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## If You Want To See Change...

### Change What You See

Marlowe Brown, Seattle, Washington

*Decades of scientific studies conducted by major research institutions all said basically the same thing: Nature, art and music (the essence of Living Temples – Sacred Land) are physically and emotionally healing.*

As a creative consultant, I was recently asked to evaluate a film by Emmy Award winning director Jan Nickman titled, *Living Temples – Sacred Land*. The production company was surprised by the audience responses after viewing the film. It was originally created as a way of inspiring viewers to protect the environment by immersing them in a journey through sacred lands of the American Southwest, but audiences were reporting of actual healing experiences.

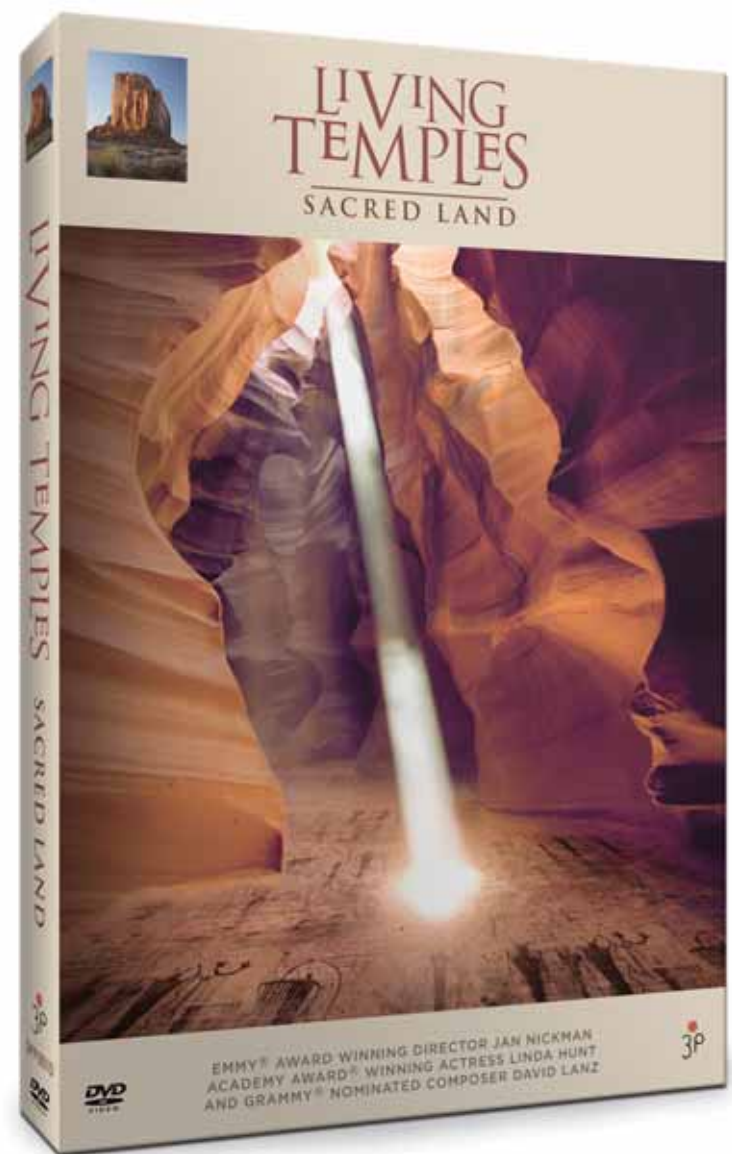
Already aware of Nickman's groundbreaking films of the past, I had to see what they were talking about and agreed to watch the film. Almost immediately after pressing the play button, I found myself falling into a state of intense wellbeing. The soundtrack by Grammy nominated composer David Lanz was so moving, I was speechless. The cinematography magically transported me to magnificent canyons and sacred lands as if I was there. And then it happened...

Academy Award winning actress, Linda Hunt began to speak words that reached into the center of my being. The combination of her ancient voice, stunning visuals and brilliant soundtrack, struck a chord within me that literally caused my entire body to resonate. As I continued to watch, my ceaselessly chattering mind disappeared and my inner knowing took over. I believe that what I felt, for the first time in my life, is what I can only describe as the Soul of Consciousness (or as the film puts it, an "echo of creation").

What was it about this film that affected me so deeply? It doesn't discuss the subject of healing or tell me what to do, but instead gave me the *experience* of it. Is that possible or was I just imagining it? Is it true, as Deepak Chopra wrote in his book *Quantum Healing* that "What we see, we become"? The answers, I soon discovered, were as plain as day. Dating as far back as Hippocrates, I found documented studies of patients who experienced less pain after surgery by viewing nature out their hospital window, children whose ADHD symptoms were alleviated by listening to calming music and depression sufferers who experienced a lessening of symptoms by simply taking a walk in nature.

Decades of scientific studies conducted by major research institutions all said basically the same thing: Nature, art and music (the essence of Living Temples – Sacred Land) are physically and emotionally healing. Dr. Mardie Townsend of Deakin University in Melbourne, Australia says it best: We gain life by looking at life."

It's a simple prescription with profound results. If we truly want to see change in our world, a great way to start is to change what we see.



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# A Tale of the Bare-breasted Maiden

## THE DIVINE MOTHER IN ALL OF US

Corinne L. Casazza



Have you ever wondered how to get in touch with the Divine Mother within you? Or how to hear her better? Have you ever had the desire to transmute your fears, or shift your doubt into certainty? Is it true that the very essences that comprise Divine Mother – Self-love, Nurturing and Compassion – are the qualities that allow us to transform our fears?

Recently I had a dream that I was sitting at a table full of people ready to share a meal. I noticed that my torso was free of clothing. Yup, I was sitting at the table just as Divine Mother made me. And it seemed neither I nor anyone else had a problem with it, though I was the only one so attired – or not. I was sitting there like it was perfectly natural to be half-dressed in a social setting. I woke up thinking, *What was that?*

In meditation that morning, I asked my guides to show me what it meant. Now, my guides have been known to have a sense of humor, and I love the way they use whatever is in my consciousness to get a point across. So, their answer was to play for me the whole theme song from the 70s TV show, *Maude*. Do you remember the lyrics? Let me remind you, oh, and don't forget the sexy voice of the female singer:

*Lady Godiva was a freedom rider\*  
She didn't care if the whole world looked  
Joan of Arc, with the Lord to guide her,  
She was a sister who really cooked  
Isadora was the first bra-burner  
Ain't cha glad she showed up? (Oh yeah)  
And when the country was falling apart,  
Betty Ross got it all sewed up  
And then there's Maude ...*

Wow, a song from the 70s about girl power. Go figure. Once I stopped laughing, I thought about these women. They all followed their guidance no matter what anyone thought, or where it took them – even to a slow and painful death.

What kind of courage does it take to lead your nation's troops into war at a time when it's unthinkable for women to be on the battlefield? How much conviction must you have to follow the guidance of your heart? Your God-given guidance? And how much must you love and trust yourself and that guidance?

The more I thought about these heroines, the more I felt they embodied the aspects of Divine Mother. Willing to do whatever it took to complete their mission. How did they get to that place of intense devotion?

What if it were the elements of the Divine Mother herself? Self-love, nurturing, and compassion – are these the seeds of Creation? What if all we had to do was embrace these quality essences to step into our True Self and onto our Divine Path? Could we do it? How?

I feel that letting go of our emotions – whatever we have bottled up or suppressed down – is an important part of self-love, knowing ourselves and being able to hear our guidance. After all, if we are using our energy to keep our emotions repressed, we don't have as much energy available to hear our guidance and know what steps are in Divine right action for us.

Anything that triggers you during the day, making you feel angry, sad, envious; whatever the emotion, is fodder to be released. I like to let these emotions go by turning them into love. For instance, I've been planning to teach a class on Channeling the Written Word. As I am readying my materials for class, a lot of negative thoughts have been swirling around in my head. Here are some examples: "You'll never make any money as a writer." "You can't charge for that class; you're not an expert." "No one is interested in what you have to say." And truly, the big one that all these little guys fall under, "You'll never make it on your own."

Wow, I didn't know that last one was still in there! So, what to do with these? I write them down; make a list of them and all the emotions they elicit in me. Yell, scream, swear on the page; get it all out. Then, look for the gifts in these thoughts and emotions. Why were they there? What were they protecting me from? What have they allowed me to do? Can I love myself just because I have/had these beliefs?

The funny thing is, many times, emotions aren't even true! I've made more money as a writer than doing anything else. That thought

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