



*"To put the world in order, we must put the nation in order. To put the nation in order, we must put the family in order. To put the family in order, we must nurture our personal life. To cultivate our personal life, we must first set our hearts right."* – Confucius



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**GLOBAL SPIRIT**  
*Change starts within*

Link TV is available on **DIRECTV channel 375** and **Dish Network channel 9410**  
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A rally cry for change has been heard from Americans and people around the globe. The intense environment of conflict, fear and cultural misunderstanding of recent years has generated a yearning for a more interconnected, just and compassionate way of co-existing with our global neighbors. At the same time, we are perhaps seeking a deeper understanding of ourselves — both as individuals and as a nation. In the midst of this burgeoning, collective reassessment, **Link TV** presents **Global Spirit**, a nationally broadcast, pan-cultural television and web series that explores spiritual, psychological and scientific belief systems from around the world.

Each week, **Global Spirit** will present the U.S. television premiere of a new program probing the trans-cultural dynamics of human inquiry. Episodes explore the relationships between mind and spirit, science and metaphysics, and mental and physical well-being as approached by the world's ancient wisdom traditions and by modern science. **Global Spirit** is a unique 'internal travel' series that brings to light spiritual, mental and physical practices that help us to define who we are as human beings, our relationships to others — and to the world at large.

From the ecstatic state of the Turkish Whirling Dervishes, to new scientific understandings of Oneness and the interconnectedness of the universe, to the personal journeys of American veterans who return to Vietnam in search of forgiveness, **Global Spirit** explores mankind's deepest existential questions, tracing the human quest for truth and wisdom.

*"We must become the change we want to see."*  
**Mohandas K. Gandhi**

The belief systems of many of our global neighbors lie beyond the purview of formalized religion, yet they have guided mankind through many millennia with highly evolved principles and philosophies. In August of 2005, the cover of *Newsweek* magazine announced that Americans are searching for their souls, and increasingly they are not doing it within the norms of traditional church, mosque or synagogue settings. A poll conducted by *Newsweek* and Beliefnet found that new forms of religious experience and expression attract millions of Americans each year. The poll also found that 79% of those polled described themselves as "spiritual" rather than "religious" — a trend that has been growing in America since the beginning of the millennium. **Global Spirit** explores this emerging longing in the American psyche to explore the depths of human consciousness and the many faces of spirituality.

Yet, rather than approaching these traditions from a detached, voyeuristic perspective, **Global Spirit** invites the viewer to test and participate in traditions as practiced by a wide range of peoples and spiritual leaders. By connecting and cross-pollinating the core concepts from the world's wisdom traditions, **Global Spirit** offers the curious viewer an

exploration of new and ancient approaches to healing, forgiveness and self-knowledge. From the mystical to the religious, and from the psychological to the spiritual, ***Global Spirit*** offers a rich and thoughtful exploration of the world's many approaches to personal and collective well-being.

Each ***Global Spirit*** episode offers compelling film segments with original, on-location footage shot by the ***Global Spirit*** crew, together with engaging, in-depth conversations between host **Phil Cousineau** and a diverse set of experts such as **Karen Armstrong, Bob Thurman, Deepak Chopra, Sobonfu Somé, Andrew Harvey, Chief Oren Lyons, Azim Khamisa, Rev. Alan Jones, Joanne Shenandoah, Lama Lhanang Rinpoche, Coleman Barks, Robert Bly, Michael Meade, Hamza El Din** and **Jai Uttal**. Each week, ***Global Spirit*** will present a spectrum of new insights for understanding ourselves, our families, our communities, our planet — and ultimately our place in the Cosmos.

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**GLOBAL SPIRIT**  
*Change starts within*

An internal travel series on Link TV



### Schedule and Episode Descriptions

#### **THE SPIRITUAL QUEST**

**Premieres:** Sunday, April 12 at 6:00pm PT/9:00pm ET

**Rebroadcast:** Thursday, April 16 at 8:00pm PT/11:00pm ET

**Rebroadcast:** Friday, April 17 at 12:00pm PT/3:00pm ET

**Watch for free online starting Sunday, April 12 at:** [LinkTV.org/GlobalSpirit](http://LinkTV.org/GlobalSpirit)

The Spiritual Quest is often understood as a desire to reach God, or to attain spiritual enlightenment. It is a search that is often challenging, full of questions and uncertainties. In this episode of *Global Spirit*, writer and lecturer **Phil Cousineau** hosts 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 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?

#### **IN SEARCH OF ECSTASY**

**Premieres:** Sunday, April 19 at 6:00pm PT/9:00pm ET

**Rebroadcast:** Thursday, April 23 at 8:00pm PT/11:00pm ET

**Rebroadcast:** Friday, April 24 at 12:00pm PT/3:00pm ET

**Watch for free online starting Sunday, April 19 at:** [LinkTV.org/GlobalSpirit](http://LinkTV.org/GlobalSpirit)

In this episode of *Global Spirit*, host Phil Cousineau explores the ecstatic state — a global phenomenon found in all kinds of spiritual, religious, and wisdom traditions. Cousineau is joined by guests **Sobonfu Somé**, author and teacher of African spirituality, and **Andrew Harvey**, a British scholar specializing in the works and teachings of Jalaluddin Rumi. This lively discussion is interwoven with video segments that transport the audience on a journey inside different cultural expressions of divine ecstasy, asking why and how ecstatic trance is practiced around the world, and why it fascinates so many people today.

This episode includes unique video footage of a Sufi Zikr ceremony in Turkey – the practice of *remembrance* that brings participants to an ecstatic state of connection with God. Also featured are powerful scenes of traditional and modern day trance rituals which uncover the altered state experience which people seek through dance, trance and spirit possession. The program features Orisha priestesses from Nigeria and Brazil, and Shaman healers from the Kalahari and Korea, all pulsating to a provocatively similar beat with thousands of young people losing themselves at an all-night techno-rave event in an Australian forest.

## **EARTH WISDOM FOR A WORLD IN CRISIS**

**Premieres:** Sunday, April 26 at 6:00pm PT/9:00pm ET

**Rebroadcast:** Thursday, April 30 at 8:00pm PT/11:00pm ET

**Rebroadcast:** Friday, May 1 at 12:00pm PT/3:00pm ET

**Watch for free online starting Sunday, April 26 at:** [LinkTV.org/GlobalSpirit](http://LinkTV.org/GlobalSpirit)

In recent years, more have become aware of the unique wisdom in the cosmologies and spiritual practices of indigenous societies. While this native wisdom has always been part of human existence, its teachings have remained outside so-called "formal" religions, leading to zealous missionary campaigns seeking to stamp out this "paganism" from the face of the earth. But with the dramatic increase in global warming, a thinning ozone layer and social alienation, many, including the United Nations, are realizing that native peoples may possess some critical keys to the very survival of our species and fragile ecosystems of the planet.

This *Global Spirit* program focuses on the wisdom of indigenous values and practices that have promoted heightened consciousness, spiritual harmony and a life in balance with nature. Host Phil Cousineau and the *Global Spirit* crew go to New York to film and interview renowned indigenous leaders and tribal representatives such as **Chief Oren Lyons, Marcos Terena, Jake Swamp, Viktor Kaisiepo and Gloria Ushigua**, joined by over 2000 others at a unique gathering of indigenous peoples from around the world at the United Nations Permanent Forum on Indigenous Issues.

## **FORGIVENESS AND HEALING**

**Premieres:** Sunday, May 3 at 6:00pm PT/9:00pm ET

**Rebroadcast:** Thursday, May 7 at 8:00pm PT/11:00pm ET

**Rebroadcast:** Friday, May 8 at 12:00pm PT/3:00pm ET

**Watch for free online starting Sunday, May 3 at:** [LinkTV.org/GlobalSpirit](http://LinkTV.org/GlobalSpirit)

Most world religions and wisdom traditions include teachings on the nature of forgiveness. From the notion of divine forgiveness to that of humans practicing forgiveness, there are countless spiritual myths, lessons and teachings that explore the complex nature and process of forgiveness and reconciliation in their various forms.

Outside of the spiritual realm, psychologists, sociologists and doctors are among the scientific disciplines researching this perennial human need. The desire to forgive is widely recognized by the public, but they are often at a loss for ways to accomplish it. A 1988 Gallup poll found 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 spiritual practice and compassion can aid us on this most critical of journeys. Host Phil Cousineau brings together three guests who each approach the topic from a different angle. We see **Ed Tick** and his wife **Kate Dahlstedt** take a group of traumatized Vietnam War vets back to the land where they fought and killed, to help them learn the art of "forgiveness of the self" 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.

### **BREAKING BOWS AND ARROWS**

**Premieres:** Sunday, May 10 at 6:00pm PT/9:00pm ET

**Rebroadcast:** Thursday, May 14 at 8:00pm PT/11:00pm ET

**Rebroadcast:** Friday, May 15 at 12:00pm PT/3:00pm ET

[Not available online]

Set on the island of Bougainville in Papua New Guinea, the award-winning film *Breaking Bows and Arrows* explores the challenging emotional terrain of personal and societal reconciliation after a bloody, inter-tribal war. The film follows the reconciliation ceremony of fighters — formerly bitter enemies, who have killed each other's families — as they come together to ritually “break bows and arrows” in a traditional gesture of peace. Also highlighted is the story of **Francis Boisivere**, who retrieves the bones of a chief he killed and ceremonially returns them to the chief's bereaved wife. In seeking his own forgiveness, Francis also releases the woman from the hatred she harbors deep within. This episode of *Global Spirit* also includes a discussion of *Breaking Bows and Arrows* led by host Phil Cousineau, with program guests **Ed Tick**, **Kate Dahlstedt** and **Azim Khamisa**.

*Winner — United Nations Media Peace Award for Best Television for 2002*

### **MUSIC, SOUND AND THE SACRED**

**Premieres:** Sunday, May 17 at 6:00pm PT/9:00pm ET

**Rebroadcast:** Thursday, May 21 at 8:00pm PT/11:00pm ET

**Rebroadcast:** Friday, May 22 at 12:00pm PT/3:00pm ET

**Watch for free online starting Sunday, May 17 at:** [LinkTV.org/GlobalSpirit](http://LinkTV.org/GlobalSpirit)

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 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** and her daughter. This episode also includes a hauntingly moving, seven-minute sequence from **Peter Brook's** film, *Meetings with Remarkable Men*, in which the young mystic Gurdjieff learns the power of sacred sound as it resonates from the Afghan mountaintops.

### **FROM THE HEART OF THE WORLD: THE ELDER BROTHERS' WARNING**

**Premieres:** Sunday, May 24 at 6:00pm PT/9:00pm ET

**Rebroadcast:** Thursday, May 28 at 8:00pm PT/11:00pm ET

**Rebroadcast:** Friday, May 29 at 12:00pm PT/3:00pm ET

[Not available online]

In this episode of *Global Spirit*, host Phil Cousineau speaks with BBC filmmaker **Alan Ereira** about his beautiful, sobering documentary: *From the Heart of the World: The Elder Brothers' Warning*. This poignant film carries a strong warning from a remote South American tribe that cautions us, the “younger brothers”, to give up our self-destructive ways and honor the planet, before it is too late.

After four centuries of seclusion, the Kogi, considered to be the last surviving pre-Colombian civilization, asked filmmaker Ereira to visit their homeland in the Sierra Nevada

mountains of northern Colombia. *From the Heart of the World: The Elder Brothers' Warning* delivers their prophetic message to the industrialized world. Seeing themselves as guardians of life on earth, the Kogi have a profound spiritual understanding of the bond between humankind and the natural world — a bond that, they insist, must be respected. This powerful film stands as an especially cogent and moving plea for ecological wisdom.

### **ART AND THE CREATIVE SPIRIT**

**Premieres:** Sunday, May 31 at 6:00pm PT/9:00pm ET

**Rebroadcast:** Thursday, June 4 at 8:00pm PT/11:00pm ET

**Rebroadcast:** Friday, June 5 at 12:00pm PT/3:00pm ET

**Watch for free online starting Sunday, May 31 at:** [LinkTV.org/GlobalSpirit](http://LinkTV.org/GlobalSpirit)

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 dimensions. 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 a higher power?

This episode of *Global Spirit* seeks answers to these questions by looking at various sacred art forms, and by engaging with artists keenly aware of the spiritual aspect of the creative process. We follow the work and teachings of Buddhist Lama **Lhanang Rinpoche** and 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 dictates of her Native American spirit 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 hailing from parts of the world as seemingly disconnected as Tibet and the American Southwest.

### **RUMI, POET OF THE HEART**

**Premieres:** Sunday, June 7 at 6:00pm PT/9:00pm ET

**Rebroadcast:** Thursday, June 11 at 8:00pm PT/11:00pm ET

**Rebroadcast:** Friday, June 12 at 12:00pm PT/3:00pm ET

[Not available online]

Surprisingly, the bestselling poet in America today is a thirteenth-century Sufi poet and mystic named **Jalaluddin Rumi**. For eight hundred years, Rumi's writings have enchanted, inspired, and enlightened Muslims, Jews, Christians, Hindus, and Buddhists, celebrating the sacred in everyday existence, and transcending boundaries of time, place, and religion.

What makes Rumi's writings so enticing and unforgettable? This episode of *Global Spirit* explores the power and person of this extraordinary poet through conversation, music and film. Host Phil Cousineau speaks with filmmaker Haydn Reiss about his award-winning film *Rumi, Poet of the Heart*, which will be shown in its entirety as part of the *Global Spirit* series. *Rumi, Poet of the Heart* features **Coleman Barks**, the pre-eminent translator of Rumi today; **Robert Bly**, a poet/translator who first encouraged Barks to translate Rumi; author **Deepak Chopra**; storyteller and mythologist **Michael Meade**; and religious historian **Huston Smith**. In addition, Oud virtuoso **Hamza El Din** and singer **Jai Uttal** offer inspiring accompaniment to this beautifully produced, lively and provocative exploration of the genius and timeliness of Rumi's emergence in the West.

## **THE JOURNEY TOWARDS ONENESS**

**Premieres:** Sunday, June 14 at 6:00pm PT/9:00pm ET

**Rebroadcast:** Thursday, June 18 at 8:00pm PT/11:00pm ET

**Rebroadcast:** Friday, June 19 at 12:00pm PT/3:00pm ET

**Watch for free online starting Sunday, June 14 at:** [LinkTV.org/GlobalSpirit](http://LinkTV.org/GlobalSpirit)

Beneath the seeming differences that separate the world's religions, there is a deep undercurrent of 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, and traces its evolution and expression through seemingly 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 holds a close personal 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 understandings of both science and mysticism.

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