

Join Us, Giving a Little Bit of Love

Imagine...

Imagine Clearminders the world over in Vancouver, Liverpool, Dublin, Stockholm, London, Cork, Victoria and other locations out on the streets squeezing innocent bystanders with heartfelt hugs and on cue singing 'Give a little bit', all at the same actual moment.

In the tradition of previous Hugfest events, it is our hope that we can arrange the audio technology such that I will be able to press play on my computer here in Vancouver

and the song will play in all of the other cities at the same time. Imagine! Imagine a wee bit further that we video tape the singing of this song in all of the locations and edit it all together. I love it.

Ever since watching the first world TV simulcast of the Beatles singing 'All You Need is Love', in 1968, I have envisioned this. We can extend the magic and compassion of Clearmind's message all over the world and make this middle aged man's dream come true.

The proposed date is September 11th, but subject to change as we coordinate with all of the locations.

Let's come out one and all and have a great time taking a break from our SOS's. If you would like to take part in helping organize in your city please email me at duane@clearmind.com or email the leader in your particular city.

Duane O'Kane

More details to follow in upcoming editions of the monthly Clearmind eNews.



Clearmind Event Dates

Canada - Vancouver
The Awakening
July 23 - 25, 2010

Canada - Vancouver
The Summit
August 8 - 13, 2010

Canada - Vancouver
The Rude Awakening
August 14 - 27, 2010

UK - Liverpool
Assistants' Training
October 1 - 3, 2010

UK - Liverpool
The Awakening
November 19 - 21, 2010

Ireland - Waterford
The Awakening
November 26 - 28, 2010

For upcoming lectures or more details on any event listed here, please visit our website at

www.clearmind.com

Around the Clearmind World

Proud Daddy, The Film

This past Father's Day in Liverpool marked another milestone on a challenging and rewarding journey for Chase Johnston-Lynch. The much-loved member of the Clearmind Liverpool community debuted scenes from his forthcoming film project, "Proud Daddy".

The new film project is about Fathers, Grandfathers, male infertility, adoption, stepfathers, and the love that spans all these roles and issues.

As Chase puts it, "I am a son, and I am blessed to have a son and two stepsons. For me, the inspiration of this film lies in me rediscovering the love of my own father. It's been a journey of identity and the rejection of the suspicion of self".

Proud Daddy was inspired by Chase's work and experience at Clearmind's *Men & Miracles* workshop. "I have been inspired to reconnect with my dad and to introduce my son to him. I started out wanting to do it out of hate and then slowly I was able to forgive him for not

being there. I eventually met up with him and my son and it was beautiful."

Chase is a US-born filmmaker with a number of music videos to his credit. He has collaborated with many high profile artists, among them hip-hop super-group The Wu Tang Clan. But he has always wanted to direct a feature film and, with the launch of this project, he is several steps closer to that dream.

The healing that is coming from this project, on a personal level, is something Chase hopes the film will inspire in people everywhere.

The *Proud Daddy Project* is still seeking additional financial support.

You can catch a sneak peak on Youtube at www.youtube.com/watch?v=uPKsmbRAkps

Follow [ProudDaddyFilm on Twitter](#) and [on Facebook](#).



Getting More Than You Bargained For

"For the last 2 and a half years I have been concentrating on the love that I lost from one person and not on the love that was right in front of me. I put so much importance on the love that was no longer available to me that I suffered. I was resisting what I felt was taken from me. I was in hell, and I was

creating it. I asked for love, but got it in a different form and didn't want to accept it. I had love staring me in the face from people in PRAC 1 who had just met me. I wouldn't accept it because it was not from "him". The responses to my posts when I was in despair, the texts, the phone calls, the hugs, the

wise words, all landing on deaf ears because the love wasn't in the form that I requested.

I was blind to it, but now after completing PRAC 1, I finally see the love and am accepting it. It wasn't the outcome I had wished and prayed for, but it is better. What was given to me

was, an entire class, amazing teachers and supportive mentors full of love. I asked for love from one and got love from, I don't know, 40 people!! So the universe gave me 40 times what I asked for!!! Now that is friendly...

Ricki Prosper

Clearmind News and Views

From the Heart... Music to Love By!

The music series continues... I have been sharing some of the great music I have the good fortune to come across in my day job. One of the perks of working in radio is that much of the new music that comes out finds its way into my hands.

Here are a few more artists who make music that is rooted in the heart. I also welcome suggestions to be included on future lists.

Kelly Nakatsuka

Gina Sala

My choir had the wonderful opportunity to sing with Gina Sala recently. She and her amazing voice are a gift to this world. Gina's singing is a conduit for pure love and connection... not unlike Clearmind's work. She can touch your heart, make you cry, and then giggle, all within a few moments.



Matisyahu

Matisyahu is a young hip-hop and reggae artist with some killer beats and a musical arsenal full of love. He is one of those hip-hop artists who does a great job of breaking the often negative stereotype the "mainstream" sees hip-hop in. His lyrics are conscious, positive, hopeful, and driven by a desire to see love and peace in the world.



The Malahat Revue

The Malahat Revue isn't really a band... it's four bands. Comprised of Jeremy Fisher, Hannah Georgas, Aiden Knight, and Said the Whale, they make up what could fairly be called a Canadian Indie super-group. They're all young, but wonderfully accomplished musicians in their own right, but together... yowza! They also have been touring the province of BC by bicycle... playing concerts along the way, which is just cool!

Transpersonally Speaking With Catherine O'Kane



Catherine answers:

Too often we expect something outside of ourselves to bring us the experience we long for in life. In our culture, we have placed the burden of expectation on relationship, and it doesn't belong there, as evidenced by high rates of divorce/break up.

Start by identifying for yourself what the experience is that you want from relationship. Connection? Love? Joy? Whatever it is, be determined to invite that state into your life, no matter what, to be an example of it yourself rather than waiting for 'him' to bring it to you.

I guarantee that a 50 year old woman who unconditionally extends love, joy, connection etc. to those around her will have far better relationship results than one who expects 'him' to wrap it all up in a nice package and deliver it to her.

You asked:

I am a 50 year old woman and my life just hasn't turned out like I thought.

I'm single and I just can't find a partner to share my life with. It just seems there aren't any good men out there and I'm getting very frustrated.

Can you give me some advice as I just don't know where to turn?

Do you have a question for Catherine? Send an email with your question to catherine@clearmind.com.

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Clearmind News and Views

The Essential Nature of Ceremony

When my husband and I moved to rural East Sooke from the heart of urban Vancouver in 2008, the intention was to slow our lives down, have less on our plates... spend more time BE-ing and less time DO-ing. In some romantic fantasy, I imagined the simple act of moving here would trigger an immediate sense of the peaceful and perfect order of things, yielding utter and complete fulfillment.

Naturally, as the actual perfect order of things unfolded, we both found ourselves busier than ever. While we indeed felt the spaciousness and gratitude that living a few steps from the ocean and a garden paradise afforded us, we came to realize that our plates were no less full – they just had different ‘meals’ on them.

The busy pace of urban life had transformed into time spent planning and caretaking our garden and acreage, building fences, cutting and stacking firewood, basically maintaining all the aspects of rural life.

At the same time, my husband was commuting 5 days a week into Victoria, while I was building a business, we were creating a new life on a new land mass, transitioning out of city living, and into new phases of our careers, and entering a new community. Let's be honest, we were both in the midst of ‘transplant shock’ as we juggled the busy reality of this new life!

Now, just over 2 years later, if you ask either one of us how we feel about living in this place, we will tell you we are joyfully rooted in our lives here, experiencing a deeply rich existence. This is due to many factors of course – time being one of them, another being our ability to lean on each other and feel a part of this incredible community of beautiful folks.

Yet there's another ingredient, one that took some consciousness and deliberateness: that is, in the face of the magnitude of all this change, we decided to spend some time creating personal rituals and ceremonies as we navigated through this process of uprooting, transplanting, and settling into our new lives. This last ingredient is one that has often been overlooked, and one that I believe we all would do well to reclaim personally and collectively.

“A culture that forgets its rites of passage eventually loses its capacity to celebrate joy and unity.”

***Michael Meade,
Author***

Transition is an essential part of life. However, when we are faced with changes – even positive ones – many of us find ourselves in the midst of confusing or conflicting emotions. All kinds of surprising and curious emotions can accompany the adjustment process as change unfolds.

What I have learned is that it is important to make space for all the emotions that emerge in the face of life change, as well as welcome the opportunities inherent to transition. As a psychotherapist, I believe the sacred space held in therapy is one way to do that. Another is through ceremony.

I call important transition points in our lives ‘threshold times’: essentially, the times when we are moving from one phase into another. These phases can include passages from one life-stage to another (infancy, childhood, adolescence, adulthood and maturity), or personal, emotional stages that may affect the individual or the community (marriage, pregnancy, birth, adoption, coming of age, graduation, moving to a new home, starting a new job, opening a new business, surviving an illness, loss, or death).

Threshold n. The point where a new era or experience begins

***Encarta World
English Dictionary***

Since ancient times, humans have used ceremony to mark these rites of passages and create a space and place to express our humanness in all its simple glory. Ceremonies like baby welcomings, weddings, commitment ceremonies, vow renewals, housewarming parties, and funerals all honor these rites of passage.



Sarah Nakatsuka

Joseph Campbell, author of *The Power of Myth*, warns that if we don't attend to life transitions in a deliberate and mindful way through some form of ritual, we can feel stuck, directionless, or carry a great deal of anxiety with us, which can lead to more serious challenges later on.

For my husband and I, the co-creation of a few simple ceremonies in releasing what we were ready to let go of and embracing what we were stepping into, has been powerful and deeply profound.

For me personally, with each new ceremony I construct and engage in – whether it be for my garden, my business, grieving a loss, or blessing our home, I feel more alive. Creating and performing ceremony for myself or others opens my heart wide, and connects me to something universal, an inherent interconnectedness.

Clearmind News and Views

The Essential Nature of Ceremony (continued)

“We need rituals at many times, whether for healing or transformation, celebration or mourning. To learn to create our own is to empower ourselves, and this can enrich our lives immeasurably.”

***Juliet Batten,
Author***

Ceremony serves to bring the reverence, respect and attention these important times in our lives deserve, as well as a very strong sense of support in the midst of these shifts. By providing a predictable, connected context for individual experience, rites of passage act to make sense of and alleviate the inevitable anxiety that accompanies change. Ritual helps us

remember how connected we truly are. By enacting a rite, we are living the truth that we are not alone.

Perhaps you are on the precipice of marriage, parenthood, career change, or a move... or maybe in the process of letting go of a loved one who has passed, a relationship ending, or wanting to honor the change of seasons.

Whatever transition you may be on the threshold of, I encourage you to be creative with the rich possibilities ceremony can bring.

*Sarah Nakatsuka is Certified Celebrant, Psychotherapist (East Sooke Counselling), gardener, and founder of **This Vibrant Life** centre for sacred living on Vancouver Island.*

Prac Online is Calling!

As I shared with you in the previous edition of *The Ripple*, last year we had great success with the launch of Prac Online. Catherine and I and the rest of the Clearmind team are excited about this year's class, which begins in October.

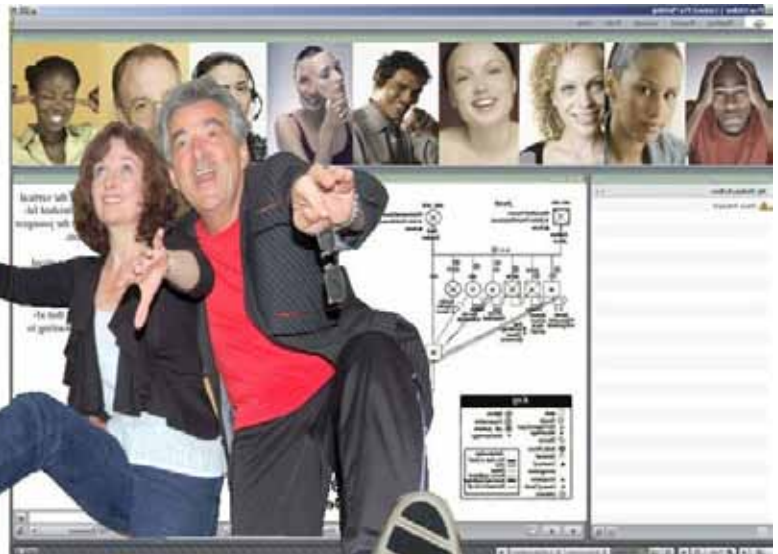
If you've been thinking about joining us for this life-enhancing program, this is the perfect time to make up your mind, as everyone who applies before July 31, 2010, will receive a \$900 discount.

The benefits of this program are many. You'll acquire a profound education, learn about the dynamics and mechanics of the human psyche, and prepare yourself for a potential career in Counselling.

Duane O'Kane

When I found out about the three year PRAC course, I was keen to sign up, but it was impossible because we don't live in Vancouver! So, I jumped at the chance to join an online version. Initially, I wondered how it would work as a group, because we are only ever looking at virtual pictures of each other. However, the class works very well; indeed we are cohesive. The facilitators are skilled technically as well as educationally. The syllabus is so interesting and deep. I am enjoying the theoretical and factual side as well. The online class is one four-hour session a week (recorded and available only to participants - so that you can catch up if you happen to miss any) plus various pieces to read (all fascinating), a bit of homework, and a support e-group. It is a strong group and I feel honoured to be part of it. It is a completely different experience to the workshops. It feels balanced, my self awareness and way of life is improving every day. I feel it is making a marked difference to each of us on the group. Thank you Duane for making it possible.

Fiona Stephenson (Davis) London



Learn More

Dates: October 20th, 2010 to June 2011.
Once a week on Wednesdays.

Hours: 9 am – 1 pm Pacific Coast, 5 pm – 9 pm UK,
6 pm - 10 pm Sweden

Cost: \$3390 before July 31 **\$900 discount!**
\$3890 before September 15
\$4290 after September 15
(12 month payment plans available)

Materials Required: Video Camera, High Speed Internet

Hear [a radio interview with Duane](#) on the Prac program.
Watch Duane and Cath's lecture '[Are You Helping or Hurting?](#)'
Read about [Prac](#) and [Prac Online](#) on the Clearmind web site.