

Inside:

P2 Who We Are

P2 Board of Directors

**P2 Spiritual Directions
Committee**

**P3 Sunday Service
Schedule**

**P4 Oneness Wednesday &
Meditation**

**P5 Happy Birthday,
Church Secretary Wanted, &
Birthday Cake Notice**

**P6-10 Reprint of Catherine
Denison's Talk**

**P10-13 Reprint of Joy
Emmanuel's Talk**

**P14 Excerpt from Katharina
Nolla's Book**

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**ADVENT & THE COMING OF THE
LIGHT**

In many traditions in Christianity, advent (“coming” in Latin) marks a period of waiting and preparation for the moment when the Christ child was born. Often each of the Sundays before Christmas is marked by the lighting of an advent candle and the celebration of a particular quality or virtue—such as hope, love, faith, charity, peace and/or joy. In certain esoteric traditions, particular angels, colours or planets are associated with the sequence of Sundays and qualities. In Celtic influenced traditions, lights were placed in trees to encourage the light to return, or a yule log was burnt as a reminder that the cycle of seasons would continue.

Whatever spiritual tradition speaks to us at this time of year, the message seems to be the same: whatever way we choose, we must cultivate certain positive qualities so as to create the conditions for the return of light and the birth of new consciousness. Our ancestors believed that ensuring the return of the light required work, and however much we now know scientifically about the cycle of the seasons, the need for conscious effort at this time remains a spiritual and psychic truth.

Submitted by Chris Bullock, SDC.

The Lighthouse December 2016
A Newsletter for Friends of the Church

We are a spiritual community supporting each other in exploring our personal journeys regardless of spiritual path or belief. Our community is comprised of a rich field of individual and collective energies that is ever changing and evolving.

While we are accepting of diverse expressions of belief, we recognize the interconnectedness of all things and the power of love and appreciation. We hold reverence for all life.

We welcome those who wish to share their journey with us through their insights, reflections, experience and creative self-expression.

We are open to inspiration and recognize that our openness to others' ideas enhance our own awareness and expansion.

We meet our basic human need to socialize, bond, cooperate, celebrate and have fun, in a warm-hearted way, through a variety of events and activities.

We acknowledge our opportunity to be agents of change in the world and we encourage and support service to others through individual and group activity.

We share our sacred space with the larger community.

With gratitude, we live thoughtfully on the Earth with kindness and compassion for all.

We welcome you.

Church of Truth – Community of Conscious Living
Sunday Service – 11:00 am

Working for You
Your Board of Directors

| | | |
|---------------------|-------------------|--------------|
| President | Brian Martin | 778-430-1872 |
| Past President | Sanjara Omoniyi | 250-900-0281 |
| Vice President | Troi Leonard | 250-532-3442 |
| Inside Maintenance | Marvelous Trudeau | 250-384-2563 |
| Secretary | Michelle Pederson | 778-350-7999 |
| Treasurer | Ron Rayner | 250-474-2715 |
| Outside Maintenance | Deborah Hawkey | 250-813-1747 |
| SDC Liaison | Bill Israel | 250-744-0590 |

Your Spiritual Directions Committee

| | |
|------------------|--------------|
| Laurence Beal | 250-380-6429 |
| Chris Bullock | 250-384-8241 |
| Linda Chan | 250-380-6383 |
| Jennifer Sagar | 778-440-5234 |
| D. Joan Thomas | 250-721-4054 |
| Leonard Thornton | 250-598-4303 |

Rentals Esther Hart 250-896-5933

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SUNDAY SERVICE SCHEDULE

Theme: Advent and the Coming of Light

December 4 Faith (Belief) and Charity (Action). (Selaphiel, Violet)

Speaker: John VandenHeuvel
Moderator: Hendrik de Pagter
Meditation: Catherine Muncaster
Greeter: Jennifer Sagar

December 11 Peace

Is peace the consequence of letting things be, or does it require deliberate and hard work? This service will examine various aspects of peace.

Coordinators: Bill Israel and Chris Bullock
Moderator: Marvelous Trudeau
Meditation: John Vanden Heuvel
Presentation: Stephen Kinsella
Greeter: TBA

Stephen tries to live his truth, daily, through experiences with his divinity and through connections with those around him. Stephen is on the journey to knowing himself and others more authentically. As a stone mason, he has to be in the moment, even through dark times.

December 18 Joy and Solstice Celebration (Uriel, Turquoise)

Coordinators: D.Joan Thomas and Leonard Thornton
Moderator: D.Joan Thomas
Words: Leonard Thornton and Laura Lane
Meditation: Elsie Mary
Poetry: Peggy Muncaster
Music: Laura Lane, Marie Logan, Jennifer Sager, Linda Chan and others

December 25 Community Service: A Festive Celebration (Raphael. Magenta or Red)

Christmas day is actually on a Sunday this year. So let's come together and celebrate this special occasion with each other. Join us in celebrating the light of hope, peace, joy, and love and the blessings of this special season. We will have a

potluck lunch as not everybody will have the opportunity to come for the Christmas dinner in the evening. Details will follow in the E-News.

**Oneness Wednesday & Meditation Circle
Church of Truth
111 Superior St.
Free or by donation
Everyone Welcome
7-8:30 p.m.**

December 7, 14, 21 + 28



We come together with the intent of deepening our relationship with the soul and group soul consciousness.

Format For the Evening Includes:

7 p.m. Opening of Meditation Circle and Welcome (Opening of the Circle, Lighting of Candle, Welcoming People to our Sacred Space, Sharing of “Flower Essence”)

A Short Guided Process to Prepare for the Body for Meditation followed by Chanting the sacred “OM” three times before we enter into Silent Meditation.

7:15 p.m. to 7:45 p.m. Silent Meditation.

At 7:40 p.m. ring chimes once and Attendees are invited to Silently and Individually set a Meditation Intention to the Service, Love & Healing of Others or continue with Silent Meditation.

7:45 p.m. Ring Chimes three times. Silent Meditation Ends and Attendees will be invited to stay for the Sharing Circle or quietly leave.

7:47 p.m. Sharing Circle begins – Attendees are free to contribute to the circle anything they wish to share stemming from their meditation and day to day life. There will also be an opportunity to light a candle(s) and set an intention.

8:20 p.m. Closing of Sharing Circle - Take-away Thoughts, Toning or Chanting, Put out the Candle, and Close the Circle.

HAPPY BIRTHDAY

We Celebrate with YOU!



DECEMBER

| | |
|-----------------|-------------|
| Jack Hyatt | December 15 |
| Sanjara Omoniyi | December 23 |
| Colin Lee | December 26 |

SECRETARY WANTED

The Board cordially invites you to join our responsive team and contribute your consummate secretarial skills in service to our wonderful community.

Training and assistance will be provided to ease your way into the process. Please contact any Board member or myself to embrace this opportunity.

Brian Martin, President

Baker Wanted

As I announced on November 20, I'm going to retire in the New Year from baking monthly birthday cakes. It's been over 20 years and to be truthful sometimes it has felt more like a chore than a joy. So I think it's time to let it go. I'm happy to still honour and announce the names of the birthday people each third Sunday as has been the routine (although in months of five Sundays or other special activities I varied it sometimes). There may be others among us who would like to contribute a birthday cake now and then, if not regularly. And I acknowledge the others who have taken a turn along the way, like Eleanor McKinnon, especially in my birthday month. As I also said, some people may be tired of gluten-free cake



for the last year or so – I thought if I’m going to make it I want to eat it too! – so the field is wide open now. I lovingly pass the spatula.

Submitted by Lorna Rennie

**THE MYSTERY OF THE PHOENIX
PLUNGING INTO THE CREATIVE FIRE:
FINDING UNION IN SEPARATION**

GUEST SPEAKER: Catherine Denison

Sunday, November 6, 2016

The theme for today is “THE MYSTERY OF THE PHOENIX” in the context of the theme for November: “PLUNGING INTO THE CREATIVE FIRE: FINDING UNION IN SEPARATION.”

I’m part of the not-for-profit Openhand international community based in Glastonbury, England, which offers a unique approach to spiritual evolution, a way of tapping into the Benevolent Guiding Consciousness of the Universe and aligning with it in one’s life. Openhand has a large virtual community and offers workshops around the world. *Much of what I’ll be sharing today reflects the Openhand philosophy and approach for unraveling the mystery of the phoenix and breaking through separation to union with the One.

In Greek mythology, when the phoenix reaches the end of its life, it sets itself and its nest on fire and burns both to ashes. But all is not lost. It rises from the ashes and rebirths itself gloriously anew from what it once was and is a powerful symbol of death and resurrection. The fierce, warrior phoenix knows what it takes to transcend the illusion of separation and become the One. It takes throwing all of our identities and worldly attachments into the fire so we can drop into the Void of who we truly are. It can be a terrifying process to let go of all identities. How can we live with no identity at all? How can we be in relation to someone? Of course, these questions don’t matter when we become the One. Burning through our identities feels like the death of everything we think we are. This quote by author, Cynthia Occelli, captures the process well:

“For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction.”

If it’s that hard, why bother you might ask? Because that’s why we’re here. That’s the purpose of the soul: to self-realize as the One in each and every moment and through all experiences. That’s the only thing going on here. How do we do that? How do we self-realize as the One? Is it about wrestling our demons to the ground and beating the crap out of them? Is it about discipline of mind over matter? Is it about mind-led intention, ditching what we’re already creating for something

shinier and happier as the film “The Secret” promotes? Is it about duct taping over the cracks and creating an identity around denial? It is about attaching to love and bliss because it feels so good? I would have answered yes to all these for much of my life. I’ve tried them all and have found they help in the short-term but not in the long-term. They only delay processing karma, which is the reason why we’re here in my view. I feel the mystery of the phoenix is this: it takes absolute vulnerability, surrender and acceptance of what is to breakthrough separation and step into the Void of nothingness where nothing is everything. Psychologist, Carl Rogers, sums it up succinctly:

“The curious paradox is that when I accept myself just as I am, then I can change.”

If we accept that the One is Absolute Presence in all experiences, identified with none of them, how can we transcend separation if we resist what it is? When we resist and attach to outcomes, we identify, and cannot lift the veils of illusion.

The Universe always supports us in finding our way back to Source although it may not feel that way at times. Since the soul is an expression of the One, like the polarity of a magnet, it will manifest those circumstances where we identify with the illusion of separation, of relativity, of this in relation to that, so that we can drop these veils on the path to the limitless. It will manifest situations where we lose our power. To know trust, for example, the soul will manifest experiences where we lose and find trust. We create everything that happens to us: the good, the bad, the ugly, and the beautiful. The key is to figure out why we create them and what our situations teach us. We are already the One. It’s a case of realizing it, not with the mind, but experientially. We get exactly what we need to remind ourselves who we are. The more we remember, the fewer reminders we need. I’ve had plenty of reminders and maybe you have, too.

When I was child, the nursery rhyme about Humpty Dumpty frightened me. “Humpty Dumpty sat on a wall. Humpty Dumpty had a great fall. All the king’s horses and all the king’s men couldn’t put Humpty together again.” I loved Humpty and so badly wanted to fix him. That’s a large part of what I have identified with in my life. Feeling responsible for fixing others and guilty for never being and doing enough. To do all that I had to be strong, so I became a master at allowing my mind to control my emotions and feelings. I decided it was better not to fall off that wall like Humpty did. Better to hang on, I told myself, no matter what and never let go.

In my mid-thirties, I remember feeling proud that I hadn’t cried in years. By the time I hit forty, tears began trickling down my face. I couldn’t control them. I was so disassociated from my feelings that I had no idea why I was crying. My disassociation was karmic from past lives and manifested in this lifetime when I was hospitalized in a polio epidemic at age six. I was placed in isolation with no

visitors allowed including family. The nurses were run off their feet and often didn't come when I called. I was alone in a room behind a big, wooden door that was always shut. When I was discharged home six months later using crutches and a leg brace, I had disassociated from my feelings in order to survive -- although it took me many decades to realize this. By age forty, I had already suppressed an ocean of tears from various traumas in my life. I had two small children to look after, so I was deeply motivated to pursue counselling.

During my initial session, my counsellor asked: "What do you do when you have negative feelings?" I replied, "I simply don't allow them." If others mistreated me, I suppressed my hurt and forced myself to turn the other cheek like Jesus said, attaching to a spiritually correct identity, denying the vulnerability of my soul. That was the beginning of connecting with my feelings, but it was a beginning, only. To a large extent, my mind still ran the show for many years after. But I did surrender enough at that time to drop some baggage around over-attaching to my family in unhealthy confluence and losing the sense of myself as a unique spark of the divine. But I've discovered since then that the rabbit hole goes very deep, indeed. My soul had only just begun to take flight. As author, Toni Morrison, says: "You wanna fly, you got to give up the shit that weighs you down."

And as Open at Openhand says: "There's too much denial going on in spiritual circles. We have to get into our stuff if we are to ditch our baggage."

The moment is always shaped by two inter-relating flows of consciousness, the soul flowing through the bodymind, and unity consciousness, the soul flowing back to Source. We get into our stuff and let go our baggage by bringing consciousness into every moment and observing what we do and why and by feeling as much of the aligned consciousness as we can such as the experience of nature, all those feelings that cause a sense of expansion, joy, timelessness, interconnectedness. Our consciousness then expands and reconnects to flow from Source. Life is then about being connected to the flow of the divine rather than trying to shape any outcome. The soul emerges from Source as a stream of consciousness, a stream of awareness, and is the memory of the original condition of Oneness. It is an expression of it. That is the soul's purpose: to express Oneness. When we align with this purpose in a particular moment, we ride the journey back into Source inside ourselves. When we ride this journey all the time, we are enlightened. We are Absolute Presence having an experience of the soul at the same time. Some attach to being a soul. But we are not that. We are what precedes it: the Void before being-ness, before anything like love arises, for example. Love and bliss are only transient experiences of the One. Our purpose is to release all identities, including love and bliss, and to step into nothingness, where nothing is everything.

In my inner knowing, I have incarnated here on planet earth to process my karma that stems from identifying with past life experiences. The central theme of my incarnation is the manifestation of a physical disability as a result of feeling guilty in a past life for abusing my power and causing suffering to others. Guilt has built my disability. So my karma has recreated similar, related experiences in this lifetime so that I can feel the impact of my actions to help me release my attachment. A few years ago, I asked myself the question, “In what ways have I exerted power over other life, causing suffering?” I realized that by eating meat I was contributing to the inhumane treatment of animals, so I began to transition to eating vegan. I’ve had my ups and downs since I was addicted to eating meat and dairy for most of my life and I associate these foods with comfort eating. But I’m almost there. Respecting all sentient life, including our animal friends, feels like a more aligned and peaceful way of being.

Up until a few years ago, I wasn’t conscious of my guilt and how I overcompensated for it by assuming responsibility for others. Those burdens have weighed heavily on my shoulders, causing pain and loss of function in my upper body. Now that I am conscious of these karmic feelings, I’m using the Openhand approach to unwind and let go. I will briefly describe their approach here.

The pain is the place where the light enters. We must know our pain and become one with it so that it no longer defines it. Through the law of attraction, we always draw to ourselves the circumstances we need to empower ourselves. I have chosen to disempower myself physically so I can learn to empower myself spiritually. To know ourselves as the One, we have to allow separation to happen. We begin by becoming observers of the outer experiences in our lives in relation to our inner feelings. Our outer experiences are the perfect mirrors to reveal inner tightness and blockages and how others push our buttons. So we scan our bodies for any tightness or pain. Our thoughts and feelings are vital keys for unfolding new and higher ways of being. We don’t try to resist or deny the situation in any way. We don’t try to fix the problem and purposefully replace it with something else like bliss or love, for example, as much of mainstream spirituality teaches. Instead we explore the resistance and ask ourselves, “What can’t I accept? What do I need from this situation? Why am I uncomfortable?” We keep feeling the feelings, the resistance, and the need for it to go away. We work through it softly and gently with Presence. We accept it. Nothing is right or wrong. We have to let go of that polarity, that judgment, and soar like the phoenix beyond it. We penetrate the darkness of our unconsciousness within and gradually unwind the resistance. We express our feelings by crying, movement, or curling up in a ball, for example.

When we’re one with our feelings, we open the door through the experience and step into the Light, into the Void, and become the One in it, liberating our souls from the attachment so we can create new and more aligned manifestations.

Through the Openhand approach, I'm gradually releasing my guilt and feeling responsible for fixing others, forgiving myself, healing my karma and feeling more whole and more integrated with a greater sense of peace. Everyday I focus on what gives me joy. Most days I spend time in nature so that I can feel aligned consciousness and reconnect with flow from Source. I'm experiencing less pain and increased function, but it's not likely my disability will completely resolve since it feels like it's part of my karma. The key is not to define myself by it. The goal of the One is not to manifest perfection. It simply is.

Now when I look at Humpty Dumpty lying there in a heap of broken bits, I no longer feel responsible for fixing him. I still have compassion for him, but I respect that he has a right to his own karmic journey. He's exactly where he's meant to be. When he's ready, he'll figure out the mystery of the phoenix and will rise up from the cobblestones, whole and complete.

At Openhand workshops, we allow the soul to move and express to music. We call it soulmotion. I find it helps me to feel the feelings and to loosen up what's stuck inside so I can let it go. So I'm going to let U2 have the final say on surrendering and letting go in their song, Bad. If your soul yearns for a little soulmotion, go for it! Or if you prefer to close your eyes and just listen to the music, that's cool, too. Society does its best to shut us down. I take great delight in pushing back. I close with words from Lao Tzu:

"New beginnings are often disguised as painful endings." Aho.

*Please note that I have obtained permission from Openhand for the printing of my presentation notes in the Church of Truth newsletter. I have both paraphrased and directly quoted Open and Trinity Bourne, founders of Openhand, from comments they have made on the Openhand discussion forum. For further information, please visit their website: <http://www.openhandweb.org>

Submitted by Catherine Denison

Eat, Pray, Love: Stone Soup for the Soul
By Joy Emmanuel
From her Talk – Sunday, October 16, 2016

No matter where we are in the cycle of our life's journey, we are drawing on the soul lessons we have harvested along the way. Just as we are what we eat, we harvest insights from the choices we make of what and how to nurture our

awareness of the Sacred in our lives. Like the story of Stone Soup, many people have contributed to our awakening as we have negotiated the twists and turns in the road. As noted in the description for the theme of October, we may have discovered that “harvest is not a single event, but a journey with dark and light sides.” What soul lessons are we harvesting? In *Eat, Pray, Love*, I offer a personal reflection on the universal journey of harvesting the insights of our soul’s awakening and invite you to do the same.

Eat, Pray, Love - this part of the title comes to me in the sense of the “way” of the journey. *Eat*: just as we are what we eat, we could also say we are the culmination of the choices we make along the way to nurture our soul and follow the insights that come. *Pray*: we need lots of prayer to integrate and even to receive the lessons – especially the hard ones! *Love*: love is what it is all about. Love is the answer. Love is the key. The key to the journey is to keep opening into love. What soul lessons am I harvesting? This is where *Stone Soup for the Soul* comes in. If you remember the story of *Stone Soup*, the basic premise is that we start with an empty pot, water and a couple of stones. After that the people we interact with along the way - and the events that happen - add many ingredients to our “stone soup.” Here I recount a few of the contributions to my soul soup pot.

First, the stone in *Stone Soup*. Stones can represent the physical realm and the physicality of being human. They remind me that this being called “Joy” that “I” embody, entered this Earth School and put on these “body cloths” (as Mary Oliver might name them) at a particular time and place. The lesson I am harvesting here is that this is the foundation for our journey. For better or for worse, there is an imprinting that occurs in those first years of life that gives us a set of glasses by which we see and interpret much of what follows. This initial orientation of the “inner child” and the lens of cultural conditioning that we acquire because of when and where we are born plays a profound part in how we awaken to Spirit and our soul lessons.

Second, I am still harvesting the gifts of what I would name as my first experiences of “awakening” to Spirit. In my journey, this was through a neighbour who moved into my small rural community and introduced me to the teachings of such mystics as Kahlil Gibran and the strange, questioning poetry of e.e. cummings. Many profound and beautiful expressions of the soul journey are found in the writings of these spiritual teachers. You may be familiar with such lines from Kahlil Gibran’s writing in the *Prophet* on marriage: “Let there be spaces in your togetherness ... Let it be like a moving sea between the shores of your soul.” Or speaking of children and parenting, he wrote: “Your children are not your children. They are the sons and daughters of Life's longing for itself.”

We can have these rich moments of awakening, and then, life takes over. Awareness of these two streams of consciousness—early conditioning and an

inkling of being a part of something greater—brings the insight that life’s journey is a continual mix of remembering—forgetting—remembering—forgetting. Amidst the forgetting and waking up lie many ordinary and profound experiences. Discovering connection with that of God within was a soul lesson I harvested through years as a practicing Quaker. Listening for inner guidance became a regular practice. The preciousness of sitting in silence and praying—asking—to access that voice helped me to develop a relationship to that of God within—a presence I came to realize that is always there, always available to us.

Gratitude is another soul lesson I am harvesting. Gratitude reminds me to be present to the multitude of everyday blessings and miracles that can be so small they could easily be overlooked. Gratitude helps remind me of the very tangible, everyday way Spirit shows up in my life’s journey.

The gifts of peace and beauty—especially from Mother Earth—is another treasured soul lesson. I was reminded recently how we often talk about “building peace,” “creating peace,” or “striving for peace;” yet peace is what we are. We are already there. Peace is all around us and within us. We need only step outdoors most any day to feel that resonance of peace within us aligned with the peace and beauty of nature and be reminded of the truth of who we are.

Coming back to the description of the theme for October, we find the lines: The coexistence of dark and light reminds us that the seeming division between these realms is not straightforward ... to engage them requires that we loosening the boundaries of the self, go beyond our judgements, and allow the lines between the worlds to be blurred. Harvesting the soul lessons from the “darker side” of this life’s journey can be the most challenging insights to reap and the most precious.

At times, I have been able to harvest the lesson of awareness that when I catch myself in judgement, I am reacting from my “ego” self. Ego is a great servant but a terrible master. The ego-self likes to be in charge at any opportunity it gets. Its job is to protect—judgement is a part of that. The teachings of Ram Dass have been helpful for me in harvesting this soul lesson. One day, finding myself in a challenging meeting that tested my ability not to react, I kept repeating the mantra: “There is only one of us here. There is only one of us here.”

Harvesting soul lessons from the experience and writings of others, I have been gifted many insights around forgiveness. One such writer-teacher, was a young woman who had a very different life from my own. She found forgiveness and wholeness through her experience of living—and dying—in a concentration camp. She passed on her soul lessons through her journal, later published in a book titled “An Interrupted Life.” Through her journey, and others, such as Dietrich Bonhoeffer and Victor Frankel, we are gifted a glimpse into the vastness of the

heart and the strength of the soul's courage to embrace the darkness and find forgiveness for "those who trespass against us."

On a lesser scale, in the challenges of my life journey, I have been married twice and divorced twice, and today I have relationships with both previous partners. This didn't happen overnight. Here again is the complexity of darkness and light when we think of sharing so deeply and intimately with someone and then finding ourselves feeling we could not bear to be in the same room with them. And then, over the years, slowly coming to rediscover one another and rebuild a relationship. The soul lesson I have found is that the heart is a BIG, mysterious place. Coming back to the words of Kahlil Gibran, we can find more guidance around the lesson of suffering:

"And a woman spoke, saying, "Tell us of Pain."

And he said: Your pain is the breaking of the shell that encloses your understanding.

Even as the stone of the fruit must break, that its heart may stand in the sun, so must you know pain.

And could you keep your heart in wonder at the daily miracles of your life, your pain would not seem less wondrous than your joy;

And you would accept the seasons of your heart,

even as you have always accepted the seasons that pass over your fields."

Another great teacher, the mystic Rumi, has offered many insights around the soul gifts of surrender. One such example speaks to me through the words of this poem: Be helpless—dumfounded—unable to say Yes or No, Then a stretcher will come from Grace to gather us up. ...

Eat, Pray, Love: Stone Soup for the Soul—harvesting the lessons of our soul can remind us that life is a journey of remembering, forgetting, remembering, forgetting—and returning again and again to Love. Love is what we are. Love is who we are. Love is the answer. Love is the key. Love is the path of Oneness and the journey home.

Blessed Be!

Submitted by Joy Emmanuel

Katharina Nolla's book launch is scheduled for January 22, 2017
Here is an excerpt from her book *Beyond the Periphery*



The lights went out and it was obvious that there will be no more dancing in the streets as Leni faced the rubble of the bombed-out buildings executed by the war that for the second time implied to end all wars on this planet of God's creation. At that moment, she experienced a sudden surge of heat rushing through her body. Accompanied by an urge sweet and enticing to inflict on the "others" as was done to her. She was twelve years old, and she recognized that she stood at a crossroads where she was forced to choose the outcome of her destiny. - Surge forward, or decline the call to action.

Decades later, as the current war casualties pile up at an alarming rate and the blood-stained survivors stare from the televised news on a scale not seen before, their eye pleading as hers once had, "doesn't the world care?" Her answer is: It is no longer a matter whether the world cares or not but a matter of are we willing to change, and who says we are too small to make a difference?

Leni's words offer the reader an opportunity for contemplation and self-analysis. It is a work of her inner journey. Join in her courage and exploration.

In the words of this book, you will discover yourself, as I have done. - You will discover your desires that drive you. Your desires that serve you, and those that don't. My intent is to encourage readers to journal their own pages of self-discovery to find their flow of wisdom as I sought to find myself. The words may be faint at first - but one must have faith - as they will become clear and inspire confidence as you complete your own book of life. My advice is to listen to its messages. They are your greatest treasure, the vehicle of your transcendence. This is the mystery that is beckoning on the horizon as the walls of the old paradigms are now crumbling, and you reclaim a sense of your knowing.

Submitted by Katharina Nolla

