



VOLUME 4, NUMBER 1

JANUARY 2006

Coming Events

LIGHT is pleased to announce our upcoming events for February - May 2006.

There is *no admission charge* for any of these events.

LIGHT Film Series

LIGHT will be presenting a series of films (on video) with spiritual themes once a month, starting in February, with discussion following.

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

Dates

Sunday, February 19 - 7:00 p.m.

Travellers and Magicians

Written and directed by the Tibetan Buddhist Rinpoche Khyentse Norbu, this film spins two parallel stories that deliver one message: happiness can be attained simply by being in the present moment.

Sunday, March 19 - 7:00 p.m.

Ram Dass: Fierce Grace

Once a symbol of '60s counterculture and psychedelic drug use, Ram Dass has since become a renowned speaker and author on the topics of aging, spirituality and overcoming the mistakes of the past. This documentary chronicles the journey of Ram Dass from his affiliations with LSD advocate Timothy Leary, through his relationship with his guru Neem Karoli Baba, to his endeavour to continue remaking himself after his stroke in 1997.

Sunday, April 23 - 7:00 p.m.

Born Into Brothels

Winner of the 2004 Academy Award for Best Documentary, *Born Into Brothels* is about the inspiring non-profit foundation Kids With Cameras. Most of the images in this film were created by the children of prostitutes, and capture the intimacy and colour of everyday life in the overpopulated sections of Calcutta.

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

Say Amen, Somebody

An exuberant documentary spotlighting the special world of American gospel music, containing performances by and interviews with many of the giants of this musical genre.

LIGHT Lecture Series

The talks, with discussion following, will be held on the first Tuesday of the month in February, March, April and May. 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 7

Join LIGHT for an "Evening of Spiritual Poetry". Attendees are invited to read their own favourite spiritual poems at

an "open mike" and share their love of poetry with others.

Tuesday, March 7

Members of the Manitoba Astrology Association will present a talk exploring the nature of planetary cycles on past and future world events, and how individually and collectively we can consciously participate in creating a new world based on love and respect for all existence.

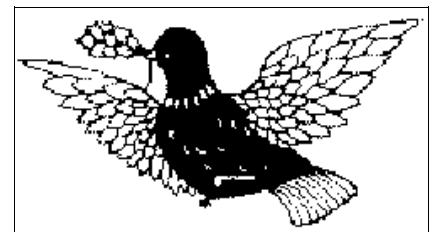
Tuesday, April 4

Michael O'Malley, the owner of La Parfumerie (145 Evanson St.) will discuss "Perfume and Essential Living" from a spiritual perspective. Michael's presentation will include opportunities to stimulate the senses by directly experiencing a variety of scents.

Tuesday, May 2

"The Spiritual Dimension of the Tarot"

Details of this presentation are not yet confirmed. Check our website for further information.



The Fall Season In Review

LIGHT presented a busy and engaging season of events in the Fall of 2005, that were broadly attended and well received.

Beginning in September, the first of our Film Series was *What the Bleep Do We Know!?*, a timely and controversial film exploring the quantum field which underlies fundamental questions of relationship, life force, creativity and purpose, through the eyes of the female protagonist. A lively and informative discussion following the movie was facilitated by LIGHT member Doug Tataryn.

On October 1, LIGHT presented a workshop on "Spirituality and Simplicity", co-facilitated by Mark Burch and Eszti Nagy. This full day was an initial discovery of the way that concern for material possessions can limit our ability to learn the lessons life has to offer about our own strengths and our essential links to others. This workshop will be repeated in a half-day format in the future.

The first of the fall Lecture Series was a presentation in October by well-known local artist Robert Pasternak, on "Symbolism and Spirituality". Using his own art as examples, Robert covered the use of symbolism in art as a means of conveying deeper significance, or to harken back to a shared, more primitive history. An audience of about 35 was engaged by this thorough presentation.



"Sonic Temple"
by Robert Pasternak

October events continued with the film *Enlightenment Guaranteed*. This German film follows the path of two brothers entering a Zen monastery with very different results. "As funny as it is nourishing," said Kevin Thomas of the *Los Angeles Times*, a sentiment reflected during the enthusiastic discussion following the film, conducted by Tim Freeman.

Carol Ann Gotch, best known for her co-founding of Inscapes, a group which uses the Enneagram for personal development, spoke on "Conversation and Community" in early November. Presented in a roundtable style, Carol Ann challenged attendees to use the opportunity to get to know more about their table-mates through three questions. Some liked it, some found it uncomfortable, but none were left unaffected.

Also in November, LIGHT screened the film *Koyaanisqatsi: Life Out of Balance*. This classic 1983 film, with a haunting soundtrack by Philip Glass, presented a kaleidoscopic series of images showing the artificial environments that separate us from the natural world. Based on Hopi concepts, this apocalyptic vision attempts to reveal the beauty of the beast in which we are immersed. The discussion following was facilitated by LIGHT board member Sharon Wisemyn.



The season wound up with Douglas Staley presenting "Sacred Gardens East and West," a lush and inviting multimedia exposition of the many types of gardens around the world, and the important symbols, plants and landscape designs incorporated within them. Charisma Restaurant was full that night, with many friends and members of LIGHT present.

The coming year's schedule promises to be just as exciting, with themes of poetry, astrology, the Tarot and other interesting topics (see page 1). We will continue to use the venues of Charisma Restaurant and Robert A. Steen C. C. If you have suggestions for topics, or to improve the events, please feel free to contact us via email, info@lightinc.org or call 453-2717.

Do what you believe in and believe in what you do.
All else is a waste of energy and time.

Nisargadatta Maharaj

The Query of Queries

Before his death Rabbi Zusya said, "In the coming world, they will not ask me: 'Why were you not Moses?' They will ask me 'Why were you not Zusya?'"

The LIGHT Lending Library

LIGHT is pleased to announce the opening of our Lending Library of spiritual books, journals and films. You can access the library catalogue through our website www.lightinc.org. From the home page, select **About Us**, then select **Lending Library**.

In order to borrow books, journals or films you must be a current member of LIGHT. Items may be borrowed for up to two weeks and as many as five items may be taken out at a time.

The following five sections of the library are now open:

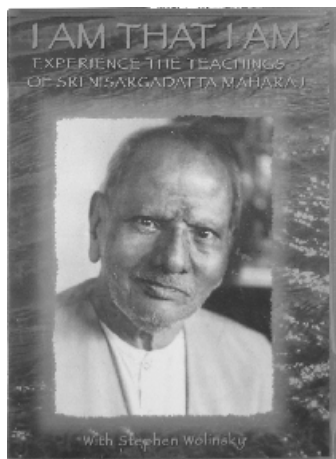
Spiritual Films and Videos

A number of high quality DVDs and VHS videos are available, including films that have been featured in the LIGHT spiritual film series:

- *Siddhartha* - a beautifully photographed film based on the Hermann Hesse novel
- *Enlightenment Guaranteed* - the often hilarious adventures of two German brothers who travel to a Zen monastery in Japan.

The section also includes a number of videos based on the teachings of important spiritual teachers of the twentieth century, including:

- Eckhart Tolle: 'End Self Seeking'
- *I Am That I Am: The Teachings of Sri Nisargadatta Maharaj*



- Jean Klein: 'The Flame of Being' and 'Discovering the Current of Love'
- An award-winning trilogy based on the life and teachings of G.I. Gurdjieff: *Gurdjieff in Egypt: The Origins of Esoteric Knowledge*, *Gurdjieff's Mission: Introducing the Teaching to the West* and *Gurdjieff's Legacy: Establishing the Teaching in the West*.



Journals and Magazines

LIGHT has back sets and current issues of four important spiritual magazines and journals:

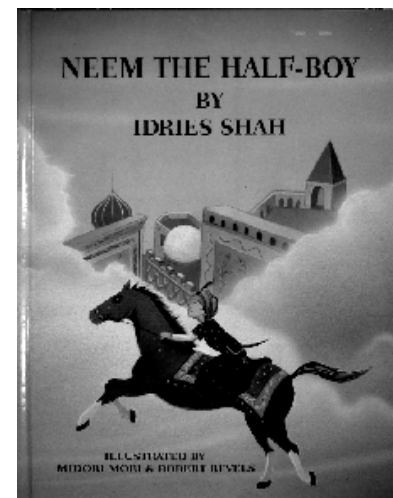
- *Gnosis* magazine, dedicated to the study of Western inner traditions through the exploration of esoteric, spiritual and occult paths
- *Parabola*, a richly illustrated journal of myth, tradition and the search for meaning
- *Tricycle*, the premier Buddhist journal specializing in articles, reviews and studies from Zen, Tibetan, Theravada and other Buddhist schools
- *The Gurdjieff Journal*, which explores the Fourth Way teachings of G.I. Gurdjieff and also includes articles from the perspective of other spiritual traditions.

Children's Spiritual Books

For our younger readers (and the young at heart), LIGHT is pleased to offer a variety of books with spiritual themes and content. Among the offerings are a book introducing yoga postures to children called *Be a Frog, a Bird or a Tree* and *The Melon King*, which chronicles the amazing story of how a melon became king of a faraway land.

Also included in this section are a complete set of award-winning children's books by Sufi writer and teacher Idries Shah. Each of the nine titles features a traditional Eastern teaching story from the Sufi tradition such as *The Magic Horse*, *The Man with Bad Manners* and *The Lion Who Saw Himself in the Water*. The books are wonderfully illustrated and are sure to delight the mind and senses of children of all ages.

(Continued on page 4)



A father said to his double-seeing son, "Son, you see two instead of one." "How can that be," the boy replied. If I were, there would seem to be four moons up there in place of two?"

Nasrudin



LEARNING INSTITUTE FOR
GROWTH, HEALING AND
TRANSFORMATION

980 Dorchester Avenue
Winnipeg, Manitoba
R3M 0S1

Phone: (204) 453-2717
E-mail: info@lightinc.org
Website: www.lightinc.org

To become a **LIGHT** member,
visit our website and go to
About Us ⇒ Membership

Executive Director:
Zanna Joyce

Directors

Richard Bredsteen
Tim Freeman
Rosemary Miguez
Douglas Staley
Ernie Strauss
Sharon Wisemyn

Newsletter Editor:
Ernie Strauss

Contributors to this issue:
Zanna Joyce
Douglas Staley
Ernie Strauss

LIGHT Lending Library

(Continued from page 3)

Sacred Gardens

This section of the library features high quality, beautifully photographed books dedicated to the exploration of sacred gardens around the world. Titles survey the history, design and meaning of Taoist, Chinese, Zen, Islamic, Medieval, Renaissance, English Knot and Healing gardens throughout the world. All of the books capture the incredible, timeless beauty of spiritual gardens through rich colour photography and illuminating text.

Labyrinths and Mazes

People throughout the world have been enchanted by the mystery of mazes and labyrinths for countless centuries. **LIGHT** has collected some of the best books available which explore the design and symbolism of the world's finest labyrinth and maze pathways from ancient times to the current day. Each book is beautifully designed with full-colour photographs and illustrations as well as commentary and text by well-known experts in the field.

LIGHT would like to invite current and future members to explore our Lending Library and take advantage of the wealth of knowledge and inspiration provided by these books, journals and films. Many new sections of the **LIGHT** library are currently being developed and will be opening during 2006. We also invite suggestions from our members and friends regarding titles they feel should be added to the library or any books they may wish to donate to the library.

Equinox and Resurrection

Join us for a celebration of life renewal during the time of the Vernal Equinox. An Evening of Sound and Light will be enacted in the form of spontaneously created piano/keyboard improvisations with projected colour images that transform in tandem with the music.

Pianist Deborah Judith will be creating original music in a variety of forms and genres. A concert of this kind has never been performed before, so it should be an exciting voyage of experiment and discovery!

The concert will be held on **Sunday, March 26** at 7:30 p.m. at 85 Lenore Street in the Wolseley area. It should last approximately 1 to 1 1/2 hours. Please bring a snack or beverage as a contribution to the pot luck party that will commence after the concert.

A donation of \$5 per person is requested.

Please call 783-7707 to reserve seating.

