

Inner Journey Canada Newsletter

Issue 24, Winter 2010-11

*"There are two ways of spreading light - to be the candle or the mirror that reflects it."
~ Edith Wharton*

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What's new!

Welcome Sisters & Brothers!

On behalf of the Inner Journey Canada community, I would like to extend a warm IJC welcome to our newest graduates of the Inner Journey seminar, held March 3rd – 6th, 2011 at the beautiful Camp Merrywood. Welcome **Rising Phoenix & Argonauts** tribes. May you continue to expand, bring new awareness to your lives and keep your flashlights on!

Report on the 6th Annual General Meeting & Winter Party!!

~ by **Judith Alexander**

This year's Annual General Meeting and Winter Party on December 15 was the ideal way to wrap up 2010 and prepare for 2011. The weather cooperated fully, and the event was well-attended by over 80 people, including grads, friends and family. Special thanks to Synandra for overall coordination, with support from many volunteers. The ambiance and energy created for the space was fun and festive.

The evening began with the AGM business meeting, chaired by Jack Lafleur. After Julie's delivery of the Financial Report, Jack led a visioning exercise which prompted a brainstorming of great ideas (duly recorded) from the group to enhance the Inner Journey in 2011. Following this, Judith introduced five new candidates for the Coordinating Circle who were then confirmed through a majority vote. With two Coordinators already in place, this brings the total number in the Coordinating Circle to seven. An additional candidate for the newly created support role of Chair was also confirmed. The group felt confident that the Inner Journey community will be well served by this committed and enthusiastic operational board, comprised as follows:

2011 Coordinating Circle

Administration	Vacant
Communications	Carolyn Richardson
Finance	Ed Loziuk
Love & Care	Judith Alexander
Marketing	Craig Sweetnam
Production	Diane Pearson
Social	Jan Jones
Training & Development	J-F Sauriol
*Support: Chair	Mark McCondach
*Support: Secretary	Louise Klein

The feast began immediately after the AGM, with an extensive and enticing buffet of turkey-and-all-the-trimmings and dozens of other creative and delicious hot dishes,

salads and desserts (no shortage of chocolate) contributed by the community. Over dessert, the Volunteer Acknowledgement ceremony was launched, beginning with the reading of the Founder's Address - inspiring words from Michael and Neelama on the theme of Seva (service). Don then read out the names from the honour roster of more than 50 people who had volunteered in some notable way during the year. A small gift was presented to those volunteers in attendance, others were contacted later, and Judith was presented with an "Angel of the Year" award.

Throughout the evening, a silent auction progressed in the background as people admired and bid on a wide array of beautiful and artistic items, generously donated by the community in support of the IJ Bursary Fund, concluding with the fanfare announcement of the highest bidders who dashed off with great glee to pick their new treasures. Special thanks to Isobel and Gerry for their coordination of the auction again this year, which generated more than \$1,000 to help support the IJ Bursary Fund.

In the usual IJ tradition, the second half of the evening was devoted to dance and celebration, to the live music of (same band as last year but I don't know their name), where the little kids were first up on the floor, followed by the Moms and Dads, and eventually everyone else joining in to do their "IJ thing".

Particularly noticeable this year was the large representation of young adults, kids and new grads (**four** of whom were voted in to the Coordinating Circle!). And, from every perspective, the Winter Party was clearly the IJ social highlight of **the** year.

Founder Address for the Ottawa IJ 2010 AGM & Winter Party

~ by Michael Schiesser & Neelama Eyers

Dear members of the Ottawa IJ community . . .

As 'Mom and Dad' of the IJ community, we, Michael and Neelama, want to share with you our heartfelt gratitude to all of you who have contributed in so, so many ways to keep the Inner Journey thriving.

Volunteers are at the heart of what keeps the IJ work alive in the different cities.

Tonight, we bow to YOU and honour your many contributions that allow the Inner Journey to continue to touch the hearts, minds and souls of our graduates.

One of our teachers taught us many years back that Service is an invaluable part of our personal journey towards liberation, salvation or awakening.

Why is that?

Somehow, when we contribute to another person(s), a cause, an animal or nature itself, we transcend out little "big ME".

Often we live life in a state of separation -

Like the "Thousand Islands" just southwest of here, which are dispersed in the vast St. Lawrence River.

We too, at times, feel separated from each other and the life surrounding us.

Seva (service) can connect us to the river within us that allows us to truly get that we are connected, just like the water of the St. Lawrence connects all the islands.

This is the purpose behind the organizational structure of the Inner Journey . . . to also be a forum for service . . . be it through staffing the IJ, through the functions of the Steering Committee (the Coordinating Circle) and the Facilitator Group, and through the many, many contributions that so many of you have delivered over the last year to keep the Inner Journey 'wheel' turning.

We were considering naming all the volunteers in their different functions and contributions, but heard that this is already being done by yourselves.

In the end, we decided to just say . . . one more time . . . in the name of all those who benefited from your contributions:

THANK YOU
THANK YOU
THANK YOU . . .

. . . from the bottom of our hearts.

And have a fantastic party: – eat – drink – dance – love . . . celebrate in the name of the Great ONE !

~ Michael and Neelama ~



Photo courtesy of Anne Milligan – taken at the Graduate IJ seminar in July 2010.

Annual New Year Birthday Reflections

~ by Michael Schiesser



Today, January 1st, 2011, is my 55th Birthday and my B'day reflections start with - *What matters to me the most?*

As I stop and sense from within - it becomes clear that it has to do with love or the heart. I truly long for this heart in my chest to be fully open. I long to love fully, to have this heart overflow with this sense of what we call 'love'. One of my spiritual teachers describes this as the '*Flowering of the Heart*'.

I am fortunate to have a unique teacher living with me, our 6 year old son Kai. Before falling asleep, he goes through a 'nesting ritual'. Most nights, just before it seems he has finally settled in, he suddenly raises himself up, turns around, put his arms around me and with a full uninhibited heart says 'Papa!!!', flooding me with a huge wave of what can't be called anything else but 'love'. It is a wave of innocence, freshness and purity of the heart which flows from him and it is not related to anything that happened before – there is no direct cause and effect.

It's an overflow of his little BIG heart! I can only write that it is sooooo so sweet and heart warming.

I know when his Mom or Grandma brings him to bed, he is sharing this with them too. And if you, the reader would be in his life the way I am, you would be the receiver as well.

Kai's love 'outbursts' are expressions of his heart, of the love bug within him and whoever is around, gets 'flooded'.

The teaching here for me is, that THIS love is actually NOT personal.

When I look at a newborn, I can sense this impersonal love and then somehow over the years this open state of the heart becomes to different degrees exclusive.

Many years ago a mentor of mine shared with me the metaphor that 'love' is like a light bulb and it shines not just for one or a few people, but for everyone coming in contact with it.

I am pretty sure you have tasted this experience too and how this openness of the heart in its expansion feels so 'delicious'.

What is in the way of us experiencing THIS love, of our heart flowering?

Protection based on past wounding is my short answer, that's what I see in me. When I am so open I am vulnerable and can get hurt - and actually most of us got hurt somewhere along the way - so a 'heart protector' came into existence.

Is there something that I can do about it?

What I am in touch with is an inner yearning, a longing for this heart in my chest to flower, to open, to really love.

To love for love's sake. That is my intent for 2011.

And there is the practice of love:

- *To love in our existing relationship - to become vulnerable and to not defend;*
- *To heal our past relationships, as deeply and as thoroughly as possible, from our parents and siblings to boy/girlfriends, mates to colleagues at work;*
- *There is also the practice of gratefulness that in my experience impacts the heart's capacity to love.*

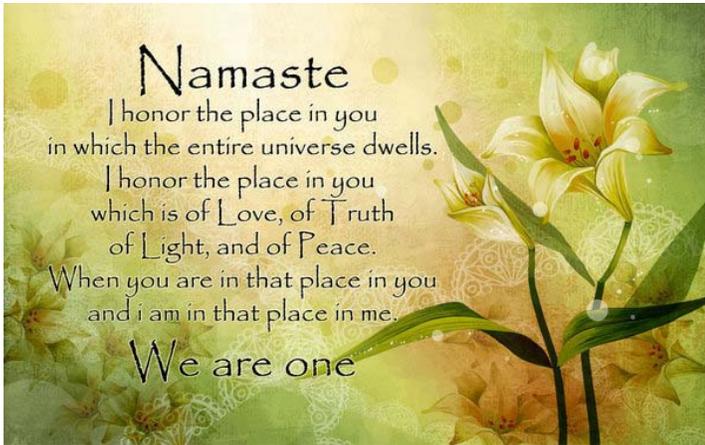
And then there is **g r a c e** - somehow whenever my heart was overflowing with love, it happened in spite of my heart protector - by HIS/HER/ITS grace.

Kai's grandma Marilyn told me recently what the longing of her heart is: She wants to love everyone the way she loves her grandson Kai.

Me too.



Oeness Corner



Article: After the Oeness Awakening Course Change is Inevitable – Metamorphosis

~ by Alana McDonald



~ Willow Tree's Chrysalis: "Protect and cherish; give wings to fly"

Like the butterfly, I feel as though there is another cycle of change ahead of me. Destiny or fate guiding me to a place of existence unknown to my conscious being yet, and still my spirit already knows what lies ahead. As with the butterfly effect - if I truly gain the courage to stretch out and beat my wings, how far will the effects be felt? If I truly realize who **I AM** and begin living a life that is truly my own and not lived inside a shell of what I think others want me to be - what effect will that have on others? On the world?

As we are all **ONE** - what choice do any of us have in this matter? To live an authentic life is our destiny, and yet most of us live our lives in decaying shells of judgements placed upon us by other people and that we have taken on as our own belief systems. Fear is the only obstacle that stands in the way of living your authentic life. Fear of change. Fear of the unknown. Fear of failure. Fear of success. We all have underlying fears that have crept inside our psyche over our developmental years - all attributing to the fear of our own power within us. Would I still be loved if I showed the world who I really am? Am I even loved now?

Courage to face my own demons over the past several years has lifted my soul above and beyond my fears. Not all fears have disappeared; but trust has filled the space where some fears once resided. Love fills the rest. Compassion for myself has deepened my love for others. My outer shell is cracking open once again and I can feel my own wings expanding beyond the self-made limitations that once caged them. With each deep breath, there is more cracking, more movement, liberation will soon be mine.

Deliberately walking in my own skin, feeling the power within my soul - awakening to the touch of the divine residing within me.



Upcoming Oeness Events

Maria Marrongelli plans to have monthly Deeksha meditations for those who have completed the "Oeness Awakening Course" which will be linked into the monthly North American conference call so that we can all connect with each other. For more information regarding upcoming course, seminar or meditation schedule, please sign up and join the "**Oeness Ottawa**" group online at www.onenessuniversity.org or follow us on Facebook at either group: 'Oeness Ottawa' or through 'Inner Journey Canada'.

The next Oeness Awakening Course will likely be scheduled for May 13th – 15th, 2011. Please contact Alana McDonald (lannybananny@gmail.com or 613-678-3942) for more information.

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

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Feedback: Please direct any comments or suggestions you may have to Carolyn Richardson. All are welcome and greatly appreciated email at cparichardson@yahoo.ca Namaste

The Five Elements Corner

~ by Michael Schiesser

An Introduction to the Five Elements: WATER

Archetype: The Philosopher and Thinker/Innovation



Water is yin/feminine in character, its energy is downward and its motion is stillness and conserving. In Chinese Taoist thought, water is representative of intelligence and wisdom, flexibility, softness and pliancy; however, an over-abundance of the element is said to cause difficulty in choosing something and sticking to it. In the same way, Water can be fluid and weak, but can also wield great power when it floods and overwhelms the land.

When your Water Element is in balance, you use your resources of energy, time, contacts, and money wisely, neither hoarding nor squandering that which gives you life. Water is also the element of stillness and rest, taking time to rest and rejuvenate yourself. It is in the Water element that all great innovations and ideas are birthed.

Water type people appear a bit reserved, yet are often very creative, sometimes even eccentric. They can appear cool and stoic, yet have the capacities to be still and deeply reflect. The negative emotion associated with water is fear, while the positive emotion is calmness.

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

CYCLES: WATER - The Season of Winter

~ by Neil Gumenick (1997)

WATER brings the elements full circle. It gives us adaptability and will-power. It is the element of winter, giving us time to pause and gather strength. It is the seedbed of all life.

The power of winter is the power of emphasis: it emphasizes the essence of life. Without the external ornamentation of leaves, flowers, and fruits of the growing season, the plant is just bare essence: a seed, with its potential deep inside, or a tree stripped to its core of trunk, branches, and roots.

For us, winter is a time of self-recollection, when we can go inside to that place where we are unadorned essence. Water, the element that corresponds to winter, points us to that dark, quiet pool within ourselves where our essential

self-identity resides. We can use the energy of this season to more deeply discover the essence of our self.

Winter is for us, as it is for all of nature, a time for internal work: meditation, containment, concentration, and the storing of our energy. We use this season for rest and the filling and maintenance of our reserves, gathering strength for the year ahead. We must be less active in this season, conserving our sexual energy, going to bed early, and sleeping late. Like the seed that cannot sprout until it has gathered sufficient strength, our ideas and plans cannot manifest with strength if our energy is dispersed or drained. Have you ever lost interest in a project because you told everyone about it too soon? Ever refused to discuss a project prematurely because you might “jinx” it? This may really have been an intuitive awareness that to “sprout the seed” prematurely would rob it of its momentum—its opportunity to gather the strength to develop and grow. It is no surprise that in many mystical traditions, certain rituals and ceremonies are kept secret in order to contain and concentrate the power of the work.

Winter is a time of stillness and quietude, nature's energy having turned in during this most inward-looking of all the seasons. We call it the most yin of the seasons: trees in winter look skeletal, the sap has sunk, outward signs of life have disappeared, and the landscape is covered with snow. There is work going on, but inside. The energy of winter is latent and potent: in this state of resting deep within, energy is collected and held in reserve; winter is cold and dark, qualities that preserve and store. It is the concentrated, internal force of winter that enables a seed to burst forth in spring growth.

Abundant reserves within give us courage and strength of will. Lacking these reserves, we manifest the emotion that the Chinese for over 5000 years have associated with the Water element: fear. Fear in appropriate amounts is, of course, essential; due care and caution in recognizing our limitations preserves life: we'd neither run in front of an oncoming bus nor challenge Mike Tyson to a fight! More commonly, the emotion of a distressed Water element is fear of not having enough of what it takes to meet the challenge that lies ahead: fear of being unable to complete what we've envisioned, fear of being inadequately prepared for what we might have to face. It's as if we don't have enough stored away to survive the winter.

The vocal sound associated with water is groaning, the sound we make when we are simply exhausted, with our energy “on the bottom,” with no hint of “rising up” or yang inflection. Diagnostically, in Chinese medicine, the emotional expression and the sound of the voice are two key indicators of the cause of disease.

The kidney and urinary bladder are the organs that belong to the Water element within us. Appropriately, there are acupuncture points along their meridians (pathways of energy) that can be used to fill the reserves and awaken that

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place in us where our real strength, courage, and wisdom lie. One such point is Kidney 25, located on the chest in the second rib space, between the mid-line of the body and the nipple. It is called Spirit Storehouse, and, when used at the right time in treatment, can literally turn the course of disease. Imagine the thousands of people who have exhausted nearly all their energy facing the demands of life and have been left empty and disillusioned. Imagine those who've been wracked by illness and pain, and so discouraged by all manner of doctors that they feel they just don't have the will to face another day. To fill the spirit storehouse in such people is to open to them a place they have long forgotten: a place of inner fulfillment, peace, strength, and wisdom, a place from which the process of healing can begin.

Allowing ourselves to simply be still and quiet, containing our energy within ourselves, is to stand in the energy of the Water element. Living in a society of continual striving and exertion, we expect instant results and immediate answers. But nature has another idea: everything to its season. Within nature are already all the answers, we just have to be quiet enough to listen and be empty enough to be filled. T'ai chi master Patrick Watson called this "listening ability" - being so still and empty that we can feel and know directly where balance and imbalance exist and how to respond appropriately. This is the wisdom of water: the effortless response to its environment by taking the exact shape of whatever contains it, filling every hollow, and yielding to every protrusion.

As the days become warmer and brighter with the approach of spring, nature opens her eyes from the slumber of winter and looks to the new growth cycle that lies ahead.

If we have followed nature's way and taken a winter rest, we emerge into spring "rarin' to go" with restored energy, clear vision, and a sense of purpose.

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

Suggestions for living in harmony with the winter season:



Get more rest: This is nature's season for rest, repair, and regeneration—a phase important for our next cycle of growth. The Nei Ching, oldest-known document of Chinese medicine, advises: "[In Winter], people should retire early at night and rise late in the morning, and they should wait for the rising of the sun."



Schedule more time for your inner life: Use the energy of the season to discover more about yourself through reflection, reading literature that "restores the spirit," being more aware of your senses, paying attention to your dreams. The winter season is an especially good time to begin the practice of meditation.



Choose more "warming" foods: As the weather cools and the body needs to generate more warmth, include more cooked foods and complex carbohydrates in your meals. Try dishes made with whole grains, squashes, beans, peas, and root vegetables such as potatoes, carrots, and garlic.



"Gather around the hearth" with people who mean the most to you: Winter evenings are an especially good time to rejuvenate and deepen relationships with those closest to you. Keep gatherings simple and relaxed.

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>

Music & Dance for WATER energy:

~ by Alana McDonald

WATER energy resides within us at our deepest core. A place of internal solitude, reflection and depth of soul. Water music on one side is generally played by gongs, crystal bowls and other tonal instruments, or, a perfect example of modern music that represents WATER is the music of **Leonard Cohen** – a master Canadian poet and songwriter whose watery, gravelly voice portrays the depth of not only

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the words used in his lyrics, but also the slow, purposeful depth of the melodies of his music.

Considering that WATER represents true depth and stillness, there really are no dance styles to represent this energy – other than lying on one's back and going deep within by not moving. The body mirrors the stillness of the mind by only moving as much as to maintain breath – and even that small movement is sometimes halted to an almost dead stop for long periods of time.

A sample list of music depicting the WATER energy:

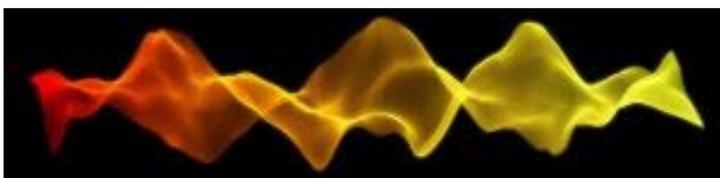
Song Title	Artist
01 Now we are free	Hans Zimmer & Lisa Gerrard
02 Closing Time	Leonard Cohen
03 The Warrior	Walela
04 Suni-ai (slow)	Snatam Kaur
05 Awareness	Ananda Giri
06 Oneness Blessing	Ananda Giri
07 Ong So Hung	Guru Singh
08 Nada Brahma	Johannes Welsh
09 Jane's Pulse	Johannes Welsh
10 Mantra Beat	Johannes Welsh
11 Fata Morgana	Johannes Welsh
12 Earth Gong	Johannes Welsh
13 Dark Moon	Johannes Welsh
14 Fire Dance	Johannes Welsh
15 Communion	Johannes Welsh

Album Title	Artist
CD Reiki Whale Dreaming	Kamal
Crystal Journey	David Hickey
Holosync meditation	Centerpointe Research Institute
Exploring the Water Element...	Living Dreamtime



For an incredible local audio experience of Yin/Water music, I recommend attending a concert by Johannes Welsh at the **'Dunrobin Sonic Gym'**

To register or ask for more information regarding upcoming events and concerts, please call or e-mail Johannes: (613) 832-0896 or DunrobinSonicGym@gmail.com



The Flashlight

~ by Mary Ellen Donnan

Writing is a normal part of my weekly activities. In all my major projects prior to the IJ I had long gloomy spells of writer's block and I suffered greatly during those many months. It has taken time to 'amp up' my flashlight bright enough to see what happens in my thoughts as I begin to feel silenced but now that the chorus of my supreme court is familiar enough to be losing its power I want to share my recent experience of how witnessing works.

As my writing ground to a mid-afternoon halt first I just felt deflated, then I began to hear why:

"I'm not sure about this: go through the literature again; make sure you have read everything, make some more phone calls, and for goodness sake resume your pattern of longer working hours because this project is falling behind schedule even with these slack results! What is this a holiday park you're staying in? Some of this data is getting old. It looks like you are never going to finish this even though you are one of the more knowledgeable people in the country on the subject. How pathetic and ungrateful is that? Aren't you embarrassed? The people you have been meeting at conferences will see you for the true failure that you are. You don't have the legitimate life experience that would put real meaning into this chapter. I'm not okay with this selling as a book anyways because the company (if not you) would profit from people's misery. Your research methodology is not up to the task. How many years have you been working on this? Its too general. No it's too specific. It's altogether useless. It's too political and no one will publish it. Should I just cut this chapter? Will the next one be worse?"

(As the Grinch says, "oh the noise, noise, noise, noise, noise, noise, noise, noise!")

Okay well lucky for me, in order to eat that night and the next one I had to walk to the grocery store and that came next in my day. I am living without a car for much of this year and this forced slowing down is proving to be quite helpful.

The sun is shining and some how that helps me to remember to breathe in, notice how the air feels, see the world around me as I walk. With each minute that I do this my attention goes deeper into the present and my mood lightens. I enjoy my shopping, come home feeling refreshed and decide as I am preparing my supper that even though some of my concerns are resurfacing I have struggled enough with this chapter for the day.

Before the IJ I could get mired in my collections of fears and self-doubts for weeks and weeks. Twice I have torn up or thrown out a project I had put months into. Before I return to work the next morning, I take another glimpse inside. My thoughts and emotions show me that really I am a little over tired and slipping into a bit of a negative frame of mind about things so I had better do something to reenergize myself and gain some more reasonable perspective. I took a day to catch up on some correspondence, putter about the house and run errands. When I return to my computer file the wording for the topic which had stumped me is there in my mind as soon as I call on it. I can see that my research is solid and I am quickly able to finish the section which had intimidated me so much the afternoon of the day before.

All I did was observe, and when it felt too difficult surrender the questions back to the universe. Amazing. Gratitude to my spiritual teachers and all of you in the community who support this process.

Love to you all,
Mary Ellen Donnan

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

When: Wednesday March 30th, 2011

Cost: \$25.00

Time: 7:00 pm to 10:00 pm

Place: Bells Corners United Church, 3955 Richmond Rd, Ottawa

An Evening with Michael & Neelama ***"An Evening of Devotion, Deeksha & Praise"***

*"What is praised is ONE... and so the praise is one too.
Many jugs being poured into a huge basin.
All religions. All this singing. One Song." ~ Rumi*

Please join us for an Interfaith evening of Devotion and Praise.

We will use the ancient practices of Kirtan (Chanting) and Meditation (Silence) to open our hearts and help us access the realm beyond our normal "mind". The realm of Spirit and Grace.

This evening is free of charge & open to anyone. There may be a suggestion donation to cover the cost of the room.

When: Thursday April 14th, 2011

Cost: By donation

Time: 7:00 pm to 10:00 pm

Place: Bells Corners United Church, 3955 Richmond Rd, Ottawa



Openings in Two New Ongoing Groups with Michael ~ The Essential & Oneness Pilgrimages

Dear IJ graduates,

As some of you know I have offered the Essential Pilgrimage Groups I and II for those interested in ongoing transformational inner work.

These 2 groups have mostly been "closed" because too much fluctuation impacts the group dynamic and also inhibits the presentation of an ongoing curriculum.

These two groups are being restructured and thus, for a limited time period (until the beginning of September), ANYONE who is seriously interested in joining an ongoing personal transformation group may attend either of the two groups--to see if they'd like to join.

The group meets 3 weekends a year at the Subud Center from 10-6 Sat and Sun and once a year for a 3 day weekend

Upcoming Inner Journey Courses & Events

Oneness Pilgrimage:

March 26th – 27th, 2011

***An Evening with Michael:
"Faces of Love"***

March 30th, 2011

Essential Pilgrimage:

April 2nd – 3rd, 2011

***An Evening with Michael &
Neelama: "An Evening of
Devotion, Deeksha & Praise"***

April 14th, 2011

Awakening Into Love:

April 15th – 17th, 2011

Oneness Awakening Course:

May 13th – 15th, 2011

IJ Transformational

July 16th – 24th, 2011

Facilitation Training - Level I

An Evening with Michael "Faces of Love"

Love has many faces, dimensions or aspects. This evening is an in-depth exploration and experience into some of the core facets of love:

Parental Love/Child to Parent Love

Friendship

Devotional or Divine Love

Intimate or Romantic Love

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

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at the end of November. The cost is sliding scale \$ 200 - 250 according to income.

For more information contact me at 415-990-5629 or email me at michaelijs@gmail.com

The Essential Pilgrimage



The Essential Pilgrimage is a weekend program designed for Inner Journey graduates to continue the exploration into the essential themes of life. Occurring every 3 months, it is a school of enlightenment for the modern soul - a supportive, encouraging, and inspirational place to inquire, to connect with Spirit and to Awaken.

The program synthesizes dynamic teachings of the Diamond Heart and Diamond Logos Approach, the Enneagram, the teachings of Osho, the Oneness University and Ken Wilber's integral work with profound experiential work, and expressions of devotion and grace to guide us on our journey within.

The newly designed course content will be relevant for more experienced EP members, more recent members and new members by journeying together into completely new inner 'terrain'.

The program is for those who feel a deep pull in their heart and soul to pursue a path of growth towards more and more Awareness and Love.

The Oneness Pilgrimage



My intention in creating the Oneness Pilgrimage is in direct response to the changing times - this unique time period in

which we now find ourselves, as a species and as individuals. This period offers an extraordinary opportunity to participate in the global shift of consciousness.

The OP is open for anybody who participated in the Oneness Awakening Course, a program based on the teachings of the Oneness University, which is dedicated to assist humankind in this transition from a materialistic based culture to a spiritual based life, from the 'Iron' to the 'Golden Age'.

If you have not yet attended an OAC, the prerequisite for this course, the next OAC program is offered in Ottawa May 13-15. You may attend the first weekend of the Oneness Pilgrimage IF you are registered for the May OAC. The Oneness Pilgrimage weekend will take place March 26/27.

The Oneness teachings are specifically oriented towards supporting the shift to a higher level of consciousness and state of oneness and, in so doing, to support our own ongoing inner transformation and awakening and through that the awakening of the Planet.

The Oneness-based Pilgrimage program is very much heart based -- The Path of DEVOTION, "Bhakti Yoga".

Awakening Into Love

A 3 Day Journey into the Heart of Relationship, a course for couples and singles



Course Description:

Relationship has the great potential to be a gateway to a deeply fulfilling life. Without fully loving, life can feel empty and meaningless. Yet for many people, relationship is also the source of immense pain and struggle. It is often in the most intimate of relationships, that our old wounds, judgments and projections surface, making relationship the perfect opportunity for transformation.

The Good News:

LOVE is who we are, it is our intrinsic nature.

The Challenging News:

- for couples - how to keep love alive and flowering in a long term relationship, where our wounds get activated?

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

- for singles - how to find and attract the mate that we yearn for?

The course is first about awakening this dormant, most precious quality within us: LOVE. And secondly about supporting couples to keep the garden of relationships alive and flourishing; and supporting singles in healing the wounds of the past to open the heart to attract a Beloved. Whether single or in a relationship - for love to flower within us and to be continuously shared, a process of awakening is needed.

This process will allow us to shed anything covering over our heart's natural state: openness, vulnerability, availability, spaciousness.... **LOVE**

What You will Receive from this Workshop:

Couples:

- Renewed and Deeper Connection to your partner
- Experiencing each other "fresh" again
- Creating a Common Vision & Purpose for your Relationship
- Recognizing and Responding to the Warning signs of "separation"
- Techniques for recognizing the triggers in your relationship
- Transforming triggers into heart opening opportunities
- Bringing the sense of The Sacred into your Relationship

Singles:

- Opening the heart to the possibility of relationship
- Preparing for a relationship: creating a conscious Intention
- Teachings for selecting a truly aligned partner
- Bringing the Divine into your quest for a mate
- Transforming past relationship wounds into vehicles that open the heart to love again

Everybody:

- Greater capacity to LOVE yourself and others
- Heightened sense of compassion towards humanity
- Tools for authentic and honest exchanges including the powerful "truth telling tool"
- Communication skills for the inevitable 'triggered moments'
- Learning the "art of experiencing" the other
- Reconnecting and deepening your sensuality and passion

TIMES:

Friday: 9:30-9:30
Saturday: 9:30-7:30
Sunday: 9:30-5:30

FEES:

SINGLES: \$465 early reg by March 15th, \$495 thereafter
COUPLES: \$425 per person early reg by March 15th, \$455 thereafter

TO REGISTER PLEASE CONTACT:

Marsha Permut at 613-729-1289 or mrp1@rogers.com

For information about the course contact:

Michael at 415-990-5629 or michaelijs@gmail.com
Neelama at 415-250-0832 or essencerevealed@yahoo.com

The Inner Journey Seminar!

***May 26th – 29th, 2011
November 3rd – 6th, 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.

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

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

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Feedback: Please direct any comments or suggestions you may have to Carolyn Richardson. All are welcome and greatly appreciated email at cparichardson@yahoo.ca Namaste

Transformational Facilitation Training – Level 1

Presented by Inner Journey & CookRoss



July 16-24, 2011
Ottawa, Ontario, Canada

This program is designed to train individuals in the facilitation of individual and group work. Participants will learn the integrated spiritual, philosophical, and psychological work of the Inner Journey Seminar. This training teaches a powerful combination of skills & techniques with the potential for tremendous inner transformation.

What makes this training unique is the spiritual perspective of the work. Our approach starts with the psychological, emotional, and mental levels and facilitates people towards a deep inner spiritual experience: a "non-denominational religiousness."

To be a 'spiritual facilitator' in this context is a special privilege and gift that requires the trainee to walk their own path of inner growth.

Another profound and distinguishing component of this training is the teaching and the application of the ancient Chinese system of the FIVE ELEMENTS in facilitation work and leadership training.

This program is not specifically offered to train participants to facilitate the Inner Journey Seminar, but rather to learn the tools, techniques and spiritual approach of the Inner Journey work to facilitate people in your current or future profession.

Logistics:

Dates: July 16, 5PM - July 24, 2PM, 2010

Location: The Tucker House, Ottawa, Ontario, Canada
(approx. 45 Min. from Ottawa International Airport)

Course Fee: US \$ 1595
Lodging and Food: CN \$ 600
Reviewer Fee: US \$ 995

To find out more or to register, contact:
michaelijs@gmail.com

"As an organizational coach, I seek to offer my clients a different way of seeing the world and what is possible for them. The IJ facilitator training offered me just what I needed. In addition to being engaged in a truly transformative process for myself, I can now offer my clients powerful distinctions for their lives. For that I can't begin to thank the IJ training enough."

~ Rajiv Chawla, Organizational Development Consultant



Article: Ted Talks **The power of vulnerability** ~ by **Brené Brown**

So, I'll start with this: a couple years ago, an event planner called me because I was going to do a speaking event. And she called, and she said, "I'm really struggling with how to write about you on the little flier." And I thought, "Well, what's the struggle?" And she said, "Well, I saw you speak, and I'm going to call you a researcher, I think, but I'm afraid if I call you a researcher no one will come, because they'll think you're boring and irrelevant." (Laughter) Okay. And she said, "But the thing I liked about your talk is you're a storyteller. So I think what I'll do is just call you a storyteller." And of course the academic, insecure part of me was like, "You're going to call me a what?" And she said, "I'm going to call you a storyteller." And I was like, "Why not magic pixie?" (Laughter) I was like, "Let me think about this for a second." I tried to call deep on my courage. And I thought, I am a storyteller. I'm a qualitative researcher. I collect stories; that's what I do. And maybe stories are just data with a soul. And maybe I'm just a storyteller. And so I said, "You know what? Why don't you just say I'm a researcher-storyteller." And she went, "Haha. There's no such thing." (Laughter) So I'm a researcher-storyteller, and I'm going to talk to you today -- we're talking about expanding perception -- and so I want to talk to you and tell some stories about a piece of my research that fundamentally expanded my perception and really actually changed the way that I live and love and work and parent.

And this is where my story starts. When I was a young researcher, doctoral student, my first year I had a research professor who said to us, "Here's the thing, if you cannot measure it, it does not exist." And I thought he was just sweet-talking me. I was like, "Really?" and he was like, "Absolutely." And so you have to understand that I have a bachelor's in social work, a master's in social work, and I was getting my Ph.D. in social work, so my entire academic career was surrounded by people who kind of believed the life's messy, love it. And I'm more of the, life's messy, clean it up, organize it and put it into a bento box. (Laughter) And so to think that I had found my way, to found a career that takes me -- really, one of the big sayings in social work is lean into the discomfort of the work. And I'm like, knock discomfort upside the head and move it over and get all A's. That was

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email at cparichardson@yahoo.ca Namaste

my mantra. So I was very excited about this. And so I thought, you know what, this is the career for me, because I am interested in some messy topics. But I want to be able to make them not messy. I want to understand them. I want to hack into these things I know are important and lay the code out for everyone to see.

So where I started was with connection. Because, by the time you're a social worker for 10 years, what you realize is that connection is why we're here. It's what gives purpose and meaning to our lives. This is what it's all about. It doesn't matter whether you talk to people who work in social justice and mental health and abuse and neglect, what we know is that connection, the ability to feel connected, is -- neurobiologically that's how we're wired -- it's why we're here. So I thought, you know what, I'm going to start with connection. Well you know that situation where you get an evaluation from your boss, and she tells you 37 things you do really awesome, and one thing -- an opportunity for growth? (Laughter) And all you can think about is that opportunity for growth, right. Well apparently this is the way my work went as well, because, when you ask people about love, they tell you about heartbreak. When you ask people about belonging, they'll tell you their most excruciating experiences of being excluded. And when you ask people about connection, the stories they told me were about disconnection.

So very quickly -- really about six weeks into this research -- I ran into this unnamed thing that absolutely unraveled connection in a way that I didn't understand or had never seen. And so I pulled back out of the research and thought, I need to figure out what this is. And it turned out to be shame. And shame is really easily understood as the fear of disconnection. Is there something about me that, if other people know it or see it, that I won't be worthy of connection. The things I can tell you about it: it's universal; we all have it. The only people who don't experience shame have no capacity for human empathy or connection. No one wants to talk about it, and the less you talk about it the more you have it. What underpinned this shame, this "I'm not good enough," -- which we all know that feeling: "I'm not blank enough. I'm not thin enough, rich enough, beautiful enough, smart enough, promoted enough." The thing that underpinned this was excruciating vulnerability, this idea of, in order for connection to happen, we have to allow ourselves to be seen, really seen.

And you know how I feel about vulnerability. I hate vulnerability. And so I thought, this is my chance to beat it back with my measuring stick. I'm going in, I'm going to figure this stuff out, I'm going to spend a year, I'm going to totally deconstruct shame, I'm going to understand how vulnerability works, and I'm going to outsmart it. So I was ready, and I was really excited. As you know, it's not going to turn out well. (Laughter) You know this. So I could tell you a lot about shame, but I'd have to borrow everyone else's time. But here's what I can tell you that it boils down to -- and this may be one of the most important things that I've ever learned in the decade of doing this research. My one year

turned into six years, thousands of stories, hundreds of long interviews, focus groups. At one point people were sending me journal pages and sending me their stories -- thousands of pieces of data in six years. And I kind of got a handle on it.

I kind of understood, this is what shame is, this is how it works. I wrote a book, I published a theory, but something was not okay -- and what it was is that, if I roughly took the people I interviewed and divided them into people who really have a sense of worthiness -- that's what this comes down to, a sense of worthiness -- they have a strong sense of love and belonging -- and folks who struggle for it, and folks who are always wondering if their good enough. There was only one variable that separated the people who have a strong sense of love and belonging and the people who really struggle for it. And that was, the people who have a strong sense of love and belonging believe they're worthy of love and belonging. That's it. They believe they're worthy. And to me, the hard part of the one thing that keeps us out of connection is our fear that we're not worthy of connection, was something that, personally and professionally, I felt like I needed to understand better. So what I did is I took all of the interviews where I saw worthiness, where I saw people living that way, and just looked at those.

What do these people have in common? I have a slight office supply addiction, but that's another talk. So I had a manila folder, and I had a Sharpie, and I was like, what am I going to call this research? And the first words that came to my mind were whole-hearted. These are whole-hearted people, living from this deep sense of worthiness. So I wrote at the top of the manila folder, and I started looking at the data. In fact, I did it first in a four-day very intensive data analysis, where I went back, pulled these interviews, pulled the stories, pulled the incidents. What's the theme? What's the pattern? My husband left town with the kids because I always go into this Jackson Pollock crazy thing, where I'm just like writing and in my researcher mode. And so here's what I found. What they had in common was a sense of courage. And I want to separate courage and bravery for you for a minute. Courage, the original definition of courage when it first came into the English language -- it's from the Latin word cor, meaning heart -- and the original definition was to tell the story of who you are with your whole heart. And so these folks had, very simply, the courage to be imperfect. They had the compassion to be kind to themselves first and then to others, because, as it turns out, we can't practice compassion with other people if we can't treat ourselves kindly. And the last was they had connection, and -- this was the hard part -- as a result of authenticity, they were willing to let go of who they thought they should be in order to be who they were, which you have to absolutely do that for connection.

The other thing that they had in common was this. They fully embraced vulnerability. They believed that what made them vulnerable made them beautiful. They didn't talk about vulnerability being comfortable, nor did they talk about it being excruciating -- as I had heard it earlier in the shame interviewing. They just talked about it being necessary. They

talked about the willingness to say "I love you" first, the willingness to do something where there are no guarantees, the willingness to breathe through waiting for the doctor to call after your mammogram. They're willing to invest in a relationship that may or may not work out. They thought this was fundamental.

I personally thought it was betrayal. I could not believe I had pledged allegiance to research -- the definition of research is to control and predict, to study phenomena, for the explicit reason to control and predict. And now my mission to control and predict had turned up the answer that the way to live is with vulnerability and to stop controlling and predicting. This led to a little breakdown -- (Laughter) -- which actually looked more like this. (Laughter) And it did. I called it a breakdown, my therapist calls it a spiritual awakening. A spiritual awakening sounds better than breakdown, but I assure you it was a breakdown. And I had to put my data away and go find a therapist. Let me tell you something: you know who you are when you call your friends and say, "I think I need to see somebody. Do you have any recommendations?" Because about five of my friends were like, "Wooo. I wouldn't want to be your therapist." (Laughter) I was like, "What does that mean?" And they're like, "I'm just saying, you know. Don't bring your measuring stick." I was like, "Okay."

So I found a therapist. My first meeting with her, Diana -- I brought in my list of the way the whole-hearted live, and I sat down. And she said, "How are you?" And I said, "I'm great. I'm okay." She said, "What's going on?" And this is a therapist who sees therapists, because we have to go to those, because their B.S. meters are good. (Laughter) And so I said, "Here's the thing, I'm struggling." And she said, "What's the struggle?" And I said, "Well, I have a vulnerability issue. And I know that vulnerability is the core of shame and fear and our struggle for worthiness, but it appears that it's also the birthplace of joy, of creativity, of belonging, of love. And I think I have a problem, and I need some help." And I said, "But here's the thing, no family stuff, no childhood shit." (Laughter) "I just need some strategies." (Laughter) (Applause) Thank you. So she goes like this. (Laughter) And then I said, "It's bad, right?" And she said, "It's neither good, nor bad." (Laughter) "It just is what it is." And I said, "Oh my God, this is going to suck."

(Laughter)

And it did, and it didn't. And it took about a year. And you know how there are people that, when they realize that vulnerability and tenderness are important, that they surrender and walk into it. A: that's not me, and B: I don't even hang out with people like that. (Laughter) For me, it was a yearlong street fight. It was a slugfest. Vulnerability pushed, I pushed back. I lost the fight, but probably won my life back.

And so then I went back into the research and spent the next couple of years really trying to understand what they, the whole-hearted, what choices they were making, and what are we doing with vulnerability. Why do we struggle with it so

much? Am I alone in struggling with vulnerability? No. So this is what I learned. We numb vulnerability -- when we're waiting for the call. It was funny, I sent something out on Twitter and on Facebook that says, "How would you define vulnerability? What makes you feel vulnerable?" And within an hour and a half, I had a 150 responses. Because I wanted to know what's out there. Having to ask my husband for help, because I'm sick, and we're newly married; initiating sex with my husband; initiating sex with my wife; being turned down; asking someone out; waiting for the doctor to call back; getting laid-off; laying-off people -- this is the world we live in. We live in a vulnerable world. And one of the ways we deal with it is we numb vulnerability.

And I think there's evidence -- and it's not the only reason this evidence exists, but I think it's a huge cause -- we are the most in-debt, obese, addicted and medicated adult cohort in U.S. history. The problem is -- and I learned this from the research -- that you cannot selectively numb emotion. You can't say, here's the bad stuff. Here's vulnerability, here's grief, here's shame, here's fear, here's disappointment, I don't want to feel these. I'm going to have a couple of beers and a banana nut muffin. (Laughter) I don't want to feel these. And I know that's knowing laughter. I hack into your lives for a living. God. (Laughter) You can't numb those hard feelings without numbing the affects, our emotions. You cannot selectively numb. So when we numb those, we numb joy, we numb gratitude, we numb happiness. And then we are miserable, and we are looking for purpose and meaning, and then we feel vulnerable, so then we have a couple of beers and a banana nut muffin. And it becomes this dangerous cycle.

One of the things that I think we need to think about is why and how we numb. And it doesn't just have to be addiction. The other thing we do is we make everything that's uncertain certain. Religion has gone from a belief in faith and mystery to certainty. I'm right, you're wrong. Shut up. That's it. Just certain. The more afraid we are, the more vulnerable we are, the more afraid we are. This is what politics looks like today. There's no discourse anymore. There's no conversation. There's just blame. You know how blame is described in the research? A way to discharge pain and discomfort. We perfect. If there's anyone who wants their life to look like this it would be me, but it doesn't work. Because what we do is we take fat from our butts and put it in our cheeks. (Laughter) Which just, I hope in a hundred years, people will look back and go, "Wow."

(Laughter)

And we perfect, most dangerously, our children. Let me tell you what we think about children. They're hardwired for struggle when they get here. And when you hold those perfect little babies in your hand, our job is not so say, "Look at her, she's perfect. My job is just to keep her perfect -- make sure she makes the tennis team by fifth grade and Yale by seventh grade." That's not our job. Our job is to look and say, "You know what? You're imperfect, and you're wired for struggle, but you are worthy of love and belonging." That's our job. Show me a generation of kids raised like that,

and we'll end the problems I think that we see today. We pretend that what we do doesn't have an effect on people. We do that in our personal lives. We do that corporate -- whether it's a bailout, an oil spill, a recall -- we pretend like what we're doing doesn't have a huge impact on other people. I would say to companies, this is not our first rodeo people. We just need you to be authentic and real and say, "We're sorry. We'll fix it."

But there's another way, and I leave you with this. This is what I have found: to let ourselves be seen, deeply seen, vulnerably seen; to love with our whole hearts, even though there's no guarantee -- and that's really hard, and I can tell you as a parent, that's excruciatingly difficult -- to practice gratitude and joy in those moments of terror, when we're wondering, "Can I love you this much? Can I believe in this this passionately? Can I be this fierce about this?" just to be able to stop and, instead of catastrophizing what might happen, to say, "I'm just so grateful, because to feel this vulnerable means I'm alive." And the last, which I think is probably the most important, is to believe that we're enough. Because when we work from a place I believe that says, "I'm enough," then we stop screaming and start listening, we're kinder and gentler to the people around us, and we're kinder and gentler to ourselves.

That's all I have. Thank you.
(Applause)

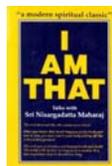
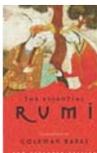
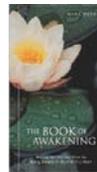
http://www.ted.com/talks/brene_brown_on_vulnerability.html

Recommended Reading, Music & 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 Carolyn Richardson (cparichardson@yahoo.ca) to share with everyone!

Books:

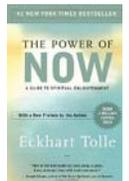
Author	Book
Mark Nepo (2000)	The Book of Awakening
Rumi ~ by Coleman Barks (1997)	The Essential Rumi
Sri Nisargadatta Maharaj (1999)	I AM THAT



Eckhart Tolle (2010) Peace in the Present Moment



Eckhart Tolle (2004) The Power of Now



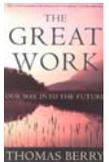
Lisa Genova (2009) Still Alice



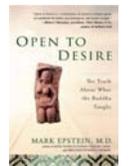
Jeremy Rifkin (2007) The Empathic Civilization: Rethinking Human Nature in the Biosphere Era



Thomas Berry (2000) The Great Work - Our Way into the Future



Mark Epstein (2006) Open to Desire - Embracing a Lust for Life



Songs for your iPod:

Artist	Song Title
1 Mr. Mister	Kyrie
2 Ani DiFranco	Present/infant
3 Bruno Mars	Just the Way You Are
4 Carrie Underwood	Mama's Song
5 Melody Gardot	Who will comfort me
6 Louis Armstrong	Summertime
7 P!nk	Perfect; Raise your glass
8 K'naan	Take a Minute
9 Mumford & Sons	Sigh No More
10 Darius Rucker	This
11 Bucky Covington	A Father's Love
12 Sixpence None the Richer & Jars of Clay	With Every Breath

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

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A list of movies you might enjoy!

Movie Title

Image

Life or Something Like It (2002)



Griefwalker - National Film Board Stephen Jenkinson (2009)



Gattaca (1997)



The Life and Work of Daphne Odjig (2008)



Black (2005)

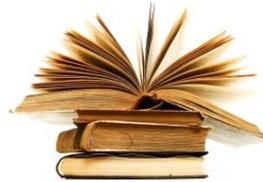


127 Hours (2010)

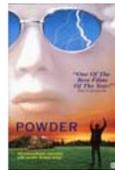


Do you have a book, playlist or movie title that you'd like to share? Please email Carolyn Richardson with the details!

My Dinner With André (2009)



Powder (1995)



Tuesdays With Morrie (1999)



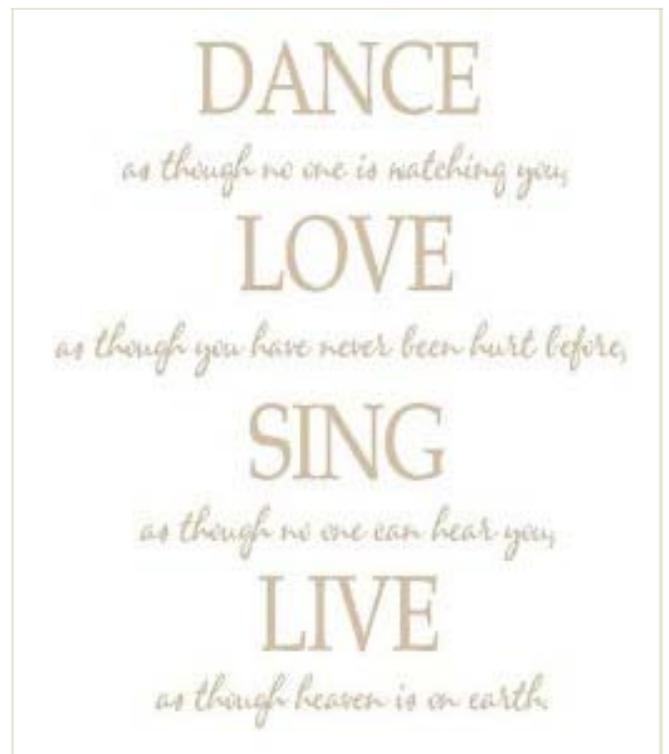
For One More Day (2007)



Baraka (1992)



If These Walls Could Talk 2 (2000)



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

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)



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

I've learned that...

...no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

I've learned that...

...you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage and tangled Christmas tree lights.

I've learned that...

...regardless of your relationship with your parents, you'll miss them when they're gone from your life.

I've learned that...

...making a living is not the same thing as making a life.

I've learned that...

...life sometimes gives you a second chance.

I've learned that...

...you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back.

I've learned that...

...whenever I decide something with an open heart, I usually make the right decision.

I've learned that...

...even when I have pains, I don't have to be one.

I've learned that...

...every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.

I've learned that...

...I still have a lot to learn.

I've learned that...

...people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

~Maya Angelou

Present/infant (Live) lyrics

lately i've been glaring into mirrors
picking myself apart
you'd think at my age
i'd of thought of something better to do
then make insecurity into a full time job
make insecurity into an art
(yea and i) fear my life will be over
(and i) will have never lived it unfeathered
always glaring into mirrors
mad i don't look better
now here's this tiny baby
and they say she looks just like me
and she is smiling at me
with that present infant glee
yes and i would defend to the ends of the earth
her perfect right to be, (be, be, be)
so i'm beginning to see some problems
with the ongoing work of my mind
and i've got myself a new mantra
it says "don't forget to have a good time"
don't let the sellers of stuff
have power enough
to rob you of your grace
love is all over the place
there's nothing wrong with your face
love is all over the place
there's nothing wrong with your face
lately i've been glaring into mirrors
picking myself apart

~ Ani Difranco

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

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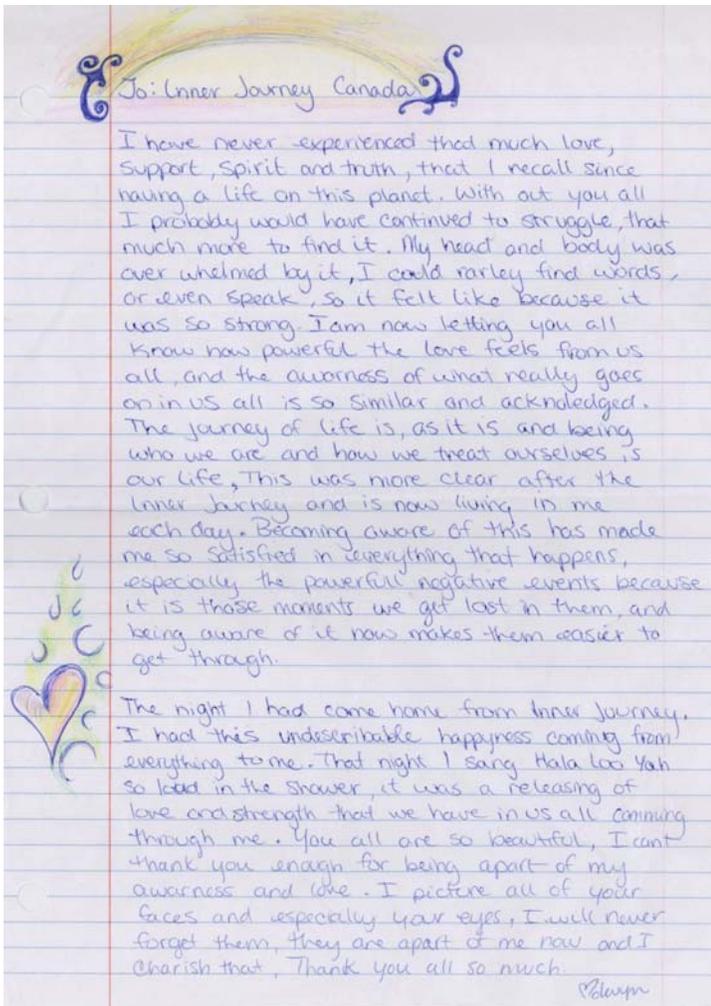
the WORD

In the beginning there was the WORD
and the WORD WAS
WORD being an acronym for
World Order Real Dynamics
World Order Real Dynamics was/will be
WORD WITHOUT END
That's all you need to know, to know the story.
Stop analyzing, stop thinking, stop!
Look!
Wonder!
Listen!
Listen with your left ear. Listen to your soul.
Listen to the silence
Listen to the elegance
Listen to the elegance of silence.
Listen

~ Kindra Joy Oneson

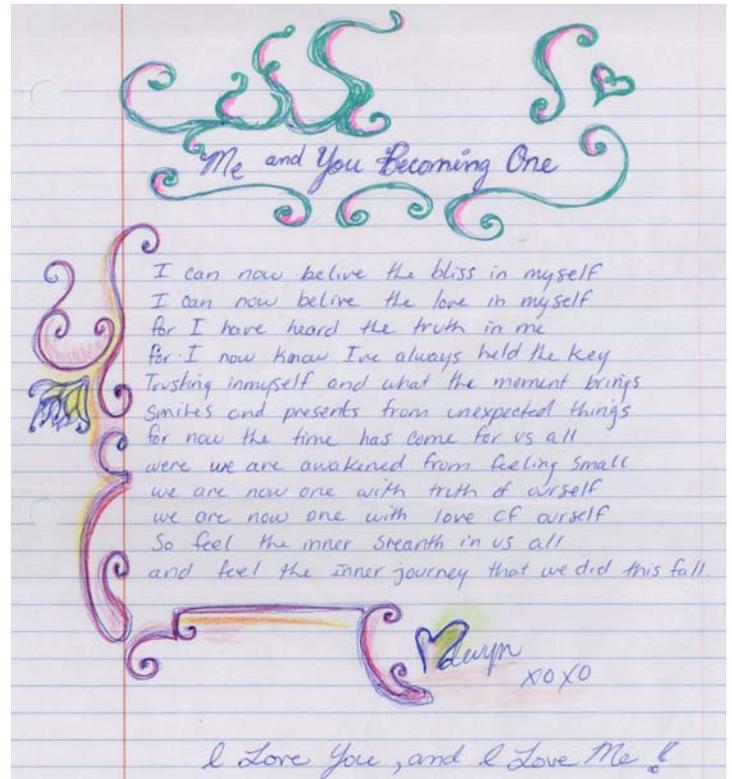
Open Letter to Inner Journey Canada

~ by Devyn Sharpe



Me and You Becoming One

~ by Devyn Sharpe



*"To the universe I profess my undying gratitude and love
To all that exists in this universe
It's painful to be human
I am in awe and complete love with those that have helped me
to be where I am
Those who truly exist where they are – I love you and hope that
you
Follow your heart – even if it leads you to the darkest of nights
Therein lies the beauty and the light."*

~ Serena Ryder quote inside CD 'Is it OK'



*Listen, and feel the beauty of your separation,
the unsayable absence.*

*There is a moon inside every human being.
Learn to be companions with it.*

Give more of your life to this listening.

*As brightness is to time,
so you are to the one who talks
to the deep ear in your chest.*

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

Feedback: Please direct any comments or suggestions you may have to Carolyn Richardson. All are welcome and greatly appreciated email at cparichardson@yahoo.ca Namaste

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*I should sell my tongue and buy a thousand ears
when that one steps near and begins to speak.*

~ Rumi

*I want to be where
your bare foot walks,
because maybe before you step,
you will look at the ground.
I want that blessing*

~ Rumi



*"When I despair, I remember that all through history
the ways of truth and love have always won.
There have been tyrants, and murderers, and for a time they
seem invincible, but in the end they always fall.
Think of it...always."*

~ Mahatma Gandhi

Monthly IJ Tune-ups

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

April 10th, 2011
May 15th, 2011
June 19th, 2011
September 18th, 2011
October 16th, 2011
November 13th, 2011
December 11th, 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!

A special thank you from the bottom of my heart

Thank you everyone for your kind words, your voices of loving feedback and collaborative suggestions over the past five years.

Working on the Inner Journey Canada newsletter has not only been a gift to my heart, a door that opened to allow my own creativity to be brought forth; but also a platform of love for all of you who have contributed your creative voice – either through the written word, or by your art, poetry or music/film & book selections.

Now it is time for me to step down to allow a new voice to shine. Please welcome Carolyn Richardson as your new IJC newsletter editor.

This is YOUR platform to share your experiences, your thoughts, moments of awareness and to stay connected to the work that has brought us all together in this incredible community that has grown into a family here in Ottawa.

Please continue to share your voice, your experiences, your hearts, minds and souls so that we all continue to learn, to open, to trust and to become more aware.

Namaste.
Love & hugs
~ Alana



*"I choose the JOY,
I choose the ABUNDANCE,
I choose the GRATITUDE,
I choose the LOVE,
I CHOOSE TO BE."*

~author unknown

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