mindfulness, environmental sustainability, participation, nonviolence, equity, spirituality and beauty through culturally progressive development. The organization plans to act as a practical and intellectual catalyst to bring about this vision through education and practice of voluntary simplicity. While the ultimate goal is to herald a new era of health and fulfillment for Canadian society and the environment, appropriately enough, SPARC's directors plan to start more simply.

SPARC is planning to offer workshops on voluntary simplicity to the community this fall. The organization also intends to facilitate simplicity study circles and to partner with like-minded community organizations to promote its vision of a wholesome society through joint initiatives. But in order to make the individual choice as widely available as possible and to ensure that simplicity is implemented in larger social, environmental and economic contexts, SPARC will also publish and distribute resources on voluntary simplicity and provide policy recommendations to governments.

In order to strengthen and spread their message, SPARC is actively pursuing connections to the simplicity movement in other parts of Canada and

in Europe, and to this end, Mark Burch, co-director of SPARC, has recently traveled to Quebec to visit and discuss partnership with the Quebec Network for Voluntary Simplicity.

For more information or to contact SPARC please visit www.simplicitycentre.ca or e-mail info@simplicitycentre.ca.



There is wisdom in accepting what you are...

It is difficult to be what you are not. Being what you are doesn't require any effort. When you become wise, you accept yourself the way you are, and the complete acceptance of yourself becomes the complete acceptance of everyone else.

Don Miguel Ruiz,
The Mastery of Love



The Sufis advise us to speak only after our words have managed to pass through three gates. At the first we ask ourselves, "Are these words true?" If so, we let them pass on; if not, back they go. At the second gate we ask, "Are they necessary?" At the last gate we ask, "Are they kind?"

Sufi Proverb



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A LIGHT Library of Spiritual Videos and Books

LIGHT is developing a library of spiritual videos and books which we plan to make available to **LIGHT** members.

Our intention is to make some of the world's great spiritual films, literature and art more widely available to those who wish to explore in depth spiritual ideas, paths and wisdom.

The videos will be available in either VHS or DVD format and will include titles such as *Siddhartha* and *Enlightenment Guaranteed*, as well as videos devoted to the teachings of spiritual teachers like G. I. Gurdjieff and Eckhart Tolle.

The library of metaphysical and spiritual books will be wide-ranging and feature titles from the important spiritual traditions and teachers of the world. Many of the books are considered classics, and many others are currently out of print and difficult to obtain. Included in the collection will be

children's books with spiritual themes to nourish young hearts and minds. Also available will be complete back-issue sets of two important spiritual magazines: *Tricycle*, specializing in Buddhism and *Gnosis*, specializing in the Western inner traditions.

An important section of the **LIGHT** library will be devoted to art books which stimulate the visual, artistic and creative spirit. These wonderfully illustrated books encompass a wide range of spiritual interests and approaches, including:

- Sacred art and architecture
- Spiritual gardens and sanctuaries
- Labyrinths and mazes
- Mandalas, geometrical patterns and designs
- Beauty of the natural world
- World religious art
- Mythology and magic

