

The Hug Felt (Literally) Around the World



Clearmind Event Dates

U.K - Liverpool
The Awakening
November 19 - 21, 2010

U.K. - Dublin
The Awakening
November 26 - 28, 2010

Canada - Vancouver
The Awakening
November 26 - 28, 2010

Canada - Vancouver
Relationship Alive
December 10 - 12, 2010

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

www.clearmind.com



On September 11th, the Clearmind community gathered in neighbourhoods on two continents. People came together in Vancouver, Liverpool, Dublin, Stockholm, London, Cork, Victoria, and France. In synchronicity, they dished out as many hugs as could be had to the soundtrack of the Beatles *All You Need Is Love*.

In Vancouver, they doled out hugs in the morning. In Stockholm, it was early evening. Thousands of people had a little more love in their day.

As Duane O'Kane succinctly put it... "Unbloody believable this 9/11 was. We made a mark. We made a difference. We made Love to the world!"

Read on to hear how participants experienced the event and to see videos of the Hugfest in action.

Around the Clearmind World

Vancouver

The sun was shining at 7:30 am and you could feel something good was in the air. I packed my two children into the car and headed to Granville Island.

I find life interesting viewed through the eyes of children... my sons really had no idea what to expect but they were super excited at the idea of taking love and hugs into the world. We drove in the car with the song cranked super loud, windows down and singing away and "sharing the message of love" as my son said.

By 8:30, we were gathering and you could feel the positive energy we were about to spread into the world growing bigger and bigger. It was contagious!

You could see the curiosity on people's faces walking by, wondering what on earth we were up to. People walking hurriedly by, doing double takes, looking up to see us, smiles forming on their faces. As we sang, people would look. Some smiled and sang along, some took pictures and many

took hugs. I was hugging adults, my boys often hugging other children... hearing all sorts of stories from people... an elderly gentleman who told me that I had made his day... that he hadn't had a hug in over 10 years (talk about touching my heart!).

It was an amazing experience for me to walk through Granville Island with my boys teaching them that the world is indeed friendly, and that all we can do is offer people our hearts (through hugs) and let

them choose how much they can or cannot accept, and still bless them either way.

I felt a whole lot of love go into the world... hugs given to people walking, people in cars, hugs to dogs... if it approached us, we tried to hug it.

And what strikes me... is that all of that is available at any moment... any time... just up to us as to what we want to be, and stand for and offer at any moment.

Jen Waller



The Hugfest in Action

In this beautifully edited video, Duane explains what the hugfest is all about and why it was held on 9/11, and Vancouver Clearminders share hugs on Granville Island.

Click the video image to the left or the link below to watch the video on YouTube. If it has you smiling, share it with a friend!

[View the Vancouver Hugfest on YouTube](#)

Stockholm

We had a great time yesterday hugging people in central Stockholm. It was a big success. Most people we met were happy about it.

We all had our fears with us, but I was overwhelmed by people's willingness and finally my own. I had a big smile on my lips.

Pia Ivarsson

Stockholm Hugfest was a success, with eight huggers and one toddler. We walked down Götgatan hugging around 200-300 people and I was surprised

how easy this was! I absolutely loved it and bloody can't wait till next year!!! YAHOOOOOO!!!

**Love,
Kristoffer**

Around the Clearmind World

Liverpool

What an amazing day the Hugfest was, and what a fab idea to invite the Rorky Corky Choir, they were sooooo up for it - as usual.

The looks of confusion and joy on people's faces was a sight to behold. The city was ready and up for it this year; this was special. My face was sore from the amount of smiling I was doing. I'll tell you one thing, yesterday I was so visible, we all were, and I was proud to be a part of it.

It was also great being supported by the Raucous Caucus and singing *All You Need is Love*. It was like a flash mob that just occurred, and everyone else around was so respectful and indeed felt the love.

Much love to ya'll,

Dave

[Watch the video of Raucous Caucus singing All you Need is Love at the Liverpool Hugfest](#)

[Hugs for Everyone! Watch the Video of the Liverpool Hugfest](#)

London

The London gang had a wonderful day in Trafalgar square, hugging everywhere!!

Love,

Sadiye

Cork

The Hugfest was a great success in Cork. We had seven nervous huggers to start with and once we stepped out we couldn't stop! John travelled for nearly four hours to get there. Shirley also joined us from Dublin. Also there was Yvonne and Celeste (recent Rude grads), Derek, Chloe (my daughter) and me.

We had a great breakthrough with a group of men in black suits. They passed us, initially shrugging off the offers of a hug. When they returned about half an hour later one guy jokingly agreed... then they all jumped at the opportunity! Brilliant to witness!

One of our participants was "just there to watch". After about fifteen minutes she agreed to "just put on a T-shirt". After another five minutes with the T-shirt, she got her first hug from a very willing passer by. After that there was no stopping her!

Love to all,

Tom

Rebecca



Clearmind Liverpool Singing



Clearmind Liverpool Hugging



Clearmind London Hugging

Around the Clearmind World

Victoria

The Hugfest in Victoria was a great success, with open arms on the lawns of Parliament. We encountered more tourists on the streets than local residents, and what an incredible way to welcome and receive them it was. People were excited... really excited, and receptive to our loving warm hugs, even crossing the streets to receive them, snapping pictures and taking videos of this buzzing energy, while *All You Need Is Love* played in the background during the entire event. Love filled the air all around us. It was palpable and contagious!

People in horse-drawn carriages threw their arms in the air to receive energetic hugs as they trotted by. Pedicab drivers, a motorcyclist and a gentleman in his car stopped traffic to receive their hugs. A bride in her wedding dress was gathering footage for a program call "Trash the Dress". She stood on the corner with a *Free Hugs* signs for a few minutes, grabbing the attention of passing vehicles.

"People in horse-drawn carriages threw their arms in the air to receive energetic hugs as they trotted by. Pedicab drivers, a motorcyclist and a gentleman in his car stopped traffic to receive their hugs."

There were many moments of inspired wonder and amazement. At one point, I took some time and stood back to watch and observe what was created. I was completely awestruck by the interest, the magnetism, and the miracles, with the crowds gathering on all street corners to watch or be part of it.

As we were packing up, a man from Germany came to us so innocently wanting to find out what a hug was... a hug was extended to him and he said he had never experienced that before! We opened many hearts and touched people in a way that will live with them the rest of their lives. I feel full and proud of the time and energy that went out into the world today. We all had a blast, and received as much as we gave!

Love and Hugs

Shannon MacGregor



France

We had a last minute plan come into fruition. Our neighbour and guitarist Andreas agreed to play *All You Need Is Love* at the event he was already playing at in Lacaze SW France. It was just short of a two-hour drive from Cambou here.

We arrived, saw people arriving, and decided that the best idea would be to try to enlist people ahead of the 6 o'clock sing time. So we went around explaining (in very bad French) what we wanted to do, the significance of the September 11 date, and

the plan to sing together and then hug each other.

We sang (shouted - in my case!) the song at about the right time, the audience joined in for the chorus, and afterwards a few people hugged, and we hugged many. Connections were made which would not have otherwise been made. We felt different about the event than we would have done without *The Summit* or the Hugfest idea.

Fiona



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Clearmind News and Views

The Purpose of Relationships

Few people are aware of the profound purpose of relationships.

Pop stars have been singing about it forever: this delicious state of love that is dramatically described with lyrics like 'you fill me up' and 'I can't live, if living is without you'. However exciting that sounds, they are not talking about real love. What they are talking about is real need. According to *A Course in Miracles*, these love relationships are not about giving, but always about getting something from someone. "If we ever want to be happy in relationship," says Duane O'Kane, "we need to dramatically change the goal."

Let's say your partner talks to this gorgeous woman at a party. Would you feel a hint of discomfort? Do you think "five minutes would be enough, thank you very much"? And if he fails to follow your logic, do you fall victim to this aggressive monologue in your mind? "Why can't he talk to a guy? Why would he leave me on my own? And why the hell should he talk to the most beautiful woman at the party?" If you answer any of these questions with a "yes", you would know what I'm talking about. The human mind can switch from love to fear within seconds.

"After we celebrate those first few weeks in blissful romance, worshipping the other as 'the solution' to our life, the other often ends up disappointing us," Duane O'Kane explains.

"He was all over you at first, but now he seems to distance himself from you. And though you used to love his ambition, you may consider him a workaholic now." As a clinical counsellor, Duane has worked with thousands of couples. After facing a depression which nothing he had learned in his profession could address, Duane started applying the principles of *A Course in Miracles*, a non-dualistic metaphysical teaching that provides a 'roadmap' back to our source, and started to heal.

Along with his wife, clinical counsellor and co-creator Catherine O'Kane, he leads Clearmind International, an organization that runs personal and professional development workshops, and travels the world with a passionate talk about purpose driven relationships.

The teachings of *A Course in Miracles* are as radical as they are profound. One of the things it says, is that all the unhappiness we experience in relationships is based on a simple but tragic misunderstanding: we believe that happiness is something that can be found outside of us. We are raised to believe that our Soul Mate, the man or woman we are supposed to be with, is going to make us happy. So we set out to find that beautiful soul mate. And in order to gain the love we think we need, we lead him or her into believing that we are a

good catch. "One of the things we need for that is a mask. Another is a good strategy," Duane explains. "If only we look beautiful, if only we are agreeable, sweet or successful, we think our partner might actually love us. And that love is of great importance to us, because underneath our masks most of us have a lot of fear going on. We actually believe there is something wrong with us. We think we are separate bodies in an overwhelming and merciless universe. Since that is an extremely scary state to live in, our Ego mind came up with the perfect solution: the romantic relationship. If we can find someone who loves us, protects us and thinks the world of us, we think we are safe."

Unfortunately this special love often turns into special hate. After the initial feelings of excitement and passion subside, we will start finding fault with our partners. Paradoxically, although we enter these love relationships to find relief from old pain (finding 'The One' will make us happy!), they will actually activate all our childhood wounds and all the suspicions we hold about ourselves. And instead of owning those wounds, instead of being responsible for our feelings, we will now blame our partner for everything that is not working in our lives. We will say that they are making us feel bad.

Let's get back to that party.

What happens when the five minutes are exceeded and your partner seems to have a perfectly good time with the woman in question? Do you start to distance yourself ("No, I'm fine, go right ahead with that shallow blonde")? Would you start to flirt with the adorable Italian in the corner ("I'm actually wanted")? Or are you big enough to tell your partner exactly what you think about his 'promiscuous' moves (as if you know what his intentions are)? If you choose to be in a conscious loving relationship, there is another option.

Instead of making your partner the problem, you could choose to be honest about what you're really feeling when he talks to a beautiful woman. You could stop seeing him as the explanation for your painful feelings of jealousy, and instead acknowledge that these feelings were there long before you even met him. Maybe you feel you are not beautiful enough, not interesting enough or undeserving of this beautiful man. The next step is to confess that to each other. And your partner could listen to you in your vulnerability. There is absolutely no need for him to fix you or for you to fix him.

"If we could offer anything of value in relationship, it would be through being real and authentic. That means we need to be very alert to our feelings and face our fear of being vulnerable," Duane explains.

Clearmind News and Views

The Purpose of Relationships (continued)

"The masks that we wear can be subtle and for good reason: they were designed to protect us from being hurt. So it is good to be gentle with ourselves while we take them off, so we can be seen in our fear, our imperfection and our true radiance. We need to forgive ourselves for our own feelings of unworthiness and for projecting those feelings onto others. As we do this, we will not only release them, but we will release ourselves. The relationship then has the potential to turn into a conscious love relationship, and can be used for healing instead of hurting."

If we start using our relationships in a different way - not to make us feel better, but to help us be more

aware of what it is in us that is still obscuring the Love - our relationships can actually help us grow tremendously. Relationships are the best classroom available on earth, as they help us discover our true self, while we learn to accept the other, regardless of beliefs, values or the past. The transformation of a conditional relationship to an unconditional one is not only an exciting sight, but also the fastest way to undo the ego and therefore the quickest path to awakening.

The purpose of a conscious love relationship is to love the other, which is only possible to the extent that we love ourselves. Loving ourselves is not going to happen through control, but is a natural result of

the opening of our hearts. We need to let go of control and fear and start to enjoy the idea that we are simply enough and perfect the way we are.

Geertje Smit

geertjesmit (at) hotmail (dot) com



Every December, Clearmind International offers the *Relationship Alive* workshop. This workshop redefines the difficulty of relationships, and offers solutions. This year's *Relationship Alive* workshop takes place December 10th to 12th, at the Springbrooke Retreat Centre in Langley.

[Learn about Relationship Alive on the Clearmind website.](#)

Early Bird Discount:

\$100 off each participant if you register by November 15

PRAC Discount:

take an additional \$100 off (anytime) if you are in PRAC

Ripples of Recognition



We're introducing a new feature in the newsletter. *Ripples of Recognition* will be a regular segment that pays tribute to the generosity of our community members. It's a way of giving thanks and we're inviting you to participate. If there is someone you would like to acknowledge or say thank you to, send an email with your thanks to newseditor@clearmind.com. Here are the first Ripples of Recognition.

Satu would like to say a special thanks and kudos to Richard, Josef, and Eva who volunteered at the recent *Awakening*, just for the sake of volunteering. They are all PRAC graduates and there was no requirement for them to be assisting.

Duane, Catherine, Satu and Fran would like to thank Joseph, Eva, Maria and Tasha for helping out at the October lecture. Their energy, spirit, and selfless service is greatly appreciated and makes such a difference to the participants arriving... many for the first time!

Also from Duane and Catherine, a great big thank-

you to Wendy Noel, Ewan McTavish, Richard Hahn, Jenn Waller, EA Chambers, Herman Commandeur, and Marie Hess for all of their help at the PRAC introduction evening.

From a Springbrooke client:

Marion, I want to thank you personally for the amazing service you provided during our 7-Day Intensive Training program held at Springbrooke. The site itself is awesome and very healing to be in. However the loving kindness you provide personally in everything you do and in every interaction you had with myself and our people totally outshines the site.

The food was awesome and always offered beautifully and you handled all our varied needs with grace and a yes! I also appreciated your flexibility in working with us around timing of meals as sometimes we needed to delay the service; you and your staff made it happen without a ripple. The food also tasted fantastic! That peach cobbler was over the top!

Thank you for your kind and loving care of us through the food you prepared and served.

Stephen Garrett, MA
Vice President and Head Trainer
WarriorSage