

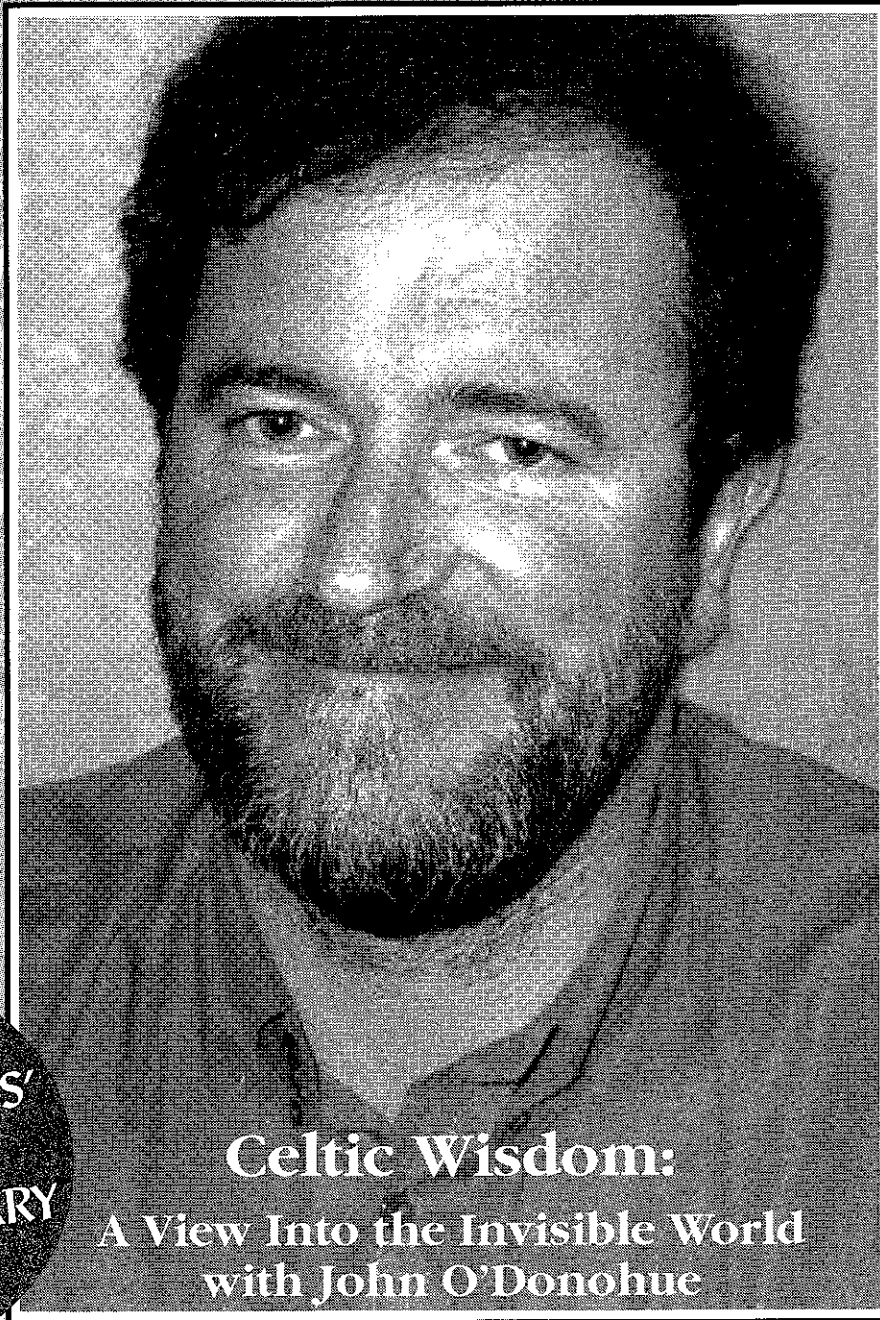
NEW DIMENSIONS®

Featured on the
January-
February
Worldwide
Schedule:

Vic Mansfield
on Synchronicity

Andrew Bard
Schmookler
on facing
life-threatening
illness

Julia Cameron
& Tim Wheater
on Creativity



Peggy Huddleston
on Healing
from Surgery

John O'Donohue
on Celtic Wisdom

Bill T. Jones
on Creative Dance

Huston Smith
on the
Essence
of Religion

Robert
Thurman
on Lessons
for the West
from Tibetan
Buddhism

NEW
DIMENSIONS'
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ANNIVERSARY
YEAR

Celtic Wisdom:

A View Into the Invisible World
with John O'Donohue

THE JOURNAL OF NEW DIMENSIONS RADIO

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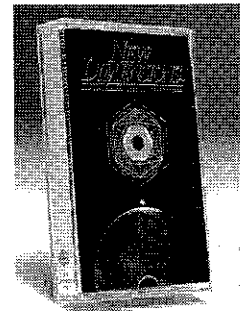
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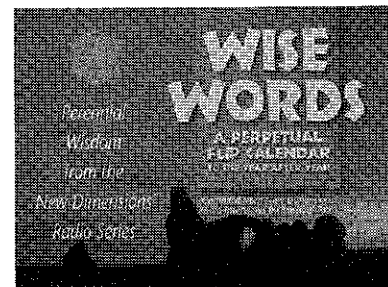


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When you join at this level, or at any of the higher levels, you will receive our special 1998 New Dimensions "highlights" tape, featuring some of our favorite memorable moments selected from recent programs.

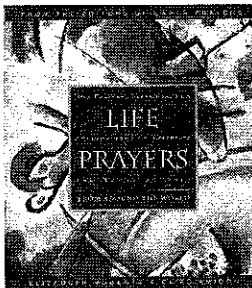
Family/Sponsor Level (\$60—\$99)

When you join at this level, you will receive the highlights tape plus a copy of *Wise Words: Perennial Wisdom from the New Dimensions Radio Series*. In this perpetual flip calendar compiled from New Dimensions Radio interviews, some of most profound wisdom from nearly twenty-five years of conversations with the most fascinating people on the planet is presented as thoughts to contemplate for each day of the year.



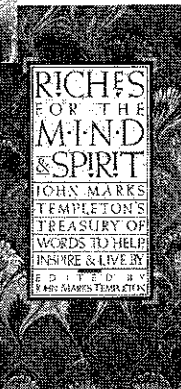
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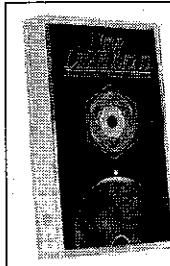
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X 12 =
Tape of the Month

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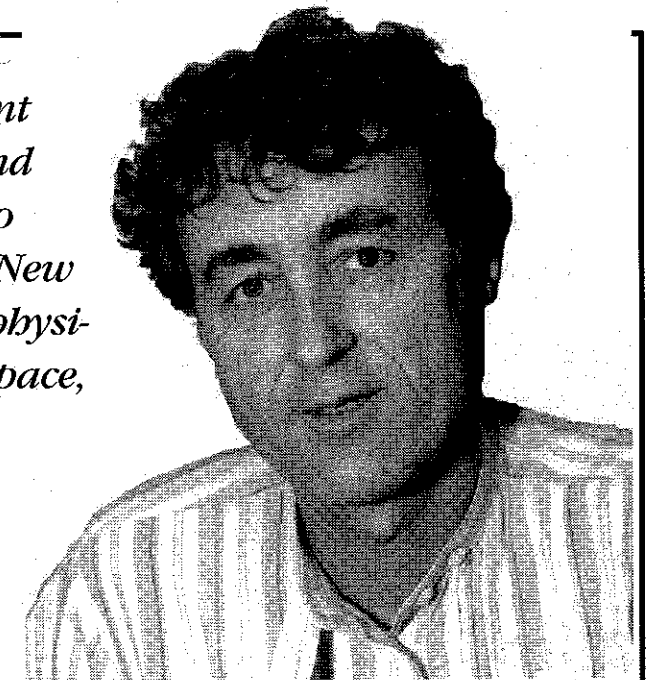
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—Fritjof Capra

author of *The Web of Life: A New Scientific Understanding of Living Systems*



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- The production of the weekly radio program "New Dimensions," and its distribution to over 300 radio stations across the United States, Canada, Australia and New Zealand.
- On-location recording and live broadcasting of special events such as the Peacemaking Conference in San Francisco, PeaceJam Youth Conference in Denver, and the Parliament of World Religions in Chicago.
- The distribution of free "New Dimensions" audio cassettes to prisoners and prison libraries.

- Field recordings such as those done with Sir Laurens van der Post and Alice Walker.
- The distribution of "New Dimensions" to shortwave radio stations in Costa Rica, Italy and Australia—reaching the entire globe.
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New Dimensions Video!



The interviews reflect this collective dedication to spirit. We have been able to achieve the same ambiance that we have always maintained in our audio studio—one of calm and support, perfect for active listening.

We've been taping a pilot series of thirty video programs for New Dimensions, set to air on the Wisdom Channel in late winter. We're not abandoning the radio series, but simultaneously producing both video and the radio.

For years various people have approached us to put "New Dimensions" on video for airing on television. Until now, we've resisted it. However, this time, several factors made the difference for us. First, we have an outlet that assures us that at least eleven-and-a-half million homes could be seeing it on a clear channel, which means viewers do not have to pay a premium for the channel.

But more important than having such a great outlet is the crew that has joined us in this endeavor. We are working with Gary Mitchell and Linda Merryman of the J. Gary Mitchell Film Company. During a shoot, about ten of us work together.

It feels very much like the early days of New Dimensions. In those days, in the early and mid '70s, a crew of ten to twelve volunteers got together each Saturday, beginning at 1:00 in the afternoon. We would spend four or five hours talking about that evening's live four-hour broadcast, and about future programs we wanted to produce. We would then go over to the KQED-FM radio station in San Francisco with a load of audio equipment, LPs, microphones, etc. We had our own set-up that made it possible to have deep dialogues with our guests as well as take live phone calls.

The program aired from 8:00 p.m. to midnight. Stephen Hill, who later founded "Hearts of Space," was our engineer; when the program was over and while we were packing up, he'd produce a music program in the last hour of the evening broadcast. Afterwards we'd all meet at a late-night pizza place, finally arriving home about 4:00 a.m. This went on for seven years. It took many years for Michael and me to know what to do with our Saturday nights when KQED-FM changed their format and "New Dimensions" began broadcasting nationally.

The present video production has some of the same magical atmosphere surrounding it. To make the series happen on a barebones budget, we've had to tape it in two-day sessions, sometimes taping as many as six interviews in that short time. We rent a sound stage, and bring in all of our own and rented equipment. The crew is extraordinary. The cameramen, George Rosenfeld and Andy Lilien, have previously worked on projects with luminaries such as Ram Dass, Stephen Levine and Rachel Naomi Remen. Linda Merryman and Gary Mitchell are producers of some of the finest children's

videos I've ever seen. Linda's daughter, Mua, has been providing a fine lunch for the crew, which allows us to pause for a moment and enjoy a beautifully laid-out meal together.

My fear of working with video was based on my past experience with video producers. The people I had come in contact with seemed to be more enamored with the technology than with content. This is not the case with this crew. They all have very high technical skills, and each person on the shoot has an active spiritual practice. The tapings are intense; with all of the technology involved there are more chances for things to break down. Something is always coming up, but we all breathe our way through it, making our work a truly spiritual practice.

I believe the interviews reflect this collective dedication to spirit. We have been able to achieve the same ambiance that we have always maintained in our audio studio—one of calm and support, perfect for active listening.

The Wisdom Channel can be picked up by large satellite dish owners (c-band). They also broadcast audio, and the familiar radio version of "New Dimensions" can be heard weekly on Wisdom Radio. In the near future, Wisdom Network programming will be heard on various cable networks as well, and it will most likely be available on the small satellite dishes sometime in 1998.

I'm pleasantly surprised by how much I like the videos. We've been able to capture the dynamic rapport between host Michael and his guest. It is wonderful to be able to share so completely the sparkle, the smiles, the quizzical looks that pass between host and guest. So, please look for the Wisdom Channel on the GE-1 (W-1) satellite, transponder 12, audio @ 6.2 and 6.8. When we know further details, we'll let you know.

NEW DIMENSIONS is published bimonthly by New Dimensions Foundation, P.O. Box 569, Ukiah, California 95482 for listeners/members of New Dimensions Broadcast Network programming and recent purchasers of New Dimensions tapes. **NEW DIMENSIONS** is sent to anyone who becomes a member of "Friends of New Dimensions" by making a tax-deductible contribution of \$45/year or more. A free sample issue is available upon request.

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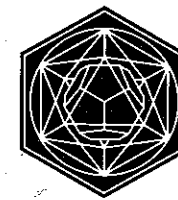
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Michael Toms
Justine Toms

Submission policy: We appreciate receiving books, albums, tapes, and other creative work for our review. Sometimes these materials make their way into a "New Dimensions" program, or even become a program. However, we cannot be responsible for unsolicited materials, nor can we guarantee we will ever be able to return, use, or review them. All letters received are assumed available for publication unless otherwise specified by the writers.

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NEW DIMENSIONS

Our 25th year of broadcasting

Volume 25, Number 1

January - February, 1998

NEW DIMENSIONS is an independent producer of broadcast dialogues and other quality programming. Our programming presents a diversity of views from many traditions and cultures, and strives to provide listeners with practical knowledge and perennial wisdom. New Dimensions fosters the process of living a more healthy life of mind, body and spirit while deepening our connections to self, family, community, environment and planet.

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New Dimensions airing on showwave, on Australia's Radio National, and on Native American Radio. **IDEAS THAT MATTER, THE FETZER DIALOGUES** air on selected stations.

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is nationally underwriting one New Dimensions program per month for twelve months.

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The Society for the Universal Human was founded in 1995 by its core faculty members, Father Leo Booth, Joan Borysenko, Gay and Kathlyn Hendricks, Jean Houston, Barbara Marx Hubbard, Mary Morrissey, and Gary Zukav. It seeks a better and safer world based upon expanded human consciousness in all areas of endeavor and those values common to all cultural and religious traditions. As such, it seeks the fulfillment of our highest possibilities while recognizing that their expression comes in many forms.

Their membership, conferences, and local groups are open to all. For more information please write: SUH, Dept. ND, 29500 S.W. Grahams Ferry Rd., Wilsonville, Oregon 97070, or call 1-800-893-1000. Please mention that you learned about them through New Dimensions.

1998 national satellite distribution of New Dimensions Radio programming is made possible in part by the underwriting support of the

INSTITUTE OF NOETIC SCIENCES

IONS was started in 1973 by astronaut Edgar Mitchell, at about the same time as New Dimensions began. The goals and objectives of IONS are very compatible with our own, and we appreciate the opportunity for a closer collaboration. IONS has a public membership program and publishes a newsletter, journal and an extensive catalog of books and tapes.

Free to New Dimensions Journal Readers

You may receive a complimentary copy of the *Noetic Sciences Review*, a sixty-four-page quarterly publication containing articles about the very most up-to-date research on the nature and potential of mind and consciousness. Simply write to: Institute of Noetic Sciences, Dept. ND, 475 Gate Five Rd., Suite 300, Sausalito, CA 94965, or call (800) 383-1586. Tell them you read about it in the *New Dimensions* journal.

What's On Your Mind?

Reader & Listener Forum

Seeking Meaningful Work

Dear New Dimensions,

I am a regular listener to your program via WMNF—the greatest little radio station on the planet—in Tampa, Florida. I just checked out your website and will visit from time to time. Congratulations to Michael and Justine on the upcoming book on the sacredness of work. As a matter of fact, I am in the midst of transitioning from one type of work (environmental consulting and project management in a corporate setting) to the next. The next part is not known at this time, but I strongly desire, and ask the universe, for work I really feel good about doing. I know my skills can be useful in many settings. The trick is to hook up with people who are receptive at the time they see the need emerging. I'm putting it out there. I'm receptive to any thoughts any of you wish to share!

Peace,
Sean Donovan

Dear Sean,

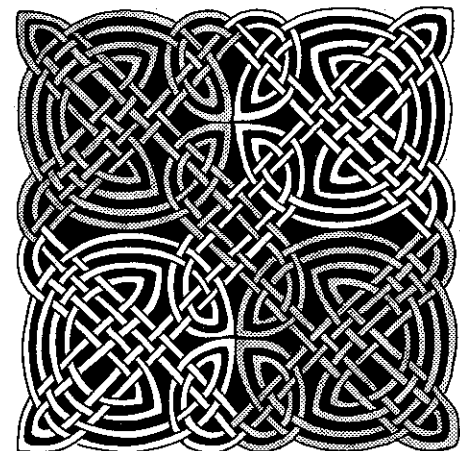
We wish you well in your new work. Michael and Justine have a new book out in March, 1998 entitled *True Work: The Sacred Dimension of Earning a Living. On occasion we give workshops on the same subject (see page 20). Sorry the book isn't out yet, sounds like it would be perfect for you during this transition time.* —Editor

New Voices of Hope and Healing

Dear Michael Toms:

For many years, I have listened to your New Dimensions broadcasts, and I am a member of "Friends of New Dimensions." I was saddened when WBEZ took the program off the air, and I have called the station several times to tell them about why it should be reinstated. However, I am still able to listen to the broadcast from the College of DuPage (WDCB-FM, 90.9).

I am a professor of community psychology at DePaul University. About seven years ago, I developed Chronic Fatigue Syndrome, and it



was after enduring this chronic illness that I became much more interested in the spiritual domains within psychology. I had been a behavioral psychologist, with millions of dollars of research support and hundreds of published articles. What was so surprising to me is that all the psychological strategies that had been so helpful in my work and in helping others did not help me recover from my illness.

I spent a year, in 1990, travelling around the country, listening to new voices of hope and healing. I began searching for non-Western approaches to healing, and more comprehensive solutions to our community problems, rather than the band-aid approach that is so prevalent in our society. I listened to people who were creating Camphill societies based on the work of Steiner, and I saw how people in different parts of the country were creating new communities based on the intentional communities movement. I saw the usefulness of Eastern approaches in learning to listen to one's own body, as opposed to the Western approach that too often involves overmedicating to numb the pain. Over the last six years, I have written a book that describes what I have learned about this new paradigm for helping and healing. The book is

called *Community Building: Values for a Sustainable Future*, published by Praeger. Your broadcasts have been one of the most influential sources for helping me see this new world of possibilities.

Leonard Jason, Ph.D.
Professor of Psychology
DePaul University, Chicago, IL

Dear Leonard,

Thanks for your note and all your good work.—Editor

Food or membership?

Dear New Dimensions,

I've wanted to send this to you for a long time, but never had the money, the paper, the envelope and the stamp together at the same time. Here is my last \$15 for a membership. Actually, I have 37 cents left over, but I have my eye on a bagel for tomorrow (I can buy day-old ones for only 35 cents at a nearby store). I had the money four months ago, but blew it on food (I was in a grocery store). Why am I sending you all my hard-saved money? Because \$15 will feed my stomach for 15 days, but New Dimensions feeds my mind 52 times. Seen this way, it's a bargain. My concept of heaven sometimes resembles being locked up in your tape vault (with a tape player, of course).

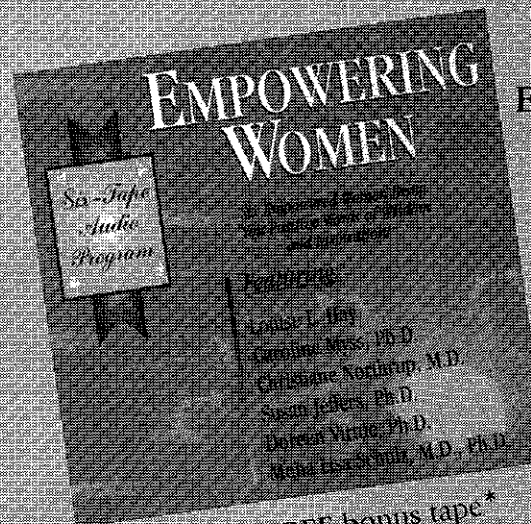
All the love in the world,
Steven Inness
General Delivery, Lincoln, NE

Dear Steven,

We are pleased that we are able to deliver our work over the very democratic medium of radio, where it is free to nearly anyone who wishes to listen. And all of us who like to hear inspiring dialogue and wisdom on the radio are indebted to people like you, who make it possible for everyone else to hear such programming with your contribution. Receiving your \$15 feels like receiving \$1 million because of the immense generosity of spirit with which it is given. Thank you.—Editor

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Guide to New Dimensions Programs' Original Broadcast Dates

Listeners of New Dimensions tapes often ask when certain programs were originally broadcast. Here is a guide to the approximate airing dates of more than 1,600 programs in our regular New Dimensions series:

Tape Number	Year of Broadcast
1001 - 1050	1975-76
1051 - 1099	1976
1100 - 1133	1976-77
1134 - 1225	1977
1226 - 1295	1977-78
1296 - 1400	1978-79
1401 - 1475	1979
1476 - 1490	1979-80
1491 - 1580	1980
1581 - 1648	1981
1649 - 1754	1982
1755 - 1836	1983
1837 - 1920	1984
1921 - 1967	1985
1968 - 2015	1986
2016 - 2066	1987
2067 - 2104	1988
2105 - 2159	1989
2160 - 2214	1990
2215 - 2299	1991
2300 - 2363	1992
2364 - 2431	1993
2432 - 2508	1994
2509 - 2556	1995
2557 - 2609	1996
2610 - 2661	1997
2662 -	1998



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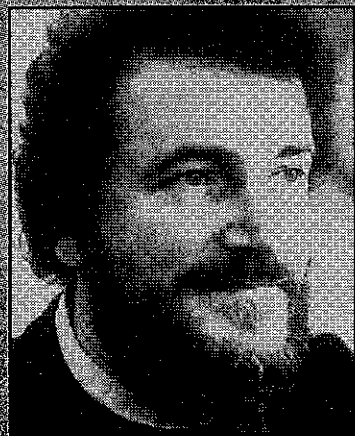
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Celtic Wisdom:

A View Into the Invisible World



A conversation with **JOHN O'DONOHUE**

by Michael Toms

When St. Patrick first came to Ireland in the fifth century A.D., he encountered the Celtic people and a flourishing spiritual tradition that had already existed for thousands of years. The Celts had a refined and passionate sense of the divine. The Celtic imagination articulates an inner friendship that embraces nature, divinity, the nether world and the human world as one. They never separated the visible from the invisible, time from eternity, or the human from the divine.

Along with a passionate love for words, the Celts developed a complex religion and mythology, which can be heard in their lyrical poetry and mythic tales, and their appreciation for intellectual prowess. Instead of worshiping one all-powerful God, they found spirituality through the world around them—in the rolling hills and rushing rivers, in the green of the sea, the blue of the sky, in all the birds and all the animals. They engaged wildness. Surviving to this day, the Celtic reverence for the soul in all things is a vibrant spiritual heritage rare in the Western world—one that is capturing the imagination of thousands of Americans as they rediscover the wisdom of the past in their own Celtic roots.

John O'Donohue is a Catholic scholar born in Ireland in Caherbeanna near Blackhead, in the Burren in County Clare. He was awarded a doctorate in philosophical theology from the University of Tumigen. His book on the philosophy of

"The human heart is an altar of different icons of friends—starting with family and siblings—that we have made. Maybe one of our sacred duties on the Earth is to bring that altar of icons with us through time into the invisible world."

Hegel, Person als Vermittlung, was published in Germany in 1993. His other works include a book of poetry, Echoes of Memory, and a series of monographs on the four elements: Stone as Tabernacle of Memory; Water: The Tears of the Earth; Fire: At Home at the Hearth of Spirit and Air: Breath of God. He is the author of Anam Cara: A Book of Celtic Wisdom (HarperCollins 1997). O'Donohue lectures and conducts workshops in the United States and Europe. He lives in Ireland.

MICHAEL TOMS: John, your recent book is entitled *Anam Cara*. What does that mean?

JOHN O'DONOHUE: *Anam cara* is a Gaelic phrase. *Anam* is the Irish word for "soul," and *cara* is the word for "friend." So it means "soul friendship." It's one of the most poignant and tender aspects of the Celtic tradition that—despite their profound imagination, their great battle prowess and their great passion—there is at the heart of Celtic wisdom such a beautiful notion of friendship.

A way of explaining it is that between two people such a friendship awakened. It wasn't manufactured or produced or programmed, but it awakened between them in their meeting. It was almost as if an ancient affinity that was latent in their spirit comes awake and comes alive, and that each is joined in an ancient way with a friend of their soul.

John Cassian said that the *anam cara*

relationship couldn't be broken by time or space or anything else. It's important to stress that it wasn't just an ideal or a metaphor for what human relationship should be, but it was an actual social construct of the time. I mean, people did have these *anam cara* relationships. In the book I've tried to use that image as a lens to look at different aspects of modern consciousness and the incredible spiritual hunger that haunts so many people.

We might encounter someone that we feel we've met before, or someone with whom we immediately feel a rapport. Sometimes we feel that somewhere long ago, we decided to get together now, and here we are.

Exactly. People say that friends are made. I don't think friends are made at all, but rather discovered. If you look back along your life, you will see that at the crucial thresholds, different people were sent to you to help you acknowledge what was going on, to recognize your own responsibility, and to bring you over thresholds. The most creative growth points in our inner journey are all due to the assistance, graciousness and surprise that friendship brings. Friendship has a secret logic and a secret destiny. Something that's startling about one's friends is that the first meeting was so contingent and so seemingly accidental; and yet, if you look back now, your life would be unimaginable without the friends who have helped to shape you and give birth to your soul.

"Some of the unexpected aspects of our destiny don't actually arise within us at all but are brought along the pathway to the door of our heart by our friends."

When one thinks about it, it's having friends and being in friendship that is one of the secrets of life, isn't it?

Absolutely. And it was said beautifully by Aristotle in the *De Anima*, where he devotes several chapters to the concept of friendship. He said, "If one could have all the good things in life but be without friends, one would choose not to have the good things rather than be friendless." Because there's something radically creative in the human spirit and mind, and because that creativity is linked to the contours of absence within us, there are places of incompleteness, places where we are hungry within us. And only in the kinship of friendship do we actually become one with ourself.

To put it more pictorially still, it's utterly fascinating to me that no human person ever sees their own face. We look in mirrors and we have images, but we never see our own faces. And we never see our own bodies fully either. A friend is a true mirror in which we begin to get some little glimpse of who we are and the immensity that we carry—and that sometimes haunts us. Friendship is the shelter; and it's not a complacent shelter but a shelter that settles some primal restlessness down within us. It liberates us to get into the dance of our own life.

I think of the Buddhist idea of the other—that looking into the other is looking into yourself, because the other is the mirror of you. That's what I hear you saying.

Yes, that's exactly what I've been saying and intending. Some of the unexpected aspects of our destiny don't actually

arise within us at all but are brought along the pathway to the door of our heart by our friends.

Some friendships have brief physical exposure but a long, lingering inner presence that you never lose them in. You hear people say, "My relationship broke up," or "I lost this friend." People do break up and move away from each other, but there is some little corner of the heart, if we've loved a person, that somehow always remains open to them and attached to them in some way. The human heart is an altar of different icons of friends—starting with family and siblings—that we have made. Maybe one of our sacred duties on the Earth is to bring that altar of icons with us through time into the invisible world.

John, what was it like to grow up in the Burren? It is quite an extraordinary place. There is an Irish sensitivity to the land and the Celtic relationship to nature. As a young person, what do you remember of that? Clearly it had a deep effect on you.

It has had, and still has. It's very interesting to look at the work of psychologists like Piaget and Freud, who acknowledge that one's earliest experiences lay down the clay within the psyche. That's usually determined in relationship to parents, siblings and all that. But when you live in a wild, luminous landscape like the Burren, that landscape itself becomes an inner companion. I can remember very clearly my first moments, as a child, of recognition of the mystical wildness of this place, the strangeness of it. When the light was there the stone was white, and you could almost understand that it had

been all under the sea at one stage. Then, when a shower came, the whole landscape blackened completely.

I remember going out as a little child, when my father brought me herding with him. I was too small, and I was afraid to cross over the scailps—where there is a division between the stones. He was encouraging me like this: "If you always watch where you're going, you'll never go down between them." It was lovely to walk on the solidity of that stone.

Even still, when I go home and if my head is netted or entangled, I go out into that landscape and stuff drops off me. I feel so free and so clear, because there's a grace and clarity in it, and there's also an incredible imagination in it, because no two stones in it are the same. It's a bare limestone region, so each stone has its own particular presence and shape and incredible luminosity. It's such a kind place to the spirit.

While we are talking of landscape, I wrote a poem several years ago about the death of my uncle, and the landscape of the Burren is very much in the poem because it was his identity. This poem is called "November Questions." November is the month of the dead in the Christian tradition, but in the Celtic tradition it was *Mi na Samhna*, the month of when the two regions, the mortal world and the eternal world, flowed into each other; the veil between the visible and the invisible was pulled back. So I called this poem "November Questions."

It's in the form of a series of questions addressed to the uncle who has just died, because the loneliest thing about losing someone to death is that you wonder where they are, who they're with, and

"One of the lonely things in contemporary culture is that that which is not visible is not real. We've equated reality with visibility and with images. For the Celtic consciousness and the Celtic mind, the invisible was just as important—if not more important—than the actual visible."

what's happening to them. At the end of the poem, then, there is a subversion of that whole line of questioning, and it turns the attention another way.

Where did you go
when your eyes closed
and you were cloaked
in the ancient cold?

How did we seem,
huddled around
the hospital bed?
Did we loom as
figures do in dream?

As your skin drained,
became vellum,
a splinter of whitethorn
from your battle with the bush
in the Seangharraí
stood out in your thumb.

Did your new feet
take you beyond,
to fields of Elysia,
or did you come back
along Caherbeanna mountain
where every rock
knows your step?

Did you have to go
to a place unknown?
Were there friendly faces
to welcome you, help you settle in?

Did you recognize anyone?

Did it take long
to lose
the web of scent,
the honey smell of old hay,
the whiff of wild mint
and the wet odour of the earth
you turned every spring?

Did sounds become
unlinked,
the bellow of cows
let into fresh winterage,
the purr of a stray breeze
over the Coillín,
the ring of the galvanized bucket
that fed the hens,
the clink of limestone
loose over a scailp
in the Ciorcán?

Did you miss
the delight of your gaze
at the end of a day's work
over a black garden,
a new wall
or a field cleared of rock?

Have you someone there
that you can talk to,
someone who is drawn
to the life you carry?

With your new eyes
can you see from within?
Is it we who seem
outside?

(© 1994, John O'Donohue)

The Celts have an interesting notion about death. They seem to see it as a birth, as part of life, which brings up the idea of what happens at death. Having been raised in an Irish Catholic family, I remember the Irish wake. The death of one of my aunts when I was ten years old was one of my first encounters with death. I remember the wailing that was going on in the room with the open casket and the body, and in the other room there was laughing and joking and telling stories and passing around the beer. It was an

interesting juxtaposition. That comes from the Celtic tradition, doesn't it?

I think it does, because the Celtic notion of the afterlife was a place where there was great celebration, plenty to eat and plenty to drink. And it didn't seem at all tarnished or damaged by a negative view of the afterlife. I suppose it also explains the warrior code and their traditions of honor, and how it was more important to endure death rather than dishonor—there wasn't a massive severance going into the invisible world and death. The Irish have a real ability to celebrate death. And one of the lovely things is the wake, as you were saying there now.

The wake is an important reverence, because in the wake it is recognized that the newly dead person shouldn't be left on their own with their new journey. It's a new experience for the body that has carried this life for sixty, seventy, eighty years. But it's also a new experience for the spirit of the person, who is now bodiless and has gone into the air element.

There's a lovely story from the Cork area about the soul that kissed the body. The body had died and the soul was on its way out the door. Just before it went it turned and looked at the body, and it felt such a sense of poignance for the body in which it had lived for seventy years that it went back and thanked the body and kissed it three times before it went on its way.

So the Irish recognize the dual loneliness and the dual novelty there and try, by gathering round that new experience for both body and soul, to shelter it and bless it. It's a great opportunity, and was

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even more so years ago when they had the keening tradition—the tradition of the wailing for the person who was gone.

I remember just meeting the last bit of that in Connemara, and the wailing of these people who keened the departed one was like no crying I've ever heard. It would go to the bone in you. Any bit of personal sorrow in your own life—even if you weren't related to the dead person—was totally, absolutely released by that. It cut into you. But it also gave the bereaved a chance to absolutely loosen the wells of grief within themselves.

The other part of the wake, then, of course, was the celebration of people telling stories about what the person did when they were young, what has happened—things long forgotten. So in a way the wake was a gathering of the fragments of the memory of the departed one, almost as a shelter to now help her or him on their new journey. It was a very important ritual. Even still, at home, when anyone dies, everyone in the village

and surrounding villages always goes to the funeral. I heard of somebody from Germany who was over visiting someone there a few years ago, and three neighbors died in the week. The German went away thinking that the Irish did nothing else but go to funerals.

The invisible world holds great importance to the Celts. Could you talk a little about that?

One of the lonely things in contemporary culture is that that which is not visible is not real. We've equated reality with visibility and with images. For the Celtic consciousness and the Celtic mind, the invisible was just as important as—if not more important than—the actual visible. And for instance in the *Thain*, which is the nearest the Irish tradition comes to an epic, you have people who materialize, come out of nowhere and are suddenly physically there, and then go into nothingness again.

It reminds me of a story my father used to tell at home of a man who was friends with a priest. And he said to the priest, "Where do the spirits of the dead go when they die?" And the priest wasn't willing to answer him, but the man kept at him anyway. And the priest said, "What I'm about to show you now you will never tell anyone." Needless to say, the man didn't keep his word, but the priest, it was said, raised his right arm, and the man looked out under his arm. And it was said that he saw the spirits of the dead as thick as the dew on the blades of grass, everywhere around.

That's the Celtic tradition, that the dead are not far away, but stay near us. And it coheres very beautifully with the wonderful answer that Meister Eckhart gives to the same question, "Where does the spirit of a person go when the person dies?" And he said, "No place. Where would you be going to?" So that means that the dead are actually all around us and are present with us. Now I'm not talking about spiritualism and all this stuff about mediums, but I think the next big step in our evolution as a species will be that that veil will be drawn further back, and that we will sense the spirits

that are here with us.

When I'm praying for somebody who is grieving, I pray that the sore of absence will become the well of presence—that when you stop mourning the person and their physical loss from your life, then very often what you regain is a sense of their invisible presence with you. I think we should pray to the dead as well as praying for them, because they are probably in a rhythm and in a wisdom that they can give us incredible guidance.

Many times in my own life I've been in really hard places and on very sore thresholds, and when I've asked for blessings from my father and my uncle—the Lord have mercy on them—they've always come. The dead probably inhabit a different time rhythm where they can see our future as well as our past. Very often in our journey there are huge boulders of misery poised over our path, and our friends among the dead hold them back until we can pass underneath.

The corollary of that is, of course, that the dead now know more about me than they did when they were living, so it could make for very interesting psychological situations. But I also think that their new knowledge of us is absolutely equal to their new understanding and their new forgiveness, so that they carry no remorse, no regret, and no anger towards the living, but a profound sense of pathos. I'd say it's one of the things that will amaze us when we ourselves come into the eternal world, which is here in the middle of this visible world, and when we will be near to behold those that we love still living. I think the sense of pathos and feeling for them will be overwhelming.

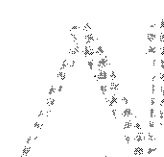


The above article is excerpted from New Dimensions tape #2666, "Celtic Wisdom" with John O'Donohue (see page 16 for a complete description of the program). The program is available on audiocassette for \$9.95 using the order form on page 29.

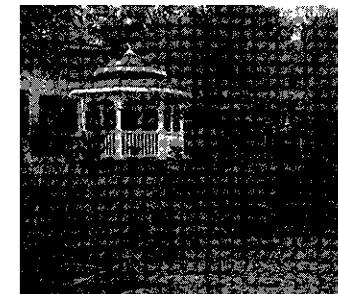


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October 23-25, 1998

NETWORK UPDATE

by Jacqui Dunne

Gratitude

There is no underestimating the power of your pen. And there is no overestimating our heart-felt gratitude for it.

Thanks to you and following your letter writing campaign to Roger Dobrick, station manager of Milwaukee's WYMS, along with the generous underwriting of the program by long-time listener Tom Keller—the station is bringing "New Dimensions" back to the airwaves. The timing on this still isn't clear, but fingers are crossed for early in the new year. We will keep you posted.

You may wish to pick up your pen (again), or power up your PC, and drop a line to Roger, thanking him for reinstating the program. He can be reached at P.O. Box Drawer 10 K, Milwaukee, WI 53201. And a big thank-you to Tom Keller for your magnanimous contribution to the listening pleasure of your community.

Alfredo Cotroneo, the charming and erudite president of Nexus, our European shortwave station in Milan, was in town recently. Over a plate of pasta (of course), we discussed the dizzying politics of the Italian telecommunications legislation, the opening up of radio outlets in former Soviet Block nations, especially in Russia, and the very American concept of listener-sponsored radio.

Both of us, as Europeans, marvel at the idea of being able to vote, as it were, for the radio programming you enjoy by making pledges to your local station. This supports not only the non-commercial nature of the station, but also finan-

cially shows appreciation for broadcasts one has enjoyed. This is a totally alien notion anywhere else in the world, where the vast majority of stations/networks are state-sponsored or commercial. Talk about democracy at work. And, what an incredible freedom!

In the same way, your contributions to New Dimensions and your membership in "Friends of New Dimensions" has been your financial vote for the continued production of this program. For twenty-five years New Dimensions has received enough votes to keep doing what we do.

So, many thanks to you, wherever you are, for your wonderful continuous support of our program. Thank you!

New Stations.

Illinois: WDBX-FM, 91.1, in Carbondale will be airing the program twice a week, Thursdays at 9:30 a.m. and again on Sundays at 5:00 p.m.

Please write and thank Don Elwell, Manager of WDBX at 224 North Washington Street, Carbondale, IL 62901.

Washington: Mount Vernon's KSVR-FM, 90.1, will be playing the program on Sundays at 7:30 p.m. Please send thanks to station manager Rip Robbins and his program director Brad R. Torgersen for going through all kinds of hoops to bring the broadcast to this area. They can be reached at 2405 East College Way, Mount Vernon, WA 98273. ☺



ALABAMA					
Huntsville	WLRH-FM	89.3	SUN	10:00 PM	
ALASKA					
Haines	KHNS-FM	102.3	SUN	NOON	
Horner	KBBI-AM	890	SUN	9:00 PM	
Kodiak	KMXT-FM	100.1	SUN	call station	
Skagway/Thorne Bay	KHNS-FM	91.9	SUN	NOON	
Wrangell	KSTK-FM	101.7/91.9	TUE	8:00 PM	
ARIZONA					
Sierra Vista	KUAZ-FM	91.7	SUN	6:00 PM	
Tucson	KUAT-AM	1550	SUN	6:00 PM	
Tucson	KUAZ-FM	89.1	SUN	6:00 PM	
Whiteriver	KNNB-FM	88.1	TUE	10:00 AM	
Window Rock	KGLP-FM	91.7	SUN	9:00 PM	
ARKANSAS					
Blytheville	WQOX-FM	88.5	MON	8:00 AM	
Jonesboro	WQOX-FM	88.5	MON	8:00 AM	
Forrest City	WQOX-FM	88.5	MON	8:00 AM	
CALIFORNIA					
Arcata/Eureka	KHSU-FM	90.5	SUN	10:00 PM	
Auburn	KVMR-FM	103.7	SUN	9:00 PM ++	
Berkeley	KPFA-FM	94.1	WED	2:00 PM	
Berkeley	KPFM-FM	89.3	WED	2:00 PM	
Bodega Bay	KZYX-FM	90.7	SUN	9:00 PM	
Boonville/Philo	KZYX-FM	90.7	SUN	9:00 PM	
Cayucos	KCBX-FM	91.1	MON	11:00 AM	
Chico	KZFR-FM	90.1	TUE	6:00 PM	
			WED	11:30 AM	
Costa Mesa	KUCI-FM	88.9	SUN	3:00 PM	
Dorris	KSDF-FM	90.9	SUN	4:00 AM	
Eureka/Arcata	KMUE-FM	88.3	SAT	8:30 AM	
Ferndale/Fortuna	KHSU-FM	89.1	SUN	10:00 PM	
Fort Bragg	KZYX-FM	88.3	SUN	9:00 AM	
Fresno	KFCF-FM	88.1	WED	NOON	
Garberville	KHSU-FM	89.3	SUN	10:00 PM	
Garberville/Redway	KMUD-FM	91.1	SAT	8:30 AM	
Irvine	KUCI-FM	88.9	SUN	3:00 PM	
Laytonville	KMUD-FM	88.9	SAT	8:30 AM	
Los Angeles	KPCC-FM	89.3	SUN	4:00 AM	
Los Angeles	KPFK-FM	90.7	WED	2:00 PM ++	
Mendocino	KZYX-FM	90.7	SUN	9:00 PM	
Monterey Bay area	KAZU-FM	90.3	MON	7:00 PM	
Mount Shasta City	KNSQ-FM	88.1	SUN	4:00 PM	
Nevada City	KVMR-FM	89.5	SUN	9:00 PM ++	
Pacific Grove	KAZU-FM	90.3	MON	7:00 PM	
Pasadena	KPCC-FM	89.3	SUN	4:00 AM	
Redding	KZFR-FM	107.1	TUE	6:00 PM	
			WED	11:30 AM	
Redding/Burney	KNCA-FM	89.7	SUN	4:00 PM	
Riverside	KUCR-FM	88.3	TUE	8:00 AM	
Rohnert Park	KRCB-FM	91.1	SUN	9:00 PM	
Sacramento	KVMR-FM	99.3	SUN	9:00 PM ++	
San Francisco	KALW-FM	91.7	MON	NOON	
San Luis Obispo	KCBX-FM	90.1	MON	11:00 AM	
Santa Ana	KPCC-FM	89.3	SUN	4:00 AM	
Santa Barbara	KCBX-FM	89.9	MON	11:00 AM	
Santa Cruz	KAZU-FM	90.3	MON	7:00 PM	
Santa Inez/Avila Beach	KCBX-FM	90.9	MON	11:00 AM	
Santa Rosa	KRCB-FM	91.1	SUN	9:00 PM	
Sea Ranch/Gualala	KZYX-FM	90.7	SUN	9:00 PM	
Stockton	KUOP-FM	91.3	SUN	6:00 AM	
Ukiah/Willits	KZYX-FM	91.5	SUN	9:00 PM	
Tustin	KUCI-FM	88.9	SUN	3:00 PM	
Ventura	KPCC-FM	89.3	SUN	4:00 AM	
Weed/Dunsmuir	KNSQ-FM	88.1	SUN	4:00 PM	
Willow Creek/Blue Lake	KHSU-FM	88.7	SUN	10:00 PM	
Yreka	KSMF-FM	89.3	SUN	4:00 PM	
COLORADO					
Alamosa	KRZA-FM	88.7	MON	8:00 AM	
Aspen	KDNK-FM	88.3	WED	NOON	
Basalt	KDNK-FM	88.3	WED	NOON	
Boulder	KGNU-FM	88.5	SUN	11:00 AM	
Buena Vista/Salida	KRCC-FM	89.3	SUN	6:00 PM	
Carbondale	KDNK-FM	90.5	WED	NOON	
Colorado Springs	KRCC-FM	91.5	SUN	6:00 PM	
Cortez	KSUT-FM	89.5	SUN	9:00 PM	
Crested Butte	KBUT-FM	90.3	SUN	4:00 PM	
Delta	KVNF-FM	89.9	THU	NOON	
Dolores	KSUT-FM	91.9	SUN	9:00 PM	
Durango	KSUT-FM	89.5/89.9	SUN	9:00 PM	
Fort Collins	KGNU-FM	99.9	SUN	11:00 AM	
Glenwood Springs	KDNK-FM	88.3	WED	NOON	
Grand Junction	KVNF-FM	99.1	THU	NOON	
Hotchkiss	KVNF-FM	98.3	THU	NOON	
Ignacio	KSUT-FM	91.3	SUN	9:00 PM	
Lake City	KVNF-FM	88.7	THU	NOON	
Manitou Springs	KRCC-FM	90.1	SUN	6:00 PM	
Marble/Redstone	KDNK-FM	88.3	WED	NOON	
Montrose	KVNF-FM	89.1	THU	NOON	
Mount Crested Butte	KBUT-FM	88.3	SUN	4:00 PM	
Norwood	KOTO-FM	89.3	SUN	9:00 AM	
Ouray	KVNF-FM	88.9	THU	NOON	
Pagosa Springs	KSUT-FM	105.3	SUN	9:00 PM	
Paonia	KVNF-FM	90.9	THU	NOON	
Placerville	KOTO-FM	105.5	SUN	9:00 AM	
Pueblo	KRCC-FM	91.5	SUN	6:00 PM	
Ridgeway/Log Hill	KVNF-FM	88.9	THU	NOON	
Rifle/Newcastle	KDNK-FM	90.5	WED	NOON	
Telluride	KOTO-FM	91.7	SUN	9:00 AM	

THE NEW DIMENSIONS RADIO NETWORK

Thomasville	KDNK-FM	88.3	WED	NOON	
Ward	KGNU-FM	93.7	SUN	11:00 AM	
Westcliffe/Gardner	KRCC-FM	88.5	SUN	6:00 PM	
CONNECTICUT					
Storrs	WHUS-FM	91.7	THU	7:00 AM	
DISTRICT OF COLUMBIA					
Washington	WTMD-FM	89.7	SAT	9:00 AM	
FLORIDA					
Tampa	WMNF-FM	88.5	FRI	12:00 PM	
GEORGIA					
Atlanta	WRAS-FM	88.5	SUN	5:00 AM	
HAWAII					
Honolulu	KIPO-FM	89.3	SAT	11:00 AM	
Kauai	KKCR-FM	90.9	SUN	9:00 AM	
				9:00 PM ++	
Pearl City	KIFO-AM	1380	SAT	11:00 AM	
IDAHO					
Bellevue	KBSU-FM	91.1	SUN	9:00 PM	
Boise	KBSU-FM	90.3	SUN	9:00 PM	
Cascade	KBSU-FM	90.9	SUN	9:00 PM	
Ketchum/Sun Valley	KBSU-FM	91.1	SUN	9:00 PM	
McCall	KBSM-FM	91.7	SUN	9:00 PM	
Salmon	KBSU-FM	89.9	SUN	9:00 PM	
Stanley	KBSU-FM	106.3	SUN	9:00 PM	
Twin Falls	KBSW-FM	91.7	SUN	9:00 PM	
ILLINOIS					
Carbondale	WDBX-FM	91.1	THU	9:30 AM ++	
			SUN	5:00 PM	
Chicago	WLWU-FM	88.7	SUN	9:30 PM	
Glen Ellyn/Chicago	WDCB-FM	90.9	SUN	4:00 PM	
Urbana/Champaign	WILL-AM	580	SUN	9:00 PM	
INDIANA					
Bloomington	WFHB-FM	91.3	WED	NOON	
Bloomington	WFHB-FM	98.1	WED	NOON	
Evansville	WUEV-FM	91.5	THU	11:00 AM	
Indianapolis	WICR-FM	88.7	WED	11:00 AM	
South Bend	WTEL-FM	91.7	FRI	NOON	
West Lafayette	WBAAM-AM	920	THU	11:00 AM	
IOWA					
Iowa City	WSUI-AM	910	SAT	7:00 PM	
Cedar Rapids	WSUI-AM	910	SAT	7:00 PM	
KANSAS					
Kansas City	KKFI-FM	90.1	SUN	2:30 PM	
KENTUCKY					
Harlan	WMMT-FM	91.3	SUN	11:00 AM	
Louisville	WFPL-FM	89.3	SUN	3:00 PM	
Paintsville	WMMT-FM	89.3	SUN	11:00 AM	
Pikeville	WMMT-FM	89.1	SUN	11:00 AM	
Prestonburg	WMMT-FM	89.1	SUN	11:00 AM	
Whitesburg	WMMT-FM	88.7	SUN	11:00 AM	
MAINE					
Blue Hill Falls	WERU-FM	89.9	SUN	10:00 AM	
MARYLAND					
Baltimore	WTMD-FM	89.7	SAT	9:00 AM	
Bethesda/Silver Spring	WTMD-FM	89.7	SAT	9:00 AM	
Ocean City	WESM-FM	91.3	MON	7:00 PM	
Princess Anne	WESM-FM	91.3	MON	7:00 PM	
Salisbury	WESM-FM	91.3	MON	7:00 PM	
Towson	WTMD-FM	89.7	SAT	9:00 AM	
MASSACHUSETTS					
Provincetown	WOMR-FM	92.1	THU	6:00 AM	
Cape Cod	WOMR-FM	92.1	THU	6:00 AM	
MICHIGAN					
Alpena	WCML-FM	91.7	SUN	6:00 PM	
Ann Arbor	WJOM-FM	91.7	SUN	8:00 PM	
Bay City	WUCX-FM	90.1	SUN	6:00 PM	
Detroit	WDRF-FM	90.9	SUN	11:00 PM	
			MON	4:00 PM	
Flint	WFUM-FM	91.1	SUN	8:00 PM	
Grand Rapids	WVGR-FM	104.1	SUN	8:00 PM	
Harbor Springs	WCMU-FM	89.5	SUN	6:00 PM	
Mt. Pleasant	WCMU-FM	89.5	FRI	7:00 PM	
Pontiac/Rochester	WXOU-FM	88.3	FRI	4:00 PM	
Sault Ste. Marie	WCMZ-FM	98.3	SUN	6:00 PM	
Traverse City	WNMC-FM	90.9	SUN	10:00 PM	
MINNESOTA					
Bernidji	KAXE-FM	94.7	SUN	6:00 PM	
Brainerd	KAXE-FM	89.5	SUN	6:00 PM	
Cambridge	WREV-FM	105.3	SUN	6:00 AM	
Eden Prairie	KCFE-FM	105.7	SUN	6:00 AM	
Grand Rapids	KAXE-FM	91.7	SUN	6:00 PM	
Lakeville	KREV-FM	105.1	SUN	6:00 AM	
MISSISSIPPI					
Holly Springs	WQOX-FM	88.5	MON	8:00 AM	
Senatobia	WQOX-FM	88.5	MON	8:00 AM	
MISSOURI					
Columbia	KOPN-FM	89.5	WED	7:00 PM	
Kansas City	KKFI-FM	90.1	SUN	2:30 PM	
MONTANA					
Bozeman	KGLT-FM	91.9	MON	6:30 PM	
Butte	KUFM-FM	99.3	MON	10:30 PM	
Great Falls	KGPR-FM	89.9	MON	10:30 PM	
Helena	KUFM-FM	91.7	MON	10:30 PM	
Helena	KGLT-FM	98.1	MON	6:30 PM	
Livingston	KGLT-FM	89.5	MON	6:30 PM	
Missoula	KUFM-FM	89.1	MON	10:30 PM	
Swan Lake	KUFM-FM	91.1	MON	10:30 PM	
Whitefish	KUFM-FM	91.7	MON	10:30 PM	
White Sulphur Springs	KGPR-FM	98.3	MON	10:30 PM	

NEBRASKA					
Lincoln	KZUM-FM	89.3	SAT	11:00 AM	
NEW MEXICO					
Farmington	KSUT-FM	88.3	SUN	9:00 PM	
Gallup	KGLP-FM	91.7	SUN	9:00 PM	
Las Cruces	KRWG-FM	90.7	SUN	8:00 PM	
Los Alamos	KRSN	12490	SUN	7:00 AM ++	
Santa Fe	KRZA-FM	88.7	MON	8:00 AM	
Silver City	KRWG-FM	90.3	SUN	8:00 PM ++	
Taos	KTAO-FM	101.5	SUN	6:00 PM	
Taos	KRZA-FM	88.7	MON	8:00 AM	
NEW YORK					
Canton	WSLU-FM	89.5	FRI	7:00 PM	
Garden City	WHPC-FM	90.3	SUN	12:00 PM ++	
Jeffersonville	WJFF-FM	90.5	call station		
Long Lake/Lake Placid/Tupper Lake	WSLU-FM	91.7	FRI	7:00 PM	
Malone	WSLO-FM	90.9	FRI	7:00 PM	
New York City	WNYC-AM	830	MON	1:00 AM ++	
North Creek	WXLG-FM	89.9	FRI	7:00 PM	
Peru	WXLU-FM	88.3	FRI	7:00 PM	
Plattsburgh	WCFE-FM	91.9	WED	1:00 PM	
Saranac Lake	WSLL-FM	90.5	FRI	7:00 PM	
Stony Brook	WUSB-FM	90.1	TUE	9:00 AM	
Thousand Islands/Blue Mountain Lake	WXLH-FM	91.3	FRI	7:00 PM	
Troy	WRPI-FM	91.5	SUN	10:00 PM	
Watertown	WSLJ-FM	88.9	FRI	7:00 PM	
NORTH CAROLINA					



HOSTED BY MICHAEL TOMS

(unless otherwise indicated)



"It's not often appreciated enough that synchronicity is really a dramatic example of soul making or coming to be who you're meant to be."

—Vic Mansfield

"A confrontation with death brings us back in touch with what it is that really matters. Usually, what really matters are the things which have sustained us since time immemorial: the nature of the bonds that we form with one another, the caring, the love, the families, the friendships, the giving from one's own being into the world in a selfless way."

—Andrew Bard Schmookler



Week of January 5 - 11, 1998

SYNCHRONICITY with VIC MANSFIELD

Even though synchronicity, a term coined by Carl Jung for meaningful coincidences, has attained some renown in popular culture, it is still badly misconstrued. Vic Mansfield discusses what synchronicity is, its parallels with quantum mechanics and why it shows up in our lives: "In some sense, final cause is operating in synchronicity—there seems to be something impelling us to come to some sort of resolution with our problems." Mansfield delves into the complex issues of synchronicity and quantum mechanics in terms we can all understand, drawing upon his seemingly disparate studies in physics and Buddhism as well as his own personal experiences. We begin to see the magic of synchronicity and its underlying scientific basis for it working in our own lives. A professor of physics and astronomy at Colgate University, Mansfield has studied and practiced with spiritual leaders in the United States, Europe and India and is the author of *Synchronicity, Science & Soul-Making* (Open Court 1996).

Topics explored in this dialogue include:

- The scientific basis for meaningful coincidence • How to recognize synchronicity in your life • The deeper meaning of your relationships
- The nature of projection • The parallels between synchronicity and quantum mechanics • The distinction between synchronicity and other paranormal phenomena • The non-locality and the instantaneous connection of particles
- The amazing correlations between quantum mechanics and Buddhist doctrine

Tape # 2615 1 hr. \$9.95 (Members' price: \$8.46)

Week of January 12 - 18, 1998

UNDERLYING ANSWERS with ANDREW BARD SCHMOOKLER

We all know that life is a terminal condition, and yet when we have a close brush with death, it often comes as a big surprise. Andrew Bard Schmookler notes that "a confrontation with death brings us back in touch with what it is that really matters." Illness often brings on an identity crisis, which can "cause you to come down to a place deep inside where something more essential than who and what you are is." Discover ways of coping with illness, and the hidden opportunities that suffering and the aging process can bring in this thoughtful and moving dialogue. Schmookler is the author of five books including *Fool's Gold* (HarperSanFrancisco 1993) and *Living Posthumously: Confronting the Loss of Vital Powers* (Henry Holt & Co. 1997).

Topics explored in this dialogue include:

- Working with your illness rather than fighting against it • Facing your own mortality beyond the intellectual level • Accepting and working with what life gives you • How illness can destroy one identity as it creates another
- How suffering can literally widen your heart • How to deal with the effect of your illness on your loved ones • Coping with the ever-changing identities that occur as you age • Staying connected with your ancient roots • How to transform suffering into deeper meaning in your life • Gender differences in dealing with illness

Tape # 2616 1 hr. \$9.95 (Members' price: \$8.46)

Week of January 19 - 25, 1998

THE SOUNDS OF CREATIVITY with JULIA CAMERON & TIM WHEATER

In this captivating dialogue, Julia Cameron and Tim Wheater explore how music can enhance your creative powers. "If we are willing to enter into sound, allow sound into our lives, begin to make sounds, our creative powers become so much larger," according to Cameron. She goes on to encourage us to reawaken our own creative powers, for "we all are creative. ... People are far larger, far more magical, far richer than they perhaps remember." Cameron is an award-winning writer with extensive credits in film, television, theater and journalism. Her books include: *The Vein of Gold: A Journey to Your Creative Heart* (Tarcher/Putnam 1996) and the phenomenal bestseller, *The Artist's Way* (Tarcher/Putnam 1994). Wheater is one of the founding members of The Eurythmics, and an internationally noted composer, flautist and pioneering sound healer.

Topics explored in this dialogue include:

- How to become more creative in your life • How sound affects your creativity
- The importance of creative partners who believe in you • Reawakening your connection with the Earth • Allowing the universe to speak through you
- How music puts you in touch with your soul • How sound can heal • The innate creativity of life itself

Tape # 2602 1 hr. \$9.95 (Members' price: \$8.46)

Week of January 26 - February 1, 1998

TIBETAN WISDOM FOR THE WEST with ROBERT THURMAN

More than 1.3 million Tibetans have lost their lives and over 6000 monasteries have been destroyed since the Chinese invasion in 1949. One of the positive legacies of this tragic story is the release of the Tibetan Buddhist spiritual wisdom, hidden for thousands of years deep in the Himalayas. Robert Thurman believes this legacy is meant for you and me, here and now, as we struggle with the lack of meaning inherent in a materialistic society. He envisions the possibility of a "tremendous worldwide renaissance" if "enough of us can take the hint of the emergency nature of our present world system and the unviability of the material, industrial machinery." Thurman is chair of the Department of Religion at Columbia University, and president of Tibet House in New York, a cultural and educational institution which he co-founded with actor Richard Gere, and author of several books on Tibet including *Wisdom and Compassion: The Sacred Art of Tibet* (Abrams 1996) *The Central Philosophy of Tibet* (Princeton University Press 1991) and *Essential Tibetan Buddhism* (HarperCollins 1996).

Topics explored in this dialogue include:

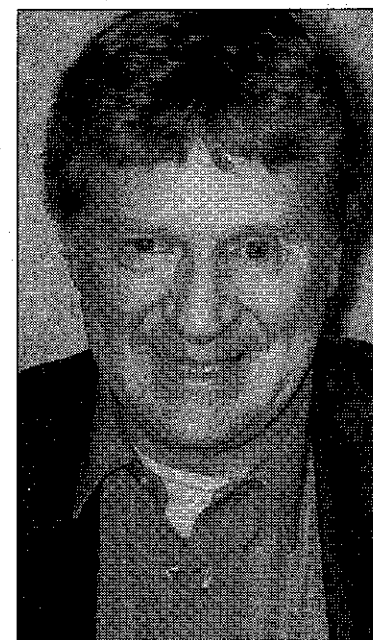
- The history of Tibet and Tibetan Buddhism • What Tibetan Buddhism offers today • Distinctions between Buddhism and other religions • First-hand accounts of H.H. the Dalai Lama and his work
- The different levels of Buddhism • America's blind eye to the ongoing Chinese genocide of Tibet • Karma, emptiness, compassion, death and rebirth

Tape # 2619 1 hr. \$9.95 (Members' price: \$8.46)



"We all are creative, and as we each live more creatively everything then changes."

—Julia Cameron



"I think the reason Buddhism is finding itself so useful to so many people is the emphasis on the actual ability and possibility of changing your mind, transforming your mind and thereby changing your life."

—Robert Thurman

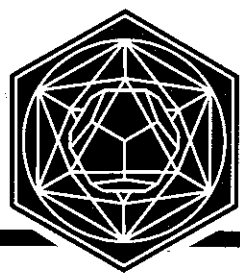
For a listing of the first two programs airing in March on the Worldwide Schedule, see page 20

The Worldwide Schedule continues on the next page...

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NEW DIMENSIONS®

WORLDWIDE BROADCAST SCHEDULE

JANUARY — FEBRUARY 1998



"Before surgery, people are frightened and feel very vulnerable, but a very beautiful thing happens out of that vulnerability and fear: Their defenses don't work very well, and they go from their personality into their soul, connecting with

a profound peace and love that many people have only experienced in glimpses."

—Peggy Huddleston

Week of February 2 - 8, 1998 HEALING FASTER FROM SURGERY with PEGGY HUDDLESTON

The prospect of "going under the knife" fills us with terror and dread. Peggy Huddleston, a practicing psychotherapist doing clinical research on the ways emotions and the human spirit enhance healing, says, "The fear of surgery can create an opening that allows people to connect with the deep love and peace of their soul, which in turn sets up the biochemistry of healing." Huddleston quotes from groundbreaking studies that prove her five steps to healing can help patients avoid post-operative complications, experience less pain, speed their healing and shorten their hospital stay. While Huddleston's techniques help those facing surgery, they may possibly be used to completely avoid surgery, and are excellent tools for spiritual transformation. She is the author of the revolutionary book *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques* (Angel River Press 1996). (Hosted by Patricia Ellsberg.)

Topics explored in this dialogue include:

- The Five Healing Steps to Prepare for Surgery • The intimate relationship between your state of mind and your capacity to heal • The cost advantages of health care that accompanies faster healing • How to avoid post-operative complications, experience less pain, speed your healing and your hospital stay (and save money!) • How having loved ones pray for you aids in healing
- Why relaxation is crucial before surgery • How surgery can actually be an opportunity for a spiritual awakening • Vitamins that help and hinder recovery

Tape # 2621 1 hr. \$9.95 (Members' price: \$8.46)

Week of February 9 - 15, 1998 CELTIC WISDOM with JOHN O'DONOHUE

If you are seeking a deeper meaning in life, you will find some here as John O'Donohue explores and reveals the ancient wisdom of the Celts. Friendship, landscape, death, time, language, the seen and the unseen—all are illuminated through the Celtic consciousness. O'Donohue notes that compared to the "linear abstract monotheism" of our modern world, "one of the lovely things about the Celtic sensibility is the co-existence of differing dimensions. ... The invisible was just as important, if not more important, than the visible." Let O'Donohue's profound spirituality melt into your consciousness as his words find their way to the "tabernacle of your heart." A Catholic scholar, he is the author of a book of poetry entitled *Echoes of Memory* (Salmon Poetry 1994), a series of monographs on the four elements, and *Anam Cara: A Book of Celtic Wisdom* (HarperCollins 1997).

Topics explored in this dialogue include:

- The role of friendship in life • Exploring Celtic sensibility • The contemporary world's addiction to image • The Irish capacity to celebrate death • "November Questions," a poem about O'Donohue's departed uncle
- Avoiding the "unlived" life

Tape # 2666 1 hr. \$9.95 (Members' price: \$8.46)

"One of the reasons there is such a return to Celtic wisdom now may be that linear abstract monotheism is not able to respond to the contemporary imagination and to the depths of hunger that are coming awake in the human heart."

—John O'Donohue

WEEK OF FEBRUARY 16 - 22, 1998 DANCING WITH LIFE with BILL T. JONES

Called today's most daring choreographer by *Newsweek*, Bill T. Jones, dancer/artist, is transforming the world of art as we know it. He says, "I believe an act of creation is a spiritual activity." Here he discusses what led him into dance, the formation of his world-renowned dance company, dealing with the loss of his partner (in dance as well as in life) and how he transformed his grief, confusion and alienation into expressions of beauty and joy. Dance, for Jones, is not just a sequence of beautiful moments on stage, but an instrument of survival. "There is nothing like seeing a beautiful idea blossom in front of you. If you can provide the environment where these ideas can come forward, it is so satisfying." Jones is the author of *Last Night on Earth* (Pantheon Books 1995).

Topics explored in this dialogue include:

- How spirit affects our artistic life • How to live with a life-threatening illness
- How Jones fell in love with dance • Coping with racism and homophobia • Transforming grief and loss into beauty and expression • Dealing with parents and siblings when "coming out of the closet" • The art of teaching dance and inspiring young dancers • Dance as a political statement

Tape # 2625 1 hr. \$9.95 (Members' price: \$8.46)

Week of February 23 - March 1, 1998 THE ESSENCE OF RELIGION with HUSTON SMITH

Who are we? Why are we here? How should we spend our few precious years on Earth? Throughout history we've looked to religion for answers to our deepest, abiding questions. One of the foremost scholars of religion in the world today, Huston Smith discusses the contemporary role of religion; the value religion continues to provide for those who choose to listen; the difference between religion and spirituality; and the commonalities of various religions. Filled with gratitude for a life spent studying the religions of the world, Smith says, "I could never exhaust the profundity of one tradition, let alone all of them, in just one lifetime." Smith is the author of *Essays on World Religion* (Paragon 1992) and the classic *The World's Religions* (HarperSanFrancisco 1991). Hosted by Mark Walstrom (Produced with the cooperation of the Fetzer Institute.)

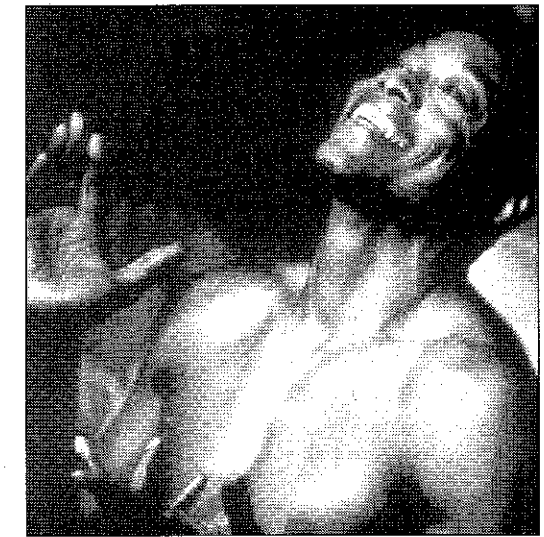
Topics explored in this dialogue include:

- What we hope to find in religion • The difference between religion and spirituality
- Smith's definition of God • Common ground among the religions of the world
- How Smith helped the Native American Church regain its religious freedom
- Qualities of Native American religious beliefs • The function of dogma and doctrine in religions • Where organized religion may be headed
- The greatest threat to peace • Dead religion vs. live religion

Tape # 2656 1 hr. \$9.95 (Members' price: \$8.46)

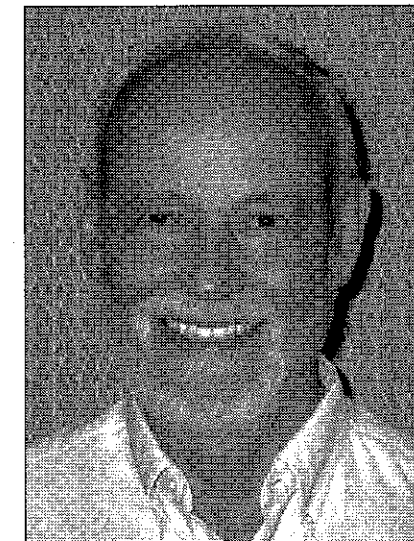
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"What do we have in common that says you and I are one, united? I believe that the body, which develops and dies, is one of those things."

—Bill T. Jones



"People are seeking the meaning of life and a sense of direction and orientation in their religion. How should we spend our precious years on this

Earth? All the deep abiding questions: Who are we? Where did we come from? Where are we going? What are we supposed to be doing here, if anything? Religion's function is to address these questions."

—Huston Smith

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BROADCASTING TO NORTHERN CALIFORNIA

January - February, 1998

January 7, 1998

ANGELS: WHERE SCIENCE FEARS TO TREAD with RUPERT SHELDRAKE and MATTHEW FOX

This stimulating discussion with Rupert Sheldrake and Matthew Fox, two visionary pioneers of modern science and theology, will transform how you think about the most popular of all spiritual beings—angels. Study of the Christian mystics led Fox and Sheldrake to "the most startling part of our research," which was "to discover how Aquinas' discussion on angels practically parallels today's discussion upon physics.... Angels are great beings," not just "bare-bottomed cherubs that you want to pinch." Fox and Sheldrake explore the new cosmology in which the universe is a living, developing organism, and they raise the intriguing possibility that angels play a role in the actual governing of the universe itself. Fox and Sheldrake are co-authors of *The Physics of Angels: Exploring the Realm Where Science and Spirit Meet* (HarperSanFrancisco 1996). Fox is a theologian, the founder of the University of Creation Spirituality and author of seventeen books, including *Confessions: The Making of a Postdenominational Priest* (HarperSanFrancisco 1996). Sheldrake is a biologist and author of numerous books including *Seven Experiments That Could Change the World* (Riverhead Books 1995).

Tape # 2593 1 hr. \$9.95 (Members' price: \$8.46)

January 14, 1998

GLOBAL CAPITALISM: BEYOND CONVENTIONAL WISDOM with WILLIAM GREIDER

If you are curious about what global capitalism means, and concerned about how it affects human equity, justice and quality of life, you must listen to this provocative discussion with William Greider. Driven by his compassion for the people on the front lines of the factories, Greider exposes the fundamental instabilities at the heart of the new global machine, and illuminates what will surely dominate tomorrow's headlines. Facing the uncomfortable realities others ignore, Greider points out: "Like it or not, we're in a consumer/buyer/producer/seller relationship with lots of people, where brutal regimes absolutely deny the most basic human rights to their citizens and profit from that." Greider's words leave a lasting impact, and provide us with ways we can help steer the world's changing economic trends in a more humane direction. The national editor of *Rolling Stone* magazine, Greider is also author of several books, including *Secrets of the Temple* (Simon & Schuster 1989), *Who Will Tell the People: The Betrayal of American Democracy* (Simon & Schuster 1992), and *One World, Ready or Not: The Manic Logic of Global Capitalism* (Simon & Schuster 1997).

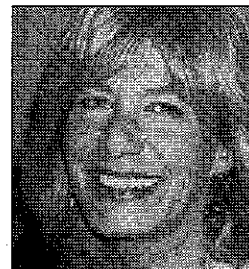
Tape # 2608 1 hr. \$9.95 (Members' price: \$8.46)

January 21, 1998

FROM GIRL TO WISE-WOMAN with JOAN BORYSENKO

Psychologist/biologist Joan Borysenko illuminates the gifts of being female and celebrates the power of the feminine life cycle, a brand new field of study. She shows us, through new research, the path to realizing our unique female gifts, and how to utilize them for a life of extraordinary power. "We're fed a bill of goods about menopause," Borysenko says. She views menopause as "a kind of second puberty, where your nervous system is being rewired for wisdom." Borysenko's positive approach to being a female will give you new insights on raising children, co-dependency, body image and sexuality, and coping with the "empty-nest" syndrome. Great material for men too! Co-founder and former director of the Mind/Body Clinic of Deconess Hospital, Borysenko is the author of *Fire in the Soul* (Warner 1993), *Minding the Body, Mending the Mind* (Bantam Books 1988), and *A Woman's Book of Life: The Biology, Psychology and Spirituality of the Feminine Life Cycle* (Riverhead Books 1996).

Tape # 2627 1 hr. \$9.95 (Members' price: \$8.46)



"Women have something to look forward to after menopause, because that's when they really come into their power. It's a great time of their life."

—Joan Borysenko

January 28, 1998

LEARNING TO DIE IN ORDER TO LIVE with STEPHEN LEVINE

We've heard how a close brush with death can make a person suddenly realize what is truly important in life. We know from those who have had near-death experiences that a life review compels us to reevaluate how we've lived. We know from holding the hands of our loved ones who pass into the beyond that there is something extremely profound going on during this transition. But do we have to wait until we die to gain the benefits we suspect lie in wait for us? Stephen Levine, who spent a year of his life as if it were his last, says no. It is through actually practicing our dying that we learn how to truly live. He tells us how to stop "hopping around on one leg, unwilling to commit to life, unwilling to complete our birth, thinking that tomorrow's going to be the day we have our life." Levine is a poet and teacher of guided meditation and healing techniques, co-author with his wife Ondrea of *Embracing the Beloved: Relationship as a Path of Awakening* (Anchor 1995) and author of *A Year to Live: How to Live This Year as if it Were Your Last* (Bell Tower 1997).

Tape # 2631 1 hr. \$9.95 (Members' price: \$8.46)

February 4, 1998

IT'S ALL IN YOUR MIND with LAMA TULKU THONDUP RINPOCHE

Lama Tulku Thondup Rinpoche draws on his early childhood in Tibet, traveling with his nomadic parents followed by years of classical Buddhist education in a Tibetan monastery. He had to rely on the goodness of others when forced to leave his home-

land after the Chinese invasion and relocate to India, learn a new language and new skills. He speaks with authority about how problems can be opportunities to strengthen peace and compassion in our lives and help us grow spiritually. Lama Tulku tells us that even when a situation is bad, if you blame others for it, you create hatred in yourself. He says, "This hatred will create more stress and pressure.... You will become like a burning hell." He also speaks about how peace and joy are a product of the mind: "We must use the mind to improve and heal our life." He suggests four specific powerful exercises for improving our lives. A former visiting scholar at Harvard University, he has written many books, including *Master of Meditation and Miracles, Enlightened Journey* (Shambhala 1996), *The Healing Power of Mind: Simple Meditation Exercises for Health* (Shambhala 1996), and *Well-Being and Enlightenment* (Shambhala 1996).

Tape # 2607 1 hr. \$9.95 (Members' price: \$8.46)

February 11, 1998

SACRED LOVE with DEEPAK CHOPRA, M.D.

Explore the nature of love, and how to achieve the highest states of consciousness through relationships, in this deeply philosophical discussion with Deepak Chopra. He blends Eastern wisdom with the practicality of the West, drawing upon ancient knowledge and the latest scientific research to show us how love can heal us physically and nourish our soul's longing for a state of ecstasy. Chopra says that "at the core of every being there is only love," and that "relationship is a true mirror of where we are in our evolution in consciousness." Through Chopra's inspiring and practical approach, you will discover how to reach the state where your "intentions acquire magical power." He has written numerous books, including *The Seven Spiritual Laws of Success* (Harmony 1994), *Ageless Body, Timeless Mind* (Harmony 1993) and *The Path to Love: Renewing the Power of Spirit in Your Life* (Harmony 1997).

Tape # 2606 1 hr. \$9.95 (Members' price: \$8.46)



"If you are certain, then you are a prisoner of the known. There is nothing more important than embracing the wisdom of uncertainty."

—Deepak Chopra, M.D.

February 18, 1998

LIVING THE SACRED IN EVERYDAY LIFE with MARY ANN and FREDERIC BRUSSAT

Is it possible to live a spiritual life everyday? Mary Ann and Frederic Brussat say that it is, and explain how in this dialogue on the search for meaning and the soulful life. For three decades, the Brussats have devoted their energies to identifying and reviewing resources for people on spiritual journeys. They have positioned spirituality exactly where it should be—in our everyday lives. Discover ways to bring the magic back into your day-to-day life, and learn to recognize relationships that were, until now, invisible. "Be present in your experience and be present in your work; ... there are little miracles that happen all the time." Frederic and Mary Ann Brussat are the editors of *Values and Visions* magazine and *Values and Visions Review Service*, which provide book, movie, video and audio reviews, as well as co-authors of *Spiritual Literacy: Reading the Sacred in Everyday Life* (Simon & Schuster 1996) and *100 Ways to Keep Your Soul Alive* (HarperSanFrancisco 1994).

Tape # 2604 1 hr. \$9.95 (Members' price: \$8.46)

February 25, 1998

CONSCIOUSNESS: WHAT'S IT ALL ABOUT? with CHARLES TART

The science of consciousness and how it is changing is explored in this dialogue with Charles Tart, a scientist and pioneer in the fields of psychology, parapsychology, dreams and meditation. He discusses Eastern wisdom in a way the Western mind readily comprehends. The nature of consciousness lies at the heart of it all, for "if we don't understand our consciousness, we don't understand anything," says Tart. He also touches on the nature of soul, reality, reincarnation, science and psychology in a down-to-earth manner. He stresses the need to be mindful throughout life, because "the whole world is an art gallery when you're mindful. There are beautiful things everywhere, and they're all free." Tart teaches at the Institute for Transpersonal Psychology, and is the author of *Living the Mindful Life* (Shambhala 1994), the classic *Altered States of Consciousness* (Harper Collins 1990) and *Waking Up: Overcoming the Obstacles to Human Potential* (Shambhala 1986).

Tape # 2620 1 hr. \$9.95 (Members' price: \$8.46)

Special Note:

KPFA is currently considering changing over to the Worldwide Broadcast Schedule, and may make that change during January or February. If you find the program being aired is not one listed here, check the Worldwide Schedule on pages 14-17.

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TRUE WORK (The tour)

Coinciding with the release of their book, *True Work: The Sacred Dimension of Earning a Living*, Justine and Michael Toms will be visiting several cities in the U.S. and offering workshops—or as they are calling them “True Work/shops”—on bringing spirit into the workplace.

For twenty-five years, Justine and Michael Toms have been living their passion by engaging in dialogue with many of the world's leading thinkers, social innovators, creative artists and spiritual teachers through their work with New Dimensions Radio.

In these workshops, they will present some of the ways they have discovered to live your passion and feed your soul. Becoming more aware and sensitive to how your work affects the health of your mind, body and spirit is essential. Whether you are seeking to enhance creative expression in your present work situation or want to expand your horizons into new areas of work, this workshop is an opportunity to reflect upon and examine your daily labor in the context of how it is or is not sustaining your soul life. Please come out and see them in the following locations (cost for the workshop will be different at each location, call for information and reservations):

Charleston, South Carolina January 23-25, 1998

A TrueWork/Shop: Right Living in a Crazy World:
Bringing Spirit and Soul into Life and Work
Hope Spring Center, P.O. Box 2948,
Summersville, SC 29484-2948
Telephone: 1-(800) 342-9655

True Work Book Tour

San Francisco Bay Area March 4, 5 and 6

March 7 and 8: True Work: Bringing Soul and Spirit Into the Workplace, 9 am - 4 pm
U.C. Santa Cruz Extension, 1180 Bordeaux Drive,
Sunnyvale, CA Telephone: (408) 427-6695

Chicago, Illinois March 15, 16

Workshop (Call New Dimensions for info.)

Los Angeles, California March 26, 27 and 28

March 27, 7:30pm Talk
March 28: True Work: Bringing Soul and Spirit into the Workplace, 2 pm - 8:30 pm
Bodhi Tree Books, 8585 Melrose Avenue,
West Hollywood, CA 90069 Telephone: (310) 659-1733

Portland, Oregon April 1

Seattle, Washington April 2

Vancouver, British Columbia April 3 and 4

April 3, 7:30 pm Talk
April 4, 9:30 am - 5 pm A True Work/Shop
Banyen Books, 2671 West Broadway
Vancouver, B.C., Canada V6K 2G2
Telephone: (604) 737-1636, e-mail: thefolks@banyen.com

San Francisco Bay Area April 8, 9 and 10

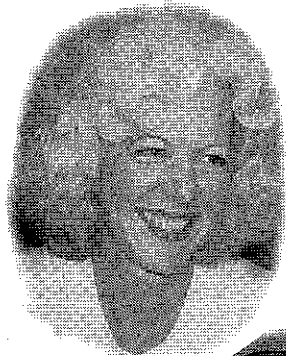
Atlanta, Georgia April 15 and 16

New York, New York April 17, 18 and 19

April 17: Talk
April 18: True Work: Bringing Soul and Spirit into the Workplace, 10 am - 5:30 pm
New York Open Center, 83 Spring Street,
New York, NY 10012 Telephone: (212) 219-3739

Coming in March, 1998

on the New Dimensions Worldwide Schedule



How to Harness Your Psychic Power with Belleruth Naparstek

March 2 - 8, 1998

HOW TO HARNESS YOUR PSYCHIC POWER with BELLERUTH NAPARSTEK

What is psychic experience all about? "It's about going way inside, like Alice falling down the rabbit hole—you end up in a whole new territory without any boundaries," says Belleruth Naparstek, a psychotherapist who utilizes her psychic abilities in her private practice. She also tells us this ability is something we can all cultivate, and she offers ways to do just that. Naparstek is the author of *Your Sixth Sense: Activating Your Psychic Potential* (HarperSanFrancisco 1997).

Tape # 2628 1 hr \$9.95 (Members' price: \$8.46)



Do What You Love and Love What You Do with Justine and Michael Toms

March 9-15, 1998

DO WHAT YOU LOVE AND LOVE WHAT YOU DO with JUSTINE and MICHAEL TOMS

Here is an unusual and provocative turn of the table: the co-founders of New Dimensions Radio talk about the challenges and rewards of pursuing their passion. Having interviewed literally hundreds of individuals who are actively "following their bliss," and through their own direct experience, they have discovered that "true work" is an expression of one's inner spiritual call and deepest passion. Engaging stories, anecdotes, and practical insights abound. They are the co-authors of *True Work: The Sacred Dimensions of Earning a Living* (Bell Tower 1998). Hosted by Phil Catalfo.

Tape #2692 1 hr. \$9.95 (Members' price: \$8.46)

"Justine and Michael Toms are people of enormous heart and imagination, and their work has helped millions. In this book they teach us how to work creatively and within the community."

—THOMAS MOORE,
author of *Care of the Soul*

TRUE WORK

The Sacred Dimension of Earning a Living

a book by JUSTINE WILLIS TOMS
and MICHAEL TOMS

208 pages
\$21.00 hardcover

From the husband-and-wife team of the international radio program New Dimensions, here is a book that combines the wisdom and inspiration of *Do What You Love, The Money Will Follow*, the savvy of Tom Peters, and the practical experience of the authors' twenty-five years in the workplace.

On their long-running radio program, Justine Willis Toms and Michael Toms have discussed the spiritual component of life and work with people such as Buckminster Fuller, Joseph Campbell, Alice Walker, and the Dalai Lama. In *True Work*, they reflect on the essence of what they have learned—from their guests and from their own

AVAILABLE MARCH 1, 1998
in bookstores everywhere
and by mail and telephone from New Dimensions Radio
1 (800) 935-8273
Published by Bell Tower

TRUE WORK

The Sacred Dimension of Earning a Living



JUSTINE WILLIS TOMS
AND MICHAEL TOMS

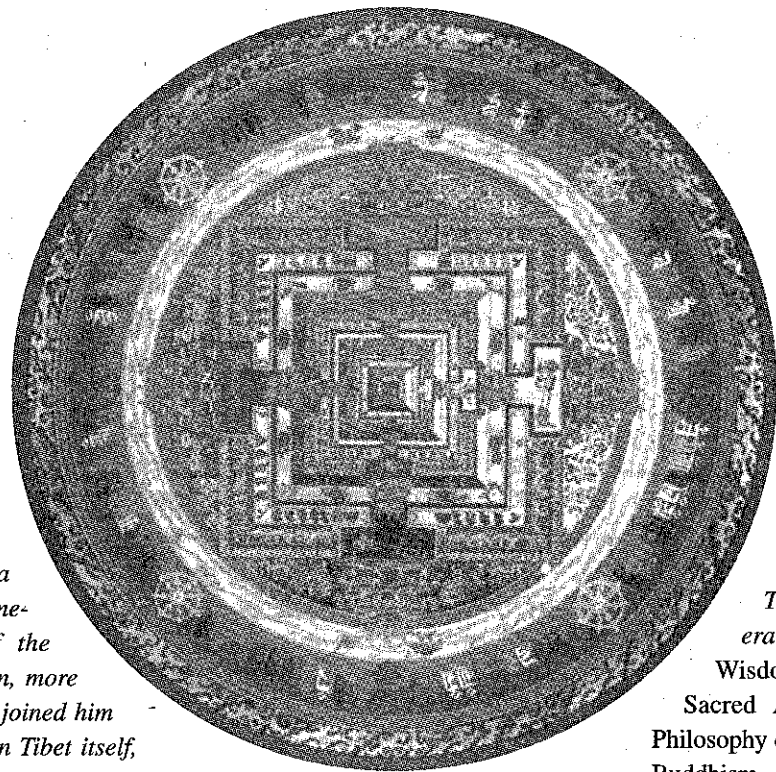
Co-founders of NEW DIMENSIONS RADIO

careers—about making a life while making a living.

True work, they have discovered, is an expression of following your inner voice, heeding the spiritual call, and living your passion. In this book, the Toms reveal how a job can connect to deep desires and emotions, offer useful strategies for improving an unsatisfying work situation, and relate plenty of stories and anecdotes to illustrate their points.

Work fills more of our waking hours, consumes more of our energy, and contributes more to our self-image than ever before. At the same time, radical changes in the workplace and a general lessening of old-style job security are leaving millions of workers anxious and uncertain. *True Work* will help readers see their jobs in a new light and take practical steps to create their own workplace satisfaction and security.

JUSTINE WILLIS TOMS is cofounder and executive director of New Dimensions Radio and editor of New Dimensions journal. MICHAEL TOMS is cofounder of New Dimensions Radio, host and executive producer of the series, and chief executive officer of its broadcasting network.



by Michael Toms

In 1959, the Dalai Lama was forced to leave his homeland of Tibet because of the Chinese invasion. Since then, more than 100,000 refugees have joined him in exile. At the same time, in Tibet itself, 1.3 million Tibetans have lost their lives, and more than 6,000 monasteries have been destroyed under Chinese rule.

Despite the ongoing Chinese policy of eradicating the Tibetan culture inside Tibet, the Tibetan refugee community has flourished, in contrast to other refugee communities. The Dalai Lama has received the Nobel Peace Prize, and has met and is respected by most of the world's major religious and secular leaders. Tibetan spiritual teachers have attracted large followings in many parts of the world. In the midst of the tragic story of contemporary Tibet, one of its more positive legacies has been the release of Tibetan Buddhist spiritual wisdom, hidden for a thousand years in the fastnesses of the Himalayas, to the world at large.

Our focus here is to explore the relevance of Tibetan Buddhism in the modern world, with Robert Thurman, chair of the department of religion at Columbia University, where he is Jey Tsong Khapa Professor of Indo-Tibetan Buddhist Studies. He is president of Tibet House New York, a cultural and

educational institution which he co-founded with actor Richard Gere. Robert Thurman is the author of several books on Tibet, including *Wisdom and Compassion: The Sacred Art of Tibet*, *The Central Philosophy of Tibet* and *Essential Tibetan Buddhism*.

MICHAEL TOMS: Robert, I'd like you to talk about what has happened in recent years in Tibet.

ROBERT THURMAN: This is a faith story. The Tibetan vision of reality is the most super-positive vision of human evolution that you could possibly see.

It connects to the *Shambhala* or *Shangri-La* idea. Not that Tibet itself was *Shambhala*; Tibetans are fully aware it was not. Because of its high altitude, Tibet is a very harsh environment. And socially it had many flaws and faults; it was still a developing society; there were still many injustices, many problems, much suffering.

The Tibetans hold a vision of the Buddha's compassion and his far-reaching methodology for helping humans evolve themselves. That vision holds that below the political turbulence on the surface the planet is actually going in a positive direction. Despite the wars, unnecessary deaths and destructions, plagues and Black

Deaths, the underlying level of the world is seen as a culture in which beings can mature toward enlightenment—not just in one life, but through lives and deaths and rebirths. So if someone dies in a Black Death, that doesn't mean they're gone; it means they died that one time, and then they're reborn in another way. It's a vision of seeing the world as the optimal possible evolutionary environment—like a greenhouse for souls that are seeking liberation.

This vision is like Teilhard de Chardin's omega-point vision that people may be familiar with in the West. There is that vision in Tibet. And in that vision, because Tibetans have come to have such a respect for the power of the enlightened being—a being that is short of an omnipotent theistic power but is still a tremendously compassionate power—they feel that things must be for the best, somehow, if we could understand them right.

So within that framework, we look at the terrible Tibetan holocaust that is still ongoing. The current Chinese administration's plan is to assimilate the Tibetan people, which is known in human rights parlance as "genocide by assimilation" or "genocide by population transfer." So in spite of that horrible thing that's been going on now for nearly fifty years—since 1949, the first invasion of Tibet by the Chinese People's Liberation Army—the Tibetans say that the bodhisattvas and the beings of compassion couldn't have abandoned us so totally. Even through this holocaust there must be a final benefit to human beings.

Some Tibetans say that history had reached the stage where people were getting confused, and they were about to destroy all dharma institutions—those institutions that are the gateways to people finding human liberation, internal

mental and spiritual liberation from suffering. So at that time, out of compassion, the *bodhisattvas* emanated a very powerful *bodhisattva* represented by a blue, fierce-looking Vajrapani who holds a thunderbolt scepter in his hand. He comes and pre-emptively destroys the Buddhist institutions, so that the people in confusion cannot lash out and get all the bad *karma*, the bad evolutionary effect, of doing this themselves out of blind stupidity. However, Vajrapani does this destruction in a way that then brings people around to the heart of the *dharma* free of

basic trust.

In other words, the Chinese became so emotionally traumatized and brutalized that they think there's nothing left but to chase after money or a Mercedes or something. It's very tragic. The Dalai Lama always says his heart totally goes out to the Chinese people, and he wants them to recover their own great traditions and spiritual resources, their own dharma.

In a way, I think this positive vision that the Tibetans hold indicates that the Chinese will do that. Thrown back on this grimness of life without any sort of spiri-

tual purpose to it, they will rediscover from within their own hearts the fact that neither man nor woman lives by bread alone. When they realize this, they will then rebuild the *dharma* from the heart out, which is from where it should be rebuilt.

We in the West have helped lead the Chinese into this materialism based on our own terrible long *karma* where we genocided Native Americans, enslaved African-Americans—and we're still putting them in ghettos and still putting them in prisons and behaving horribly, divisively with

them—and we still have violence within our families, and we have brutality and abuse and millions of divorces and on and on—I don't need to recite it. We come from a long lineage of violent conquerors, and we've realized the futility of that—those of us who are trying to transform, those of us "looking for new dimensions" as you say at the beginning of your program.

We also need to rebuild from the heart out a new way of looking at life. The Buddhists are quick to say, and the Dalai Lama is very careful and quick to say, that this doesn't mean just signing up in a new religious movement and saying, "Now I'm a Buddhist, so everything's going to be fine." If we're selfish and we're having

From the Land of Compassion: Lessons from Tibet

a conversation with
**ROBERT
THURMAN**

"In spite of that horrible thing that's been going on now for nearly fifty years—since 1949, the first invasion of Tibet by the Chinese People's Liberation Army—the Tibetans say that the *bodhisattvas* and the beings of compassion couldn't have abandoned us so totally. Even through this holocaust there must be a final benefit to human beings."



a miserable time, and we sign on and say, "Now I'm a selfish and miserable person, but I'm a Buddhist," it's not going to help.

They don't want us to convert; they don't want to start a religious competition or conflict. They want us to take whatever method we can use to cheer ourselves up, to bring our negative side under restraint, to heighten and intensify our positive side, and most of all to develop the scope and power of our understanding. And the more we do that, the better we'll be. That's happening in America, but I don't like to call it "Buddhism" and say that "Buddhism is taking over America." We want Christians to do this with their own hearts and minds based on their own resources, and if they can reinforce Christian love with a little Buddhist method, so be it. I think God doesn't mind, and Jesus doesn't mind, a little Buddhist methodology mixed in there. We want to see this happen within Christianity, within Buddhism, within Islam if possible, and not as a competitive movement.

Robert, it might be useful to hear from your perspective—being a Tibetan Buddhist scholar, reputed to be the first American Tibetan Buddhist monk, and a direct student of the Dalai Lama—just who is the Dalai Lama?

Mm-hm. (Laughs) That's a hard question. He's a very nice person. He is believed to be the reincarnation of Avalokiteshvara, whom the Tibetans call "Chenresig," which is the "apobuddhosis," you could say, the apotheosis of universal compassion for all beings. He is iconographically depicted as a *bodhisattva* with a thousand arms and eleven heads, with eyes in the palms of all of his hands. The thousand arms symbolize extending a helping hand to

all beings, and the eyes symbolize doing that intelligently and carefully.

The Dalai Lama is believed to be the incarnation of this, which indicates the amazing nature of Tibetan society, that they would reach a state, after a thousand years of cultivating themselves with the Buddhist educational method, where they would have the vision to, first of all demilitarize their country and stop their war-faring tendency, which they very definitely had. They were tremendous conquerors and very militaristic before Buddhism.

They adopted the vision that the opportunity for enlightenment was folded around the human life. They came to understand that if you put your whole effort into seeking enlightenment, and didn't waste your time fighting other people or aggrandizing yourself or producing things for unnecessary wealth, you could make a lot of progress in your life, you could achieve a higher quality of being, and you could even go through death and carry that with you.

They got so deeply into that vision of possibility that they organized their society to maximize the number of individuals who would have access to that opportunity. They completely rationalized society around the idea of maximizing the amount of time people spent seeking enlightenment. One of the elements of that was inviting their messiah figure to be reincarnated again and again to be their ruler and the head of the government.

It's as if in the United States—instead of electing a president who might be honest or might not, who might have special interests or might not—we would just have Jesus keep reincarnating and being in the White House. And he would be telling us, "Don't

be a religious fanatic," and "I didn't give you permission to be nasty to other people based on religious fanaticism" and so forth. Imagine how that would change the quality of your life.

So that's how the Dalai Lama got to be, in the last three centuries, invited to be the ruler. It's an amazing social institution, it really is.

This present Dalai Lama is the only one I personally knew and can personally speak about. Because he was there when Tibetan society was shattered by the Chinese invasion and the Communist attempt to thought-reform and destroy the religion, and then by the final cynical attempt to actually assimilate and genocide the people, and because personally he suffered the loss of his country, the loss of many people who were dear to him, and the loss of many things of beauty that he held dear to himself, he put an extra level of effort in this life into realizing the meaning of the teachings of suffering and impermanence, and wisdom and compassion. He has become an immensely wise and compassionate person.

I get a little bit discouraged, obviously, when I see what the state machinery is up to all around the world. We see the collusion of our own government with the current dictators of China, who are suppressing their people. And we see the collusion of the U.N.—the Dalai Lama not being invited to the U.N. Everyone says they want peace; everyone says that we should unite against terrorism. Here's a man whose people have been violently wronged; he himself has lost his country, and his people are being genocided and a holocaust inflicted on them, and yet he still teaches that we should appeal to the heart, even to the heart of the enemy who's killing us. We should say, "Try not to do that. We're not going to violently revenge you; we're not going to fight back with violence; we're only fighting with truth; we're fighting with knowledge. We're fighting by appealing to your conscience and the world's conscience."

This is someone who is not promoting terrorism, not asking for Stinger missiles. He is simply asking for our moral support, for our honesty, asking us to stand up shoulder-to-shoulder with them against all this corruption, and not give goodies, not give weapons, and not give business to the people who are behaving like this. That's all he's asking. So we should reward this leader who is making the goal his method. He's making peace the method, not just the result.

The world leaders are presently ignoring him—they pat him on the shoulder here and there, but they're ignoring him—and they're allowing the Chinese leaders to ignore him. We should rise up in one voice and say to them, "You cannot ignore this man. This man is necessary for our future as well as the Chinese and the Tibetan peoples' future." ☸

The above article is excerpted from New Dimensions program #2619, "Tibetan Wisdom for the West" with Robert Thurman (see the complete description on page 15). This program is available as an audiocassette (1 hour, \$9.95) using the order form on page 29.

Music Play List for National Schedule Programs, JANUARY - FEBRUARY, 1998

The theme music beginning and ending each "New Dimensions" program is "Icarus," written by Ralph Towner, and performed by the Paul Winter Consort. You may find a rendition of this piece on their Earthdance album, distributed by A&M.

Program 2615 with Vic Mansfield

"Rainshadow" by Sylvan Grey from CD *Recurring Dream* (Fortuna Records 1989, #17063-2).
"Meet Your Mother at the Rocket" by Joe Taylor from CD *Spellbound* (RCA Victor 1995 09026-68196-2).
Reprise of "Rainshadow" above.
"Medicine Tree" by Eric Tingstad and Nancy Rumbel from CD *In The Garden* (1991 Narada #ND-64004).

Program 2616 with Andrew Bard Schmookler

"Coming Home" by Bruce Stark from CD *Song of Hope* (Hearts of Space 1991, #HS 11625-2).
"Shepherd's Joy" by Radhika Miller from CD *Origins* (Radhika Miller Music 1989, #RMM-1108).
Reprise of "Coming Home" above.
"Seetsya" by Nik Tyndall from CD *Lagoon* (Hearts of Space 1990, #HS11018-2).

Program 2602 with Julia Cameron and Tim Wheeler

"Earth Mass" by Julia Cameron from a CD demo.
"Indigo Sunset" by Tim Wheeler and Michael Hoppe from CD *The Yearning* (Teldec Classics International 0630-14941-2).
"The Quest" by Tim Wheeler from CD *Green Dream* (Imagemaker Sound & Vision PE157YA).
"3rd Movement—The Inner Battle" by Tim Wheeler from CD *Heartland* (Almo Sounds, Inc.).
"Avalon" by Julia Cameron from a CD demo.
"1st Movement - The Warrior's Return," by Tim Wheeler from CD *Heartland* (Almo Sounds, Inc.).

Program 2619 with Robert Thurman

"Assi" by David Parsons from CD *Yantra* (Celestial Harmonies 18072-2).
"The Himgiri" by David Parsons from CD *Yantra* (Celestial Harmonies 18072-2).
Reprise of "Assi" above.
"#2 for Gaia" by Philip Glass, Mickey Hart, Kitaro from CD *The Gyato Monks—Freedom Chants from the Roof of the World* (Rykodisc 1989, #RCD-20113).

Program 2621 with Peggy Huddleston

"Amathunzi - Shadows" by Simon Wynberg from CD *Simon* (Narada Productions 1993, #ND-61039).
"Hillside View" by Ancient Future from CD *Quiet Fire* (Sona Gaia 1986, #ND-61012).
Reprise of "Amathunzi - Shadows," above.
Reprise of "Hillside View," above.

Program 2666 with John O'Donohue

"Eastlands" by Steve McDonald from CD *Celtic Twilight* (Hearts of Space 1994 #HS11104-2).
"Eamann MhagEaine" by Níolín Ní Riain from CD *Stór Amhrán: A Wealth of Songs from the Irish Tradition* (Ossian Publications OSS 7 CD).
Reprise of "Eastlands," above.
"Le-Lais na Stíre" by Níolín Ní Riain from CD *Stór Amhrán: A Wealth of Songs from the Irish Tradition* (Ossian Publications OSS 7 CD).
Reprise of "Eastlands," above.

Program 2625 with Bill T. Jones

"Astro-Glide" by Stephen Halpern & Sury from CD *Afro-Desa* (Open Channel Sound Co. 1996 SRXD-9004).
"He Ran All the Way" by Bobby McFerrin from CD *Medicine Man* (EMI 1990 CDP-7-92048-2).
Reprise of "Astro-Glide," above.
"Discipline" by Bobby McFerrin from CD *Medicine Man* (EMI 1990 CDP-7-92048-2).

Program 2656 with Huston Smith

"Lawnae" by Peter Buffett from CD *Yonnoadio* (Narada Mystique 1992 #ND-62013).
"Willow People" by R. Carlos Nakai from CD *Atic Refuge* (Soundings of the Planet 1996 #SP 7139).
Reprise of "Lawnae," above.
"Grace" by Bobby McFerrin and YoYo Ma from CD *Hush* (Sony Masterworks 1992, #SR 48117).

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Now Playing on the Website:

Full one-hour audio programs can be heard on your computer using REAL AUDIO (downloadable free from our website).



January 5 - 25:
"Exercising Your Spirituality"
with Khephra Burns &
Susan L. Taylor (#2630)



January 12 - February 1:
"Synchronicity"
with Vic Mansfield
(#2615)



VISIT

The New Dimensions WEBSITE

- program schedules
- search engine for our entire archive of programs
- listing of radio stations airing New Dimensions
- articles and editorial
- hot button to our e-mail: ndradio@igc.org

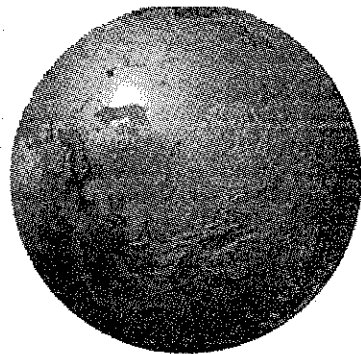


December 29 - January 18:
"Scrooge Transformed"
with Joseph Cusumano
(#2660)



Full programs airing on the Worldwide Broadcast Schedule (see pages 14 - 17) are available for listening on the website for three weeks following their radio air dates (28.8 kbps modem required.)

www.newdimensions.org



The NEW DIMENSIONS BROADCASTING NETWORK™

"New Dimensions" on Shortwave

New Dimensions may be heard in many parts of the world on shortwave radio via three shortwave stations, broadcasting from Costa Rica, Italy and Australia:

Radio for Peace International

Located on the campus of the University for Peace in Costa Rica, RFPI broadcasts to over 130 countries. "New Dimensions" airs several times a week (see schedule below) following the Worldwide Broadcast Schedule of programs listed on pages 14-17. For the RFPI broadcast schedule, send a self-addressed, stamped envelope to: RFPI, P.O. Box 20728, Portland, OR 97294. For further information, you may call RFPI at 503-252-3639, or in Costa Rica at (dial 011-506-prefix if calling from outside Costa Rica) 249-1821. You may hear "New Dimensions" at the following times and frequencies:

	UTC (Univ.Coord.Time)	Frequencies	
Monday	0330	7.385 7.585	
	1030	7.385 15.050	
	2230	7.385 15.050	
Tuesday	0630	7.385 15.050	7.585
Wednesday	2000	7.385 15.050	
Thursday	0400	7.385 7.585	
	1100	7.385 7.585	
Friday	1900	15.050	
Saturday	0300	7.385 7.585	
	1000	7.385 7.585	
Sunday	1930	15.050	

RFPI is heard on 7.385 kHz (AM, 41m) from 2200-1700 UTC, on 15.050 kHz (AM, 19m) from 1500 to 0500 UTC, and on 7.585 kHz (USB, 41m) from 0000-1200 UTC.

Nexus-IBN Shortwave

"New Dimensions" can be heard (in English) throughout continental Europe, the United Kingdom, Ireland and Northern Africa. The program schedule will follow the Worldwide Broadcast

Schedule listed on pages 14-17. Broadcast times and frequencies on shortwave are:

Tuesday at 2100 CET* (2000 UTC) (3985 kHz)
Saturday at 1430 CET (1330 UTC) (7125 kHz)
Saturday at 1830 CET (1730 UTC) (3985 kHz)
Sunday at 1800 CET (1700 UTC) (3985 kHz)
*Central European Time

Radio Australia Shortwave

"New Dimensions" is included in the summer schedule on Radio Australia through January 18, 1998, and can be heard in Australia, Asia and the Pacific. The summer series features some of the most popular programs and highlights from the New Dimensions Encore series. For broadcast times and frequencies look at their website: www.abc.net.au/ra

"New Dimensions" on Australia's Radio National

Also until January 18, 1998, "New Dimensions" is being broadcast throughout Australia on ABC's Radio National. Australia is a big country, and has different time zones and daylight savings in some states during summer.

You can hear New Dimensions after the news at 1200 in the eastern states and South Australia; 1100 in Queensland and the Northern Territory and 0900 in Western Australia.

You can hear Radio National in Adelaide on 729-AM, Brisbane 792-AM, Canberra 846-AM, Darwin 657-AM, Gold Coast 90.1-FM, Hobart 585-AM, Melbourne 621-AM, Newcastle 1512-AM, Perth 810-AM, Sydney 576-AM and via satellite to over 245 regional centers across Australia. You may contact the Radio National website at www.abc.net.au/rn or call Listener Inquiries in Sydney at 612 9333-2821.

Native American Radio Airs New Dimensions Programs

Several important and compelling "New Dimensions" dialogues will be presented on The Native American Showcase. This feature program—a production of the American Indian Radio on Satellite (AIROS)—highlights independently produced hour-long shows each day of the week.

The AIROS network is a national distribution system for Native programming to Tribal communities and to general audiences through Native American and other public radio stations. Their network is approximately thirty-six stations strong, and their programming can be picked up by any station nationwide who subscribes to the National Public Radio (NPR) C-Band satellite system.

The six hour-long interviews, hosted by Justine and Michael Toms, will be made available on this network Thursday, January 15, 1998 through Thursday April 2, 1998. The six programs will be repeated twice during this 13-week period.

Our programming will be available on the satellite at the following times so they can be broadcast simultaneously or recorded for future airing. The times are:

Thursdays @ 10am - 11am (1000-1100) ES,
4pm-5pm (1600-1700) EST
10 pm-11pm (1000-1100) EST
4am-5am (0400-0500) EST

The six programs include:

ARVOL LOOKINGHORSE and CAROLE ANN HEART: MENDING THE SACRED HOOP (Tape # 2288)

THOMAS BANYACYA: MESSAGES FROM THE HOPI (Tape # 2337)

ED McGAA, EAGLE MAN: THERE IS NO SECOND PLANET (Tape # 2353)

HYEMEYOHSTS STORM and SWAN STORM: THE MEDICINE WAY OF LIFE (Tape # 2469)

WINONA LADUKE: RECLAIMING NATIVE CULTURE (Tape # 2480)

RUSSELL MEANS: A NATIVE AMERICAN DREAM (Tape # 2546)

If you'd like to hear these programs on your local NPR or AIROS affiliate station please write to them. Here is a list of the AIROS member stations.

NATIVE AMERICAN PUBLIC RADIO STATIONS

Alaska		
KBRW-AM	680	Barrow
KBRW-FM	91.9	Barrow
KCUK-FM	88.1	(repeats KYUK) Chevak
KDLG-AM	670	Dillingham
KNBA-FM	90.3	Anchorage
KNSA-AM	930	Unalakleet
KOTZ-AM	720	Kotzebue
KSKO-AM	870	McGrath
KUHB-FM	91.9	(repeats KDLG) St. Paul
KYUK-AM	640	Bethel
KZPA-AM	900	(repeats KUAC) Mt. Yukon
Arizona		
KGHR-FM	91.5	Tuba City
California		
KNINB-FM	88.1/89.9/99.1	Whiteriver
KIDE-FM	91.3	Hoopla
Colorado		
KSUT-FM	91.3	Ignacio
Montana		
KGVA-FM	88.1	Harlem
New Mexico		
KABR-AM	1500	Magdalena
KCIE-FM	90.5	Dulce
KGLP-FM	91.7	Gallup
KSHI-FM	90.9	Zuni
KTDB-FM	89.7	Pinehill
New York		
CKON-FM	97.3	Roosevelt town
North Dakota		
KEYA-FM	88.5	Belcourt
KMHA-FM	91.3	New Town
Oregon		
KWSO-FM	91.9	Warm Springs
South Dakota		
KILI-FM	90.1	Porcupine
KINI-FM	96.1	St. Francis
KLND-FM	89.5	Little Eagle
KWSW-FM	89.3	Sisseton
Wisconsin		
WOJB-FM	88.9	Hayward

NATIVE-OWNED COMMERCIAL STATIONS

WYDH-FM	105.9	Atmore, AL
KTNN-AM	660	Window Rock, AZ
WYRU-AM	1160	Red Springs, NC

PUBLIC RADIO STATIONS RECEIVING AIROS

KSKA-FM	91.1	Anchorage, AK
KBSU-AM	730	Boise, ID
KUNM-FM	89.9	Albuquerque, NM
KGOU-FM	106.3	Norman, OK
KROU-FM	105.7	Norman, OK
WORT-FM	89.9	Madison, WI

Ideas That Matter

THE FETZER DIALOGUES

A SIX-PART ONE-HOUR SERIES

This co-production of New Dimensions Broadcasting Network and the Fetzer Institute invites and challenges listeners to engage their curiosity and creativity "as we inquire together into new and emerging models of thinking and action for the next millennium." The series covers a wide range of topics, including death, service to humanity, and explorations in consciousness.

The series is hosted by Mark Walstrom. Why not call your local station and check as to when they will be carrying the program? If your local station has any questions about airing the series, ask them to call Jacqui Dunne at (415) 332-6854.

THE SPIRITUAL HEART OF SERVICE, PART I with Lynne Twist and Julie Glover.

Lynne Twist and Julie Glover, both active in major service organizations, give us a new perspective on charity and service that moves beyond helping, fixing and being unselfish. "Service is not selfless, it is filled with self, with God, with the deepest part of who you are connecting with the deepest part of whom you serve," says Twist.

Tape # F504 1 hr. \$9.95
Members' price: \$8.46

THE SPIRITUAL HEART OF SERVICE, PART II with Will Keepin and James O'Dea

This dialogue focuses on how living the fullness of our humanity, and cultivating the cultural and spiritual resources in our lives, leads one naturally to service. It is in living meaningful and purposeful lives, compassionately connecting to our fellow beings, that true service begins.

Tape #F505 1 hr. \$9.95
Members' price: \$8.46

EXPLORATIONS IN CONSCIOUSNESS with Francis Vaughan, David Fontana, Charles Tart, David Abram, John Crook and Peter Fennwick

This panel of distinguished thinkers discusses the relevance and implications of consciousness on personal, transpersonal and cultural levels. The mysteries of consciousness are only just beginning to be explored scientifically, at the same time that we are rediscovering ancient wisdom on the spiritual nature of consciousness.

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Members' price: \$8.46

THE GIFT UNOPENED with Ram Dass, Joan Halifax, Father William McNamara, Mother Tessa Bielecki, Robert Thurman, Alan Wallace and Dr. Joel Elkes

In this program, the implications of our current approach to death and dying—both personally and culturally—are analyzed. These distinguished guests explore how other cultures face the fear of death and develop healthy, life-enhancing relationships with this profound process. They discuss how to be of service to a dying person, and how we can prepare for our

own death so we may receive the gifts of this experience now.

Tape # F501 1 hr. \$9.95
Members' price: \$8.46

DYING WELL IN AMERICA with Andrew Weil, Ram Dass, Kathleen Foley, David Barnard, Alan Wallace, Robert Thurman and Balfour Mount

Death is a part of life, and to live with an awareness of it can teach us more about living. To see death as part of life enriches life, say the guests on this program. They examine the fear of dying in our culture, delineate ways of coping with, relating to, and preparing for death, and illuminate how to develop a healthier relationship with dying—both personally and professionally.

Tape # F502 1 hr. \$9.95
Members' price: \$8.46

THE LIFE AND LEGACY OF THOMAS MERTON with Lawrence Cunningham and Brother Patrick Hart

A gifted and complex man, the late Thomas Merton is considered by many to be a pivotal figure in 20th-Century writing and spirituality. His singular passion and boundless energy led to a rich and often controversial life as a monk, prolific spiritual writer, poet and social activist.

Tape # F503 1 hr. \$9.95
Members' price: \$8.46

The Fetzer Institute

The Fetzer Institute is a non-profit research and educational organization that promotes the research and dissemination of lower-cost, scientifically tested health care methods utilizing the principles of mind-body interaction.

Established by John E. Fetzer, a pioneer in the development of "wireless" radio, the Institute is dedicated to helping to illuminate the integral relationships among the physical, mental, emotional and spiritual dimensions of experience, and that these new understandings foster human growth and improve the human condition.

