



Learning Institute for Growth, Healing and Transformation

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Coming Events

LIGHT is pleased to announce our upcoming events for October to December 2006.

LIGHT Film Series

We will be continuing our monthly film showings with a series on "Spirituality in Science Fiction." It will take place at a new location: **Park Theatre, 698 Osborne St.**

The program will begin at 7:00 p.m., and there will be a discussion following each film which will focus on its spiritual themes.

Suggested donation \$5.00

Sunday, October 22 - 7:00 p.m.

The Matrix

At one level, a highly entertaining adventure movie with a psychological twist. At a deeper level, this film expresses a philosophical view common to many spiritual traditions—that the real world is beyond the mind's ken, and to see the world as it is, you must step beyond the net created by your own mind.

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

2001: A Space Odyssey

Director Stanley Kubrick's 1968 masterpiece is a classic of the science fiction genre—profound and visionary, and a powerful visual experience. This epic film contained more spectacular imagery and special effects than verbal dialogue. Viewers are left to experience the non-verbal, mystical vastness of the film, and to reach into their own subconscious and into the film's pure imagery to speculate about its meaning.

LIGHT Lecture Series

The talks, with discussion following, will be held on the first Tuesday of the month in October, November and December. Admission is free.

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, October 3

Doug Staley

"Is Winnipeg a Spiritual Power Spot?"

A multimedia lecture exploring the possibility that Winnipeg is an important 'power spot' on the North American continent. The lines of evidence will be considered through photographs, images, diagrams, maps and illustrations.

Tuesday, November 7

"An Evening of Spiritual Poetry"

Lovers of poetry and spiritual wisdom are invited to share an evening of poetry reading and discussion. Attendees will have the opportunity to read from their own poetic works or from classic books of poetry drawn from the world's spiritual traditions.

Tuesday, December 5

Victor Popow

"Esoteric Symbolism of the Manitoba Legislature"

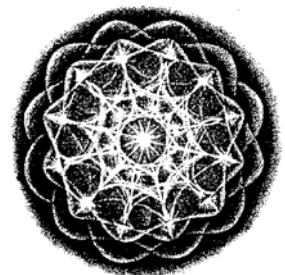
The Manitoba Legislature building is one of the most distinctive works of architecture in Canada. Victor Popow, a Freemason who has carefully studied the esoteric design and symbolism of the building, will share his knowledge in this illustrated lecture.

Proposed LIGHT Events for 2007

LIGHT is planning to expand its community programming in 2007 and is currently exploring a number of possible events:

- a weekend 'Festival of Arts and Spirit' involving music, films, comedy, talks and discussion, readings and audience participation
- a day-long tour of Winnipeg 'energy spots', beginning at the Legislature and ending at The Forks
- a celebration of the humour and wisdom of Mulla Nasrudin, the Sufi 'wise fool' - possibly in conjunction with the Winnipeg International Storytelling Festival
- a public talk and workshop by a well-known international spiritual teacher.

Some of these events are major undertakings requiring considerable time and effort to organize. LIGHT invites anyone who is interested in volunteering their time and energy to help in the development and organization of these events to contact LIGHT (see page 4 for contact information).



Is Winnipeg a Spiritual Power Spot?

LIGHT is presenting a series of public lectures this fall on this intriguing subject. The first talk will be held Tuesday, October 3 at Charisma restaurant (see page 1) and will feature a multimedia presentation by LIGHT president Doug Staley.

Doug has researched this subject for more than twenty-five years and has assembled a large body of evidence drawn from many disciplines which suggest that Winnipeg is located in a region of special spiritual intensity. The unique biogeography, river and aquifer systems, plant, animal and human population, electromagnetic field properties and weather and climate patterns of Winnipeg will all be examined.

Specific 'energy spots' within the greater Winnipeg area will also be discussed, including The Forks, East Gate/West Gate, King's Park and the Manitoba Legislature building.

Finally, a number of suggestions to enhance the spiritual energy of Winnipeg will be proposed.

The unique architectural characteristics of the Manitoba Legislature building will be the topic of the second lecture in the series, on Tuesday, December 5. Victor Popow, Master of Templum Sion Lodge of Freemasons, will discuss Egyptian, Greek, Roman, astrological, numerological, Kabbalistic and Hermetic influences on the design



of the Legislature. The esoteric symbolism and sacred geometry of the building will be illustrated through words, diagrams and photographs.

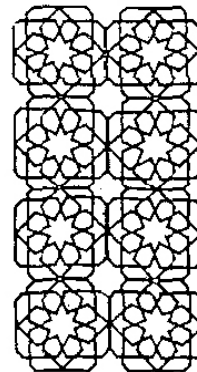
Among the topics to be discussed are:

- the significance of the "Golden Boy," symbolizing Hermes the Greek messenger god
- the Staircase Hall or "outer chamber" representing initiation into the sacred Mysteries
- the Pool of the Black Star, the octagonal star symbolic of the Egyptian goddess Isis
- the unique acoustic properties of the chamber containing the Black Star, attributed to its sacred geometric proportions.

These two talks are intended to increase public awareness of the significance of Winnipeg as a potential centre of spiritual light, healing and transformation in the 21st century.

I believe that the very purpose of our life is to seek happiness. That is clear. Whether one believes in religion or not, whether one believes in this religion or that religion, we all are seeking something better in life. So, I think the very motion of our life is towards happiness.

- H. H. The Dalai Lama



When hungry I eat;
when tired I sleep.
Fools laugh at me.
The wise understand.
- Rinzai

LIGHT Website Update

LIGHT would like to draw your attention to a new addition to the **Writings** page of our website (www.lightinc.org) called "Spiritual Teachings." This new section features seminal ideas and quotations from the world's spiritual traditions on subjects of importance to all seekers of wisdom. The topics will include:

- The Spiritual Teacher and Guide
- Crazy Wisdom: Unconventional Behaviour by a Teacher
- Spiritual Groups and Communities

- Human Completion and Fulfillment
- Mystical Experience and Enlightenment

New topics are planned for the future which will explore major themes related to the journey of spiritual development drawn from the wisdom traditions of the world.

Also, LIGHT is expanding the "Other Community Events" section of the website to include a more comprehensive listing of local events, meetings, lectures, classes, workshops, films

and presentations of interest to spiritual seekers. On the **Events** page, click the **Other Community Events** link.

Events are listed in chronological order and will be updated at regular intervals. Readers are welcome to submit community events to the LIGHT webmaster for listing (see the **Contact** page). LIGHT reserves the right to screen suggested events for suitability and relevance to the spiritual community.

New Additions to the LIGHT Lending Library

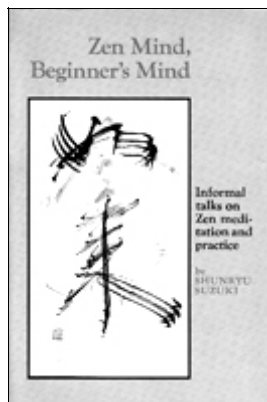
The LIGHT Lending Library has been well utilized during the summer months by LIGHT members, and continues to expand its holdings. Recent statistics for August indicate that the Library was the most popular destination on our website.

LIGHT is pleased to announce the addition of a major new section of the Library: **Spiritual Traditions and Teachers**. The section is divided into categories reflecting some of the major spiritual traditions and teachers of the world. Five of these sub-sections will be opening this fall:

Zen Buddhism

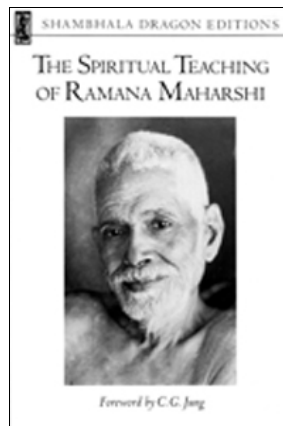
Zen is often referred to as the heart of Buddhism and its enigmatic teachings have fascinated spiritual seekers for centuries. Although Zen emphasizes that its teachings lie beyond words, many Zen masters have written books which eloquently point to a deep intuitive understanding of reality.

The titles in the LIGHT library include important works by Eastern teachers like Thich Nhat Hanh, D.T. Suzuki, Sueng Sahn and Shunryu Suzuki, as well as insightful offerings by Western Zen teachers like Philip Kapleau, Albert Low and Charlotte Beck.



Advaita Vedanta

Advaita Vedanta, or the path of non-duality, captures the essence of Indian spirituality by pointing directly to the ultimate reality underlying the phenomenal world. Included in the LIGHT Library collection are books by the great Indian sages Ramana Maharshi and Sri Nisargadatta Maharaj (author of the spiritual classic *I Am That*) as well as Jean Klein, a contemporary teacher of Advaita who writes specifically for a Western audience.



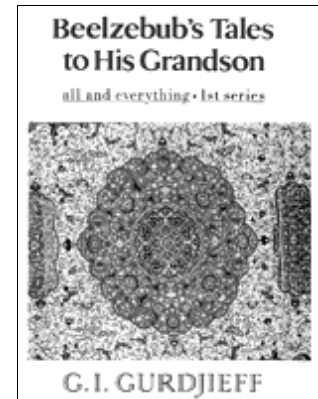
Sufism

Sufism is often described as the esoteric core of Islam, but in essence it represents a universal teaching of spiritual awakening transcending religious forms. Many of the books in the LIGHT Library are by acclaimed Sufi writer and teacher Idries Shah, whose writings are particularly accessible to the Western mind. Also included in the Library are works by highly regarded Sufi teachers Omar Ali-Shah, Murat Yagan and Kabir Helminski.

Gurdjieff and the Fourth Way

G.I. Gurdjieff was one of the most significant spiritual teachers of the 20th century and his teachings have had a major influence on Western thinking. The LIGHT Library includes classic books by Gurdjieff (*Beelzebub's Tales to His Grandson*, *Views From the Real World*)

and books by important students of 'the Work' such as P.D. Ouspensky (*In Search of the Miraculous*), John Bennett and Maurice Nicoll.



Eckhart Tolle

Eckhart Tolle is a contemporary spiritual teacher who is not aligned with any particular religion or tradition. In his best-selling books *The Power of Now* and *A New Earth*, he conveys the essence of spirituality with uncommon simplicity and clarity.



The Library catalogue can be accessed through our website. From the home page select **About Us**, then **Lending Library**. In order to borrow books, journals, films or audiotapes 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.

An Interview With a LIGHT Member



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To become a **LIGHT** member,
visit our website and go to
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Dianne Mowdy has been attending **LIGHT** events for about three years. The first event she attended was the Labyrinth Workshop, presented by Rick McCorrister, held on Thanksgiving Day, 2003. "Labyrinths are spiritual tools," said Dianne, "a design of paths for walking meditation."

"This was a fantastic workshop," she said. "I attended it during a real transitional time in my life, and it created a real interest in walking the labyrinths situated around the city. I always find an interesting answer to my questions through the labyrinth."

The next event that stands out for her was a lecture by Doug Tataryn ('Emotions and Spirituality' in October 2004). "He had a symbol on a chart, that I really wondered about. His lecture confirmed an awareness of a truth, that sometimes you cannot allow yourself to feel some things until you feel safe." That lecture opened a door for Dianne, leading her to more profound personal understanding of herself and others.

LIGHT has been important for establishing connections among people of different backgrounds, Dianne believes. "I think very highly of the fact that **LIGHT** has been donating books to the library for children's spiritual development." Dianne has also appreciated the concerts presented by Deborah Judith and Ervin Bartha, which she describes as "awesome, with mesmerizing visuals."

The discussions following films have been an opportunity to explore the themes of the movies with others. "The dialogue takes it to the next dimension," says Dianne. "Hearing other people's

perspectives can really enhance the experience of the movie, and seeing it in a group context can be really different than seeing it myself."

"I remember *The Seventh Seal*. When I first saw it many years ago, I thought it was depressing. This time, it was so uplifting! There were a couple of young women there, about the same age as I was when I first saw it, and after a few minutes they left. I could relate to where they were, and was surprised at how my viewpoint has changed."

Being part of **LIGHT** has enabled Dianne to deal with some challenging things, and the positive experiences have encouraged her to try new activities, like cross country skiing. "**LIGHT** helped me to continue my philosophy of 'do it differently.' So, where at one time I would think I couldn't do outdoor activities, now I am more willing to give it a try. **LIGHT** is a group of like-minded people getting together to share, heal and grow in their spiritual aspect. It's like a touchstone from which one can move forward."

Even when things do not go as planned, Dianne says there is much to be gained. "If someone in a discussion group has a point of view that I react strongly to, I know that there is something to be learned in that reaction, too."



Become a **LIGHT** member! Here's how:

- **Fill in a membership form and mail it to the address at the bottom**
- **The membership form is available on our website**

For more information, call us at 453-2717