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The Seed Event | April 20, 2013 | BMO Centre | Calgary AB

HOW TO CHANGE THE WORLD

GUY KAWASAKI

THE GREATER AGENDA

Dr Jean Houston

Top **8**
Superfoods
to Eat for Beauty
DAVID WOLFE

**"The Mahatma Gandhi
of our time"**

Speaks in Calgary. See page 10



**WHO IS HIS HOLINESS
SRI SRI RAVI SHANKAR?**



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World Renown Quantum Physicist

Your Quantum Potential

DR. AMIT GOSWAL

International Advisor interviewed by Oprah, OWN Network

"Life's Mysteries Revealed"

DR. JEAN HOUSTON

Longevity Expert

Have the Best Day Ever

DAVID WOLFE

Food Philosopher

Return to Food

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- Guy Kawasaki Business Networking Meet & Greet

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Dr. Amit Goswami
World-Renown Quantum Physicist
LIVE at The Seed Event on April 20



Unified Reality is a Fact

Imagine for a moment the entire history of the universe. According to all the data scientists have been able to gather, it exploded into existence some 15 billion years ago, setting the stage for a cosmic dance of energy and light that continues to this day. Now imagine the history of planet Earth. An amorphous cloud of dust emerging out of that primordial fireball, it slowly coalesced into a solid orb, found its way into gravitational orbit around the sun, and through a complex interaction of light and gases over billions of years, generated an atmosphere and a biosphere capable of not only giving birth to, but sustaining and proliferating, life.

“Consciousness, not matter, is the foundation....”

Now imagine that none of the above ever happened. Consider instead the possibility that the entire story only existed as an abstract potential—a cosmic dream among countless other cosmic dreams—until, in that dream, life somehow evolved to the point that a conscious, sentient being came into existence. At that moment, solely because of the conscious observation of that individual, the entire universe, including all of the history leading up to that point, suddenly came into being. Until that moment, nothing had actually ever happened. In that moment, 15 billion years happened. If this sounds like nothing more than a complicated backdrop for a science fiction story or a secular version of one of the world's great creation myths, hold on to your hat. According to physicist Amit Goswami, the above description is a scientifically viable explanation of how the universe came into being.

Goswami is convinced, along with a number of others who subscribe to the same view, that the universe, in order to exist, requires a conscious sentient being to be aware of it.

Without an observer, he claims, it only exists as a possibility. And as they say in the world of science, Goswami has done his math. Marshalling evidence from recent research in cognitive psychology, biology, parapsychology and quantum physics, and leaning heavily on the ancient mystical traditions of the world, Goswami is building a case for a new paradigm that he calls “monistic idealism,” the view that consciousness, not matter, is the foundation of everything that is.

A professor of physics at the University of Oregon and a member of its Institute of Theoretical Science, Dr. Goswami is part of a growing body of renegade scientists who in recent years have ventured into the domain of the spiritual in an attempt both to interpret the seemingly inexplicable findings of their experiments and to validate their intuitions about the existence of a spiritual dimension of life.

Quantum physics, as well as a number of other modern sciences, he feels, is demonstrating that the essential unity underlying all of reality is a fact which can be experimentally verified. Because of the enormous implications he sees in this scientific confirmation of the spiritual, Goswami is ardently devoted to explaining his theory to as many people as possible in order to help bring about what he feels is a much needed paradigm shift. He feels that because science is now capable of validating mysticism, much that before required a leap of faith can now be empirically proven and, hence, the materialist paradigm which has dominated scientific and philosophical thought for over 200 years can finally be called into question.

DR. AMIT GOSWAMI is a Professor of Physics at the University of Oregon's Institute of Theoretical Science for over 30 years, a prolific writer, teacher and visionary that has appeared in the movie *The Dalai Lama Renaissance*, *What the Bleep Do We Know?* and the recently released award-winning documentary *The Quantum Activist*. See Event schedule on page 16 for more info.



Guy Kawasaki

Revolutionary Business Innovator

LIVE at The Seed Event April 20

Enchantment: How to Change the World

When Karin Muller, filmmaker and author, was in the Peace Corps from 1987- 1989, she dug wells and built schools in a village in the Philippines. One night 17 members of the New People's Army (NPA), the armed wing of the Communist Party of the Philippines, came to her hut to interrogate her. Earlier that day, villagers had warned her that this was going to happen, so she collected two precious commodities: sugar and coffee.

“Instead, she... transformed the situation from brute force and intimidation to conversation and communication.”

for a cup of coffee. She avoided an interrogation or something worse because, according to Muller, “You can’t interrogate someone you’re having coffee with.”

When the NPA arrived, she exclaimed, “Thank God you’re here. I’ve been waiting all day. Please have some coffee. Leave your guns at the door.” Her reaction baffled the leader of the group, but he took off his gun and sat down

Muller did not react with anger, indignation, or panic (which is how I would have reacted). Instead, she touched an emotion in the leader of the group and transformed the situation from brute force and intimidation to conversation and communication. She delighted him with her unexpected hospitality and changed his heart, his mind, and his actions.

In short, she enchanted him.

Enchantment can occur in villages, stores, dealerships, offices, boardrooms, and on the Internet. It causes a voluntary change of hearts and minds and therefore actions. It is more than manipulating people to help you get your way. Enchantment transforms situations and relationships. It converts hostility into civility. It reshapes civility into affinity. It changes skeptics and cynics into believers.

When Is Enchantment Necessary?

There are many tried-and-true methods to make a buck, yuan, euro, yen, rupee, peso, or drachma. Enchantment is on a different curve. When you enchant people, your goal is not to make money from them or to get them to do what you want, but to fill them with great delight. Here are situations when you need enchantment the most:

Aspiring to lofty, idealistic results. Want to change the world? Change caterpillars into butterflies? This takes more than run-of-the-mill relationships. You need to convince people to dream the same dream that you do.

Overcoming entrenched habits. Most of the time, habits simplify life and enable fast, safe, and good decisions. But they can also prevent the adoption of a new idea that challenges the status quo. Enchantment can open the door for consideration of such a change.

Defying a crowd. The crowd isn’t always wise. It can lead you down a path of silliness, suboptimal choices, and downright destruction. Enchantment is as necessary to get people to diverge from a crowd as it is to get them to join one.

Proceeding despite delayed or nonexistent feedback. A high level of dedication is necessary when feedback is rare or not readily available, and your efforts take a long time to see results. In these cases, moderate interest and support aren’t enough. You must delight people so that they stick with you.

Do any of these situations sound familiar? They should, because they are present whenever people are trying to make the world a better place. 🍌

GUY KAWASAKI, Silicon Valley Venture Capitalist, Best Selling Author and Apple Fellow known as ‘the Apple Evangelist’, Guy is considered a global leader on innovative thinking and is acknowledged as expert on marketing, start ups & social media. See event schedule on page 16 for more info.

THE PEOPLE WHO
ARE CRAZY ENOUGH
TO THINK THEY CAN
CHANGE THE WORLD
ARE THE ONES
WHO DO.

—Apple’s “Think Different”
commercial, 1997



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LIVE at The Seed Event April 20



Mind and Meditation

Have you observed what is happening in your mind every moment? It vacillates between the past and the future. It is either in the past occupied with what has happened or in the future thinking about what you have to do.

Knowledge is being aware of this phenomenon of the mind—of what is happening right now in your mind as you are reading this article. Information can be acquired by reading books or browsing the Internet. You can open a book on any subject such as how to lose weight, how to prepare for an interview, success 101 and so on. There are innumerable volumes available on a countless number of topics, but the awareness of your own mind cannot be learnt from a book.

There is another tendency of the mind—it clings onto the negative. If 10 positive events are followed by one negative event, the mind will cling to the negative. It will simply forget the 10 positive events.

With meditation, however, you can become aware of these two tendencies of the mind and bring it to the present. Happiness, joy, enthusiasm, efficiency and effectiveness are all in the present.

The human mind is very complex. It has its delicate and tough aspects. If you have had a misunderstanding with a friend or colleague at work, you can become stiff inside and this can distort your emotions leading to negativity—and you carry this negativity wherever you go.

However, when you culture your mind with meditation, its tendency of holding on to negative emotions simply disappears. You gain the ability to start living in the present moment and are able to let go of the past.

Balancing the States of Mind

In your day-to-day life, you come across all kinds of situations that can be challenging and demanding a degree of alertness to be able to make good choices. These situations give rise to different states of mind and neither life nor the states of mind occur with our permission. In fact, they often occur in direct defiance to our wishes.

Meditation can bring about a balance between the different states of the mind. You can learn to switch from

the tough aspect to the delicate aspect within you. You can stand up when needed and let go when needed. This ability is present within everyone, and meditation enables you to switch between these states effortlessly. The whole exercise is to develop an ability—to switch back and forth between the tough and delicate aspects of the mind.

One of the biggest deterrents for people not being able to meditate is lack of time. Yet when they start to meditate, they find they have more time, because they are able to focus and get more done. Not only that, the regular practice of meditation also leads to greater intuitiveness. It sharpens the mind through focus and expands it through relaxation.

With the integration of meditation into one's daily life, a fifth state of consciousness, called cosmic consciousness, dawns. Cosmic consciousness means perceiving the whole cosmos as part of oneself. When we perceive the world as a part of us, love flows strongly between the world and us. This love empowers us to bear the opposing forces and the disturbances in our lives. Anger and disappointments become fleeting emotions that occur momentarily and then vanish.

Rest and activity are opposite values, but they complement each other. The deeper you are able to rest, the more dynamic you will be in activity. Planning can hold you back from diving deep into yourself. Meditation is accepting this moment and living every moment totally with depth.

Restlessness, agitation, desire and ambition stir up the mind and keep it engaged planning for the future or being regretful about the past. Real freedom is freedom from the past and future.

The confluence of knowledge, understanding and practice make life complete. When you grow into higher states of consciousness, you find that you are no longer thrown off balance by different situations and disturbances. A regular practice can transform the quality of your life by culturing the nervous system to maintain peace, energy and expanded awareness throughout the day. You become beautiful yet strong, capable of accommodating different challenges in life without any conditions.

SRI SRI, Recipient of countless honors and accolades, don't miss this rare opportunity to hold audience with this great peacemaker and international agent of change. See Event schedule on page 16 for more info. Recipient of the Centennial 2006 Medallion by the Legislative Assembly of Calgary. For more information on Sri Sri, visit <http://srisriravishankar.org/>



Sherry Strong
Food Philosopher

LIVE at The Seed Event April 20



Nature Works

When you wake up each morning, you are faced with millions of options. When it comes to food choices and choices about our health, each day we are faced with more decisions to make based on more information being revealed. Each day, there are studies, research, marketing based on those studies and research convincing us we cannot live without doing such and such or buying this or that.

Today the plethora of information around what to eat is increasing. Instead of simplifying things for us, all that data confuses us. I encounter thousands of people each year suffering from nutritional confusion. Each discovery of information provides the means to market new or old products based on these nutrients we now need and have discovered in foods.

If something is less readily available, nature gives us stronger physiological impulses so that we are motivated to work harder for it—think fats, sugars and proteins. What can't be found in nature or is not easily sourced we don't need, and furthermore, is most likely harmful to us and the environment. Think chemicals and minerals from deep within the earth or foods that you could not replicate in nature due to unnatural processes like those that take place in a laboratory or a complex manufacturing plant.

So how do you move from a complex system that is far from nature when you live in this culture and have become accustomed to it, to a more primitive model of working with nature's principles?

It involves thinking about food in a new way based on old ways of doing things—a new, old way—which is why the imperative is to simply "Return to Food" and why "Going Back is the Way Forward." This is the combination of eating based on what worked for thousands of years, while incorporating many of the good things that have come about due to modern evolution. It is about finding the balance between what has worked in the past based on how we work as a species with other species based on nature and conserving resources for future generations.

This recipe is SO simple but incredibly refreshing and delicious!

Cool Slaw

2 each grated carrot and grated apple

Sultanas, chopped 1/2 cup

Fresh shelled walnuts, chopped

Fresh lime juice and zest

Toss ingredients together serve for breakfast or dessert.

It is integral to this dish that you use fresh lime, if you scratch the surface of a lime and it does not give off a beautiful lime scent then it is not fresh.

SHERRY STRONG is the former Victorian chair of Nutrition Australia and the Melbourne head of Slow Food. She has spent over 25 years studying Human Nutrition, Health & Behavioral Science and food & wellness. See the event schedule on page 16 for more info.

“Nature tells us what to eat...”

whole in context, where from the macro level we can really see the simplicity and elegance.

You don't have to know how nature works to know that "Nature Works" more brilliantly than we can fully comprehend. Our job is to observe how to work with nature, because when we fail to respect this we create more problems than we solve.

Eating, nutrition and wellness are not as complicated as we are led to think if we follow nature. The processes are complex but knowing what to eat in nature is simple, not always easy, but simple.

Nature's Principle

Nature tells us what to eat and how much by how easily it is naturally obtained. What is most abundant we are most dependent upon and require more of than that which is harder to obtain.

“DON'T EAT ANYTHING
YOUR GREAT-GRANDMOTHER
WOULDN'T RECOGNIZE
AS FOOD.”

Michael Pollan



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Nirmala Raniga

CHOPRA Addiction & Wellness Center

Onsite at The Seed Marketplace April 20



The Joy of a Non-Alcohol Life is Possible

Addicted to Alcohol? There is hope!

Alcoholism is a chronic brain disease that causes compulsive substance use despite harmful consequences. Addiction to alcohol is insidious. It typically starts small but for some people, grows out of control. Alcohol is a legal drug that can produce pleasant effects in smaller amounts but produces dangerous consequences when consumed in higher quantities. In the short term, an evening with a few drinks too many can turn into a series of embarrassing or devastating events; lack of coordination, slurred speech, blackouts or accidental death of the drinker and even the death of an innocent third party. Over time, excessive drinking can lead to serious health consequences including liver damage, brain and nerve damage, fetal alcohol syndrome, impotence, infertility, and breast and throat cancer to name a few.

Addiction to alcohol is a chronic illness that can be treated and cured. Unfortunately treatment is often complicated by denial and a lack of understanding about substance abuse. Addiction to alcohol fulfills a need within us. People who chose to over-indulge in intoxicants are searching for something in their lives that will make them feel better, and alcohol often fills the bill. Physiologically our brains are hard-wired to a reward circuitry that provides us with pleasure. We naturally repeat behaviours that give us the reward or pleasure we want. If the effects of alcohol create a feeling of confidence, or an increased sense of self-worth, we "logically" reach for another drink.

Recovery from this illness requires multiple forms of treatment. The first step on the road to recovery is recognition of the problem. The second is seeking help to stop drinking. Abruptly stopping alcohol use in a person who is dependent on alcohol can be dangerous. An alcoholic who needs to drink daily should stop their use of alcohol under the supervision of a physician, and may need medication during their withdrawal. The next step is therapy to help the person live a fulfilling life free from the shattering effects of alcohol abuse.

For the past three years, the Chopra Addiction and Wellness Center, called the Chopra Treatment Center (CTC) in Squamish BC has been helping people with addictive behaviours break free from their addictions. Offering North America's first truly holistic addiction recovery methods, the healing team at CTC enables addicts to "re-wire" their reward circuitry and create a new memory free from harmful cravings. Dr. Deepak Chopra, partner in the CTC says this re-wiring of the nervous system, which is called neuroplasticity, enables the brain to reorganize itself so human beings can create new neural pathways through new experiences and produce empowering, liberating experiences that don't require alcohol to bring about pleasure.

CTC combines the latest breakthroughs in modern Western medicine with the 5,000 year old Ayurvedic healing system from the East that focuses on the individual as a whole; physically, emotionally and spiritually to restore balance and wholeness in the lives of people who come for help. The residential programs offer individuals intensive, personalized treatment that address the deeper issues at the root of addiction and help individuals identify and release stored emotional pain, destructive thought-patterns and life-damaging beliefs. These are replaced with more nurturing, self-empowering behaviors and experiences.

In addition to group and individual therapy, residents at CTC benefit from the body, mind, spirit healing that includes two weekly massages, daily yoga and meditation, music and art therapy, acupuncture and delicious vegetarian cuisine.

For more information on the Chopra Addiction and Wellness Center, visit www.chopratreatmentcenter.com

NIRMALA RANIGA is the Founder/Director of CHOPRA Addiction Wellness Center, an addictions treatment center based on the most advanced methods of healing. Nirmala has been compassionately committed to helping drug addicts get clean for over two decades. Questions about Holistic Addiction Recovery Methods? Speak with Nirmala at The Seed Marketplace on April 20 at The BMO Center, Stampede Park.



Theo Fleury
National Hero
 LIVE at The Seed Event April 20



Let me introduce you to Victor.

A couple of years ago I was invited to an aboriginal conference in Bella Coola, BC. I had a couple of hours before the conference, and a young historian from the Nuxalk Tribe asked me to join him on a hike. We went up into the mountains to a clearing where a river with crystal clean water ran. I cupped my hand into the stream and drank—it was pure and sweet.

“The historian asked me a question that would come to define my very soul...”

All around in the clearing were rock carvings hundreds of years old. Each carving represented an animal, and one in particular caught my attention...a frog.

The historian asked me a question that would come to define my very soul, he asked, “Have you ever seen a frog hop backwards?” No, I had to admit I hadn’t.

He went on to tell me that the frog can look left and right, but he never goes backwards...he only ever goes forwards.

Since then I have seen literally hundreds of depictions of frogs wherever I go...in fact, I had one tattooed on my arm.

You see, the frog is me. I can look left, I can look right, but I can never go backwards.

On our website at www.victorwalk.com and whenever you see anything about the Victor Movement, you will see the frog. His name is Victor. He looks left, and he looks right...and he only ever goes forward.

Childhood sexual abuse happens each and every day in our country. In fact, the incident rate has reached epidemic proportions around the world. However, unlike most epidemics we have a cure, we know how to heal and we know how to move forward.

While pedophiles look to destroy, the Victor looks to move from victimhood and coping to overcoming and being Victorious in life.

Just like Victor the frog, we are moving forward. On May 14 my team and I will walk from the Child Abuse Monument in Toronto to the steps of Parliament in Ottawa, arriving on May 23. We want to see you there, on those steps, ready to stand together and shed all the shame. We will tell everyone about what happened to us, how we felt and the effects of the abuse. If you cannot join us in Ottawa, we ask you to show your courage in your city or town and host your own Victor Walk.

I loved my years in hockey, I wouldn’t trade them for anything, but the Victor Movement is my life’s work, my legacy. I know if we all band together, if we raise our voices, and find our courage we will be able to change the way that childhood sexual abuse is seen in our country.

My name is Theoren Fleury, and I am a Victor over childhood sexual abuse.



THEO FLEURY is best known for his time on the ice as an NHL Stanley Cup Champion, Olympic Gold Medalist and World Junior Champion. Theo Fleury now defines himself as a Victor over abuse and addiction, and helper to those still trying to find their way. His focus and attention is not on controversy or blame, it’s on helping, healing and leading. Theo presents *Don’t Quit Before the Miracle* live at The Seed Event. See the event schedule of page 16 for more info.



Addiction is a disease that knows no boundaries. It is an equal-opportunity destroyer, ruining the lives of thousands of individuals and families each year. Adolescent drug and alcohol addiction is especially heartbreaking, stripping away promise and potential, leaving only pain and desperation in its wake.

What addiction destroys - AARC recovers. Arriving at AARC starts the honest, painful and rewarding journey to recovery.

Katherine M. - Graduate #446

“When I was a little kid, I was happy and talkative with people I was close to. I loved music and played it all the time. At the age of twelve I became very depressed and didn’t know why; I started to treat my family badly and started to hurt myself and used self-harm as a way to escape how I felt. Around the age of fourteen I discovered smoking marijuana and drinking and I loved it, but soon found it wasn’t enough for me so I tried ecstasy and finally found what I had been searching for. My life went downhill from there and I became even more depressed the more I used. After an overdose on ecstasy my parents had finally endured enough and brought me to AARC. Once I accepted I needed help, I started to want recovery and ever since then my life has just gotten better. I don’t wake up every morning wishing I could die anymore. My life has a purpose and I have peace of mind and serenity.”

Tod & Marlene M. - Katherine’s Parents

Starting in junior high, Katherine became increasingly withdrawn, reclusive, and secretive. She began using drugs in grade 8 and as she became more obsessed with it, we became more obsessed with helping her. It felt like every area of our lives was suffering as a result. We felt responsible and hopeless, and we prayed for a miracle. We heard about AARC and after the pre-assessment, were convinced that she needed to be there for treatment. Yet as the days went by denial started to set in again. In our brokenness, we wondered how we could have failed so badly that she needed AARC. Today we shudder to think about what would have happened had we not acted.

As we went through AARC we learned how our whole family was affected by the disease, so we diligently started working the 12 steps of Al Anon. The amazing result is that we have experienced a freedom and joy beyond what we knew before. Thanks to AARC and the 12 steps, we confidently face each new day knowing that no matter what challenges we may face, we can maintain our serenity. Today we are grateful.

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SEED EVENT AT A GLANCE*

10:00 am | Opening Ceremony



10:20 am | Return to Food
SHERRY STRONG
Food Philosopher

Learn the shocking truth about food in this highly informative & entertaining presentation.



11:00 am | The Future of Nutrition
DAVID WOLFE *presented by Evans Dental Health*
Superfood & Longevity Expert

Activate your genius and learn how easily adding Superfoods to your diet can dramatically enhance your vitality and bring you longevity now.

12:00 pm - 12:30 pm Break

12:30 pm | Special Guest Speaker



1:00 pm | Don't Quit Before the Miracle
THEO FLEURY
Stanley Cup Champion & Gold Medal Olympian

An inspirational message about winning it all, losing it all, and reinventing it all over again. Learn how success is within reach for everyone, no matter the circumstance.

2:00 pm - 2:30 pm | Break

2:30 pm | Special Guest Speaker



3:00 pm | How To Change the World
GUY KAWASAKI
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4:00 pm - 6:00 pm | Dinner Break

4:00 pm | VIP Events: Theo Fleury
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6:00 pm | Life's Mystery's Unveiled
DR. JEAN HOUSTON
International Advisor & Visionary

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7:00 pm | The Quantum Truth
DR. AMIT GOSWAMI
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8:00 pm - 8:30pm | Break



EVENING KEYNOTE | 8:30 pm - 10:00 pm | Enlightenment: The Answer to Everything
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Dr. Jean Houston
International Advisor and Visionary
 LIVE at The Seed Event April 20



The Greater Agenda: Finding the Hidden Potential Within

Wherever I am in the world, I find that working with a mythical figure or a historical person who has through time and legend been rendered mythic allows people to see the experience of their own lives reflected in and ennobled by the story of a great life. Such work leads students into the discovery of their own larger story, for when actively pursued, myth leads us from the personal-particular concerns and frustrations of our everyday lives to the broader perspective of the personal-universal.

Gradually we discover that these stories are our own stories, that they bear the amplified rhythms of our own lives.

After becoming Isis and Odysseus and White Buffalo Woman and Emily Dickinson, we return to our own life deepened and enhanced, filled with a sense of the fractal resonance of the mythic life within our own. Having assumed the ancient stories and their persona, having walked in the shoes of folk who lived at their edges, we inherit a cache of experience that illumines and fortifies our own.

This joining of local life to great life is a central experience of what I call "sacred psychology." It differs from ordinary psychology in that it provides ways of moving from outmoded existence to an amplified life that is at once more cherished and more cherishing. It requires that we undertake the extraordinary task of dying to our current, local selves and of being reborn to our eternal selves. When we descend into the forgotten knowings of earlier or deeper phases of our existence, we often find hidden potentials, the unfulfilled and unfinished Seedings of what we still contain, which myth often disguises as secret helpers or mighty talismans. When the story I am working with involves finding talismans, I lead students into enactments aimed at rediscovering skills they had once known, lost perhaps in childhood—a capacity for art or music, for example, or even a sense of empathy. When special helpers like Merlin or the Good Witch are part of the story, I take students down into a private interior place where they meet the "master teacher" of the quality or capacity that they wish to acquire in their conscious life.

Working with myth, we assume the passion and the pathos of Isis as she seeks to recover the remains of her husband Osiris; with Parsifal, we take on the quest for the Grail; we labor with Hercules and travel with Odysseus into the archetypal islands of inner and outer worlds. We explore

new ways of peacemaking with Gandhi, learn the art of inventing society with Thomas Jefferson, and discover the basis for democracy with Deganawidah, creator of the Iroquois League. With the Persian mystic and teacher Rumi, we search for the beloved of the soul; we join in sacred marriage and descend to the underworld with the great Sumerian goddess Inanna.

“The scope of this dream demands that we live out of our true essence...”

I view these forgotten or neglected potentials for living the larger life as deep codings of the source—the infinite as it is to be found within each of us.

A psychology with a mythic or sacred base demands that we have the courage both to release old toxicities and diminishments and to gain access to our inner storehouse of capacities and use them to prepare ourselves for the greater agenda—becoming an instrument through which the source may play its great music. Then, like the hero or heroine of myth, we may, regardless of our circumstances, become an inspiration for helping culture and consciousness move towards its next level of possibility. At this we startle, we shake. The scope of this dream demands that we live out of our true essence, which is always too large for our local contracted consciousness to contain.

I find that it requires many mythic adventures of the soul to reloom body and mind. But such is necessary if we are to return to everyday life with knowledge gained in the depths that can be put to use to redeem the "unread vision of the higher dream" inherent in both self and society.

JEAN HOUSTON, Ph.D., is a scholar, philosopher and researcher in Human Capacities, and one of the foremost visionary thinkers and doers of our time. An Advisor to UNICEF in human and cultural development, she has worked in over 100 countries over the past 45 years and is the prolific author of 26 books. Hear her live at The Seed Event, more info on pg 16.

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Opening Ceremony

LIVE at The Seed Event April 20



The World Was Made For Peace

Thinking is an intellectual process. We sacred two-leggeds have been duped through a life-long educational exposure to believe that the intellect, which is a left-brain function, provides us with all the tools that are required to navigate successfully through the physical landscape. In fact, the intellect is only capable of providing us with less than one percent of the available information. The other 99 percent is invisible. This invisible right-brain function

is accessed through a quiet, clear, unthinking mind. All information, all knowledge, Divine intervention and spiritual awareness emerge through the ability to cultivate a quiet, steady, untethered mind, a mind of humility.

The emergence of a clear, unadulterated, non-judgmental mind can happen in a flash of light or over a long drawn-out period of time. For me it was the latter. The key is

coming into the awareness that all things come forth from a loving Divine presence and that we human beings will never be forsaken by the Heavenly parental progenitors who sent us here in full awareness of every single thing that each of us will do on our assigned path.

To come into a place of pure blissful Peace, I had to be born into a Choctaw Indian family in 1940, at a time when having Indian blood was to be part animal; having a German grandmother whose job was to beat the Indian out of me; being placed in a Catholic Residential School, where the brothers of the Sacred-Heart in Muskogee, Oklahoma, had the task of beating the Indian out of me; being placed in a Catholic School in Oklahoma City where the Sisters of Mercy beat the Indian out of me; drowning and “dying” and coming back to life; joining the U.S. Military and going to Vietnam where I became aware that I went to war to learn about Peace; entering “top secret” U.S. army operations; receiving a 44-year prison sentence as a result of those operations going awry; dealing with an 11-year drug addiction as a result of super amphetamines and powerful downers being issued “to improve our operational capabilities” in extremely long and stressful situations; being held in a county jail for one year in solitary confinement; not hearing from my family; my children, my grandchildren because of government threats; being run over head on by an 18-wheeler—“dying” and returning to life; being pardoned by the Governor of North Carolina; becoming involved with Gurumayi Chidvilasananda and Swami Satchidananda; coming to a state of full forgiveness and compassion as I remembered how to stand on the Sufi

path of blame and love everyone fully, remembering that all beings and all things flowed forth from the same loving God who created me. Oh yes! Canada invited me to this great and beautiful land; initiated a full investigation into my past activities, and gave me a pardon.

I've been involved in countless extraordinary events in my short time on this Mother Earth. It's clear to me that I have always been watched over by the Divine presence, as we all are. We all came from the heart of the Sacred Mystery together. We have all been travelling together since that time and we will all continue our infinite and eternal passage as the one being with many changing faces that we are. Every black, white, red, yellow and brown being who ever existed lives inside of each one of us at this very moment. Even if we are not aware, the "Path of Peace" is embedded fully in our hearts. You are already completely and fully forgiven. That was taken care of before you started this 'short' episode of life!

Love, Sequoyah 

SEQUOYAH TRUEBLOOD is an internationally respected North American Native Elder and Choctaw Wisdom Keeper, Sequoyah has spoken at the United Nations, advised top business executives from prominent international companies, counseled numerous celebrities, government agencies, and has held council with the Dalai Lama. Sequoyah will be opening The Seed Event and be available onsite at The Seed Marketplace, see pg 16 for more info.

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- Access to The Seed Marketplace & Café
- Entrance into The Theo Fleury Reception includes: meet & greet, dinner, and entertainment in the Palomino Room
- + short inspirational presentation by an AARC graduate

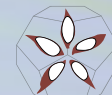
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Message from Seed Productions Foundation...

We dedicate this event to the realization of Oneness, and to all people of all races, beliefs and religions that share the one goodwill to continue to strive for truth, peace, understanding, forgiveness and Love.

May we all realize that there is nothing to seek and nothing to be learned that can compare to what we all ready are and always will be. We are all beautiful and perfect.

May we realize that peace, happiness, and Love is within us, it is the very essence of us and always there for us—forever free for everyone—always.

 **Seed Productions**
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Self Realization Fellowship

The Teachings of Paramahansa Yogananda

Through the example of his life and teaching, Paramahansa Yogananda shows that the inner fulfillment we seek does exist and can be attained. In truth, all the knowledge, creativity, love, joy, and peace we are looking for are right within us, the very essence of our beings. To fully realize this – not just as an intellectual philosophy but as an actual experience that brings strength and understanding into every area of our daily lives – is what Self-Realization is all about. In his teachings, Paramahansa Yogananda has given to people of all cultures, races, and creeds the means to free themselves from physical, mental, and spiritual inharmonies – to create for themselves a life of enduring happiness and all-round success. Paramahansa Yogananda again and again refocuses our attention towards life's highest attainment: Self-Realization – knowing our true nature as divine beings. Through the inspiration and encouragement of his teachings, we learn how to live a truly victorious life – transcending limitations, fear, and suffering – by awakening to the infinite power and joy of our real self: the soul.

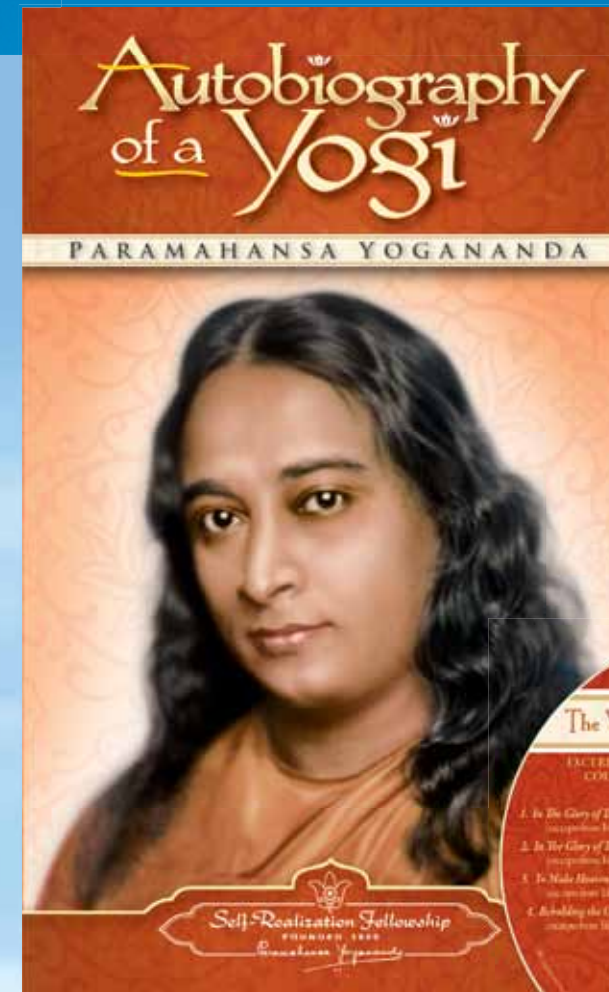
The meditation techniques taught through Self-Realization Fellowship are the highest forms of Yoga and are based on practice and experience rather than on adherence to a particular set of beliefs, therefore followers of all religions can benefit from these techniques. When practiced regularly, the methods of Yoga lead unfailingly to deeper levels of spiritual awareness and perception.

For more information, and if you are interested in learning the Meditation techniques taught by Paramahansa Yogananda, lesson applications are available from the Calgary and Edmonton Meditation Groups or directly from the Self Realization Fellowship International Headquarters in Los Angeles California.

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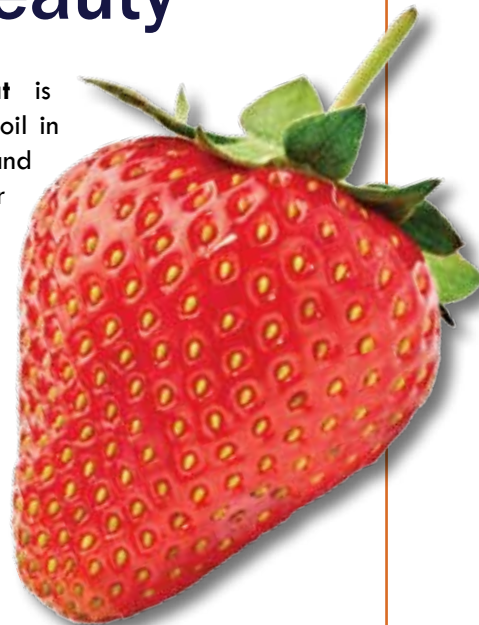
Top 8 Foods to Eat for Beauty

I have never met anyone who did not know the phrase “you are what you eat”, from this phrase much can be derived. At the most basic level, you remake yourself moment-by-moment and meal-to-meal. The food you eat becomes part of who you are. Thus, lasting beauty stems from a commitment to eating beautifying foods.

Here are the top eight foods and nutrients to eat for beautiful skin and hair:

“The food you eat becomes part of who you are.”

- 1. Antioxidants** to slow the oxidation of cells by free radicals (reactive oxygen). Good concentrations of antioxidants are found in berries, citrus, cacao, leafy greens, and many superfoods, as well as raw fats and oils.
- 2. Enzymes** to promote absorption and assimilation of nutrients. Enzymes are naturally present in raw foods and low-temperature dehydrated foods. Enzyme supplements are also recommended to improve metabolism, speed healing, and for “youthening.”
- 3. Omega 3's** are an important essential fatty acid that are lacking in most people. Omega 3's are found in hemp Seeds, flax Seeds, chia Seeds, walnuts, evening primrose oil, algae oil, fish oil, and Krill oil. They protect cell membranes and provide what the body needs for better skin hydration. They decrease red splotches in the skin and help smooth rough skin.
- 4. Saturated Fat** is the dominant oil in your body and makes up over 60% of the oils in your skin. Raw saturated fats like Coconut Oil and Raw Butter are important antioxidants that also support the nervous system.
- 5. Vitamins A and K** protect against skin cancer and help the body produce sebum—an oil that serves as a natural conditioner. Good sources of both these vitamins include dark green vegetables such as: kale, broccoli, chard, collards, and beet greens.
- 6. Vitamin C** youthens, decreases wrinkles, and plays a role in synthesis of collagen, a protein responsible for elasticity. Vitamin C is easily found in most fruits and vegetables, especially papaya, kiwis, strawberries, tomatoes, red bell pepper, oranges, and lemons and limes. Botanical, concentrated powdered vitamin C sources such as camu camu, acerola, amla, and rosehips are also recommended.



continued on page 28 >

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Top 8 Foods... continued from page 26

7. **Vitamin E** protects cells against free radicals and commonly found in almonds, avocados, hazelnuts, sunflower Seeds, olives, olive oil, and lettuce. Vitamin E supplements are recommended: one should consume both tocopherol and tocotrienol forms of vitamin E.
8. **Zinc** helps the immune system and digestion, improves stress levels, supports healthy hair, eczema, acne and wound healing. Good sources of zinc include: poppy Seeds, pumpkin Seeds, cashews, pecans, almonds, and nearly all foods that are naturally black in color.

Although topical creams and oils can help your skin and hair look more radiant, the best way to build beauty is to glow naturally from within. Invest in delicious foods, superfoods, and superherbs. Remember, the foundation of beauty is within. 🍌

Superfood 'Beauty Breakfast' Recipe

Blend together:

- 2 cups unsweetened almond milk
- 1 cup ice
- 1 handful of fresh or frozen blueberries
- 1 handful of fresh or frozen raspberries
- 2 TBS goji berries
- 1 TBS hempSeed oil or pumpkin Seed oil
- 1 TBS spirulina powder
- 1 tsp acai powder
- ½ tsp camu camu
- 3 TBS tocotrienols (raw rice bran solubles)
- 1 TBS xylitol
- 1 dropper schizandra berry tincture
- 1 dropper vanilla stevia
- Optional: 1 TBS longan fruit powder

DAVID WOLFE is an international best-selling author and world authority on raw foods and Superfoods. He holds a Master's degree in Nutrition, and has a background in science & mechanical engineering. An expert in the fields of natural health, beauty, nutrition, herbalism & raw chocolate, David has over 15 years of dedicated experience understanding the delicate chemistry & mechanics of the human body. Ssee David Wolfe LIVE at The Seed Event on April 20 and learn to easily add *Living Nutrition* to your life! See the event schedule on page 16 for more info.



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WE SEE THE WORLD, NOT AS IT IS,
BUT AS WE ARE—OR AS WE ARE
CONDITIONED TO SEE IT.”**

Stephen R. Covey



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“Experience is the best teacher...”
by Aaron Russell, Objective Criteria

If you've ever hiked an unfamiliar trail, you'll know from experience that a knowledgeable leader can ease your path. The thought leaders at The Seed Event, such as David Wolfe, have experience navigating unfamiliar trails and through sharing their experience with us, they will outfit us for the next stage of our own journeys.

Everyone wants to feel good and live with optimal health. The obstacles we face in life are difficult enough to overcome without carrying the extra baggage of preventable illness. We have little control over some obstacles in life, yet in a surprising number of ways, we truly can control our own health, wellness and destiny.

Almost 35 years ago, a holistic dentist here in Calgary, AB named Dr. Thom Evans, began his own path and mission to help himself and others obtain optimal health through his understanding of the connection between oral and systemic health. Chronic infection and toxicity in the mouth can hinder, and even nullify, one's efforts to achieve optimal health. “Oral diseases and disorders in and of themselves affect health and well-being across the life span.” (U.S. Surgeon General Report, Call to Action, 2000)

In fact, in recent years, Dr. Evans himself experienced health setbacks that made his path difficult. Critical to his progress was the power of healing foods and detoxification. One of his mentors was David Wolfe and his philosophy of health. Out of this came greater knowledge, experience and understanding of the amazing capacity our bodies to heal and be well, if we but remove as many obstacles within our control as possible.

Each of us can successfully navigate our own journey to optimal health, aided by mentors like those here at the Seed Event, and those who are aware of the critical link between systemic and oral health.

**Eric Mortimer***Change Agent***LIVE at The Seed Event April 20**

Business, Balance, Bliss & B.S.

“Life is like riding a bicycle. To keep your balance, you must keep moving.” ~ Albert Einstein

Socrates said, “The unexamined life is not worth living.” Despite this sage advice, relatively few people proactively review their life to increase their odds of happiness. Instead, the majority wait for a crisis, health issue, divorce, bankruptcy, job loss, or a meltdown before reacting with a temporary fix.

“Balance does not mean everything is equal...”

You’ve probably heard about the regrets of people like Sam Walton, (the founder of Wal-Mart). He died with a net worth of \$65 billion. Some of his final words were “I blew it.” Despite his wealth he didn’t have meaningful relationships with his

wife or kids.

The pendulum swings far the other way for some, including a friend who didn’t believe in money. He spent the majority of his time seeking the latest meditation, course, meal, or a friend’s couch where he could crash. As years passed he regretted not having accomplished anything.

Like a recipe, the ingredients in your life, can vary according to your tastes and what is important to you at that time. How tasty would a cake be with equal amounts of salt, sugar, butter, and flour? Don’t be unconscious and accidentally forget a crucial element either.

Eric Mortimer is not only a Change Agent but also an award-winning Calgary Real Estate Agent who has answered “the call to adventure.” His passion is being a creative catalyst for realizations so that you will make the most of your life. At the root of Eric’s purpose-driven life is 25 years of integrating personal development concepts, meditation, and ancient teachings. Eric walks his talk so there’s no separation between his relationships, spirituality, health and finances. He has an amazing life by design. Eric is also the author of the soon-to-be released book “The Power of Commitment”. Eric is a special guest speaker at The Seed Event April 20, see schedule on pg 16 for more info. His entertaining talk will inspire you to play at a new level that could transform yourself and your community.

The key is to intentionally commit and to continually examine how much time and energy you allocate to your relationships, health, finances, spirituality and fun. That way you can create a delicious life by design.

One way to ensure you continually examine all areas of your life is to have an accountability partner. You can call or meet to specifically check each other’s status in each area of your life. It can be helpful to rate and record each of your areas on a scale from 1 to 10 so you identify what is working and what requires attention.

Perhaps you have a very busy life, and your first response is “I don’t have time for all that BS.” In many cases, it is actually your BS (Belief System) that is keeping you stuck in your comfort zone.

I have found it very efficient and fulfilling to combine multiple areas. For example, you can practice a yoga that provides physical and spiritual growth. You may be able to do conscious business with your community so that your finances and friendships grow simultaneously. You could spice up your romantic relationship and evolve together through Tantric, Taoist or other sacred sexual practices. And of course, no matter what you are doing, be present in the moment.

Practicing mindfulness enriches all of our life areas and increases happiness. Research is even proving it changes us physically, mentally and emotionally. This practice involves accepting whatever arises in your awareness at each moment. It is often in these moments that you will have realizations, fully give your gifts and truly feel bliss. 🍃

The Business of Serving: Finding Meaning and Making a Difference

“I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy.” – Khalil Gibran

Eric Mortimer has integrated solid business practices and a sincere commitment to spirituality to create a successful career and lifestyle. In this interview, Eric shares his philosophy that creating balance and serving are key to personal and professional development.

SD: Do you think people can really embody spiritual values in their business practices?

EM: A lot of westerners spend the majority of their productive time working in pursuit of success or material items. Often they don’t have any energy left for their personal development or to serve their fellow beings. When we see every moment as an opportunity to practice or serve we can make a huge difference for ourselves and others.

SD: What is the first step?

EM: A business should be built on serving people’s needs first and foremost. As Sri Sri Ravi Shankar says, “When you make service the sole purpose in life, it eliminates fear, focuses your mind, and gives you meaning.”

SD: Can you put service first and still be profitable?

EM: Yes. A key to effective giving is being a good receiver too! I put my client’s needs before my own and money comes later as a natural side effect. I learned long ago that my income is determined by how many people I serve and how well I serve them, and how much more I give in value than I receive in payment. The real key is doing this as a sincere way of life and not simply as a strategy to get ahead.

SD: I notice you have a very high percentage of referrals. Why is that?

EM: People refer their friends and family because I get the job done. If you’re not providing results, you’re not serving their needs no matter how big your heart is. Some of my unique strategies put tens of thousands of dollars (and more) in my clients’ pockets. When I do Feng Shui or staging, my sellers save time and energy. I have built, renovated, rented out, bought and sold many properties myself, so people know I have experience, understanding and compassion for their situation.

SD: I notice your website EricMortimer.com has tons of testimonials. This one really stood out as one our readers would appreciate.

“I have never met a more proactive, on top of things Realtor than Eric Mortimer. And that is saying something because I have bought and sold several homes and was even a Realtor at one point! Eric also has a peaceful grounded energy that creates a safe environment for me and others to go through our processing and journey. I confidently referred Eric to a client of mine (who was having a major life shift). He also confirmed the same great experiences and loved how Eric took care of all the details that he didn’t have time for.” Colette Lubberts, Certified Master Practitioner of NLP

SD: What else can we do to serve and be successful?

EM: Find a way to tie your purpose to what you do in some way. You can use a portion of your profits to serve your mission, community or cause. This is rewarding and it also helps to create a cycle.

I like to donate time, energy, money and expertise to groups and charities that help people help themselves, sponsor events (like SEED), and put on thought-provoking, free and fun personal growth experiences.

Clients and community love our conscious movie and networking events. With our Love Is Blooming Flash Mob, we put smiles on the faces of thousands of Calgarians when we gave away more than 1,200 flowers in 15 minutes. People are always asking me how to get involved in these events, because they have tremendous impact. (See QR code below for more info)



“His service extends far beyond the parameters of an ordinary Realtor. He has shown genuine concern for me and my personal circumstances...”
– Don Penner, Calgary



Don’t miss another event!

Scan the QR code or email Eric@EricMortimer.com to join the community and access valuable offers, info, discounts, prizes and invitations to special events.

Be sure to visit Eric’s booth at the SEED Event April 20 for your FREE gifts and to enter the MaxWell Realty \$5000 Dream Vacation Sweepstakes.

You can reach Eric Mortimer, MaxWell Capital Realty at 403.827.8081 or visit www.EricMortimer.com



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