



VOLUME 9, NUMBER 1

JANUARY 2011

Coming Events

LIGHT is pleased to announce these events for February to June 2011.

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 6:30 p.m., with the talk to follow at 7:00.

Location: Charisma Restaurant
83D Sherbrook St.

Tuesday, February 1

Gerry Kopelow: "Where The Buddha Walked"

Kopelow's photographic pursuit of the "decisive moment" in the late 1960s indirectly led him to study Eastern meditative practices and, ultimately, the methods of mental cultivation invented and taught by the Buddha. In 2006 and 2007, Kopelow travelled to India to visit historical Buddhist sites: the places where the Buddha is said to have been born, achieved his realizations, taught, meditated and died. **Where the Buddha Walked** consists of images made during Kopelow's pilgrimages.

Gerry Kopelow is an internationally published photographer, author and educator.

Tuesday, March 1

Ervin Bartha: "The Architects of Transformation"

This multidimensional presentation is an in-depth exploration into the mysterious and sometimes esoteric realm of sacred spaces, and the architecture and art that has been created to transport us there.

Ervin Bartha (a.k.a. E.T. Nada) is an author, artist, photographer, symbolist and navigator of the unknown.

Tuesday, April 5

Alan Green: "Introduction to Jewish Mysticism"

The basic concepts of Jewish mysticism or Kabbalah accord with the universal tradition of mystical knowledge found in every spiritual teaching on earth.

Rabbi Alan Green of Shaarey Zedek Synagogue has been pursuing the truths of the inner tradition of Judaism for the last 35 years.

Tuesday, May 3

Victor Popow: "The Ancient and Hidden Meaning of Freemasonry"

The presentation will explore the ancient symbols, philosophy and meaning of the world's oldest fraternal order and its true purpose as a vehicle for self-development and enlightenment.

Victor Popow is an established fine artist and writer, and has served as a Freemason in many different functions. He has worked in the airline sector for over 30 years as a lobbyist and training manager.

See the interview with Victor on page 4.

Tuesday, June 14

LIGHT AGM and Deborah Judith Concert

LIGHT will be holding its annual general meeting on June 14 at 7:00 p.m. at Charisma restaurant. The meeting will be followed by a performance of transcendental music by pianist Deborah Judith.

Exploring Healing with Spirit

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

Thursday, February 24 - 7:00 p.m.

Tanis Moore: "Qi Gong ~ Personal Transformation"

Learn how Qi Gong works to open the energy channels to assist personal growth, create deep healing and breakthroughs in physical, emotional, mental and spiritual levels.

Tanis Moore has studied Qi Gong since 1990 and incorporates Qi Gong, traditional Chinese medicine and personal experience in her work as a healer.

Thursday, March 24 - 7:00 p.m.

Doreen Holmes: "Willow Hoop ~ Awakening to Spirit"

Experience a beautiful sacred ritual through a group process of creating a powerful healing vortex within a sacred willow hoop. Participants are encouraged to bring any object with personal spiritual significance to share in the ritual ceremony.

Doreen is an ordained minister with the Alliance of Divine Love and is guided by her Christian mystical path and her Métis ancestry.

Thursday, April 14 - 7:00 p.m.

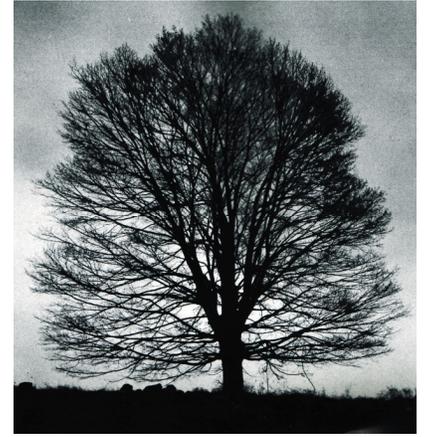
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LIGHT Library: Sacred Earth

LIGHT is adding a new section to its Lending Library entitled **Sacred Earth**. Human beings have always sought a spiritual communion with our natural environment. Certain places and landscapes have a history, mythology and mystical meaning that have inspired humanity from antiquity up to the present day. These sacred sites are found on all continents of our planet and have a special energy that deeply resonates with the human soul and puts us directly in touch with spirit.

Many volumes in the Sacred Earth section of the library are photographic collections which highlight the incred-

ible majesty of nature's creations. Some of the most fascinating books reveal, through satellite imagery, the unexpected beauty and startling patterns of our planet when viewed from above. Other volumes examine, through powerful microscopic images, the mysterious invisible world of the microcosmos hidden from normal human perception. When seen from a holistic perspective the earth is a vast interconnected, living and evolving Being in which the myriad forms of nature are interdependent and reflections of an underlying order and unity. The library catalogue can be accessed through LIGHT's website.



Harmonizing with Winnipeg's Earth Spirit

The surface of our planet is blessed with incredible richness and differs significantly in life force, energy and spirit from one region to another. The concept of the four elements provides a useful framework for understanding how the earth spirit manifests at a certain geographical location. Using this model we can gain insight into the nature of the earth spirit in Winnipeg, a city lying at the center and heart of North America.

Earth Winnipeg, although situated in the Red River valley, is essentially flat and *yin* (in Taoism feminine, receptive energy). Fortunately this *yin* energy is counterbalanced by the presence of hundreds of thousands of trees which provide a vertical element which stimulates the more active masculine *yang* energy. The earth spirit of the city is also enhanced by the rich fertile soil deposited by the retreat of ancient glacial Lake Agassiz many thousands of years ago.

Water Winnipeg is located at the junction of two major rivers, the Red and the Assiniboine, which in conjunction with several smaller rivers and streams, create a complex and vital water system. Flowing waters are major channels of the earth spirit and are universally associated with healing. The city is also situated over an immense underground basin of water—the Upper Carbonate Aquifer—that is the source of underground streams that flow into the Red and Assiniboine rivers. Subsurface water influences the ion balance of the biosphere, directly contributing to the

health and well-being of life on the earth's surface.

Air Winnipeg is blessed with an invigorating and relatively pollution-free atmosphere. Winds sweeping over the prairies provide a fresh healthy circulation of air to the city.

Fire Winnipeg has more hours of sunshine than virtually any other city in Canada. Sunshine is one of the earth's principal sources of beneficial negative ions and vitamin D, and scientific research indicates that there is a relationship between the amount of sunlight and psychological well-being. The province of Manitoba is located in one of the strongest areas of magnetic field intensity on the continent. Studies have shown that strong magnetic fields are associated with healing and increased psychic activity.

The climate and weather patterns of Winnipeg, which are among the most unique in the world, also contribute to the energy and earth spirit of the city. Because it is located in the middle of the continent, Winnipeg is exposed to great extremes of weather. No other city of its size in the world has greater variation in yearly temperature. In winter, temperatures can drop to -40°C while in summer temperatures may reach $+40^{\circ}$. And the daily temperature range can also show great variability with differences of 20°C or more between day-time and night-time temperatures not uncommon.

Human beings are physiologically and psychologically responsive to both short-term weather changes and long

range climate patterns. Winnipeg's continental climate results in four distinct seasons with pronounced winters and summers and a relatively short spring and autumn. How we adapt to each of the seasons has profound implications for our physical, mental and spiritual health. Winnipeggers are particularly susceptible to Seasonal Affective Disorder (SAD), which manifests as low energy and depressed mood beginning in early October and often lasting to the end of February. November and December are particularly difficult months as the combination of short daylight hours and the onset of winter contribute to the "blues."

The day to day changes in weather also affects our functioning and well being. Scientific research suggests that changes in barometric pressure, usually accompanied by the passage of warm and cold fronts, have major effects on how we think, feel and function. Sharply falling or rising barometric pressure is associated with migraines and headaches, arthritic and rheumatoid symptoms, accidents and irritability. Winnipeg tends to experience a change in weather every 2-3 days as low pressure systems replace high pressure systems, and vice versa, in an unending dance of nature.

By paying attention to how we respond to the seasons of the year and day-to-day changes in weather, we can begin to understand our intimate connection with the natural cycles of nature and how we can harmonize with the energy of life that is both around us and within us.

LIGHT Symposium June 2011

LIGHT will be presenting a symposium, **Spirituality and Healing: A Cross-cultural Perspective**, on Friday and Saturday June 3–4, 2011 at the Fort Garry Hotel. A Friday evening reception and keynote address by author and storyteller Aubrey Davis will be followed by a series of concurrent workshops on Saturday morning and afternoon.

The symposium builds on the success of our June 2010 symposium, **Healing with Spirit**, which was well received by the community and prompted many attendees to request a similar gathering in 2011. Once again the focus of the symposium will be the relationship between spirituality, health and healing, but from a cross-cultural perspective.

LIGHT believes that it is important at this critical time in human history to bring together people from different cultural and spiritual backgrounds to

share their approaches to healing and spiritual growth. The theme of the symposium is congruent with LIGHT's goal of fostering inter-faith and cross-cultural tolerance and understanding. And Winnipeg's rich cultural and religious diversity makes it an ideal city to host such an event.

The specific symposium objectives are:

- To share interdisciplinary and cross-cultural expertise from a broad range of health and spiritual care practitioners
- To create a forum for the presentation and dissemination of theoretical and practical research examining the relationship between culture, healing and spirituality
- To provide opportunities to learn and experience spiritual practices from many of the world's cultural

traditions which enhance health, healing and personal growth

Workshop presenters will be drawn from a wide range of traditional health care disciplines and cross-cultural perspectives. Keynote speaker Aubrey Davis will also be presenting a workshop on Saturday afternoon. The symposium will feature music, information tables of groups and organizations with a spiritual and healing focus, and provide opportunities for participants to meet like-minded people on a similar journey.

By bringing together individuals, groups and organizations representing a spectrum of cultural and spiritual approaches to healing, optimal health and inner development, LIGHT hopes to illuminate the universal nature of the human aspiration for love, wholeness and fulfillment. Further information and updates about the symposium will be available on the LIGHT website.

Symposium Keynote Speaker: Aubrey Davis

LIGHT is pleased to announce that Toronto author and storyteller Aubrey Davis will be the keynote speaker at our June symposium. A retired teacher with an M. Ed. in psychology and adult education, Aubrey taught oral language programs to primary and special needs students for 17 years. For over 25 years he has told stories and conducted storytelling workshops in Canada and the U.S. He has also published a number of books for children; his last work, *Bagels for Benny*, won a number of prestigious awards. Aubrey has recently written a screenplay for a new animated film, *The Three Wishes*, distributed by the National Film Board of Canada.

Aubrey is a Director of the Institute for Cross-cultural Exchange (ICE) (www.iceeducation.org), a Canadian charity dedicated to promoting cross-cultural education by encouraging learning about other cultures and understanding between them. Its current priority is to donate high quality illustrated folk tales from the

Middle East and Central Asia to literary programs helping children in need in Canada and Afghanistan.

Aubrey first discovered traditional folk tales and the art of storytelling while travelling in Europe and North Africa many decades ago. Teaching stories and tales are found in virtually all of the world's spiritual traditions and constitute a rich heritage of wisdom, humour and knowledge. Research by psychologist Robert Ornstein suggests that repeated readings of Sufi stories may help to coordinate the left (linear, analytical) hemisphere with the right (non-linear, holistic) hemisphere of the brain.

LIGHT sponsored Aubrey as the featured storyteller at our May 2008 event at the Millennium Library as part of the third annual Winnipeg International Storytelling Festival. Aubrey's presentation centered on the humorous stories of Mulla Nasrudin, who plays the role of the wise fool and

jokester as he transmits timeless wisdom. Aubrey is a consummate storyteller and his telling of classic Nasrudin stories was magical and enchanting. Aubrey uses his storytelling gifts and knowledge of Jewish, Sufi and other spiritual traditions to provide a healing medicine which bridges cultures and promotes understanding of our shared human condition.





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LIGHT Interview: Victor Popow

Victor Popow has been a Freemason for many years and will be presenting a talk on Freemasonry on May 3 as part of the **LIGHT** Lecture Series.

Q: What are some of the major influences on your spiritual journey?

When I was 7 years of age I had a near-death experience involving drowning in which I left my body while still conscious of the environment around me, accompanied with an overwhelming sense of love and being one with everything. It left an indelible and lasting memory. Later in life I read extensively in a wide variety of metaphysical fields and spiritual traditions. Many synchronistic events and inspiring visits to spiritual locales around the world have helped propel me on my own journey of inquiry. I can't point to any one thing, person or tradition, rather it's been a combination of elements, ideas, incidents and people.

Q: How did you become involved in Freemasonry?

I had been reading and was aware of Rosicrucian teachings and Freemasonry for years and it was after a trip to Greece and a visit to Delphi, site of the ancient Eleusinian mysteries, that I decided it was time to join the Craft. Ancient Sufis and Gnostics talked about the value of direct and personal experience to complement the acquisition of knowledge by traditional scholastic methods.

Q: What is your sense of the 2012 predictions and are you optimistic or pessimistic about the future?

I think 2012 represents the end of a cycle and nothing more. To think the world will physically end is a mis-interpretation of the Mayan calendar. Rather we should think about how the world will change. Ancient knowledge attempts to educate us about the rhythms of nature, and how we can understand and align with these cycles I do think that humanity is challenged as never before and our planet, as well as ourselves, stand at a critical juncture. I have

always been an optimist and believe that despite the overwhelming challenges facing us as a species we will collectively awaken and move towards the anticipated Aquarian age of harmony and peace.

Q: Tell us about your artistic pursuits and recent shows of your art.

Although my professional life is in the world of business and very left-brain (spreadsheets, quarterly earnings), I also have a creative right-brain design and aesthetic sense. I originally wanted to be an architect and in the last few years have returned to more creative pursuits by imbuing abstract visual art with my spiritual thoughts and ideas. I like to refer to myself as a 'Holotropic' artist, a term meaning "moving towards wholeness." I feel that I am helping facilitate the observer of my art to move towards wholeness. I have had a very positive response to my art and my work has been offered and sold through the Winnipeg Art Gallery and a number of local galleries. I have artwork in private collections across Canada, in the U.S. and in Europe. My next solo exhibition, hermetically themed "As above, so below," will be at the Cre8ery Gallery from June 8 to 21, 2011.

Q: What should attendees to your May LIGHT presentation expect?

I'm hoping to present a view of Freemasonry that isn't readily known by the general public or even among most Freemasons. I wish to share the real secrets of Freemasonry which are truly fascinating and inspired by ancient builders who had knowledge of earlier esoteric schools of Rome, Greece, Egypt and Asia Minor. The real secrets of Freemasonry lie in the fact that the Temple of God is symbolically you and I, each of us contain a portion of divine light inside of us. We are, as I like to

say, individual neurons in the mind of God. I want attendees to be inspired to think, question and observe for themselves long after they leave the presentation.



Freemasonry is the world's oldest global fraternal society. It is not a religion nor presents itself as a substitute for one. It accepts people of all ages, nations, religions and cultural persuasions. A person must ask to join the fraternity and membership is never coerced. The only prerequisite for membership is that a person has a belief in a Supreme Being.