



Inner Journey Canada Newsletter



Issue 23, Autumn 2010

“I am divinely protected at all times.” ~ Louise L. Hay

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What's new!

6th Annual General Meeting & Winter Party!!

Please mark your calendars now for the biggest social event of the Inner Journey calendar. On Saturday December 11, 5:00pm to midnight, we will hold a short AGM followed by a **BIG PARTY** featuring live entertainment – the same band that had us dancing up a storm last year!!

The event will include a pot luck dinner, dancing to a live band, drumming, and a silent auction to raise money for our bursary fund. Plan to reconnect with your tribe, meet more

of the community and bring guests whom you'd like to share in the IJ energy. Children are welcome.

THE FEAST:

IJ will provide turkey, ham, potatoes, gravy and cranberry sauce plus punch/juice/soft drinks.

You bring the rest. Each adult attending is asked to bring one of: a hot dish/casserole, vegetables, a salad, a dessert, etc which would serve at least 6-8 (couples should bring 12-16 servings). All food should arrive before 6:30 so the buffet can be set up and the dinner can be served at 6:30 p.m. We want to eat while the hot food remains hot. Since some people have food allergies and sensitivities, it is helpful to bring along a small card listing the ingredients in your dish.

In the spirit of the Inner Journey program, there will be no alcohol served (it is also illegal to bring your own since we will not have a liquor permit). The evening will provide an opportunity to practice awareness, open-hearted connection and authenticity while we party and will remind us how much fun we can have without alcohol to dull our senses and reduce our inhibitions.

SILENT AUCTION:

One of the highlights of this party is always the silent auction where we get to engage in playful bidding wars for great items donated by the community. The auction is our fundraiser for the **Inner Journey Bursary Fund** which helps to make our programs available to people who want to take them but just cannot afford the full fee.

To have a great auction we need treasures to sell so are looking for donations such as:



Your creative expressions (paintings, photography, drawings, pottery, books, CDs, jewellery, etc.)



Gift certificates for services you offer - e.g. massage, reiki, yoga, home repair, income tax preparation, catered dinner for 4, etc.

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email Alana.McDonald@fin.gc.ca Namaste



New or like-new items from your home such as gifts you received which have been languishing unused in a closet or drawer



Items or gift certificates donated by businesses (soliciting likely works best with companies with an affinity for transformational work (e.g. spiritual book stores) or with whom you have a personal connection



Other ideas

Please be creative - some past highlights have included the rental of a graduate's cottage for the weekend (a whole tribe bid on it to use as a reunion site), karate lessons, Divy's drawings, and the beautiful new jacket Julie wore to the party and then donated. Please note this is not a garage sale or flea market; we hope you will search for quality items most likely to attract a good price.

To donate items, email Isobel Salole at isobeljsalole@gmail.com with a description of your donation so she can prepare the bidding forms ahead. Then either drop the item off at her home in Hintonburg before December 11 or, if you are attending the party, bring them to the church hall between 5:00pm and 6:30pm on the 11th so they can be put on display.

Let the bidding begin!

Contact: Isobel Salole at isobeljsalole@gmail.com

Date: Saturday, December 11th, 2010

Location: St. Michael and All Angels Church
2112 Bel-Air Drive (between Woodroffe and Maitland just south of the 417).

Time: 5:00pm – Annual General Meeting
6:30pm – Pot luck Dinner
8:00pm – Live band & party begins

Cost: \$20.00 each or \$35.00 for two (15 years+).
\$5.00 for children 8 – 14 years.
FREE party for children 7 and under.

Only 80 tickets will be sold so the early birds will get the worms as they say.

Tickets can be purchased from the following people:

| | | |
|----------------|------------|--|
| Gerry Giuliani | Hintonburg | geraldgiuliani@gmail.com |
| Divy Curracco | Brockville | vincentc1234@yahoo.ca |

| | | |
|--------------------|----------------------------|--|
| Maria Marriongelli | Woodroffe & Meadowlands | maria1@magma.ca |
| Jack Lafleur | Woodroffe & Meadowlands | jacklaf@magma.ca |
| Rita Finnigan | Prince of Wales & Baseline | finnrit@gmail.com |
| Synandra Lechner | Merivale & Baseline | slechner@magma.ca |
| JF Sauriol | Walkley & St. Laurent | jfsauriol@gmail.com |
| Judith Alexander | Bank & Heron | judithalex@sympatico.ca |
| Brian Wiles | Wakefield | specwright.bw@videotron.ca |
| André Carrière | Gatineau | ij-stafflead@videotron.ca |
| Julie Desmarais | Maitland | julie_desmarais@rogers.com |
| Don Ebert | Val des Monts | ebertdr@yahoo.ca |
| Craig Sweetnam | Stittsville | Craig@pbcsweetnam.com |
| Ed Loziuk | Merivale & Baseline | ed.loziuk@gmail.com |
| Jan Jones | Carlingwood | jjottawa@hotmail.com |



Article: To all the 'Dreamers'

Opening into Oneness

- by Michael Schiesser



As long as I can remember, I have been what John Lennon calls a 'dreamer', and this article is for those whom he calls upon by singing *'I hope someday you will join us and the world will live as one.'*

On my last birthday, Jan. 1st 2010, I asked myself how I could contribute to this paradigm or age shift that is upon us and had found no specific answer.

A few months later, the Oneness University created a training program for Deeksha givers which would allow them to become Oneness trainers. The trainers, upon their return to their homelands, would each then facilitate a course to end with an initiation process to allow the participants to become Deeksha givers.

Learning about this, I felt I had my answer, and last August I was finally able to go back to India, to return to the Oneness University near Chennai— my third visit in the last 4 years.

What that visit and the training at Oneness gave me was a deeper connection to and understanding about the particular time period in which we are living. So much has been in the media about what may happen in 2012.

How this lives in me now is in the awareness that this time period presents an incredible opportunity for all of us to awaken. Whether we like it or not, humankind is participating in a kind of Training Intensive, facilitated by the Divine and assisted by nature and its multitude of teaching modules – in the form of climate change, earthquakes, floods, droughts, volcanic eruptions, tidal waves, over population and on and on and on.

Also assisting the Divine in this Intensive, which starts to take off fully in 2011, are we ourselves as human beings.

What the Oneness University teaches, in essence, is that we are all participants in the global transformation and that the awakening, the raising of consciousness of we humans will have an incredible impact on the degree to which Mother Nature will impact life in this transition period. This teaching comes from an understanding that, on a very profound level, **ALL IS ONE** – that we are not separated from nature, that the Inner affects the Outer, that it is truly all **ONE**. We are just so caught up and lost in our dualistic view of the world, that we don't get it.

So, if you and I awaken to a higher level of awareness of the Oneness that exists, to that same degree nature can decrease the intensity of the 'modules' I mentioned. Eckhart Tolle writes in *The Power of Now* that, while life / existence / consciousness act upon us with changes that are often experienced as suffering and pain, we can voluntarily participate in those changes acting upon us – voluntarily say yes, even if it hurts, and become conscious.

Consciousness is the underlying factor in all that exists. So when you and I 'wise up', open up to more love and compassion, care more about each other and our precious 'blue planet' and, in particular, heal our relationships with each other, then we raise not just our own personal consciousness but also that of the species.

The founder of the Oneness Movement, Sri Bhagavan, says that if one person awakens, 100,000 people are impacted and their consciousness lifted.

Based on this phenomenon, the vision of the Oneness University is to help awaken about 70,000 people, who will then impact all 7 billion people sharing the earth as their common home.

If one is scientifically inclined, one can ask 'how does that work?' Unfortunately, I am neither a geek nor sufficiently into esotericism to explain it. I know there are scientifically based works that offer theories, particular from the world of sub molecular physics.

There are many movements and groups in all levels of society contributing to this shift – to this birthing of a new humankind – the shift from the all consuming 'ME-centered' perspective to a 'WE' consciousness. Inner Journey is a tiny particle in this multi faceted movement. The Oneness University is a bigger player, truly working worldwide with tens of thousands of people involved in nearly every country on the planet, and using the 'medium' of Deeksha or Oneness Blessing to bring in 'grace' or 'light' or 'divine blessing' both to thousands of individuals and to diverse population groups.

To fulfill my birthday vision, I offer to the 'dreamers' among you the *Oneness Awakening Course*, a course designed to profoundly heal your core relationships and to connect you in YOUR own personal way to the Divine, ending with the initiation process into becoming a giver of Deeksha, the Oneness Blessing.

For the Ottawa Inner Journey community, the *Oneness Awakening Course* will be offered from Friday evening through Sunday, February 18th – 20th, at Subud Hall, Ottawa. The specific times are: 7:00-10:00pm on February 18th and 10:00am – 6:00pm on February 19th and 20th, 2011.

I truly believe, feel and sense that we live in challenging, yet incredibly auspicious, times where our own personal awakening not only eases our personal suffering, but also

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assists a global paradigm shift into the consciousness of Oneness. Your personal growth DOES matter. Your love for others, for animals, for nature and for God/the Divine IS the birthing of what, in Hindu philosophy, is called the 'Golden Age'.

I started with Lennon, and will also mention another guiding voice of my teenage years – Bob Dylan, nearly 40 years ago, singing *'The times they are a-changing'*. They are! And we ourselves are the ones we've been waiting for.

Lastly, let me not forget one more icon of our times – Michael Jackson, pleading with all of us to *'Heal the World'*. We can help do that by committing to our own awakening. They are one and the same.

Come for an experience of oneness!

Dates: February 18th 2011:
7:00pm – 10:00pm
February 19th – Sunday 20th, 2011:
10:00am 6:00pm (both days)

Location: Subud, 357 Wilmont Avenue, Ottawa

Cost: \$295 (non-residential & responsible for your own lunches & snacks).

What to Bring: Water bottle; notebook & pen; mat (3-folds work well); blankets & a pillow.

To Register: Please contact Alana McDonald to register. lannybananny@gmail.com or 613-678-3942



Article

The Art of Letting Go – Confessions of a Self-Pres
- by Alana McDonald

I have found myself watching T.V. again and I came across the show "Hoarders" and since then, I have been horrified and scared out of my mind that I will become the next person on this show!

Considering we are entering the season of late fall, or metal energy, I am continually thinking about how this season impacts me, my relationships, and my seeming inability to let

go of material objects. This has started my questioning of what makes something (or someone) too important to let go.

After careful consideration of my own natural energies in my body, I have come to realize that Fire and Earth battle for supremacy on a daily basis, while Water follows closely behind. The two energies I find most difficulty connecting to are Wood and Metal. Wood comes out when I find there has been an injustice done and I come flying in as a crusader to right what has been wronged - as my internal judges see fit. (OK so I admit, I might have a **little** Fire attached to my Wood...) but Metal? I think the closest I have come to being metal is when I alphabetize my CD, DVD and/or book collection in order of when they were released. Other than that – I am helpless. Or am I?

Back in 2008, I had the 'lovely' experience of having someone steal my identity, my SIN and was actually unaware enough to file a tax return claim for 2007 using my identity – not realizing that I would be doing the same and the obvious conflict would be revealed. During that stressful time, I had an incredible moment of clarity when I was freaking out about my identity being stolen and wondering what else these people were doing using **my name**. A powerful message came through to say to me that:

'I am not my name'.

It shifted me profoundly, shook me to my very core and allowed me to 'let go' of the crap and stress I was carrying around as I ultimately realized that I am NOT my name, nor my SIN number, nor this body, nor this 'add whatever you want'. I am much **more** than all of that. Something separated further in me when that happened – where my ego took more of a back seat and spirit stepped forward. Spirit is able to shine more and I am now able to look at some situations (not all, and not all the time yet) from a distance and see them as they truly are. Those moments of grace enable me to dive further & more often into my own crap time and time again.

So I still ask myself this question (a full two plus years after this realization) – "Why do I **still** have such a hard time letting material items go?" How can one have such a self-proclaimed epiphany and still hang onto **SO MUCH**: papers, books, candles, movies, CDs, dish/glass ware, food, clothes, linens, toiletries etc (to continue ad nauseam). Do these things make me happy? Do they identify me separately from others? Do they make me desirable? Better yet – do they make me feel 'safe'?

Ding! Ding! Ding! Ding! Ding!

Knowing full well my own tendencies towards hoarding for self-preservation, I know I have to face my internal fears and question what would happen if these things did not exist. Furthermore, how would my life be different? Would it be better? Would I have more freedom? As a mature adult, I still find myself clinging to the possibilities of running out of

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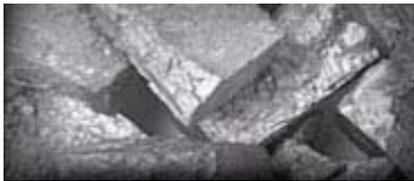
something and being without. And yet my greatest fear is being without enough money? Ironically enough, I would have more disposable income if I did not buy all of these things in bulk, on sale (*because I might not have the money for them in the future when I might run out!*) – so why can I not stop myself? This irrational fear takes over and it is almost as if I have to spend any and all money if it's in my pocket or sitting in my bank account – to perpetuate this insanity of self-made poverty in order to continue my own script I so effectually learned from **both** parents. I have adopted *their* fears, *their* own irrational behaviours as my own. And now I look out from under the piles of packages of toilet paper and wonder – when will I finally let go of the fears I adopted from my parents and trust the universe that there will be enough toilet paper if and whenever I need it?



The Five Elements Corner

- by Michael Schiesser

An Introduction to the Five Elements: METAL Archetype: The Alchemist and Judge/Organizing



Metal is yin/feminine in character, its motion is inwards and its energy is contracting. Metal represents the minerals, crystals, and gems of the world. The metal aspect is the diamond found within each one of us. It is similar to the Air Element found in western paradigms. The Metal Element is the breath of life. When you are connected to that experience, you know your own self-worth.

You respect others and yourself; you are willing to give and receive acknowledgment for the magnificent being that you are. The qualities associated with metal are unyieldingness, rigidity, persistence, strength and determination. Metal type people like minimalism. They are organized, clean, and contained. They can be controlling, ambitious, forceful and set in their ways as metal is very strong; and they are self-reliant and prefer to handle their problems alone. The negative emotion associated with metal is grief, while the positive emotion is courage.

<http://www.michaelschiesser.com/the-five-elements.html>

CYCLES: AUTUMN - Cleaning Out Old Negativity

- by Neil Gumenick (1997)

METAL is the energy of autumn; it gives us our sense of quality and value, and our capacity to look at what lies beyond ourselves. It gives us the power to let go. It represents our father.

In autumn we learn more about ourselves, perhaps, than in any other season. Having provided the harvest, Nature now makes everything bare. In this season Nature lets go of its abundant creation of the past year in a grand final display. Autumn marks the end of the growing season - a turning inward, a falling away of outer-directed energy. Leaves turn color and drop. The old leaves go back to the earth, enriching it to promote the coming of new leaves, a new harvest.

Nature instructs us about our own cycles of creating and letting go: Trees in autumn don't stubbornly hold onto their leaves because they might need them next year. Yet how many of us defy the cycle and hold onto what we've produced or collected - those decayed leaves, that old negativity? How can we hope for a harvest next year unless we let go of the old and start afresh?

The energy of this season, more than any other, supports our letting go of the waste, the old and stale in our lives, leaving us receptive to the pure and new, granting us a vision of who we are in our essence. Autumn returns us to our essence, moves us to eliminate what we no longer need, reveals again what is most precious in our lives.

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In Chinese medicine, autumn is the season of the element Metal (or air). Grief is the emotion of the Metal element. We all experience loss, separation, and "letting go," and we appropriately feel grief at those times. Grief cleanses us of what is no longer needed in our lives. When the energy of Metal is blocked or imbalanced within us, our expression of grief likewise becomes imbalanced and inappropriate. It may be excessive and ongoing. Or, in the other extreme, it may be absent, as in those who cannot express their grief.

The Colon and Letting Go

The Colon, one of the two organs in the Metal element, has the function of eliminating what is unnecessary or toxic from our bodies. But we are more than just physical bodies. Think of the daily onslaught of "garbage" directed at our minds and

our spirit. We need to eliminate mental and spiritual rubbish, lest our minds become toxic and constipated, unable to experience the pure and the beautiful that also surround us. The Colon function on the mental and spirit level enables us to let go of all this waste.

The Lungs and Inspiration

There is more to this season than "letting go" - it is also a time to take in the pure. The air in autumn takes on a new crispness. Think of waking up on a brisk fall day and filling your lungs with that clean, cool autumn air. The Lung, the other organ contained within the Metal element, enables us to take in the pure, the new. It grants us the inspiration of a breath of fresh air. In classical Chinese medicine, the Lung is described as "the receiver of the pure Chi from the Heavens."

The Lung and Colon work together as a team, one taking in the pure, the other eliminating waste. If these organs failed to do their jobs, imagine what might result - certainly we might experience physical ailments of the Lung and Colon such as bronchitis, shortness of breath, cough, allergies, nasal congestion, emphysema, colds, sore throat, constipation, diarrhea, spastic colon, and abdominal pain. But what happens to our mind and spirit if waste keeps building up and we are unable to take in purity? How are we apt to feel? Instead of tranquility and inspiration, spontaneity and freshness, we feel depression, stubbornness (inability to "let go"), isolation, negativity. We see the dark side in everything, all the things that could go wrong. Of course, we would not choose to act and feel that way any more than we would choose to have constipation - but in this condition of imbalance, that is how we must be.

Further, if we view our body as a community of different organs and functions, how well will those symptoms arise anywhere. In this view, we can see how foolish it is to simply treat a symptom. We must find the cause. If the cause is an imbalance in Metal - if the Lung is unable to take in the pure, or the Colon unable to eliminate waste - we must first restore that function. Then the resulting symptoms will improve, regardless of how they manifest.

Just as metals give value to the earth (gold and silver, minerals and trace elements); the Metal element within us gives our sense of self-worth. Each of us is a miracle of creation, more valuable and special than anything we could ever pursue; each of us has a unique and priceless contribution to make. Yet when our Metal energy is imbalanced, we cannot sense our value; so we compensate by seeking what we think will add to our worth: status, money, power, conquest - none of them bad or wrong of themselves, although our pursuit of them can be a symptom. Once we have acquired these things, however, we remain strangely unfulfilled. Persons with a Metal imbalance seek respect, quality, and recognition from the outside because they feel the lack of worth within. These are people who have difficulty "letting go" because they identify their own worth with "things" - achievements, attachments, collections,

possessions, attitudes stored in the cluttered attic of the mind.

Restoring our Metal

In the season of autumn, the Metal element is at its peak and particularly amenable to treatment. Fortunately, using the system of Chinese medicine, we can resurrect and rebuild the Metal within us - in its physical expression as well as in mind and spirit. Acupuncturists help restore our Metal using needles and their knowledge of energy. We also can help ourselves by learning about the nature of the season and then acting in harmony with its spirit.

As Nature moves into a period of rest, we too must be cautious not to overexert. The time for "putting it all out there" - the summer - has passed. Now is the time to contain ourselves, acting and speaking only when necessary, behaving with economy, exerting our will quietly and calmly. Those of us in the "autumn of our lives" must protect ourselves from the extremes of hot and cold within this season.

Welcome Autumn!

Suggestions for living in harmony with the autumn season:

 **De-clutter your space:** Go through your closet, desk, garage, medicine cabinet - any cluttered storage area and discard what you no longer need. Then donate, sell, or otherwise circulate what might be of value to others.

 **Do a mental inventory:** Examine attitudes (prejudices, envies, hatreds, jealousies, resentments) stored within your psyche. When possible, contact those with whom you harbor old "stuff." Attempt to resolve the hurtful old issues, and then let them go.

 **De-clutter your heart:** For issues you cannot resolve directly with others, or for old issues with yourself, write them on paper, being as specific as possible. Then burn the paper, symbolically releasing the content.

 **De-clutter your mind:** Take time each day to breathe slowly and deeply. As you inhale the clean autumn air, feel yourself energized and purified. Feel the old negativity, impurity, and pain leave your body and psyche. Then contemplate briefly who you are without these identifications.

<http://www.5elements.com/docs/elements/metal.html>

Music & Dance for EARTH energy:

- by Alana McDonald

METAL energy resides within us where we find *clarity* and peace of mind, and yet there is a *longing* quality to it as well. The best way to connect to our metal energy within us is by practicing Tai Chi, Qigong or other Eastern philosophical teachings as in martial arts. These studies force one to SLOW DOWN, and become ONE with their own bodies, each movement as precise as the previous and the following movement. Each position exists for a reason. FOCUS on the body and not the mind. The other 'side' of metal elemental energy is music that uses the 'Shang' tone: forceful and energizing, full of productive energy. Classical music, especially some pieces by Bach and others from the Baroque era exemplifies the metal element for me – where the notes that are played are very precise as the notes themselves do not last long as most were played on harpsichords – therefore the note itself does not have a long shelf life. Music that is played which tickles the keys of a piano, light-hearted and upbeat or a slow, melodic melody played by a flute for me resembles two sides of the metal element in music.

In researching more on connection between metal energy and music and I came across a website that describes it better than I ever could:

“...Before the use of herbs or acupuncture, before the development of tai chi and qi gung as meditation-based exercise for health, the Chinese used musical compositions to heal. In fact, the Chinese word for medicine (yao) is derived from the word for music (yue)...”

The Link Between Musical Tones and The Organs

The Five Element Theory of Traditional Chinese Medicine recognizes a link between specific tones and the five elements, each of which is also linked to a specific organ.

The Five Tones:

- **The Shang Tone** - linked to the Lungs and the Metal Element. This tone is heavy and unbending. One is said to become friendly and honest from listening to shang music.
- **The Chueh Tone** – linked to the Liver and the Wood Element. This tone is bright and renewing. Listening to chueh based music is thought to encourage kindness.
- **The Chih Tone** – linked to the Heart and the Fire Element. This tone is energetic and emotional and believed to encourage generosity.

- **The Kung Tone** – linked to the Spleen and the Earth Element. This noble tone is thought to encourage tolerance.
- **The Yue Tone** – linked to the Kidneys and the Water Element. This tone is melancholy and placid, encouraging contentedness.

From: <http://www.suite101.com/content/the-use-of-music-in-traditional-chinese-medicine-a98990>

Dance styles that amplify Metal energy are: Classical ballet; contemporary; the historical dances such as Baroque, Regency and Renaissance dances. Movements that are exact, accurate and meticulous.

A sample list of music depicting the METAL energy:

| Song or Album Title | Artist |
|-----------------------------------|--------------------------------------|
| 01 If it be your will | Jann Arden (metal/earth) |
| 02 Buddha Nature | Deuter |
| 03 Osho Meditation: Nadabrahma | Deuter |
| 04 I Dreamed a Dream | Les Misérables Soundtrack |
| 05 Metal | Daniel May (Feng Shui) |
| 06 Part 1 | Deva Premal (Moola Mantra) |
| 07 Last Time By Moonlight | Enya (And Winter Came...) |
| 08 Dark Waltz | Hayley Westenra (Pure) |
| 09 Sleeping with Ghosts | Placebo |
| 10 Snow | Loreena McKennitt (Celtic Christmas) |
| 11 Somebody | Depeche Mode |
| 12 Over the Rainbow | Judy Garland |
| 13 She Will Be Loved | Maroon 5 |
| 14 Bookends | Simon & Garfunkel |

Albums

| | |
|--|--------------|
| 1 *Ba Duan Jin (Eight Brocades Qigong) | Various |
| 2 *Zhan Zhuang Gong - Standing Meditation | Various |
| 3 *Metal (5 elements) | Various |
| 4 *Shang (Metal/Lungs) | Various |
| 5 *Tiger (Feng Shui) | Various |
| 6 Various flute music albums by | Carlos Nakai |
| 7 Tao of Healing CD | Dean Evenson |
| 8 Healing Sanctuary CD | Dean Evenson |



*Albums taken from a list found at:
<http://ymaa.com/publishing/ChineseMusicCDs>

<http://www.innerjourneycanada.ca/>

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The Flashlight

IJ papa à deux

- by Eric Girouard

On June 19th, 2010, my dad had been in the hospital for two and a half months, awaiting a transfer to a long-term care centre. At 87, he had seen his health and autonomy decline steadily over the past three years, and was no longer able to verbalize his thoughts beyond yes/no answers to our questions. On weekends, my brothers, sister and I gave mom a break and took turns going to the hospital to feed dad and spend time with him.

Today, it's my turn. As I arrive the nurse informs me that he is not doing well. The doctor's on his way. When I get to his room, I see that he is in obvious distress. A test is run and the doctor announces that his heart is failing. By now mom has arrived, and we have two options: making him more comfortable for his last few hours or trying to buy him a bit more time on a ventilator. The decision was not hard to make.

I contact my brothers and sister and my beloved, Julie. This is an Essential Pilgrimage weekend, but I catch her before she leaves. She offers to join me at the hospital, which I accept. She informs Michael of the situation and excuses herself from the course, and Michael tells her the EP group will be including my dad and our family in its meditation.

As Julie arrives, other people have come to see the family on this day of mourning. I stay close to Julie and enter a state of presence. To be honest, I'm not sure how I want this day to go, but one thing is for certain, I want to be present with my dad in this moment, here and now. As the rays of sunlight enter his room, they reflect the last rays of illuminating light within him.

As I continue to take care of him, making sure his mouth doesn't dry out, stroking his hand and whispering in his ear, I want him to feel free to go. I tell him that he leaves behind kids who received from him good life values and plenty of love.

At one point, Julie comes closer and tells me about the EP weekend when Michael took the groups on a journey into the Tibetan traditions of death and dying. She also shares a recommendation by Osho, Michael's 'root guru', that goes something like: 'never miss an opportunity to be close to death...' Somehow, it's an opportunity for your soul to experience life and death at a deeper level.

These profound words wrap me in a warm bubble. I know I want to be there as close as possible to dad. I love him dearly, but he has been called to leave us.

All I keep wishing is that I can hold his hand as he leaves this world. A little bit later, I see my sister break into tears. I understand her pain and go over to give her a warm embrace of love, and share with her the peace and connection I feel.

In the middle of the afternoon, as I am looking at dad, I feel an amazing wave of energy enter my body. I turn to Julie and ask: 'When does the EP group meditate?' Their energy has just arrived. With tears in my eyes, I put my hand on dad's heart to let him feel the energy I have just received from a group of friends, most of whom barely know me.

It is now midnight. I have been at the hospital almost all day in prayer and closeness with dad, mom and Julie, who has now gone home to bed. I fall asleep on the makeshift bed, only to be awakened at 2:40 a.m. by my brother telling me dad is struggling even more.

The nurse listens to his heart, and says it could be a while still, 'we don't know'. I take my turn at the stethoscope and hear his heart beating irregularly. His lungs are trying to fill with air, but water is making it hard for him to breathe. I then take my dad's hand and squeeze it. Dad, I say to myself, I love you, thank you for all you have done for us kids, showing us a good life filled with good values.

At 2:57 a.m. on June 20th, 2010 my dad's heart stopped beating. I was holding his hand. His wife of 58 years was at his side. He loved her so much. My dad had kept a short diary the last few months of his life. The last sentence he wrote was, 'Life is wonderful with my amazing wife.' (translation) Dad died on Father's Day, and my sister said, 'My father died, but today my dad entered my heart.'

By the time I got home to Julie's it was 4 a.m. She asked how dad was, and I filled her in on the events from the time she had left. And then I knew what had to come next. It was an incredible force that drove me to speak the following words: 'Julie, the way I lived this day confirmed that this is how I wish to live my life. It is because of you that I lived my father's last day the way that I did. I would be very honoured if you would be my wife.' With the biggest smile, she said, 'ouiiiiii!'

On the day of the wake, I got up early to meditate. I had a vision of my dad introducing me to his mother and father who past away long before I was born. His mother held me in her arms and told me she loved me. Then they turned and walked away and I knew he would be in good hands right were he needed to be.

In "The Flashlight," IJ graduates can reflect on some aspect of their lives, and how they've used their "flashlight" to understand themselves. If you would like to contribute, please contact Alana by email: Alana.McDonald@fin.gc.ca

Upcoming Inner Journey Courses

The Human Experience: February 12th – 13th, 2011

Oneness Awareness Course: February 18th – 20th, 2011

The Inner Journey Seminar: March 3rd – 6th, 2011

Essential Pilgrimage 1: March 26th – 27th, 2011

Essential Pilgrimage 2: April 2nd – 3rd, 2011

The Human Experience

A Journey into Honouring and Healing the Relationship with our Family of Origin

We all share one common Human Experience - we are born into a human family. This seminar is about exploring and healing the relationship to one's family of origin and lineage which has shown itself to be the core theme that defines one's life.

Why is healing the relationships with our family of origin so crucial?

The relationship with our parents:

It has been proven over and over, that to come into one's own, as a man, as a woman, the 'doorway' goes through the healing with one's parents. If one has not truly honoured one's parents, it is difficult to live a fully expressed and abundant life.

The relationship with the parent of the same gender:

A woman who is not connected to her mother might have challenges around her own femininity. A man, who rejects his father, or rebels against him, may struggle to find his expression and manifestation of success in the material world.

The connection to our lineage:

What happened in prior generations has an impact on your family system now. We are figuratively standing on the shoulders of our ancestors and the wounds and pains of these ancestors are often taken on by following generations. We are all part of a lineage.

The relationship to one's sibling/s:

Our relationship to our siblings in our family of origin impacts often our relationship with colleagues at work, and with friends and often shows up in tense and struggling relationships between the grown up adult siblings.

What are the benefits of participating in The Human Experience?

- Improve relationships with your family of origin and your current family.
- Grow in your career and enhance your creativity.
- Feel connected and supported.
- Experience relationships that bring satisfaction and fulfillment.
- Experience more physical vitality and energy.
- Reconnect with deeper aspects of yourself.
- Positively effect individuals, communities, and organizations.

Anyone can benefit: couples, families and individuals that are interested in solving serious issues and developing a new, expanded life perspective.

The Human Experience Seminar is based on the principles of Family Constellation Work developed by the German Psychotherapist Bert Hellinger in combination with the methodology of the Inner Journey Work.

When: February 12th – 13th 2010.

Location: 37 Commanche Drive, Ottawa

Cost: \$375.00 per person; \$700 per couple (Deposit of \$150 is required. \$50 discount for early registrations)

Facilitator: Michael Schiesser



The Inner Journey Seminar!

March 3rd – 6th, 2011

May 26th – 29th, 2011



Very few places exist on this earth where you can tangibly experience freedom, passion, power, connection and inner peace.

The Inner Journey Seminar is one such place.

<http://www.innerjourneycanada.ca/>

Feedback: Please direct any comments or suggestions you may have to Alana McDonald. All are welcome and greatly appreciated email at Alana.McDonald@fin.gc.ca Namaste

This powerful program can help you bring awareness and healing to your life and help you overcome the blocks that keep you from identifying and achieving your goals.

A 3.5 day residential workshop, the Inner Journey Seminar weaves together the greatest teachings of psychology and spirituality... taking participants on a rich journey within themselves.

Who are we?

Highly trained facilitators create a space for your inner journey with support from volunteer staff. The Inner Journey Seminar is one of several programs offered for participants aged 18 and older by Inner Journey Canada, a non-profit, educational organization run by volunteers.

How can I learn more?

In the weeks leading to the Inner Journey Seminar, we hold free Information Nights. This allows prospective participants to meet graduates, hear how the seminar has affected them, and ask questions. Please contact Synandra – 613-221-9330 to get the details on when the next information session will be held and where.

For more information, please contact:

Synandra Lechner at (613) 221-9330 or synandra.lechner@gmail.com



*“I am the light that is over all things.
I am all: from me all came forth, and to me all attained.
Split a piece of wood; I am there.
Lift up the stone, and you will find me there.”*

~ Jesus



Article: Compassionate Awareness

- by Gerry Giuliani

Being aware of what transpires within us when we get triggered into unwanted and harmful behaviour gives us a chance to redirect our responses (to those triggers) into more appropriate and self supporting behaviours.

Awareness has to do with seeing things the way they are, the truth of it, free of projections. Compassion has to do with seeing this truth with loving understanding yet without any self-deprecating judgments. These apply both to our own behaviour and to the behaviour of others. Compassion has very little to do with rescue or with permissiveness.

The capacity to be aware in compassion depends upon our ability to observe deeply in a non attached way i.e., without clinging to any preordained or prescribed outcome. It comes from a view of all humans as Beings struggling to free themselves from the wheel of suffering - from the learned self destructive patterns of conditioned living.

If we can be aware of these dynamics and view them with compassion for our selves and our predicaments, then failing to respond in an ‘appropriate’ way is seen as a gift of insight to the predicament, and a step towards healing.

The depths of this compassion is related to the capacity to see the universe as a loving intelligence, hold us, and giving us in each moment exactly what we need to evolve on a Being level. The acceptance of this, integrated, frees us from projections and other machinations of the egoic personality, thereby allowing of being fully present.

The Here Comes the Judge course takes us on a journey on this trail.

**Please view the upcoming newsletters and our website for more information on when the next Here Comes the Judge course will be held in 2011!*



Enviro Corner
Green Eco Friendly Tips

Invest in Energy Efficient Electronics: *“From dishwashers to televisions, using Energy Star qualified products can significantly curb your household’s consumption of fossil fuels and reduce your energy bill.”*

Compost: *“Landfills are made of an estimated 20-30% food waste. Reduce this amount by recycling your vegetable scraps and yard trimmings with a compost pile while saving money on fertilizer.”*

Volunteer for the Environment: *“Whether it’s once a week or once a year, help make a difference by volunteering at one of your local environmental or community organizations or events.”*



Article: *Become a Secret Agent for Global Awakening*

- by Arjuna Ardagh



Back in the late 80's, Jacquelyn Small wrote a fantastic book called Transformers. It was a revolutionary book that influenced me more than anything else I can remember at the time. This was long before Eckhart Tolle came out with The Power of Now, long before Byron Katie developed The Work, and long before Satsang became popular. And in that wonderful book, there's one particularly wonderful sentence that stands out among the rest.

“You don't have to be 'perfectly enlightened' in order to be an agent of enlightening.”

It's really worth savoring the taste of that statement like a good wine. Sip it. Let it linger on your taste buds for a few moments. That little sentence dispels so many myths and so many reasons we give ourselves to hold back our true gifts.

The old model, which has dominated the discourse around awakening for so long, is that you must go to an “enlightened master” (almost always a man) to get “de troot.” Through this dynamic, we not only set another human being up on a pedestal, but we also blind ourselves to our own wisdom.

Thich Nhat Hanh came up with another gem that I also love.

“These days, the sangha is the teacher.”

Sangha means community, the meeting among friends. These days, awakening is not a top-down affair. It happens in mutuality. It happens in friends meeting friends.



So here's one simple, loving, creative way that you could be a secret agent of awakening starting today. It's incredibly simple, and I doubt that anyone will even notice that you're doing it. For about half an hour, maybe during a lunch or a car ride or something, speak about, and ask questions about, what's true in the present moment. Don't tell anyone you're doing it, just do it.

So the conversation might go something like this:

“I was thinking about going to France next summer, but I don't know what's going on with the exchange rate with the dollar.”



“Hmmm... yeah...the rate does go up and down.” you say. “Look out the window for a moment. Look at the colors on that tree. It looks like just one color, but it's actually lots of different shades of brown, all dancing together.”

Be careful not to do this in a preachy way. Don't make someone feel like they're wrong for talking about concepts or the past or the future. And don't be rude. If you need to briefly acknowledge what the other person said, then do so. But for half an hour, keep bringing the attention back to the now: to colors, sounds, tastes, and even the feelings in your body. Here are a few interesting questions you can ask about the present moment:

“How do you feel right now?”

“How does your sandwich/coffee/wine/dessert taste?”

“Oh, look at that picture/tree/dog/baby.”

“I have an interesting sensation tight now in my belly/knee/throat/whole body.”

You get the idea. This is just one of countless ways to be a secret agent of awakening. Not through being a teacher or a preacher or a seeker or having anything to sell, but just through your simple presence, bringing everyone's attention back to where the real goodies are.

Arjuna

From Arjuna's blog “The Translucent View – the musings of Arjuna Ardagh”

<http://arjunaardagh.wordpress.com/2010/11/02/become-a-secret-agent-of-global-awakening/>

<http://www.innerjourneycanada.ca/>

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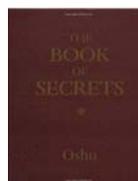
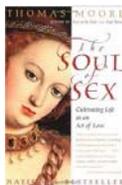
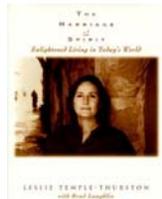
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Recommended Reading & Movies

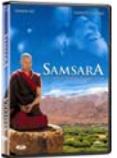
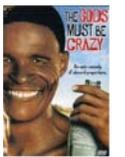
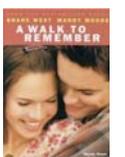
If you have read an amazing book or have found an incredibly inspiring song or movie you'd like to share with the community, please contact Alana McDonald (Alana.McDonald@fin.gc.ca) to share with everyone!

Books:

| Author | Book |
|--|--|
| Leslie Temple Thurston with Brad Laughlin (2000) | The Marriage of Spirit - Enlightened Living in Today's World |
| Sue Monk Kidd (2003) | The Secret Life of Bees |
| Thomas Moore (1999) | The Soul of Sex |
| Anita Diamant (2005) | The Red Tent |
| OSHO (1998) | The Book of Secrets: Keys to Love and Meditation |



A list of movies you might enjoy!

| Movie Title | Image |
|--------------------------------------|---|
| Samsara - a film by Pan Nalin (2001) |  |
| Stage Beauty (2004) |  |
| Jesus of Montreal (1989) |  |
| Avatar (2009) |  |
| The Gods Must Be Crazy (1980) |  |
| A Walk To Remember (2002) |  |
| Kung Fu Panda (2008) |  |

Songs/ Artists:

| Artist | Song Title | Album |
|--------------------|--------------------------------|----------------------|
| 1 Katy Perry | Firework | Teenage Dream |
| 2 Brad Paisley | Little Moments | Mud on the Tires |
| 3 Johnny Reid | Thank You | Kicking Stones |
| 4 Zac Brown Band | Free | The Foundation |
| 5 Linkin Park | Burning in the Skies | A Thousand Suns |
| 6 Smile Empty Soul | Silhouettes (Acoustic Version) | Silhouettes (single) |
| 7 Paramore | The Only Exception | Brand New Eyes |
| 8 K'naan | Wavin' Flag | Troubadour |

Do you have a book, playlist or movie title that you'd like to share? Please email Alana McDonald with the details!



Community Bulletin Board

Gluten Free Gourmet

As you know it was a little difficult where I was living to do my business from. Well all that has changed now and GLUTENFREEGOURMET is back on track with a new location to work from.

So please check out the menu for the next 2 weeks and I have also added some Christmas goodies all gluten free of course to those who are not into baking.

[//drop.io/glutenfreegourmet](http://drop.io/glutenfreegourmet)

For those of you that send a friend you will receive a 20% discount on your next order.



Heart and Hara Healing

Energy Transmission for: clearing the physical, emotional, mental and spiritual bodies.



Estelle Mayer
Heart & Hara Healing
3-319 Lebreton St. S
Ottawa, ON

Contact: Estelle Mayer @ 613-797-1665 or estelleml@yahoo.ca

Varia

Morning Love

- by Kindra Joy Oneson

*Has the dark night transformed the
shadows of your fear, my dear?*

*What, in your experience, my love, has
been on the other side?
Could it be anything other than love?*

*Is it too much to ask, my darling,
to hold me, to hold me in love?*

*Ah, there is so much healing
for you, for me, in this
constant loving, my love.*

Petition for the Magdalen

- by Kindra Joy Oneson

So, you wrote a poem about Mary, which Mary? Which Mary do you mean?

You got the wrong Mary. Or at least not my Mary. My Mary also came in unfamiliar places and found you. She also found the Gardener you speak about.

The Mary I know comes as the anointer, the One who touched the anointed One's body.

My Mary had a red veil, the veil of the blood sisters. She has eyes of coal. She smells, she farts, she lusts. She paces from stone to stone. She knows, she knows, she knows the sacredness of the body. She knows forgiveness. She knows what she knows and the world has forgotten her. The world has shamed her.

So there, that is my Mary, the Mary of the jism who knows the schism the Church created between body and soul.

So now what, what is it I really want to say to you? My Mary has stories to tell from the inner world. My Mary sees the urgency, feels the vibration. My feet and hands are like blocks of ice, blocks to the earth, to the earth. We are antibody, antibody, we are anybody. We are no body. We are one body. We are One. We are the holy body. One Holy One.

Hmmmm.....
What else?

If I were to give the Magdalen a voice, this is what she would say.

"I was chosen. I said yes. I said yes God, Christ. I, the Magdalen will carry the erotic out in the world. We will remember the power of the yoni. We will know the body, the dark body, the power of the dark body.

You are chosen, you are chosen and you and you. It will be known. The power and the beauty of the dark body will be known. You will know the star body.

You are the star. You are the star. Become the Lover, seek the Beloved within your own eyes in the mirror.

There is a tear in the fabric of Time.

You must get it.....You must get it.....You must get it.

You are the Body. You are the Star.



~Do What Makes
You Happy
~Be With Who
Makes You Smile
~Laugh As Much
As You Breathe
~Love As Long As
You Live



*The garden of the world has no limits
except in your mind.*

*Its presence is more beautiful than the stars,
with more clarity
than the polished mirror of your heart.*

~ Rumi

Monthly IJ Tune-ups

**Sunday mornings from 10 am - noon
Ottawa Citizen Building, 1101, Baxter Road**

December 12th, 2010
January 16th, 2011
February 13th, 2011
March 13th, 2011
April 10th, 2011
May 15th, 2011
June 19th, 2011

A friendly reminder...

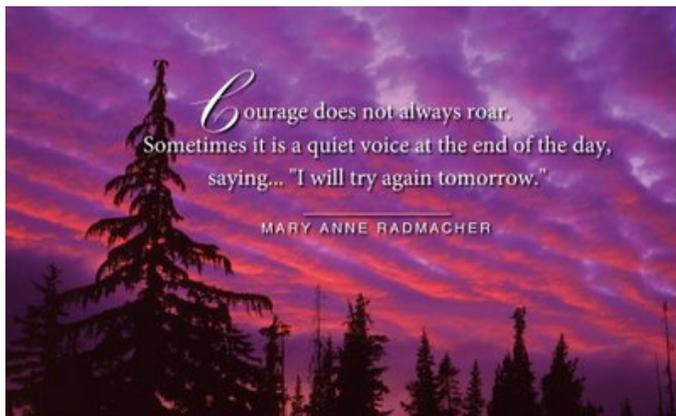
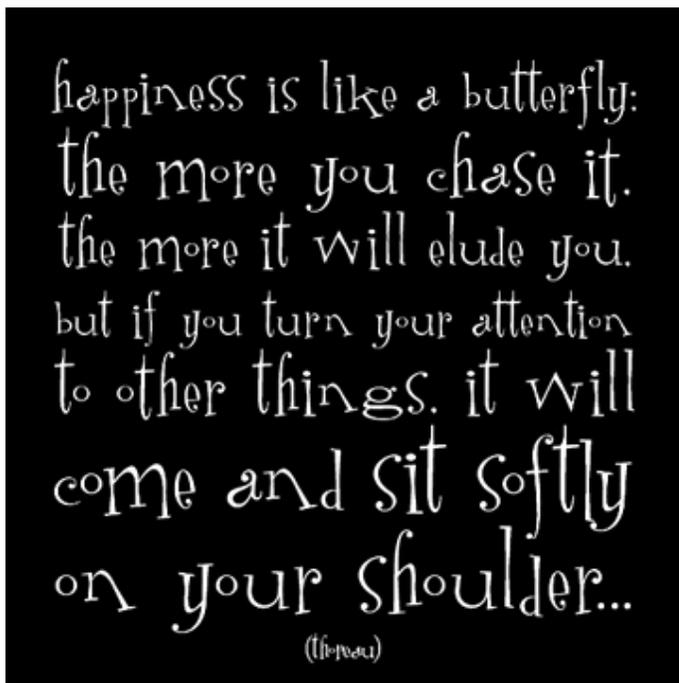
Please remember some people who will attend these events react strongly to scented products such as perfume, hair sprays, deodorants, shaving cream, body and hand lotions, aftershave, fabric softeners (scented or unscented), detergents (especially Tide), cleaning products, as well as permanent markers and other office products. These reactions can include nausea, headaches, and shortness of breath. If you can, please use unscented products (which are widely available). Your understanding and cooperation are sincerely appreciated!

The Road Ahead

*A sneak peak of what to expect
in the Winter edition:*

- 5 Element Corner - WATER;
- Updates & photos from the AGM & Winter Party;
- Updates on IJ & other programs;
- New listings of recommended books & music;
...and much, MUCH more!

Namaste



<http://www.innerjourneycanada.ca/>

Feedback: Please direct any comments or suggestions you may have to Alana McDonald. All are welcome and greatly appreciated email at Alana.McDonald@fin.gc.ca Namaste