



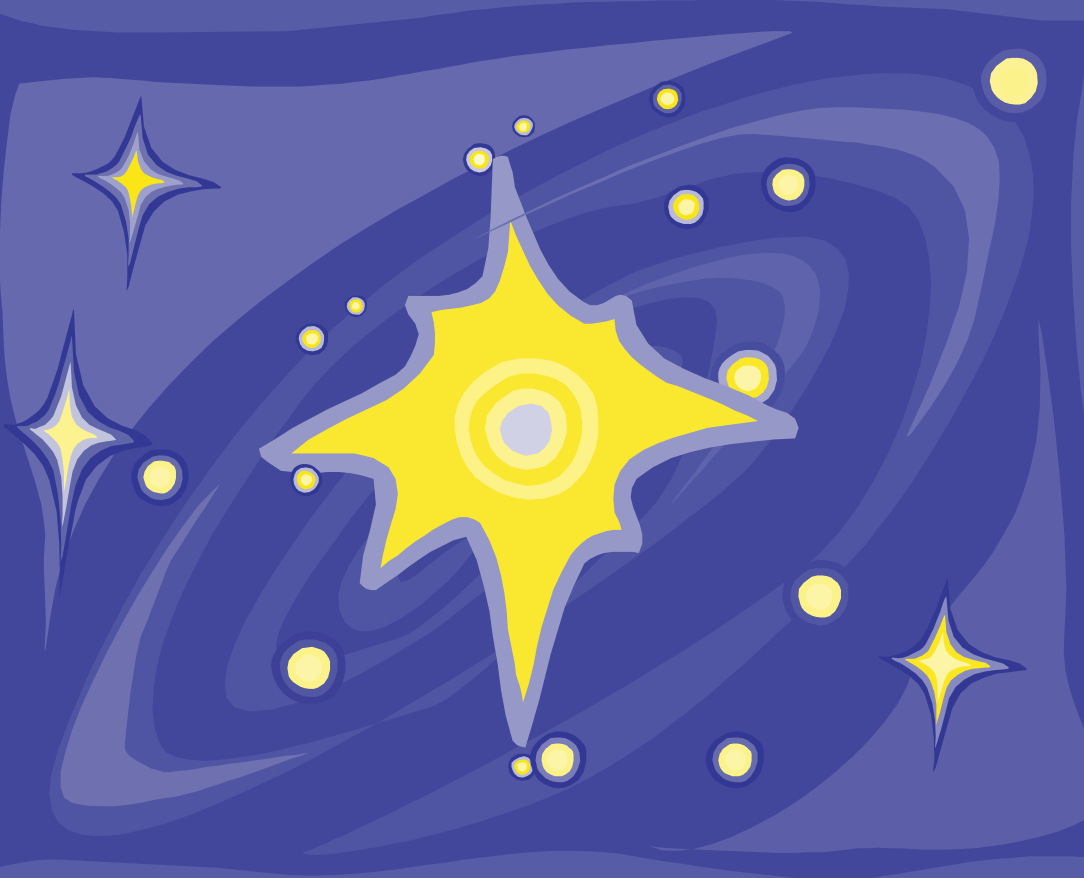
Eternal Health & Wealth

Volume 3

Issue 4

4th Quarter 2002

Leap of Faith



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www.eternalhw.com

The Magic of Music
Nourishing Your Faith
Living in the Moment
Living My Dream with Yoga

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About Eternal Health and Wealth

Eternal Health and Wealth is a quarterly newsletter, which is currently distributed in the Westcoast of Canada, Los Angeles, San Diego, Hawaii, Malaysia and Hong Kong. We also have a website at www.eternalhw.com. Our newsletter and website aim to provide readers with ways to create a healthy and enriching life through the integration of the body, mind and spirit.

The newsletter features articles that promote spiritual development, as well as ways of maintaining good health and creating material and personal wealth. Having a healthy body and mind and the resources to support ourselves are the pillars of our physical life, but spirituality provides strength to the pillars and guides us to the path of true and eternal happiness.

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The Magic of Music

□ Interview with Michael Fitzpatrick

Founder of Millenia Music, cellist Michael Fitzpatrick has performed at various key events around the world: the closing ceremony of the United Nations Millennium Peace Summit of Religious and Spiritual Leaders, the Global Summit for Peace hosted by the Hashemite Kingdom of Jordan, as well as performances at the Site of Christ's Baptism, the Dead Sea, and the Jordan Royal Palace for King Abdullah II. Fitzpatrick believes in the universal language of music, which has the ability to bring about healing, peace, compassion and love in the world.

Fitzpatrick played a significant role in producing and performing as feature musician in *Compassion*, a world-premiere CD of the Holiness the XIVth Dalai Lama. The *Compassion* CD was inspired by the 1968 meeting between the late Thomas Merton and the XIVth Dalai Lama who agreed that they share a common goal, responsibility and effort to achieve world peace through inner peace regardless of their religious backgrounds or beliefs. For the first time in history, east and west met when Trappist monks and Tibetan monks combined music from their ancient cultures.

The combination of hymns and chants accompanied by music and narrative produced a unique and inspirational blend of music that has a profound impact on any individuals who listen to it. The music was recorded at the sacred site of the Mammoth Cave, the Abbey of Gethsemani and the Furnace Mountain Zen Temple. No words but that from the soul can truly describe the music. The divine fusion of the beautiful sacred sounds of *Compassion* serve to inspire peace and love, and change the vibrational frequency of this planet forever.

How did you get into music, and in particular, your unique spiritual blend of music?

I come from a musical family on both my mother and father's side. My father's father was from Ireland and had a beautiful tenor voice, and his mother was French and Catalanian. My mother's mother was a child prodigy on the piano and performed in concerts around the world. Mom's mother's family was from Poland. One of the members of the family was the legendary Polish violinist Bronislaw



Huberman, who eventually founded The Israel Philharmonic. Mom's father was from a village in the Ukraine, and he also had a beautiful tenor voice. As a result of this background, I was always interested in different ethnic traditions and influences, including spiritual influences. There's something very powerful about being connected through one's bloodline to multiple musical traditions that extend back hundreds of years.

The twist was to grow up in, of all places, Kentucky, coming from this background. Kentucky has a very powerful feeling in the land and countryside, and I always made it a point whenever I was traveling to take my cello out into nature in order to connect with the earth.

When I was 17 years old, I had a mystical experience on a concert stage in front of

2,000 people. It seemed like the entire energy of the cosmos entered the auditorium like a funnel-cloud, which came into my body, mind and spirit, suffusing me in this golden light that then poured forth into my cello. It changed the sound of my cello and enveloped the entire audience. Once I heard the sound of my cello change, I knew something radical had occurred, and set out on a quest to find ways to share that sound with the world. Many years went by until I learned that The Dalai Lama was coming to Kentucky in 1996. I received the invitation to provide the music for him, and I sensed a convergence of many spiritual traditions and music was about to take place. Being in the presence of His Holiness was the moment when it all came together.



form, an alchemical shift happens within me and my vibration changes in such a way that the energetic field around me attunes to silence: and from that silence, the golden sound emerges. Someone recently described it as a vapor-like golden mist that filters out into the atmosphere and into the listener.

Recent advances in sound-technology have made it possible to actually capture this vibration and reproduce it onto CD, such as the *Compassion* CD. When one listens to it, the sound-vibration can go directly to the listeners' cells, infusing them with this golden light. Music is such an amazing medium because the sound being produced can actually broadcast consciousness. Thus, the musician's responsibility to live in harmony with all beings and with nature and the Divine is paramount. The music is always tuning the performer, like the ultimate cosmic mirror. There is no place to hide, and the only way to truly perform from the heart is to yield fully to

How is this music transformative?

The music is transformative ultimately at a cellular level. As I spent more and more time in nature with my cello, the instrument itself underwent a

process in which it "attuned" to the earth energies, much like tuning a radio dial. It carries frequencies from many places of the earth, including the Site of Christ's Baptism. When I per-

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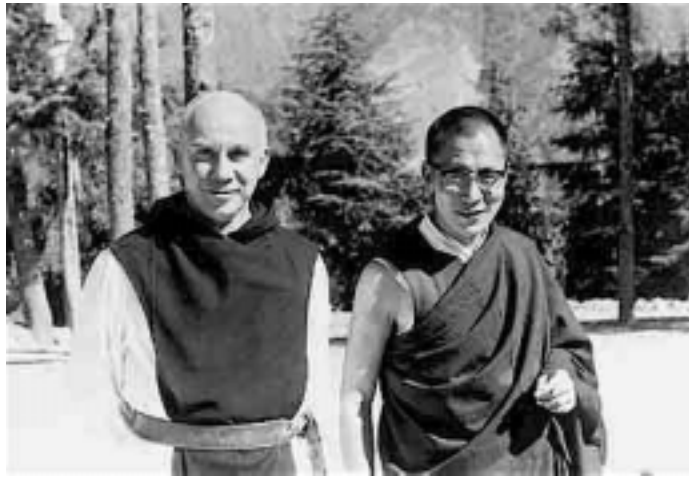
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the energy that comes from the heart of the cosmos.

What motivated you to do the *Compassion* CD?

As I mentioned earlier, the experience of being with The Dalai Lama for those six days in 1996 was such a catalyst. At one point when we were all together in a small room, 50 monks and nuns from the Eastern and Western spiritual traditions, the energy built up to such an intense point of silence that Time itself seemed to stand still, and all the worlds in all the heavens stopped turning, then started turning again, but in a different direction. It truly felt like the paradigm shift everyone has been anticipating occurred. When I sensed this, I had the conviction that the world needed to know what had taken place in this remote monastery. And as if by fate, I was invited to produce a CD to commemorate the historic six-day event. At the moment I received the invitation, I had a vision flash in my mind: of Tibetans monks and Trappist monks chanting together inside Mammoth Cave, the largest cave in the world, in torchlight, like a scene from the Bible. That original vision sustained me for the course



1968 meeting between the late Thomas Merton and the XIVth Dalai Lama

of the four years it took to produce the *Compassion* CD.

How do you see marketing your music to the general public who is already immersed in mainstream music?

For the *Compassion* CD, we are working on a 90-minute film that will showcase the majesty of the musical collaboration between the Tibetan monks and Trappist monks inside of the cave. In truth, this collaboration is the first in humankind's history between Eastern and Western ancient musical traditions. The drama of this collaboration is pretty spectacular to see unfold on the movie-theater screen. As far as marketing to the general public goes, I'm working in many different musical styles and mediums,

and know that the five-string electric cello that I play will attract the mass audience with its hypnotic, Hendrix-like guitar sound and its wild look. So my plan is to have a lot of different styles of music for lots of different audiences, culminating in a band that will serve as the vehicle for global transformation.

What is your vision of the role of music at this important juncture of human development?

Music that has this new vibration, this energy, much like what The Beatles tapped into for their time but distinctly different for our time, has a central role in planetary transformation. We need to hear affirmations of peace and love, and we need to FEEL that in the new music that is coming, so that it literally affects the way we move, but this movement is more a feeling of moving WITHIN. Like a meditative feeling, a gliding feeling, of closing one's eyes and flying. That's the freedom everyone's truly looking for, that's the feeling that activates the love-vibration within everyone, and when we all activate our love vibration, then the planet becomes the Love Planet, and that's what it's all about!

"Compassion is at once both a prayer and an extraordinary aural celebration of brotherhood and world peace. It has the power to bring feelings of hope and human compassion to all who listen..."



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Special Message from His Holiness the XIVth Dalai Lama

Now the time has come.
The world has become smaller and smaller.
In spite of different traditions,
different beliefs,
we all have a common goal,
and common responsibility,
that is to make a common effort
to achieve peace,
world peace,
peace through inner peace
and a meaningful life.

Leap of Faith

□ A Teaching by Merlin

I am here to talk about magic. Magic indeed takes and requires a leap of faith. What is reality other than a certain set of believing. This believing is not based necessarily on faith, but is based on a set of rules, which in this world is called science. Science, unlike faith, is supposed to be based on facts: things that you can touch, feel and prove based on the old scientific method. Scientific method, however, had its precursor in magic.

Before there was astronomy, there was astrology. Before there was chemistry, there was alchemy, and of course those are the areas in which, we, the wizards of this world excel. Because today's world is based on "facts", they think wizards live in the world of fiction. According to the "real" world, we do not exist except in the imagination, folklore and legends. In reality, we are as alive today as we were thousands of years ago. In essence, we have not left. Physically we have left, as we are no longer in physical reincarnation as we were before in the past, however, our consciousness and entire being are still very much intact.

Breaking Free from Limitations

We are living in an invisible world, a world which cannot be accessed by your scientific devices, facts and proofs. But does that mean that we do not exist? The fact that you cannot see or hear a radio wave without a device does not mean that it does not exist to the human experience. Finally, after many thousands of years, it is only in the past 100 years that you have developed these devices to pick up such waves that are invisible to the eyes and the ears. What is there to say in another hundred years there will not be a device that will actually pick up the existence of extraterrestrial, spirit guides and other more subtle energies that cannot be detected by the human eye nor by the instruments of man.

So when we talk about the leap of faith, we are actually talking about the departure from the material science that binds the mind and the consciousness of human beings to this material world. It is precisely this consciousness that we must go beyond to break free from our dependence on such limited instruments to verify the existence of reality and other beings. If you look at reality, can we actually prove the existence of God? Can we prove the existence of phenomenon that is totally spiritual? We cannot currently.

That is why the leap of faith is important, because faith requires you to leap and go beyond the human eye, contraption or device that tries to capture this phenomenon. Indeed, humanity is now pushing some of the limits of their concept of science to incorporate other parapsychological phenomenon. Nevertheless, it is more important to have an obvious experience within yourself than to expect some external device to confirm the existence of the spiritual.

Spirituality is based not just on faith. It requires a leap of faith, that is to go beyond science as we know it today. There is an aspect of faith which cannot be proven. Eventually, the existence of the spiritual world will one day be proven based on your scientific methods, but it is still the individual experience that is more important than external proof. Therefore, faith is just the first step to enable you to go beyond the obvious. To take that big leap, to jump over the boundaries set forth by your conventional wisdom, will allow you to go deeply into the true wisdom, which then allows you to have more than just faith. It allows you to have true knowledge and access to the world of magic.

Magic is really the science of the universe



that is not yet accessible to the science of your material world. Your material world science tries to define the different laws that are governing phenomenon, yet they can never access the essence of things. Well, when you go beyond phenomenon into the invisible world of causality, you realize that there are also laws that work and which are just as definable and immutable as the laws that appear to exist in the physical reality such as gravity. Of course, all this in the higher realms become relative, but let us stay here on the earth realm and say that there are also invisible laws that react and cause phenomenon. These are the laws that the shamans, ancient mystics, eastern masters and wizards have known and practiced for years.

The Magic of the Soul

The magic that I speak of is white magic, the magic of the soul which is in harmony with the rest of mother earth and the universe. This magic nourishes the soul, and promotes the healing of individuals and their environment. This is quite different from the dark lords who use other methods of magic and bend the laws to produce the result that will lead humanity into the pits of darkness. That is why we practice white magic, in the process of this eternal battle with the dark ones, for this battle between dark and light continue to rage on, but differently, for there will be a crescendo. We are working towards a much bigger battle, and that battle and the outcome of that battle will have immense repercussions on this planet and its fate of its people one way or another.

However, I shall give you hope and tell you to keep the faith, that indeed we the champions of light, and we, the workers of light and we, on the side of God and goodness and love shall prevail for this battle has occurred before on this planet. Unfortunately, the last battle resulted in the annihilation of the entire world as we knew back in the Atlantean times. However, this is a different cycle, and this cycle shall result in the final victory of the white magic over the dark. It shall result in the transformation of this planet and the ascension of all its beings that are willing to take on that transformation. So we will truly have a spiritual existence from head to toe on this world.

At that time, there will be no requirements for a leap of faith for you would have already

leaped and this leap is in fact a jumping into a higher octave of existence and a higher vibration of existence. It should be based not on faith, but on true knowledge, wisdom and compassion. Everyone shall know the universal laws are invisible and are acting upon phenomenon and reality all the time. Finally, the world of the invisible is truly the world which brings about the desired results.

Towards Inner Liberation

When a magician works, they are working on the inner, just as we encourage you to work on the inner. As you are able to release and free yourself of the blockages and boundaries that encapsulates you in your human body, you shall realize that the outer phenomenon that you experience is indeed a reflection of your inner world. As you enter and access that inner world, you should also access the inner laws that impact and shape your outer world, so the journey of liberation is always inwards. The access of true reality is always inwards. Then when you reach that point of true knowledge, you realize how limited your scientific knowledge is. Do not forget that your scientific knowledge is also revolving and changing. That which used to be heresy such as the notion that the world is round is now accepted scientifically.

On Overcoming Fear:

To overcome fear, one must be able to go past a fear, for it is fear that prevents you from doing what is right. First, one must go inwards within one self and look and examine what the fear is or the basis of that fear. When you actually are able to release yourself from the fear, then you will be able to step forward. There is a negative and a positive aspect to it. The negative aspect is fear, so it is getting rid of the fear; the positive aspect is the faith, the belief in God and a greater source of goodness other than yourself, and to place your confidence in that concept to give you the courage to go forward. It is like the requirements to be a knight of the round table, because every knight had to first confront their

fears before they can be knighted, and that is why they are fearless in battle. Simultaneously, they also have to be bounded by their faith and trust, not only in their King, but in the goodness of the Lord that guided them.

On Pursuing our Inspirations:

First of all, one must understand what an inspiration is. An inspiration in its true sense is a divine spark, a seed thought that drops from the higher realms into your consciousness. It could be an inspiration that is sparked from your own higher self, a thought form that your spiritual guides may have given to you, an activation of your memory, or even a tapping into the collective unconscious. Whether that inspiration is correct depends on the results of taking the next step. For inspirations are like seeds planted into a pot. Until you water it, you won't know whether that seed is actually a weed or a beautiful flower. Therefore, when you have an inspiration, it is important to act upon it. Obviously, you have to have judgment. Some people may have an inspiration to do something to help others, we applaud that, yet some people



will have dark inspirations, voices in the night that inspire them to do destructive things. Those sources of inspiration are not those that come from a higher source, so you also

need to distinguish the inspiration and the source. Is it a positive inspiration or is it a negative one? If it is a positive one, you should go forward to make it manifest. If it is a negative one, you should release it from your consciousness and being for it may be something that is being influenced by the other side, the dark side.

On Bringing More Magic to Our Lives:

That is my favorite topic, magic. Let us first understand what magic is. Magic is the ability to manifest that which is unseen into the world that is seen. When we

speak of magic, we really are talking about white magic but yet dark magic also exists. They are able to bring into manifestation in this physical plane through manipulation of laws that are unseen. As we speak on white magic, a person can make their life magical. In fact, they don't need to make their life magical, they only need to acknowledge the magic of each moment.

For the fact that you can hear the bird sing, you can see and observe the beautiful patterns, the colors of the flowers, you can look up and see the clear blue sky, is that not all magic. That is the miracle of God's creation. For the fact that the sun shall appear everyday as well as the moon every night, that too is magic. For the fact that you walk on this earth, this planet, and on the ground; the grass and trees grow underneath the blue skies above you, that too is magic.

True magic is to be able to appreciate the miracle of the moment and to realize that you and your whole being is a part of this wonderful creation by God on this planet for you to enjoy all the beauty that He has created for you to partake. When you realize this, then your life becomes magical, for you take nothing for granted and live the magic of the moment. True magic exists in the moment. By learning to free your mind and to live in the moment, you are then able to access a much greater reality linked to your true self that is filled with magic and mystery. For your true self never left this magical existence. It is only the ego that has shrouded and separated you from the true magic of life. For the ego attempts to create its own world and phenomenon and that is where the problem lies. When the ego has been laid to rest and you return to a truer and simpler state, you realize that the magic is constantly around us. With our minds alone, we can then manifest and create within this reality, the magic within our eternal souls. I, the Merlin, exist ever so real today as I have during the legends and folklore of the past.

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Nourishing Your Faith

□ By The Promised Child

Chosen Ones:

The promises of the Power are promises that are pure, silver and gold refined in a furnace on the ground, purified seven times. The Power will give the Chosen few clues to follow. They are like the rules of a game, the ingredients of a recipe. Leave one out and the Chosen Ones may miss the joy of discovery. Therefore, as the Power has dealt to every man the measure of faith, and if the Chosen Ones have faith even as small as a tiny mustard seed, they can say to their mountain, 'Move' and it will go far away.

Nothing will be impossible to the Chosen Ones if they walk by faith not by sight. Behold, faith is like a seed. If a seed is not planted, it won't bear fruit.

Therefore, the Chosen Ones must first plant the seed. Beware, unless the seed is watered, it won't sprout. Hence, once the seed is planted and watered, growth may begin, but unless it is nourished, the seed won't reach full maturity. It won't blossom! Therefore, if the seed doesn't have proper climate just when the buds are beginning to form, all the Chosen Ones will have is the stock and no fruit. Chosen Ones, when the fruit is ripe, it must be harvested or the winds and rain may drive it down causing the fruit to



***"Faith is like a seed.
If a seed is not planted,
it won't bear fruit..."***

be unproductive. Behold, there are five phases to fruit-bearing from seed time to harvest, and there are five phases to the full cycle of faith.

Chosen Ones: take the first phase of faith as the nesting phase. An egg is dropped, an idea is born, a thought comes into the nest of the mind. Beware, for some of you this is the only phase of faith that you will ever experience. The egg is never hatched! It never goes beyond the nesting phase. Beware, if the idea comes and you let it go, it dies in the nest. Therefore, the Power sends many ideas, ways to repair the broken, how to become successful, where to begin your own personal growth! Chosen Ones, do not subject yourselves to the single cause

of human sorrow by tending to be positive toward negative thoughts and negative toward positive thoughts.

Behold, faith begins with an idea or dream, but must deepen before success is realized. It must become a desire! Remember: Anything is possible if you have faith: there is a calling for you. There is a plan and a dream for you. Every life has a purpose and every life can be light.

The Promised Child is a Willow Cree First Nations woman who is the conduit of the Morning Pages for the Chosen Ones

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Living in the Moment

□ By Jacob Liberman with Erik Liberman

We often talk about wanting to be spiritual, but being spiritual and taking care of our everyday affairs are exactly the same thing. There is no difference. With clarity we become ordinary, simply taking care of whatever comes before us. In this process, we develop trust that whatever shows up in our lives, we will meet it.

When we don't take care of things in the moment, they get backed up and we feel overwhelmed. But life never brings us anything at the wrong time! That's why everything in nature works so miraculously. Notice how the tides move, the earth rotates, and the trees grow. Notice how everything is perfectly timed, how our bodies work, how a child develops. God never makes a mistake.

So, when something enters our awareness, that's the moment to take care of it. Don't pay that bill tomorrow, take out the trash later, or make the bed when you get back. When you see it, do it! Don't prioritize anything, life has already done that for you.

Forget spiritual mastery. Master being human and you'll get to the same place.

A Near-Life Experience

I once had a near-death experience. I was reminded of it recently while eating a bowl of lentil soup. As I lifted the spoon, my eye fell on a large bay leaf, and instantly I was back in 1979 in the dining room of the Mutiny Hotel in Miami. They had a dinner show, and their specialty was French onion soup with lots of cheese, which I really loved.

Without looking, I took a big spoonful of cheese and swallowed it. I didn't notice the large bay leaf embedded in it, but

immediately I knew something was wrong. One moment I was enjoying the show; the next moment I was lying on the floor, gasping for air. The room was dark, and all of the other diners were focused on the performance.

In an instant, my entire life passed through my awareness at the same speed I had originally experienced it. I didn't miss a detail. I saw everything I had ever felt, and everything anyone else had ever felt in response to me. Nothing was rushed, yet it all took less than a few seconds. Before I knew it, a doctor at the next table did the Heimlich maneuver on me and forced the food out of my windpipe.

How was it possible for me to review my entire life at normal speed within a few seconds? Yet ask anyone who has ever had a near-death experience, and they'll tell you the same thing: Every detail of your life flashes before you -- not just your actions, but the consequences of your actions, spreading through the vast network of everyone who has ever been touched by your existence.

Why wait for a near-death experience to realize the impact that everything you do has on everything that exists? Your every intention, thought, and action touches all of existence.


Excerpted from Wisdom from an Empty Mind

by Jacob Liberman with Erik Liberman

Empty Mind Publications (2001)

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Living My Dream with Yoga

□ By Lina Goh

Felisa Fullerton took a courageous step in making her passion and dream into reality. Once a travel agent by profession, Felisa turned her hobby, yoga, into a career and business. She is currently part-owner and practicing yoga instructor at the Yaletown Yoga Studio.

Felisa has been a yoga practitioner for 12 years, and primarily did it for her health and peace of mind. She started practicing Bikram yoga three years ago. Bikram yoga is a sequence of 26 asanas, or postures, practiced in a heated room. She loved this method so much that she started to do more. She learned about the teacher training program for Bikram yoga, and was inspired to pursue it full-time by yoga 'grandmothers', women she met who had practiced yoga for most of their lives. "I enjoyed their energy and calmness, and was inspired to take my practice to another level. Yoga has enriched my life and I feel good. It helps me keep my mind calm, my body fit, and my life inspired," she said.

She was encouraged to open a yoga studio by her favorite Bikram method yoga teacher in Vancouver, who advised her to have a partner. She found a partner who comes to Vancouver three months a year from Toronto to help look



after the studio. During that time, she is free to attend yoga retreats and pursue other interests.

Although running the yoga studio has given her independence and freedom from the shackles of a nine-to-five job, it was not without its challenges.

Her biggest challenge in starting the business was not knowing exactly how things would unfold. Despite careful planning, nothing really prepared her for what was to come. "I was no longer just a yoga instructor. I had to learn about leases and all parts of the business including dealing with contractors, and planning and setting up the whole studio with environmentally friendly materials. Suddenly, I had to manage time and budget, and I was wearing a lot of different hats," Felisa said.

Even though things generally went smoothly, there were also some challenges that she did not anticipate. There were a few problems in decision making such as choosing materi-

Creating Wealth



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als for the floors, as well as having to understand contract work, and the installation of a special heating system. Making the decisions in the male-dominated field of construction, was challenging and sometimes frustrating.

She had started to look for a space in January 2001, and the studio opened in August 2001. After 6 months, she was over the hump and the studio was operating smoothly. Her hired help include a receptionist and yoga instructors. Some of her students trade yoga for helping out in the studio. Besides running the studio, she still enjoys teaching yoga classes and helping people to deepen their practice. Although Bikram has a set dialogue, she says many teachers bring their own experience to help students.

Despite some minor set backs, Felisa said she got a lot of support from some incredible people in the community. It almost seemed like fate was paving her way smoothly for success. "Everywhere I turned, I could find basically what I needed. A person was always there. All I had to do was ask people in the community and every one was very helpful. Somehow when I reach out and am open to ask the universe, opportunities and support come my way."

She feels her life mission coincides with her yoga practice. "I believe in stretching myself, and not being in the comfort zone."

Having moved herself away from her comfort zone in starting her yoga venture and well stretching her vision of possible reality have enabled her to live her dream of owning and running a business that

promotes health and wellness. Her vision of the business too has moved beyond its original limits, "I feel my vision is crystallized, and I realize that I am living my dream, which is really magical."

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