GLOBAL SPIRIT: SEASON ONE RUNDOWN:

Week #1: THE SPIRITUAL QUEST

The Spiritual Quest is often understood as a desire to reach God, or to attain spiritual enlightenment. The Spiritual Quest is a search that is often challenging, full of questions and philosophical uncertainties. In this episode of Global Spirit, writer and spiritual seeker Phil Cousineau hosts internationally renowned author and comparative religion scholar Karen Armstrong and Professor of Buddhist studies Dr. Robert Thurman for a discussion of The Spiritual Quest as both a personal and religious phenomenon.

Drawing on personal experiences and the guests’ extensive knowledge of various religious traditions, this fascinating conversation in front of a live, New York audience, illuminates the individual and universal dimensions of the Spiritual Quest. The episode asks questions that have intrigued humanity since the dawn of time such as: What is the meaning of life? What does it mean to take a spiritual journey? What would that journey look and feel like? and What is the role of a teacher?

Week #2 FORGIVENESS AND HEALING

Most world religions and wisdom traditions include teachings on the nature of forgiveness. From the notion of divine forgiveness to that of humans granting each other forgiveness, there are countless spiritual myths, lessons and teachings that explore the complex nature and process of forgiveness and reconciliation.

The desire to forgive is widely recognized by the public, but they are often at a loss for ways to accomplish it. A Gallup poll discovered that 94% of people asked said it was important to forgive, but 85% said they needed some outside help to be able to do it.

This episode of Global Spirit explores forgiveness and healing on a personal and societal level, illuminating how we can learn to forgive ourselves and forgive others. Host Phil Cousineau brings together three guests who each approach the topic from a different angle. The program features author and psychotherapist Dr. Ed Tick and his wife Kate Dahlstedt taking a group of PTSD traumatized Vietnam War vets back to the land where they fought and killed, to help them learn the art of “forgiveness of the self” to begin to heal themselves for what they did during a war almost 40 years ago. Program guest Azim Khamisa practices “forgiveness of the other” as he traces how he learned to forgive the boy who murdered his own son. Now Khamisa works with the killer’s grandfather to foster forgiveness and healing with young audiences all over the world.

Week #3 MUSIC, SOUND AND THE SACRED

The transcendent power of music has long been recognized as a vehicle for spiritual practice and a path to spiritual fulfillment and enlightenment. Spiritual music, a universally powerful form of prayer, has for millennia provided human beings with a sense of the greater spiritual universe. Chanting forms part of many religious rituals, and diverse spiritual traditions consider music as a means of opening the individual to a higher spiritual experience.

In this episode of Global Spirit, host Phil Cousineau explores the transcendent qualities of spiritual and sacred music with guests Rev. Alan Jones, and Grammy-award-winning singer and member of the Native American Onondaga tribe Joanne Shenandoah. Experience the power of liturgical musical performances in Latin from Grace Cathedral in San Francisco (where the Rev. Jones serves as Dean) and witness powerful, live studio performances by Joanne Shenandoah. This episode also includes a haunting sequence from Peter Brook’s film, Meetings with Remarkable Men, in which the young mystic Gurdjieff learns the power of sacred sound as the tribal chants resonate across the peaks of the Afghan Hindu Kush.
**Week #4 ART AND THE CREATIVE SPIRIT**

Since the time of the Neolithic European cave drawings and aboriginal rock paintings, the Arts have been an integral part of spiritual expression, evoking the deepest human passions and emotions, as well as our connection to other times, cultures and human dimensions. But what makes art sacred? What kinds of transcendent states and spiritual realms have artists tried to invoke and evoke? Does the creative spirit lie within the artist, or is it channeled through the artist from some "higher power"?

This episode of *Global Spirit* seeks answers to these questions by looking at various sacred art forms, and by engaging with artists who can speak eloquently about the spiritual aspect of the creative process. The program presents the work and teachings of Buddhist artist and teacher Lama Lhanang Rinpoche as well as Pueblo Indian sculptor Estella Loretto. Lama Lhanang, who leads a circle of Buddhist practitioners in Los Angeles, creates paintings that depict Buddhist figures and teachings, while Estella sculpts according to the world view of her Native American heritage and sensibility. Visually engaging and emotionally uplifting, this *Global Spirit* episode imparts new insights and discoveries about sacred art and the creative spirit from spiritual traditions originating from parts of the world as distant and seemingly disconnected as Tibet and the American Southwest.

**Week #5 THE JOURNEY TOWARDS ONENESS**

Beneath the external differences that separate the world's religions, there is a deep undercurrent of core teachings that point in the direction of Oneness, or "Unity Consciousness" — the indivisible totality of all creation, all beliefs, all religions and of the universe itself. *The Journey Towards Oneness* explores the concept of Oneness from both a scientific and spiritual point of view and traces its evolution and expression through different religious and spiritual traditions.

In this *Global Spirit* episode, host Phil Cousineau is joined by physicist Dr. Ravi Ravindra, who comes from the Hindu tradition but maintains a close philosophical association with Krishnamurti and the Gurdjieff teachings, and Llewellyn Vaughan-Lee, a Naqshbandi Sufi teacher and Jungian analyst, who has written extensively about unity consciousness within the Sufi tradition. Together, these two guests bring a wealth of insights and revelations to the discussion, spanning the realms and the teachings of both science and mysticism.

**Week #6 EXPLORING CONSCIOUSNESS: EAST AND WEST**

The inquiry into human consciousness is in many ways, the “holy grail” of the entire *Global Spirit* series. Certainly, awareness of different stages of consciousness has been at the heart of many spiritual practices and spiritual traditions, for centuries. Early in the 20th century, after some cross-fertilization from the east, western psychology became increasingly fascinated by the new study of Human Consciousness. By the end of the 20th century, cutting edge quantum physicists began their own in-depth studies of the role of consciousness, as the possible underlying reality, or the singular connecting force of the universe.

In this *Global Spirit* program, host Phil Cousineau brings together both spiritual and the scientific traditions of east and west, and creates a unique conversation, shedding considerable light on the great, ongoing human quest for understanding "Consciousness".

The program features Sraddhalu Ranade, a teacher and scientist from the ancient Hindu tradition of Vedanta, who comes to the Global Spirit studio from the Sri Aurobindo ashram in South India to meet Peter Russell, an author and spiritual practitioner with decades of relevant research and a background in physics and psychology from Cambridge University.
Week #7  THE SHAMAN, THE SPIRIT HEALER AND THE EARTH

Compared with those who grew up in the western, industrialized world, indigenous peoples have a profoundly different relationship to Nature, to the Earth and to the realm of the Spirit. For native peoples everywhere, life is a gift that must be respected and honored.

In this Global Spirit episode, host Phil Cousineau is joined by Flordemayo, a Mayan spirit healer, and Angaangaq, an Eskimo-Kalaalit Shaman from Greenland. Meeting for the first time, these two indigenous guests share their ancient wisdom and knowledge about man's relationship to nature, as well as the profoundly sacred nature of all life — including sacred healing practices from the world of spirits, animals and plants. Compelling footage from Greenland and the deep forests of North America provide the visual backdrop for this memorable meeting of two Native peoples and cosmologies.

Week #8  THE MYSTICAL EXPERIENCE

Throughout history, the "mystical path" of achieving "direct contact" with the Divine has resulted in powerful spiritual experiences. While often bordering on the ineffable, some of these mystical experiences have actually led to the founding of a world religion, a religious order or spawned some of the most profound ecstatic poetry ever written.

In this Global Spirit program, host Phil Cousineau joins Benedictine monk Brother David Steindl-Rast, Rabbi Jonathan Omer-Man and Maata Lynn Barron to shed light on some of the common attributes of those who yearn for and reach, however momentarily, what they describe as a direct experience of God or the Divine. From the ancient Jewish Kabbalah and Islamic Sufi practices, to the spiritual illumination and epiphanies experienced through monastic contemplation, "The Mystical Experience" explores both experiential and analytical approaches to this rich subject.

Week #9  ONENESS: THE BIG PICTURE

While deeply embedded in the core teachings of many great religions and almost all mystical and native traditions, the concept of "Oneness" remains somewhat elusive, perhaps because it can be observed, felt, interpreted and expressed in a myriad of ways. While some recognize the unifying force of an all-powerful God, or the essential oneness of the human race, others apply the principle of Oneness to all life and the exquisite mechanism through which all living systems function and relate.

In this Global Spirit episode, Deepak Chopra, a physician and best-selling author of texts on mind-body healing, shares his philosophical insights on Oneness, citing recent scientific studies that point to Consciousness as the fundamental basis of all reality, transcending location, space and time. Co-guest Riane Eisler, a social scientist, best-selling author (The Chalice & the Blade) and historian, sees Oneness not so much as a concept or an abstract state, but as a human goal – a call to put love and empathy into action and to remedy gender and economic inequalities that have prevented the full expression of unity consciousness. Against a background of filmed interviews with teachers from all religious traditions, witness a memorable discussion that attempts to connect all the dots.
Week #10  DREAMS, VISIONS AND REALITIES

Human beings have always been fascinated by their dreams, and have long debated their meaning, purpose and significance. As scientists investigate the chemical and biological origins of dreaming, many indigenous cultures explore their dreams as a deeply spiritual connection that links humanity with the core of all life.

In this Global Spirit episode, host Phil Cousineau invites Jungian psychologist Dr. Stephen Aizenstat and Aboriginal elder “Yidumduma” Bill Harney into a conversation about dreaming as a connection to the deeper meanings in our subconscious lives. Vivid film sequences from the Australian outback mix with iconic imagery from Steve's Jungian tradition to create a cinematic experience of the unconscious. In Aboriginal culture, dreams are part of everyday experience—as dreams are accessed and referenced to when making decisions of all kinds. In this rare television appearance by a true Aboriginal elder, Bill Harney explains some of the genesis of Aboriginal cosmology, and how “Dreamtime” creation stories are passed down to younger generations to communicate a lifestyle that acknowledges nature as inherently sacred. Dr. Steve Aizenstat shares his western experience with dream psychology, and his notion of “Dreamtending”, whereby patients approach their dreams as vibrant, living characters, rather than dull, unchanging symbols.

The two guests share an engaging conversation of creation stories, personal anecdotes and the power of metaphor, all mixed with the deep, memorable sounds from Bill's hand-made djeridoo.