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**THE SEARCH FOR BALANCED LIVING**

It is rather a continual process of adjustments in a constantly changing environment ...one action leading to a compensating other, and it is these fluctuations that require attention and balance.

The statement of “As you sow, so shall you reap”, speaks of balancing your inspirations and actions with a deep sense of knowing that all will return to its source, the most important being the “intention” with which it was released and activated.

In the triangle of Libra, the blindfolded Oracle holds the “scales”, which points out that “equilibrium”, the higher point of balance, is the way of wisdom and love, the head and the heart, focused intention, and a good measure of determined will. Consistency is the key to success.

It may be said that attaining a measure of balance is a challenge worthy of love expressed, leading to an unexpected sense of deepening peace.

Submitted by Troi Leonard

**Description of Services on pages 4 and 5**

The Lighthouse October 2015  
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	Stephen Graves	778-677-7597
Past President	D. Joan Thomas	250-721-4054
Vice President/ Secretary	Sanjara Omoniyi	250-900-0281
Inside Maintenance	Jennifer Sagar	778-440-5234
Treasurer	Ron Rayner	250-474-2715
Outside Maintenance	Deborah Hawkey	250-813-1747
SDC Liaison	Colin Lee	250-514-1270

Your Spiritual Directions Committee

Don Morris	250-580-2121
Chris Bullock	250-384-8241
Colin Lee	250-514-1270
Marvelous Trudeau	250-384-2563
Troi Leonard	250-532-3442
Jack Hyatt	250-592-1422

Rentals Esther Hart 250-896-5933

Newsletter [lighthouse@cotvictoria.ca](mailto:lighthouse@cotvictoria.ca)

# **SUNDAY SERVICE SCHEDULE**

## **Theme: A Search for Balanced Living**

### **October 4           What is Balanced Living**

Coordinator:     Jack Hyatt  
Moderator:       Lorna Rennie  
Meditation:     Elsie Mary Poliquin  
Speaker:         Julia Abraham  
Greeter:         Ella Brown

### **October 11         Walking the Path Between Spirit and Matter**

Coordinator:     Marvelous Trudeau  
Moderator:       Sanjara Omoniyi  
Meditation:     Jennifer Sagar  
Speaker:         Mark Rock  
Greeter:         Leonard Thornton

### **October 18         What is the Effect of Balanced Living**

Coordinator:     Chris Bullock  
Moderator:       Chris Bullock  
Meditation:     Cynthia Pattison  
Speaker:         Michael Tacon  
Greeter:         Daniel Ouimet

### **October 25         What Does Balanced Living Mean to Me ???                           Community Service**

Coordinator:     Don Morris  
Moderator:       Paul Monfette  
Meditation:     Anandayogiji and Jaya Lakshmi  
Greeter:         TBA

## Continued from page 1

**Julia Abraham** was born and raised in Ontario, and moved to Vancouver Island in 1999. She completed her Bachelor of Science degree at the University of Victoria and immediately pursued her Real Estate license at the University of British Columbia.

Real Estate has always been a part of Julia's life as she comes from three generations of Top Producing RE/MAX agents in her family. Julia's mentor is her grandmother, Betty Abraham, who was a top producing REMAX agent in Ontario. "I've always admired my grandmother for her success both in the business and with her family life. She always made time for me growing up, you would have never known she was the top producer in the city because she always seemed to balance her life, career and family making it all look effortless. That is me today, I sure try to make it look effortless, and yes sometimes I fail."

I am a mother to three beautiful children, Taylor (14yrs), Hunter (11yrs) and Sophia (3yrs). They are my full time job, and so is my real estate career and my husband...wait....oh right that's our topic. Finding balance.

Thank you for the opportunity to speak to you today, I hope I can provide some useful information, maybe even some great tips and I'm sure I'll give you a laugh.

**Mark Rock**...Local Entrepreneur, General Contractor, Eco Storage Facility Owner/Operator, Inventor, Public Speaker, 5 Rhythms Dancer, Visual Artist, Counselor in Training, Lover of Humanity, Born in Victoria BC, July 1967, Died in Victoria BC, April 2006.

While all of us get the unique honour of experiencing our own individualistic death one day, how many of us get to come back and tell their tale.

Mark Rock will be speaking to us on Sunday, October 11, 2015 about his return journey, some of his learning's and the daily practice that is available for all of us all, in every moment, to walk the path between spirit and matter.

**Michael Tacon**...Now in his mid – seventies, Michael has lived a rich and varied life which includes 14 years in an ashram, careers as a teacher, land surveyor and psychotherapist, and since moving to the Coast from Calgary in 2004, involvement in the Well Foundation, Pachamama Alliance, Centre for Earth and Spirit, Transition Sooke and more recently the Harbourside Senior Cohousing project in Sooke.

Finding balance in his life has been an ongoing theme given his activist tendencies. As happens to many of us, our bodies often tell us when we are out of balance. People we are close to, particularly our spouse, can give us feedback on our state of balance.

A reflective orientation is very helpful by providing a broader perspective on our challenges, confusions and contradictions. He is pleased to be asked to share his musings about life in and out of balance.

**Jaya:** “ inspired by the deep devotional mood of Indian singing and music began leading kirtan and 12 string guitar and writing her own devotional sings in the early 1990’s while living in Hawaii. “ Her ecstatic singing and kirtan leading has had a powerful effect amongst various communities around the world always creating a deep sense of intimacy with the divine. She has a unique style that blends beauty, power and purity to create a transcend sound driven by a deep connection to spirit.

**Ananda Yogiji** ...is a gifted musician, song writer and mantra enthusiast. His music channels a unique, blissful energy current supported by roots in Sanskrit and Gurbani. He sings, plays guitar and flute with Jaya. Together they have toured internationally offering musical performances, yoga and mantra workshops, and retreats.

[www.JayaLakshmiAndAnanda.com](http://www.JayaLakshmiAndAnanda.com).

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## **Oneness Wednesday in October**

### **Musical Jamming**

October 7, 14, 21 + 28

7 p.m. to 8:30 p.m.

Church of Truth, 111 Superior Street

Free or by donation

We are excited that musical jamming will be happening each Wednesday in October. This will be an opportunity for an individual or group of people to lead Oneness Wednesday participants in an evening of sing-a-long, musical accompaniment, dancing, etc. We will gather in a circle and be in a community of sharing and fun.

**October 7<sup>th</sup>** Sing-along & acoustic jam for Peace, Justice & Environment with Rejean & Friends! Bring your voice, songbooks & acoustic instruments (including gentle

percussion). We will sing songs of Bob Marley & Others such as John Lennon, Bob Dylan, Joan Baez, & some Gospel etc...

Rejean Bussieres is a Humanitarian Singer-Guitarist originally from Quebec City with 44 years of experience.

**October 14**      **Ariel Lade**  
**October 21**      **Felina Alegria**  
**October 28**      **Brian Martin**

More info: Please call Linda at 250-380-6383 or [weekly@cotvictoria.ca](mailto:weekly@cotvictoria.ca)

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The “Circles of Life” are sacred. And none more sacred and inspiring than ...

### **The Medicine Wheel**

For our fourth article we are gifted by a respected and treasured brother.  
Roland H. Guenther

The Medicine wheel is an ancient way of teaching and of seeing the world in the tradition of Native peoples in the Americas. Generation after generation of fathers or teachers drew wheels for their children or students in the sand, on rocks, or they built a wheel from sticks and leaves and pine cones. Whatever was at hand had been used for the purpose of helping the young people to understand life.

Life is round. Everything is going in circles, moving in cycles or spirals. “The straight line is godless,” said the artist Friedenreich Hundertwasser, in artful exaggeration, yet still expressing truth. Native people knew always that nothing goes in a straight line for very long. Have you noticed in your life that whatever you leave, you will meet again? Life is round. That is why it is so important that whatever and whoever we leave, we do so in a good way because we will meet again, somewhere, sometime. This basic roundness of creation is expressed in the basic form of a wheel. It actually is not only a wheel on a flat surface. Its center represents the below and the above, thus making the wheel into a sphere. Just like earth, just like the universe. If you ever have been in a sweat lodge ceremony with Dennis (if you have not, you really should do so), you might have heard that when he sings the Four Directions song in the beginning of the sweat, he actually sings six verses! It is not that he cannot count very well, it is because the Four



Directions song has a verse for the below, for Grandmother Earth, and one for the above, for Grandfather Sun. Which makes life round again.

There are thousands of wheels and you might have been confused when you heard someone say that the water is in the South and someone else put it in the West. Do not give up; that is easy to understand. Truths are true in a certain context. As context changes, truth changes. So for a Blackfoot living in Southern Alberta just east of the Rockies, it is clear that the water has to be in the West of the wheel. Just look: the rain clouds come from the West and all the rivers come from the mountains in the West. For someone living on the East Coast, things are different: the Great Salt Water is in the East, very obviously so! Truths are variable and so are Medicine Wheels.

The wheel that I use every day that I live in and think in, came to me from two very different sources. I was taught by a Cherokee who had it from a Navajo medicine man, and by a Cheyenne who learned it from a medicine woman in Montana. Both my teachers said that this wheel originated thousands of years ago with the Maya in Central America. The Mayan wheel is the mother of all medicine wheels. Whereas most tribal wheels represent more local or regional truths, the Mayan culture was focused on the role of the Earth and humans in the universe. For that reason the medicine wheel that originated in this culture is more general in nature and is applicable wherever you are in the world. Follow me now into the wheel. Maybe pick up pen and paper and draw a circle with the help of a saucer whose outline you follow with your pen. Mark the circle, like in a compass, with the four directions: East on the right side, South at the bottom, West on the left side and North on top.

Now I will take you into a Roland variation, but we will come back to the traditional wheel in a moment. Draw a sailboat in the middle that is sailing from the West to the East, from the left to the right in your wheel. I hope that your boat looks a little better than mine, which you see here:

Now it's all clear in which direction the elements belong. The sailboat floats on the WATER (South), has the WIND in its sails (North), sailing left from the harbour represented by the EARTH element (West) and finding its direction through the FIRE (East) in the form of sun, stars or the signal of a lighthouse. That makes total sense for any sailor like me, doesn't it?

These elements correspond to the spheres of our being. Our physical body is made from the earth elements in the West. Our mind is free like the wind in the North, our thoughts moving in any possible direction. Healthy emotions flow gently like the water in the South. And the fire in the East is our passion, our enthusiasm, our inner light which gives us direction in our life.

With these things in place, we can start playing. Let us assume that the boat of our life is not afloat. This could mean that we are experiencing low energy, depression or some kind

of physical problem. So we are asking what might have happened and more importantly, what can we do about it? Let us see what the medicine wheel can tell us here.

The water in the South asks us: Are your emotions in flow and in constant lively motion like the water? Have you held back any tears so that they have petrified, stuck in salt crystals? Is there any joy in your body that is not expressed and is waiting like a caged bird to be set free? Have you held back any anger which is sitting locked up in the dungeon of your subconscious, causing you grief, draining your energy? Anger that is stuck in our system is a very common cause of depression or any lack of energy. It needs to find an expression, though not in somebody's face. That would be dumping it on somebody else; it would be a lack of responsibility. Release this anger in any way that does not need words. Words and anger are an unholy combination. Dance it, roar it, growl it, sing it, unleash your creativity. Words turn the innocent emotion of anger into hurtful arrows. No boat can float on emotions that are not in flow. Emotions need to have our first and utmost consideration. Like the word says: E-motion, that is, energy in motion. Emotions need to be in motion. Two-thirds of our planet is covered with water, a symbolic expression of the core theme of living on earth: dealing with emotions.

Let us go from the South to the opposite direction, to the North. The North in the medicine wheel will ask us: Do you allow your mind to move and dance in freedom like the wind? Or do you force it in the limitations of reason and logic? Do you allow your mind to be the receptive organ that it is meant to be? Or do you abuse it in asking it to make decisions, a task that it is ill equipped to complete? My Native teachers told me that we receive with the mind, we learn. They called the way we use our mind and intellect an abuse because the mind is not here to make decisions. In the Western culture we have made logic and reason a cult. We force our intellect to decide about our life and we are even proud when we have made a reasonable decision. Our intellect cannot do this. That is why we get so stressed.

Imagine asking a child to do something that is too much for it. The child will get scared; it will not be able to perform well under such pressure. The same is true with our mind. When we force it to make decisions, it gets scared and does not perform well anymore. This is not what it was made for. So give your mind some slack, take off the handcuffs of reason and logic and set it free. Let it play and sing like the wind. Let it pick up leaves of knowledge, dance with them like the wind in the fall does, eventually letting them fall again. Breathe freely.

Let us listen to what the West might have to tell us. The West might ask: Do you really love your body? Do you give it good food? Do you exercise? Do you use it to hold someone with intimacy so something from the other person can come into you and change you? Or do you only use your body to dominate because you are the strongest? Holding with intimacy is what the body is meant to do. When you hold someone or something, then some kind of energy moves between you and what you embrace. It is



this energy exchange that helps us to expand, that creates change in us. Transformation is a function of the West.

Transformation only happens in the presence of, and in using, the physical body. Love, for example, is an energy exchange. Sex is a Sexual Energy Exchange (SEX). Do you love it? Do you give it time? Do you love to be with your body? Maybe your body needs more touch from you, a kind of caress.

The body is also the seat of memory. Whatever we experience, our body remembers. Stones are the most typical beings in the West of the medicine wheel. Stones are the memory of Grandmother Earth. Our body is our memory. When your body was hurting or giving you some kind of trouble, did you ever ask what it might have wanted to remind you of?

As the body is the holder of memory, it holds the past, and thus the West also represents the past. Our boat cannot sail through life joyfully if we are still tied to the past, if we are still tied to the dock, if we have still the anchor in the ground. When we do not deal with the past or do not stop dealing with it, then we cannot get anywhere, because we are tied to the West. The past holds us in its grip. No matter how much we look to the rising sun in the East, no matter how much we want to go and to get somewhere, no matter how intense we are striving for a goal, we will not move, not even an inch, as long as we do not let go of the landlines holding us back, as long as we do not heave the anchor aweigh. What the West teaches us here is that we have to turn around from time to time, we have to deal with the past regularly, bless it and let go of what is holding us back.

At last the East, probably the most important and the most exciting of all directions. Imagine fire. What a fascination! One candle in a dark room and all eyes go in this direction. It is the same when the sun starts to rise in the morning; you almost have to look there. Once the sun rises, we know the East and with that all other directions are clear. The East will ask us about our inner fire. What are we passionate about in life? What is it that gives us direction? In the Native tradition a young person enters adulthood with a vision quest. Only when we have a vision, when we know what it is that we want to be, what we want to contribute, then we can give our life a direction. Without a direction we are lost.

Imagine someone doing psychological counselling year after year, dealing with childhood, with the past over and over again. Without a vision, this will only hold him in the past. Imagine if we cast off the landlines, haul up the anchor and start sailing, but without a direction: we would not know where to go. We would get terribly seasick and be happy to tie up somewhere again as soon as possible.

How do you find a purpose in life, a goal that gives meaning to everything? You find it at the intersection of your greatest joy and the needs of your community. Make two lists. Write down in the first list on the left of a sheet of paper everything that gives you joy,

that makes you come alive, that makes your eyes shine and radiate. On the right side of the paper, write a list of everything that your community needs, everything that you think that is needed in your community. Now sit back and relax. See where both lists overlap. It is here that you find your purpose. Where what you do and what gives you the greatest joy come together with the needs of your community, this is where your passion is, this is where your inner sun rises, where your inner light shines. This is where you can “give and give and give again” without being drained, because the more you give, the more joy you experience and the more energy you have.

This is only a tiny little glimpse into the medicine wheel. The medicine wheel is a never-ending teaching. The complete wheel has not only four, it has twenty (!) places to be considered. To live with the wheel is a way of life. The medicine wheel holds the wisdom of countless generations that went before us. The medicine wheel is also a superb tool that helps us to move into the future. The medicine wheel is a compass that you can use to navigate the ocean of life. Practice using it and your boat will joyfully dance on the waves.

I pass this knowledge on in deepest gratitude to the elders who made me draw the wheels, talk with the wheels and dance the wheels, the old medicine woman Moon Lake Falcon, the wisdom keepers Swift Deer and Wolf Storm and my Sundance chief, the late Naatsohtsoatsis - Last Tailfeathers.

All my relations.

Submitted by Roland H. Guenther  
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Roland Guenther became a western trained MD in Germany. He found his passion for healing in homeopathic medicine. For the last 30 years he has treated many people in a natural and safe way. He often uses the medicine wheel with his clients to bring clarity into complicated problems.

Once more, I thank you for your support. The Medicine Wheel is really something that I am passionate about, something that holds a lot of wisdom, much more than is included in this very basic introduction. It is beyond this when the real excitement starts. However, that is a different story and I hope that I do not have to write about it but can tell stories about it, one day when the wind is right.

## ON A DAY WHEN THE WIND IS PERFECT

On a day  
when the wind is perfect,  
the sail just needs to open and the world is full of beauty.  
Today is such a  
day.

My eyes are like the sun that makes promises;  
the promise of life  
that it always  
keeps  
each morning.

The living heart gives to us as does that luminous sphere,  
both caress the earth with great  
tenderness.

This is a breeze that can enter the soul.  
This love I know plays a drum. Arms move around me;  
who can contain their self before my beauty?

Peace is wonderful,  
but ecstatic dance is more fun, and less narcissistic;  
gregarious He makes our lips.

On a day when the wind is perfect,  
the sail just needs to open  
and the love starts.

Today is such  
a day.

Rumi

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Speaking Notes for “**Letting Go of Perfectionism**”  
Sept 6, 2015, Church of Truth, Sheahan Letondre

Perfectionism is a bit of a tricky word because often we view perfectionism as a good thing. When we think of perfectionism, we may think of people who work hard, look great, make lots of money and are high achievers... and we wonder how this could possibly be a bad thing.

Or we think of Bob or Dorothy from next door who just “have it all together”... surely they’re not doing anything wrong?

Well- it depends... I believe that if we live and strive and achieve in a healthy way- it is a good thing- but if we do this in an unhealthy way, then it is dangerous for our hearts, bodies and spirits.

For the sake of clarity, I like to make a distinction between these two concepts by identifying the healthy striving as “Self-Appreciation” and the unhealthy striving as “Perfectionism”. Let me explain these two ideas.

In my mind, Self-Appreciation is about accepting and loving ourselves as we are, and working hard to create a good life. Whereas Perfectionism involves buying into the belief that we are inherently flawed- that we are not good enough. Perfectionism has a self-critical, and –often- kind of desperate flavour to it.

Most simplistically- Self-Appreciation is about living from a place of love, faith and abundance- Perfectionism is about living from a place of fear and scarcity. Those who have experienced the drive of Perfectionism know how truly soul-destroying and destructive it can be.

I, myself, am very familiar with the spectre of Perfectionism. I remember when I realised I had a problem with Perfectionism- It was report card time and I was talking with my grandfather. In my mind, his opinion of me was always very important (Perfectionism is often about what others think of us.) I had received an A and he said “You got an A- that’s good.” “Yeah, but I wanted an A+” was my reply- and I meant it- I wasn’t happy with my A. Yikes! I knew then that I had a problem with Perfectionism.

If I was living from a place of Self-Appreciation I would have been able to reply to him- “Thanks- I worked hard for that A and I feel good about it.” However, living from Perfectionism, my answer and belief was that the A was not good enough.

So where does Perfectionism come from?

I believe that each of us, as human beings, have the yearnings:

- to belong
- to be loved and appreciated
- to be safe
- to create a good life for ourselves and for our loved ones

If these yearnings are fed appropriately with respect, nurturing, appreciation and love, then we develop Self- Appreciation- we learn to love ourselves and can strive to become our best, in a healthy way. We can be happy with the “A”

If, however, our yearnings are fed with comparisons, competition, criticism and fear, the seeds of Perfectionism can be planted. We learn that we are not “good enough” as we are, and that we need to be different.

This “not good enough” message can also be fed by media messages which promote the idea that our worth is based on the way we look, the restaurants we eat at, or the car we drive (-not who we are deep inside.)

Or it can even be triggered by messages from loved ones like:

- “Oh just be nice and don’t make any waves”
- “You can’t go out looking like that- what will people think”
- “Suck it up- be a man.”

Messages like these tell us that we are not ok- that we need to change. Messages like this open the door and invite Perfectionism in.

When we believe these Perfectionist messages we start to believe that our worth is based not on who we are, but rather on:

- Our ability to achieve- that we should be “human doings” not “human beings”
- Our willingness to sacrifice ourselves to meet the needs of others & then we become “People Pleasers”
- Our success in competition- always striving to be “better” than others
- And our ability to look good from the outside- as comedian Billy Crystal said “It’s better to look good than to feel good”- while he was telling a joke, many of us actually believe this! And at what costs?

Einstein has a poignant and powerful quote that sums up a root of Perfectionism- well-perfectly! “If you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid”.... Or- for the sake of this talk- IMPERFECT.

How many of us had experiences where we were judged and came up short- and have been suffering and self-critical ever since? And how many of us bought into

Perfectionism as a way to soothe our pain and to try and feel better about ourselves.

The irony, of course, is that Perfectionism, doesn’t actually make us feel better. In fact, people who are Perfectionists often become depressed, anxious, and self-critical. Burn-out is common, as is becoming disconnected from others, because we judge others with the same unrealistic standards as we judge ourselves- and they fall short, or because we prioritise “doing” over spending time on relationships. Perfectionists may also have spiritual crises- feeling cynical, disillusioned, empty inside, and/or struggling to find compassion for themselves or others.

Clearly, as seductive as Perfectionism may seem, it has some debilitating downsides...

So how do we release ourselves from the clutches of Perfectionism & move towards embracing Self-Appreciation? We need to build our tool box to feed our hearts and spirits.

Tools to combat Perfectionism:

Tool 1: Self- Compassion- Remember we are “Little and Learning”

On my healing journey, I heard a beautiful story about self-compassion and assertiveness. A father was at home with his sister and his 5 year old daughter- the daughter went into the kitchen, there was a kaffuffle, and she came out crying.

“What happened?” asked the father. “I spilled the juice and Auntie yelled at me. I didn’t mean to, it was an accident,” said the girl.

“The jug was too heavy for you to pour?” inquired the father.

“Yes- I tried, but it was too heavy.”

“You were trying to do it, but you were too little.”

“Yes” agreed the girl.

“Honey, I wonder if you would be willing to try something? I wonder if you could go back into the kitchen & tell your auntie that it is not ok that she yelled at you. That it was an accident and that you didn’t mean to spill the juice. You can tell her you are “little and learning” & that it is ok to make mistakes when we are little and learning.” The little girl nods.

The girl goes into the kitchen and the father listens-in as his daughter starts to talk. He hears the Auntie start to chuckle, as she agrees “Of course it’s ok to be little and learning, my dear. I’m sorry I reacted badly.”

Well- life is often difficult and is my belief that no matter how long we live- how old and wise we get- we are always “little and learning”, so I encourage you to remember this phrase and use it as needed to find some compassion for yourselves.

Tool 2: Get Real- Perfectionism is all about what is not real- putting on masks, unattainable expectations, and trying to do the impossible, so “getting real” can help interrupt Perfectionist patterns.

Spend time figuring out realistically what is doable & what is not. Dedicate some time to honestly figuring out your priorities and setting your boundaries.

When I’m doing this, I use a tool I call “In a week, in a month, in a year.” Whenever I am struggling and feeling the urge to put a Perfectionist amount of energy into something, I ask myself- “In a week, will this matter?” If the answer is yes, I ask “In a month, will this matter?” “In 2 months?” “In 6 months?” “In a year?” etc. - this helps me put things in perspective & gauge how important something is- and therefore much energy it is worth.

Tool 3- Let people see your “imperfect” side- Practice being imperfect! Start small- have people over without washing all the dishes, or go out in public without changing into your “going-out clothes” and see how it goes- the Universe will probably not collapse and people will probably still like you! This can disrupt our beliefs about what we “must” do.

Tool 4: Get Motivated- Find yourself an inspirational motto or quote. Quotes are a good quick tool to have on hand to dilute our Perfectionist thoughts.

I have 2 favourites- One paraphrased from Marianne Williamson- “We are all Children of God and we are all meant to shine” reminds me of my spiritual roots, connection and value, and disrupts the insecurities of Perfectionism. And a quote from Confucius, “Better a diamond with a flaw, than a pebble without” reminds me that even though I have flaws I am valuable- even with a flaw, I am still a diamond.

Keep your eyes and ears open for quotes that inspire you- write them on a card to keep in your pocket, put them in your phone, or make a poster for your wall to help you when Perfectionism comes knocking.

Tool 5: A Shift in our Worldview- Learn to see life as a “science experiment”, not a “math test”. Perfectionism is all about being “right or wrong”, being “good or bad”, being a “winner or a loser”-yet life is much more gray than that. In school we may learn that there is only “right” answer- like in a math test- you either get it right, or you get it wrong- and there is no value in a “wrong” answer- only shame.

However, life is not really like that- it is much more like a science experiment. I try something & it blows-up in my face- I use the information gained from this experiment and try it differently. I try it again, and if it blows-up in my face again, I tweak it again trying a slightly different approach. I may try it a third time, making some adaptations and this time it works. If I had given-up with the first explosion because I had it “wrong”, I would never get to this success. Viewing life as a science experiment, not a math test, promotes flexibility, learning and growth.

Tool 6: Get out in Nature- This is a great way to connect spiritually and to get perspective about Perfectionism. When we see a tree with a scar in its bark do we think, “Oh yuck- look at how imperfect that bark is- what a failure that tree is”? When we see a spider web that is lopsided do we think, “What a bad spider must have made that”?

Probably not! Rather, we are much more likely to wonder at what the tree has endured over its lifespan and to appreciate the scar as being a beautiful and unique part of the tree- a sign of survival. Or, in the case of the spider web, to be amazed by the miraculous-ness of that tiny creature constructing such an ornate creation. Accessing nature is a great way to connect with the greater universe, to see ourselves (and our challenges) in the “bigger picture”, and to remind ourselves to recognise the beauty in all “imperfections.”

Tool 7: Find your Herd- When we start letting our “imperfect” selves show, we want to make sure we are in a safe and supportive atmosphere! Surround yourself with people who are also striving to be genuine, authentic and real- folks who are self- accepting and self-compassionate, and who are accepting and compassionate towards others, as well (like the people at the Church of Truth who are working hard to live in a conscious and authentic way!) These folks can help inspire us to let our true selves shine through- bumps and all.

Hopefully some of these ideas will prove helpful for folks (like me) who tangle with Perfectionism. And a gentle reminder for those of us who have perfectionistic tendencies and can be hard on ourselves- as you are trying-out this new way of being in the world, don’t beat yourself up for not being perfect at being imperfect, yet! ;)  
Submitted by Sheahan Letondre



*HAPPY BIRTHDAY*  
*We Celebrate with YOU!*

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## The Labyrinth

by Renee Lindstrom, Sept 19, '15

The labyrinth is an ancient archetypal pattern that continues to be uniquely discovered around the world in petroglyphs, early writings on the walls of temples and embedded into the earth itself. Early Classical labyrinth patterns have been

documented as early as 1200 BCE and predate organized religion. A labyrinth pattern was found on a clay tablet from Pylos, Greece and another on Cretan coins from 400 to 500 BCE.



A well known labyrinth is in Chartres Cathedral in France. This traditional labyrinth known as The Chartres is more complex than the classical labyrinth with 11 circuits and four quadrants. These quadrants represent the four directions, four elements, four seasons and four gospels. In Sacred Geometry four represents the physical body and the earth. The sacred geometry and their meanings found in labyrinth patterns are:

Three

- Heaven
- Soul
- Spirit
- Holy Trinity
- There are three 'almost' ninety degree turns in the first and fourth quadrants

Seven

- Seven turns per quadrant
- Seven circles in the center
- Seven is initiation into an inner journey
- Seven symbol of spiritual and physical uniting

Twelve

- Eleven circuits plus the center
- Symbol of Integration of the body and soul.

Many labyrinths are circular in shape. This circular shape is known as the universal symbol of wholeness and unity. All patterns have a path leading into the center and back out. A meandering path may be a metaphor for one's path in life. It is a powerful pattern to guide one into an experience of inner reflection,

meditation, realignment and deeper self-knowledge. It promotes inner peace, insight, connection, healing, self-realization, growth and transformation. The walker is encouraged to trust the path and open to a receptive inner state. There are three phases in walking a labyrinth:

1. Releasing – quietening and emptying
2. Receiving – letting whatever arise within your experience
3. Returning – to the world

When one walks a labyrinth enough to let go of having to know the path and simply becomes one with it, it becomes a sacred experience.

Submitted by Renee Lindstrom

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