



VOLUME 8, NUMBER 2

SEPTEMBER 2010

## Coming Events

LIGHT is pleased to announce our upcoming events for September to December 2010.

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 each month. 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, September 7**

#### Jules Lavallee: "Aboriginal Wisdom and Spirituality"

The presentation will show how all people can benefit from the healing of spirit, mind and body through North American Native traditional ways.

*Jules Lavallee has taught courses through the Universities of Winnipeg and Manitoba and currently works as an Elder for Red River College and Addictions Foundation of Manitoba. He and his wife Margaret founded the Red Willow Lodge healing centre east of Anola.*

**Tuesday, October 5**

#### John Tozeland: "The Marriage of Personal and Spiritual Growth"

Inside each of us is a magical essence, that when tapped has the power to transform our lives. The key to self-empowerment and spiritual growth is transforming ego's rigidity and fixations to ease the connection to Spirit.

*John Tozeland has been an international speaker and trainer in the fields of Hypnotherapy, Neurolinguistic Programming and personal growth since 1985. John is a transformational therapist who believes learning and growth happen in a relaxed, fun atmosphere.*

**Tuesday, November 2**

#### Doug Staley: "Sacred Geometry"

This visually engaging presentation will explore how sacred geometry underlies the aesthetic beauty and spiritual power of Gothic cathedrals, Celtic crosses and designs, Islamic mosques, mosaics and arabesques, and indigenous art, as well as the beauty, harmony and order of the natural world.

*Doug Staley is statistician and researcher at St. Boniface General Hospital and the President of LIGHT. He has studied Western and Eastern spiritual teachings for many years.*

**Tuesday, December 7**

#### Nancy Hall III: "Aromatics and the Body, Mind and Spirit of the Indian Buffet"

Experience an aromatic tour through the Indian kitchen. Join Nancy to explore the essential oils commonly found in Indian cooking and their application beyond the buffet. Learn which oils to call on for romance, meditation, medicine and more.

*Nancy Hall III has studied aromatherapy for over a decade and is co-owner of Hollow Reed Holistic. She is committed to community unity and healing through the use of plant spirit medicine and lifestyle education.*

### Exploring Healing With Spirit

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

For further information, see the story on page 2.

### Dates:

**Thursday, September 16 - 7:00 p.m.**

#### Deanna Hansen: "Healing Body, Mind and Spirit"

Explore a variety of practical approaches to healing and spiritual transformation in an atmosphere of sharing and self-empowerment.

*Deanna Hansen is a certified Athletic Therapist and the founder of Fluid Isometrics, a manual therapeutic system that targets the connective tissue.*

**Thursday, October 21 - 7:00 p.m.**

#### Beth Martens: "A Kirtan Call - Magic Mantras and Meditation"

Sacred chant allows us to exercise the voice and breath, and play with sound. By harmonizing the breath in sacred rhythm with the voice we can open the fifth chakra, the centre of joyful communication, and explore our authentic self.

*See the interview with Beth on page 4.*

**Thursday, November 18 - 7:00 p.m.**

#### Debbie Whyte: "Reiki and Quantum Touch: Changing Your Life"

What are the benefits of learning to do Reiki and Quantum Touch for yourself and loved ones, and what might you experience with one of these hands-on healing arts? Come enjoy an evening to learn more, enjoy a meditation, share your healing experiences and spend a little time playing with energy.

*Debbie Whyte has been a practicing Reiki Master since 1997. She incorporates Reiki, Reconnective Healing and Quantum Touch in her sessions.*

# Healing With Spirit Symposium

The elegant and historic Fort Garry Hotel proved to be the perfect setting for LIGHT's June 4-5, 2010 symposium on spirituality, health and healing. After almost a year of countless hours of planning and organizing the event, symposium attendees began arriving on Friday evening to the beautiful sounds of pianist Deborah Judith. They were able to explore and talk with various groups and organizations with a spiritual and healing focus at display tables of information and services on the mezzanine level.

But the main magnet for the evening was the keynote address by Jonathan Ellerby. Interest was high and the 200 seats of the La Verendrye room were filled well before the opening ceremonies. The opening began with a blessing from Ovid and Pat Mercedie, followed by brief introductory remarks by LIGHT board members Richard Bredsteen and Doug Staley. Beth Martens shared a heartfelt musical offering and then Jonathan's mother Izzy Ellerby introduced her son. By turns serious and hilarious, Izzy

captured Jonathan's upbringing, personality and spiritual journey as only a wise perceptive parent can.

Jonathan's keynote address "Inspired Living - Embracing the Spirit of Life" was based on his forthcoming book *Inspiration Deficit Disorder*. He explored the connection between spirituality and health through stories, personal reflections and a comprehensive model of human development that leads to a place of balance and meaning in our lives. Jonathan is a natural speaker, very personable and down to earth, with a great sense of humour; the audience was captivated by his wonderful presentation.

Saturday's workshops and presentations were well-attended as participants explored a wide range of approaches to spirituality and healing. Jonathan Ellerby returned for his breakout session on Saturday after-noon with his interactive workshop "Return to the Sacred - Pathways to Inner Peace," which encouraged each individual to find their

own best path to inner strength, resilience and connection with spirit.

The day drew to an end with closing remarks by Karen Toole, Provincial Spiritual Care Coordinator, who neatly summarized the symposium proceedings and captured the feeling and energy of the two days. The Keepers of the Sanctuary then created a delightful field of healing energy with their unforgettable crystal bowl music and chanting. It was the perfect way to end the symposium and send everyone back into the world spiritually rejuvenated.

The feedback from the symposium participants was overwhelmingly positive. Attendees appreciated the opportunity to explore a variety of spiritual and healing approaches, meet like-minded people on a similar journey, and generally share, relate and connect. There was a real sense that positive healing energy was generated during the two days of the symposium and a genuine feeling of connection and community created.



**Jonathan Ellerby with Shauna and Lisa Tjaden, owners of Radiance Gifts**

## Exploring Healing With Spirit

LIGHT is offering a new series of monthly events entitled "Exploring Healing with Spirit" on Thursday evenings at Robert A. Steen C.C. (see p. 1 for the Fall schedule). The series is an outgrowth of our June symposium on spirituality and healing and is intended to provide a setting where traditional and complementary health practitioners can share their knowledge, methods and skills with the community.

The focus of the series will be an interactive, experiential exploration of a wide spectrum of healing techniques and approaches, led by knowledgeable practitioners with many years of experience in their particular field. Proposed topics include yoga, dance and movement, Qi Gong, reflexology, Ayurveda, meditation, Therapeutic Touch and chakra balancing. We hope that the series will be practical, informative, personally empowering and fun.

## Hollow Reed Expansion

LIGHT would like to congratulate our friends Chad Cornell and Nancy Hall on the expansion of their Westminister Ave. location to create the Hollow Reed Holistic Centre. The Centre is a new community resource that offers a space and forum for classes, workshops, consultation, education, art, film and other events. This season Hollow Reed will be offering teachings on herbal

medicine, massage and acupuncture, aromatherapy, Qi Gong, bodymind Acupressure, Yoga, Kirtan and Satsang, shamanic astrology, nutrition and other healing approaches by some of Manitoba's leading holistic health practitioners, including Chad, Nancy Hall, Tanis Moore, Beth Martens and Brenda Johnson. Hollow Reed is hosting an open house at 763 Westminister Ave. on Saturday, September 11 from noon to 6 p.m.

## LIGHT AGM

LIGHT held its annual general meeting on May 4, 2010 at Charisma restaurant. Doug Staley delivered a brief President's Report, including a financial report. The present board of directors remains the same as there were no new nominations to the board. LIGHT intends to continue serving the community through its programs, activities and collaborations with other spiritually minded individuals, groups and organizations.

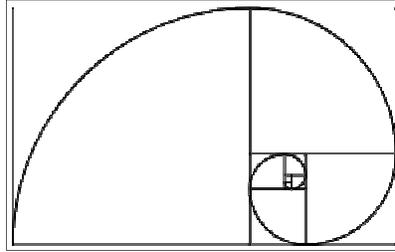
# LIGHT Library: Sacred Art, Architecture and Geometry

The intention of the **LIGHT** library is to share with the community the most significant and helpful selections from the world's spiritual and metaphysical teachings. The newest sections of the library explore sacred art, architecture and geometry.

*Sacred art* can be found in virtually every culture of the world and is the product of a spiritual sensitivity which seeks to express the divine in material forms. The **LIGHT** library includes books of sacred art from the world's spiritual traditions including Yoga, Buddhism, Celtic Christianity, Zen, Taoism and Islam. Other volumes are contributions by scholars and art historians such as Carl

Jung, Robert Thurman, Ajit Mookerjee, Titus Burckhardt and Seyyed Nasr.

Magnificent works of *sacred architecture* such as Chartres cathedral and the Taj Mahal cast a spell on all those who enter their sacred space. These beacons of spiritual energy call to the human soul to return to its original nature of unity and wholeness. The books of sacred



architecture in the **LIGHT** library trace the history of this creative human impulse from early prehistoric cultures to contemporary times.

The principles of *sacred geometry* underlie the beauty and order of the natural world, sacred art and architecture, and even certain works of music and poetry. **LIGHT** has collected a broad selection of books which illuminate the principles, symbolic and archetypal meaning, and expressions of sacred geometry through word, image and diagram and point to the creative intelligent design underlying the wonder of creation.

## Making Sense of 2012 Predictions

Predictions of major changes for our planet and its inhabitants in 2012 seem to be everywhere - in popular media, books, the Internet and conversations in neighbourhood cafés. At worst these predictions foresee the end of the world as we know it, at best a transformation and evolution of humanity into a higher spiritual reality. What are we to make of these forewarnings and how can we sensibly evaluate the evidence put forth to support various claims?

The genesis of the 2012 fascination can be traced in large part to the ancient Mayan calendar based on the 25,630 year precession of the equinoxes (an astronomical cycle reflecting the orientation and movement of the polar axes). The calendar divides the great precession into ages, the last of which began August 11, 3114 B.C.E. and ends December 21, 2012, on the day of the winter solstice. The precise meaning of this endpoint is unclear and scholars have pointed out that many Mayan documents have been destroyed and we are left with only fragments of their knowledge. Mayan elders have also expressed displeasure with people using Mayan teachings for their own purposes and interpreting them from a nontraditional perspective. The elders view time as a cycle of spiritual qualities rather than a progression of actual events.

However, many other predictions - from the Hopi, Nostradamus, the Bible, Edgar Cayce and numerous channelers, psychics and intuitives - also point to the current time as a period of great and

perhaps cataclysmic change. These include climate change, earthquakes, volcanic eruptions, reversal of the earth's magnetic field, floods, droughts, famine, species extinction, epidemics, social tension and unrest, war and suppression.

But others, such as spiritual teacher Eckhart Tolle, are much more hopeful and optimistic, seeing opportunities in the midst of challenges:

- A greater respect and harmonization with the cycles of nature and appreciation of the interconnections between humanity and the animal, plant and mineral kingdoms
- A sense of our shared experiences and common purpose as human beings and a reconciliation of conditioned cultural and other differences
- A recognition of the importance of integrating spirituality into all aspects of life
- An expanding awareness of humanity's place in the universal order

From this perspective, the ages and transition points of human evolution are seen as metaphors for the development of consciousness, which may or may not be accompanied by physical manifestations. Prophecies and predictions should be viewed with a healthy skepticism.

Announcements of the impending end of the world have occurred countless times throughout history and every one has been wrong. Many prophecies, like those of Nostradamus, are vague and difficult to interpret; and predictions by

psychics, sensitives and channelers are often wrong or are mixed with the distorting influences of human subjectivity and ego. In some instances the results are tragic: in 1997 the leader of the Heaven's Gate religious cult predicted the end of the world and 40 members committed suicide.

In social psychology skeptics and true believers are called "goats" and "sheep." Neither pole of this dichotomy is helpful in understanding the significance of 2012. A more balanced approach is to enter the debate with an open mind while maintaining critical thinking: asking questions but not stopping at easy answers.

It is also important to recognize that time is cyclical and one particular date, December 21, 2012, represents only a frozen moment in a continuous process of unfolding potentialities. The ancient art and science of astrology can be useful in understanding the 2012 phenomena. Most astrologers agree that this period in history is especially significant, as powerful planetary patterns are coming together in a particularly forceful manner in the coming years. Similar patterns have also occurred in the past and we can learn from history how these planetary energies manifest and play out.

The nature of these planetary influences is generally felt to be in the direction of deep change and transformation, as a new vision of human purpose, community and cooperation replaces the old order.



LEARNING INSTITUTE FOR  
GROWTH, HEALING AND  
TRANSFORMATION

980 Dorchester Avenue  
Winnipeg, Manitoba  
R3M 0S1

Phone: (204) 453-2717

E-mail: [info@lightwinnipeg.org](mailto:info@lightwinnipeg.org)

Website: [www.lightwinnipeg.org](http://www.lightwinnipeg.org)

## Directors

Karen Barkman  
Richard Bredsteen  
Tim Freeman  
Douglas Staley  
Ernie Strauss  
Bonnie Wrighton

### Newsletter Editor:

Ernie Strauss

### Contributors to this issue:

Karen Barkman  
Beth Martens  
Doug Staley

## LIGHT Interview: Beth Martens



Beth Martens is an accomplished musician and yoga teacher. She will be presenting on October 21 as part of LIGHT's new series "Exploring Healing with Spirit."

*Q: You are also known as 'Vijaya.' What does that name mean?*

In 1992, while working in Nepal as part of an exchange program, I travelled to India where I met my meditation teacher.

Learning that my first name was Victoria, he gave me the name 'Vijaya' which in Sanskrit means victory or glory. The teacher taught through traditional *satsang* whereby disciples gather together with a spiritual teacher to listen to the words of truth. I was also introduced in India to the practice of *Kirtan*.

*Q: Many westerners are not familiar with Kirtan. What does it mean and how do you use it in your own spiritual work?*

The meaning of *Kirtan* is "to communicate." The human voice has a wonderful capacity to express the energy of the heart centre through song, chant and speech. *Kirtan* also takes a call and response form so the audience also participates, creating a dynamic flow of energy between performer and listeners. This Fall on Sunday evenings at 7:30 I will be sharing *Kirtan* at Hollow Reed Holistic Centre, 763 Westminister Ave.

*Q: As a Yoga teacher how important is it to integrate posture, breathing and meditation?* They are all one practice as each affects the other. If the spine is not straight the energy and breath will not flow and the mind will be restless. Proper posture leads to proper breathing and vice versa. In my Yoga teaching I combine all elements - body, breathing, deep relaxation, meditation and philosophy.

*Q: You are also a musician and performer and have recorded a number of CDs.*

I was inspired by my travels in India, and by my teacher who was also a musician, to write music. When I returned to Canada I became a singer/songwriter and performed at many venues, including the West End Cultural Centre and the Winnipeg Folk Festival. I have recorded

three CDs including *Yoga Lullabies* which, as the title suggests, creates a very relaxing and contemplative mood. I am currently working on a fourth CD which has a dynamic and ecstatic energy, reflecting the call and response form of my current *Kirtan* concerts.

*Q: In your own life journey you have experienced the 'dark night of the soul' in the form of a life-threatening illness.*

In 1999 I was diagnosed with Hodgkin's Lymphoma and over the course of the next three years tried various traditional and alternative therapies with mixed success. Twice I faced my own death. The first time, feeling that I had lost everything and my life was literally dissolving, I suddenly let go at the greatest point of defeat and surrendered to my real self - the eternal indwelling spirit that exists beyond space and time. Later when the cancer returned, I faced death again but at a different place - deeper and more conscious. I surrendered and let go of my identification with my body and faced all my hidden fears. It was a moment of insight and clarification where I questioned my motivations, took an inventory of my life and decided that "caring for the soul" was my priority.

*Q: You are the mother of a wonderful young boy. What has that been like?*

It has been an amazing experience on many levels, more powerfully challenging than I expected. Even birth, painful though it was, became a spiritual experience demonstrating the power and mystery of life. Raising a child has been a true spiritual adventure. I have experienced genuine unconditional love, egolessness, non-attachment, happy times and difficult times. I have learned things that can only be learned by raising a child.

To learn more about Beth and her events and teaching schedule visit her website at [www.bethmartens.com](http://www.bethmartens.com)

**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