



# **Circles of Consciousness** **- expansions from the heart -**

**Canadian Association of Integrative and Energy Therapies**  
**13<sup>th</sup> Annual Energy Psychology Conference – Toronto – 21-24 October 2011**



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# Indigenous Elders Murdena & Albert Marshall

Mi'kmaq Nation – Eskasoni community

Honorary Doctorates, Cape Breton University

albertdmarshall@ns.sympatico.ca



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# Presentation Objectives

1. Name ways in which our consciousness of interconnection affects our energy systems.
2. Demonstrate three EM/EP exercises that help expand heart energy and that help clear energy blockages in heart consciousness.
3. Describe Two-Eyed Seeing.

**Circles of Consciousness**  
**- expansions from the heart -**

# Presentation Components

1. Working Together: who + integrative understandings
2. Concepts of Health  
*mainstream ↔ indigenous / holistic ↔ energy medicine*
3. Circles of Consciousness ... expanding the heart
4. Heart Consciousness ... in different worldviews
5. Circles teachings of the heart
6. Heart Energy ... exercises to nourish and expand
7. Questions

**Circles of Consciousness**  
**- expansions from the heart -**

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# 1. WORKING TOGETHER



Native Council of Nova Scotia  
Mi'kmaq Language Program  
Artist: Michael J. Martin

our THANKS to many Elders & many others



**Mi'kmaw Elders & Educators  
&  
Students**

our THANKS to CBU's Integrative Science Team



**Research Team & Artists**

**Thank you  
Wela'liog**



**The assistance of many  
individuals is gratefully  
acknowledged.**





Canada Research  
Chairs

Chaires de recherche  
du Canada

Canada  
Canada



Social Sciences and Humanities  
Research Council of Canada

Conseil de recherches en  
sciences humaines du Canada

CAPE BRETON  
UNIVERSITY



Canada Foundation  
for Innovation  
Fondation canadienne  
pour l'innovation



IAPH



NSERC  
CRSNG



Mi'kma'wey  
Debert  
CULTURAL CENTRE



Membertou  
Elementary

CIHR IRSC

Canadian Institutes of  
Health Research    Instituts de recherche  
en santé du Canada



SABLE  
OFFSHORE ENERGY  
INCORPORATED



GINR



Mermaid Theatre  
of Nova Scotia



IWK Health Centre  
Foundation



ATLANTIC  
ABORIGINAL  
Health Research Program

Thank you  
Wela'liog



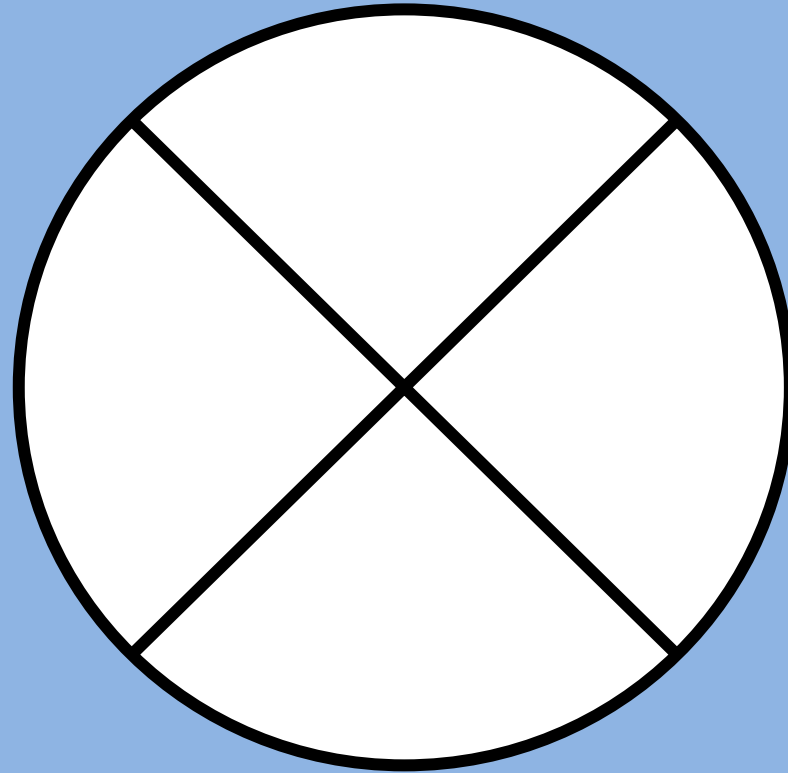
Eskasoni First Nation Detachment  
Royal Canadian Mounted Police    Gendarmerie royale  
du Canada

The support of various  
partners and funding agencies  
is gratefully acknowledged.



Mi'kmaq College Institute  
Mi'kmaq Espi Kina'matno'kuom

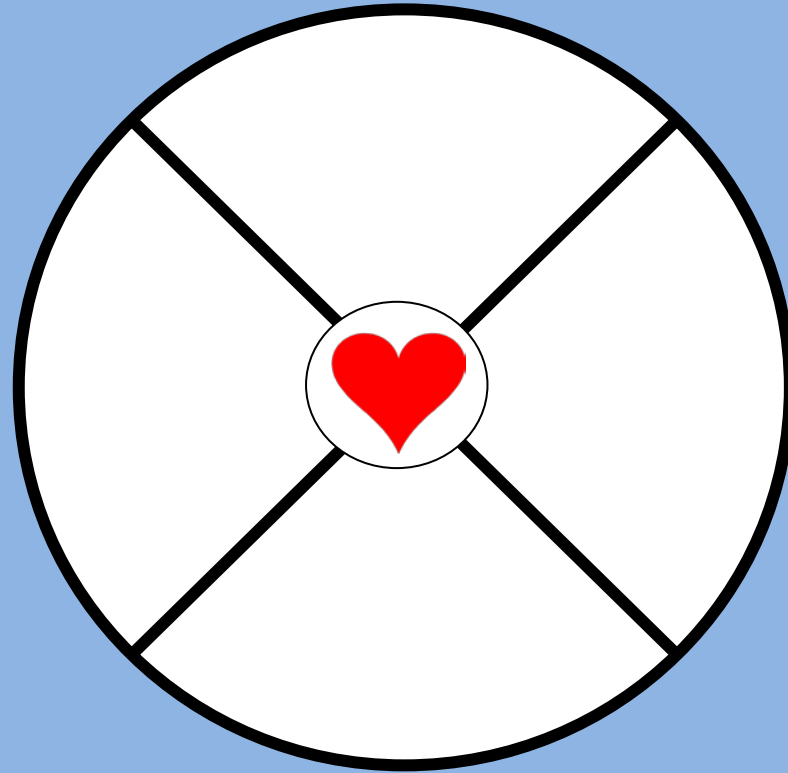
# WORKING TOGETHER



**the “circle with an x”**

... a visual tool to facilitate integrative understandings

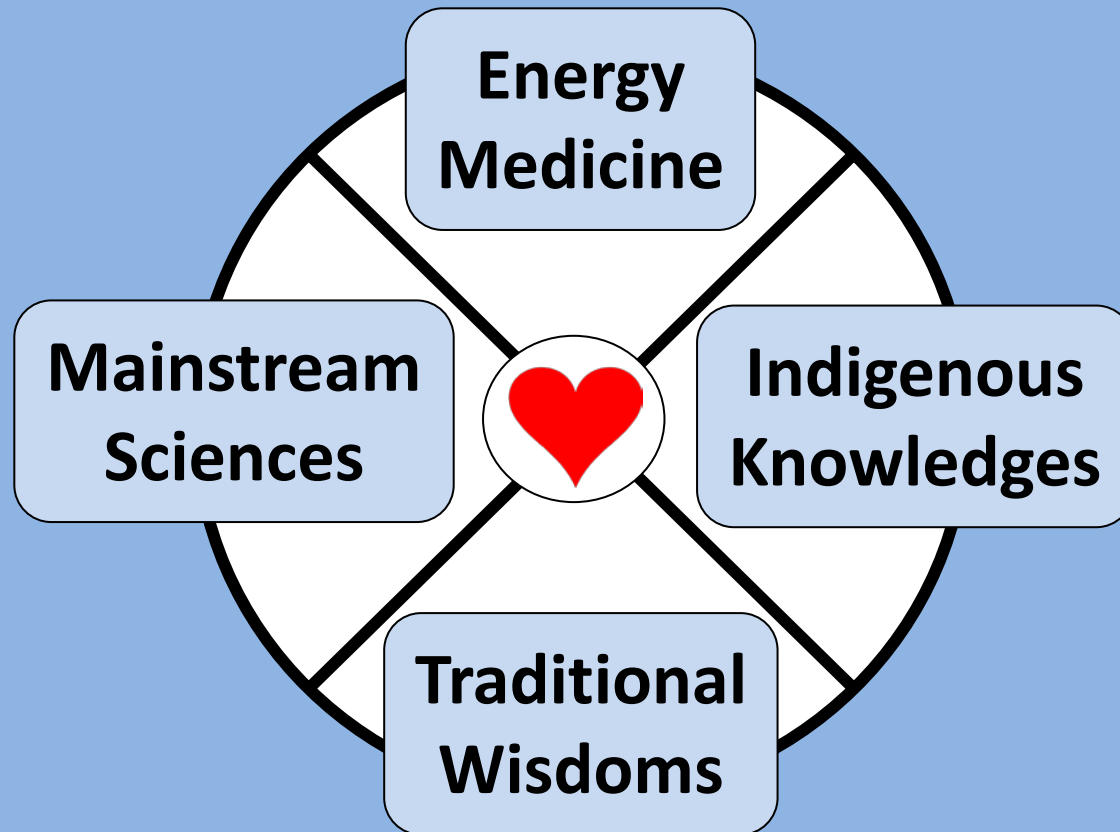
*- expansions from the heart -*



**the “circle with an x”**

... a visual tool to facilitate integrative understandings

*- expansions from the heart -*



**the “circle with an x”**

... a visual tool to facilitate integrative understandings

*- expansions from the heart -*

Energy  
Medicine



Mainstream  
Sciences



Indigenous  
Knowledges

*Integrative Science*

*Two-Eyed Seeing*

*inter-  
connectiveness*



# energy medicine



caiet

**ACEP**  
Association for Comprehensive  
Energy Psychology

# Integrative Science



artist Basma Kavanagh

# Integrative Science



our stories  
our cosmologies  
our philosophies  
our worldviews  
our knowledges  
our sciences

Indigenous

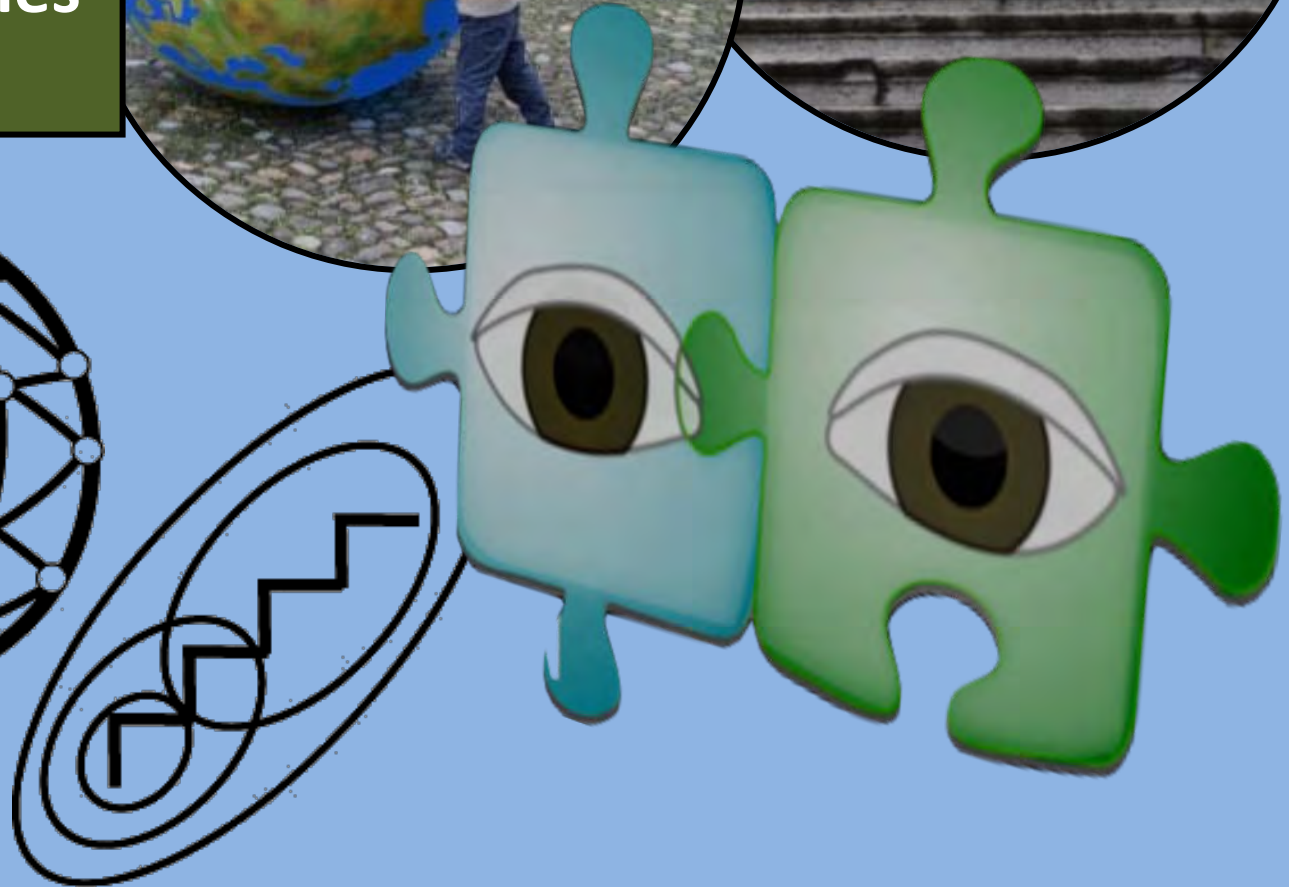
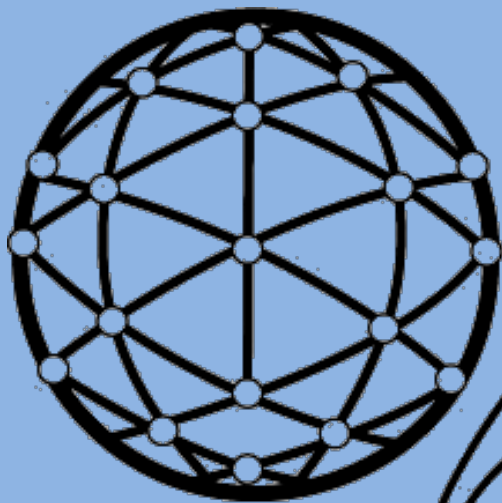
Western

“bringing together”



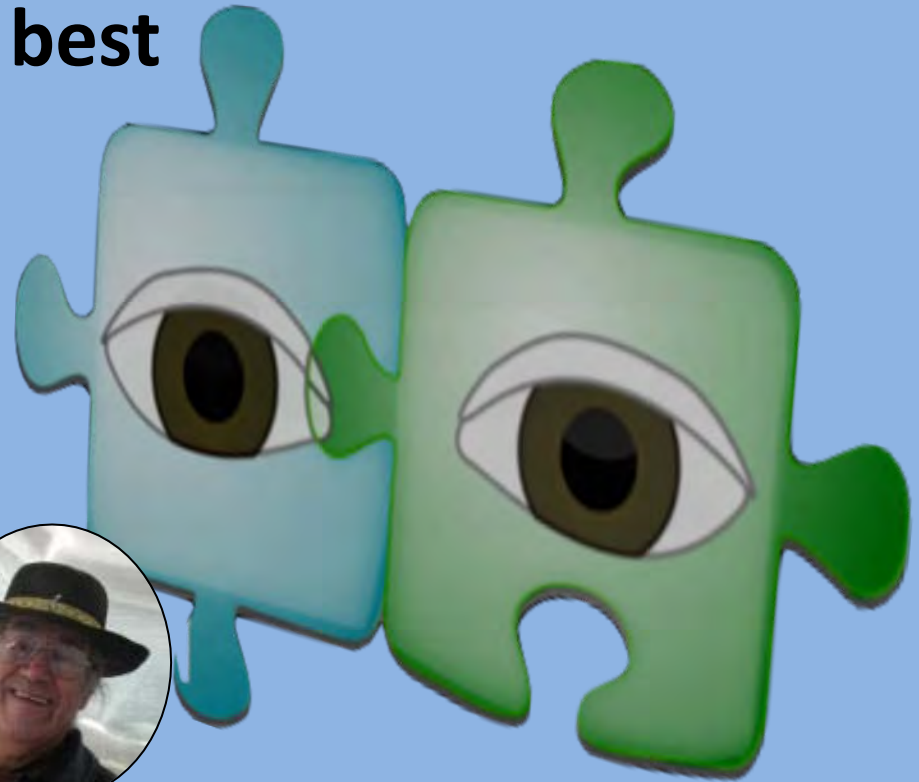
# WORLDVIEWS

ontologies  
epistemologies  
methodologies  
goals



# Two-Eyed Seeing

**LEARN ... to see from one eye with the best in our Indigenous ways of knowing ... and from the other eye with the best in the Western (mainstream) ways of knowing ... and LEARN to use both these eyes together for the benefit of all.**



*(Guiding Principle in the words of Elder Albert Marshall, Mi'kmaq Nation)*



# TWO-EYED SEEING

learning to see with the strengths of each & together

---

## OUR OVERALL KNOWLEDGE OBJECTIVES

collective, living  
knowledge to enable  
nourishment of one's journey  
within expanding sense of  
“place, emergence and  
participation” for collective  
consciousness and  
interconnectiveness

**towards resonance of  
understanding within environment**

dynamic, testable,  
published knowledge  
independent of personal  
experience that can  
enable prediction and  
control  
(and “progress”)

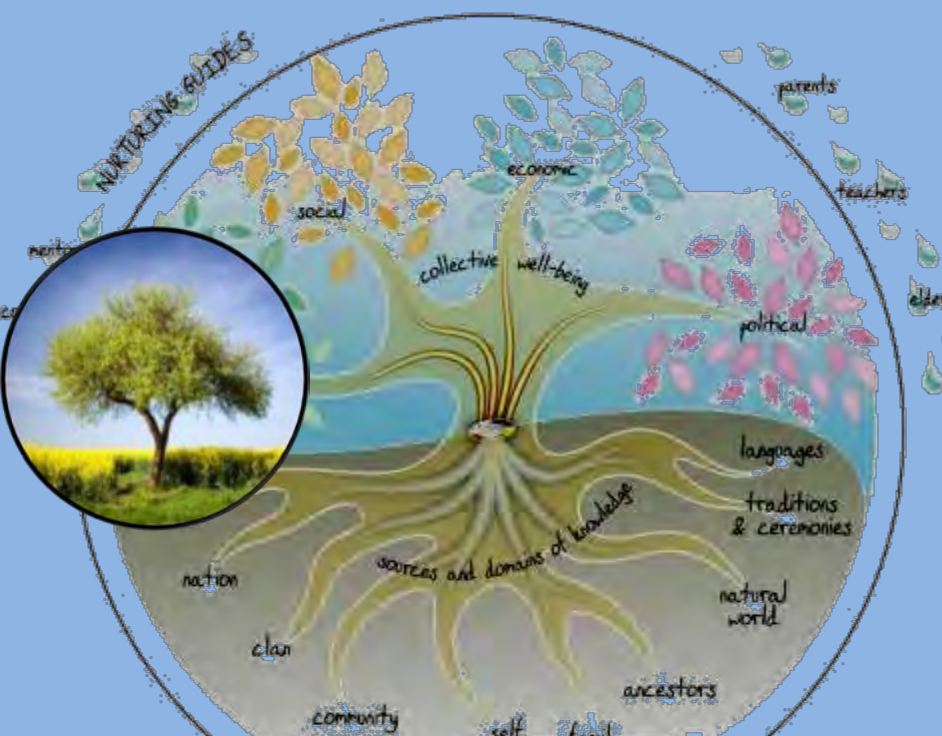
**towards construction of  
understanding of environment**



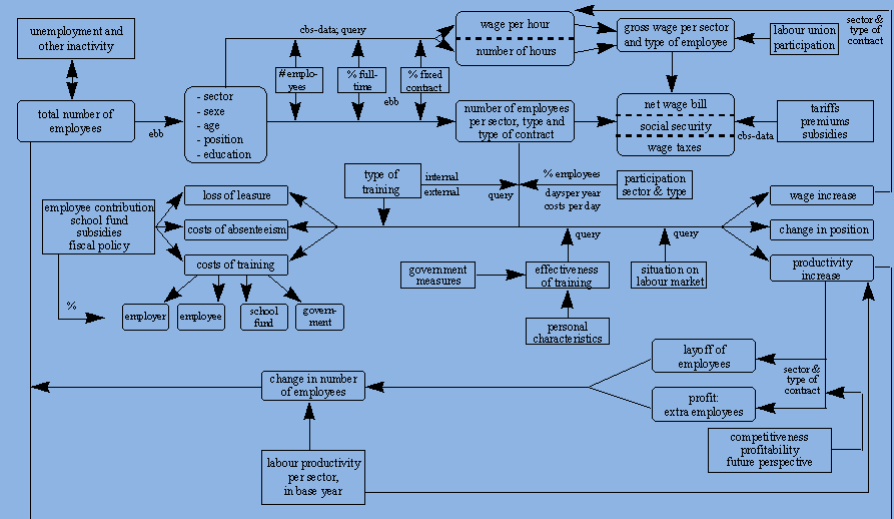
# TWO-EYED SEEING

learning to see with the strengths of each & together

## OUR OVERALL KNOWLEDGE OBJECTIVES



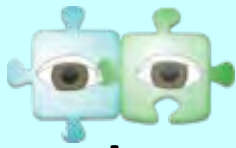
from: CCL Aboriginal Learning Knowledge Centre (www.ccl-cca.ca/CCL)



from: www.leads.ac.uk

**towards resonance of understanding within environment**

**towards construction of understanding of environment**



# TWO-EYED SEEING

learning to see with the strengths of each & together

---

## OUR WORLD

**interconnective**

beings ...

interconnective and  
animate: *spirit +  
energy + matter*

with

**CONSTANT CHANGE**

within balance and wholeness

**parts & wholes**

objects ...

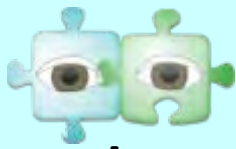
comprised of parts and  
wholes characterized by  
systems and emergences:

*energy + matter*

with

**EVOLUTION**

with systems and emergences



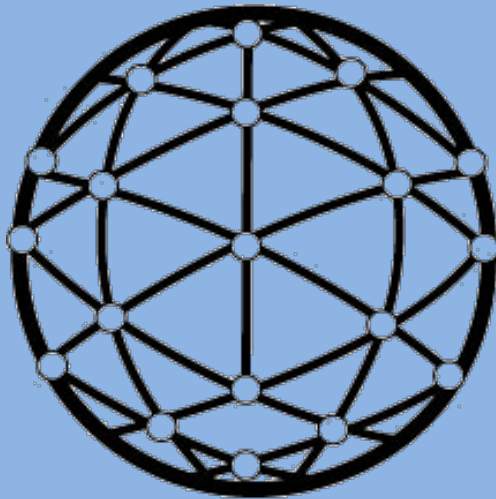
# TWO-EYED SEEING

learning to see with the strengths of each & together

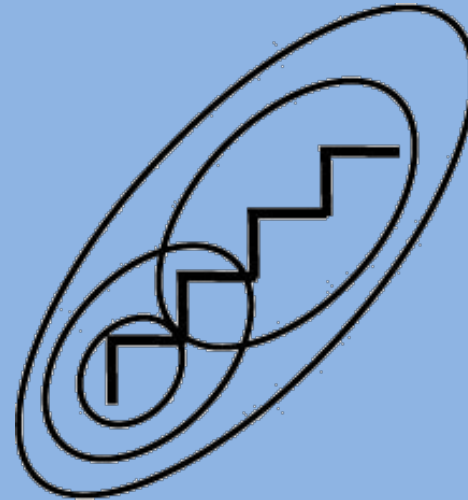
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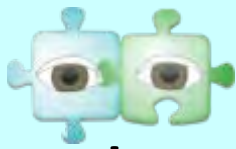
## OUR WORLD

interconnective



parts & wholes





# TWO-EYED SEEING

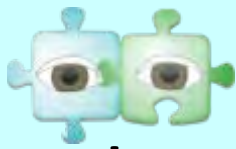
learning to see with the strengths of each & together

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## OUR KEY CONCEPTS and ACTIONS

- respect
- relationship
- reverence
- reciprocity
- ritual (ceremony)
- repetition
- responsibility

- the question
- hypothesis  
(making & testing)
- data collection
- data analysis
- model & theory  
construction



# TWO-EYED SEEING

learning to see with the strengths of each & together

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## OUR KEY CONCEPTS and ACTIONS

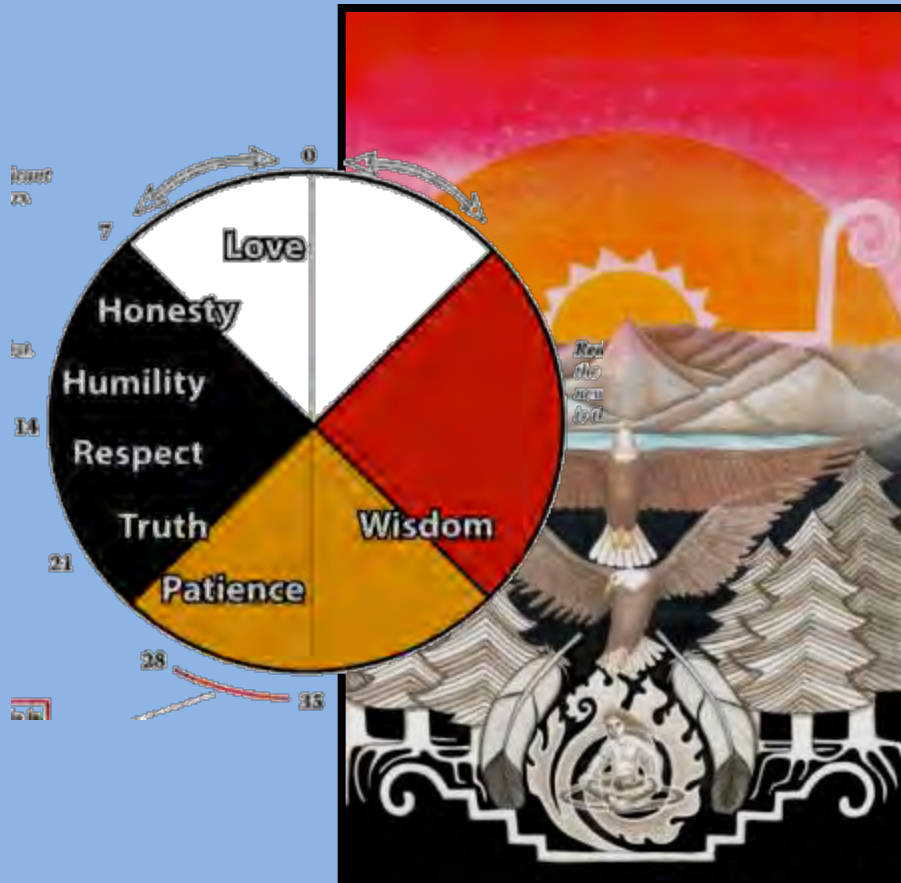
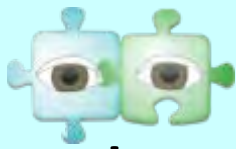


photo credit: NRC

artist Basma Kavanagh

<http://www.basmakavanagh.ca>





# TWO-EYED SEEING

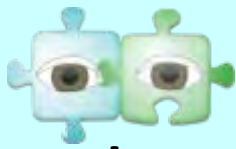
learning to see with the strengths of each & together

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## OUR LANGUAGES and METHODOLOGIES

*weaving* of patterns within nature's patterns via creative relationships and reciprocities among ***love, land, and life (vigour)*** that are constantly reinforced and nourished by Aboriginal languages

*un-weaving* of nature's patterns (especially via analytic logic and the use of instruments) to cognitively reconstruct them, especially using ***mathematical language (rigour)*** and computer models

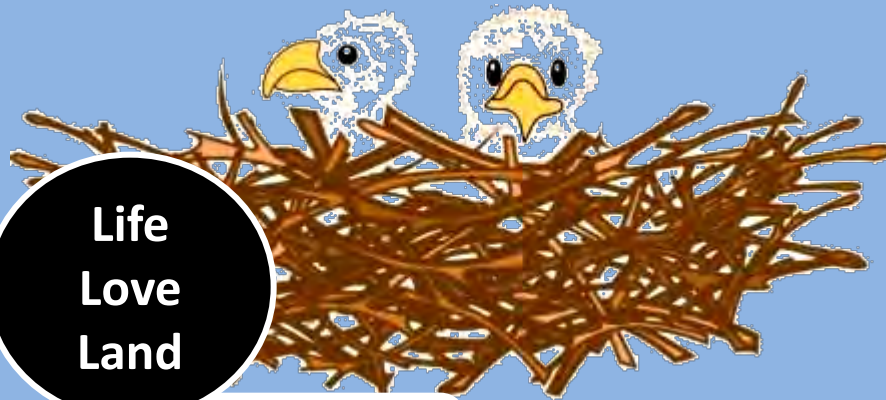


# TWO-EYED SEEING

learning to see with the strengths of each & together

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## OUR LANGUAGES and METHODOLOGIES



Life  
Love  
Land

vigour

**WEAVING**



Math  
&  
Instruments

rigour

**UN-WEAVING**

# interconnectiveness

“Interconnectiveness” ... says Mi’kmaq Elder Murdena Marshall of Eskasoni First Nation wherever and whenever she explains her Mi’kmaq culture. And then she simply chuckles, while insightfully and merrily continuing to say it, when people tell her the word does not exist in the English language.



**... the dynamic of  
mindfully living within an  
expanding sense of  
holistic relationships  
with everything  
and everyone,  
i.e. “all my relations”  
or “all of Creation”**

# interconnectiveness



*words of  
Mi'kmaq Elder  
Albert Marshall*



**So this is what we truly believe ... this is what reinforces our spiritualities:**

**that no one being is greater than the next, that we are part and parcel of the whole, we are equal, and that each one of us has a responsibility to the balance of the system.**

# 2. CONCEPTS OF HEALTH

- different worldviews •



Artist: Rod Restoule  
from: Into the Daylight;  
C. Morrisseau, 1998

Mi'kmaq Family &  
Children's Services

# • worldview of parts and wholes •

## - VISIBLE MATTER IN THE UNIVERSE -



- Universe
- galaxies
- solar systems

- planet Earth

- ecosystems
- communities
- populations

- organisms
- organ systems
- organs
- tissues
- cells
- organelles

- rocks
- minerals

- molecules
- atoms (elements)
- baryons (neutrons and protons)
- fundamental particles (quarks and leptons)

• worldview of parts and wholes •

**- VISIBLE MATTER IN THE UNIVERSE -**



- Universe
  - galaxies
  - solar systems

▪ planet Earth

- ecosystems
  - communities
  - populations

- organisms
  - organ systems
  - organs
    - tissues
    - cells
    - organelle

▪ rocks

**DISEASE**

response at the level of the (multi-cellular) organism

**PATHOGENESIS**

process (at cell and tissue levels) that leads to disease

**INFLAMMATION**

response at levels of cells and tissues

▪ fundamental particles (quarks and leptons)

# Law of parts and wholes •

## - VISIBLE MATTER IN THE UNIVERSE -

**objective (... but)**  
**e.g. cardinal signs**

- redness
- swelling
- heat
- pain
- loss of function

**signs and symptoms**

**subjective**

- Universe
- galaxies
- solar systems

▪ planet Earth

- ecosystems
- communities
- populations

- organisms
- organ systems

- organs
- tissues
- cells
- organelle

▪ rocks

▪ fundamental particles (quarks and leptons)

### **DISEASE**

response at the level of the (multi-cellular) organism

### **PATHOGENESIS**

process (at cell and tissue levels) that leads to disease

### **INFLAMMATION**

response at levels of cells and tissues



- worldview of parts and wholes •

**- VISIBLE MATTER IN THE UNIVERSE -**



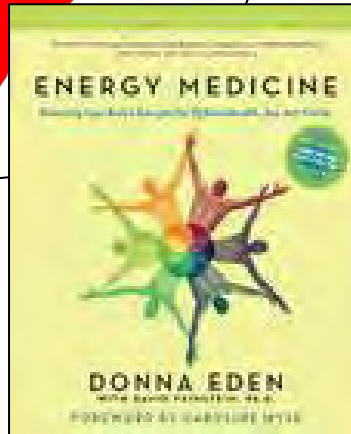
**reductionist  
worldview**

**DRUGS**

**... to treat at  
higher levels  
in the  
(multi-cellular)  
organism**

- [▪ Universe
  - [▪ galaxies
  - [▪ solar systems
  
- [▪ planet Earth
  - [▪ ecosystems
  - [▪ communities
  - [▪ populations
  
- [▪ organisms
  - [▪ organ systems
  - [▪ organs
  - [▪ tissues
  - [▪ cells
  - [▪ organelles
  
- [▪ rocks
- [▪ minerals
  
- [▪ molecules
- [▪ atoms (elements)
- [▪ baryons (neutrons and protons)
- [▪ fundamental particles (quarks and leptons)

# - expansions from the heart -



- Universe
- galaxies
- solar systems

▪ planet Earth

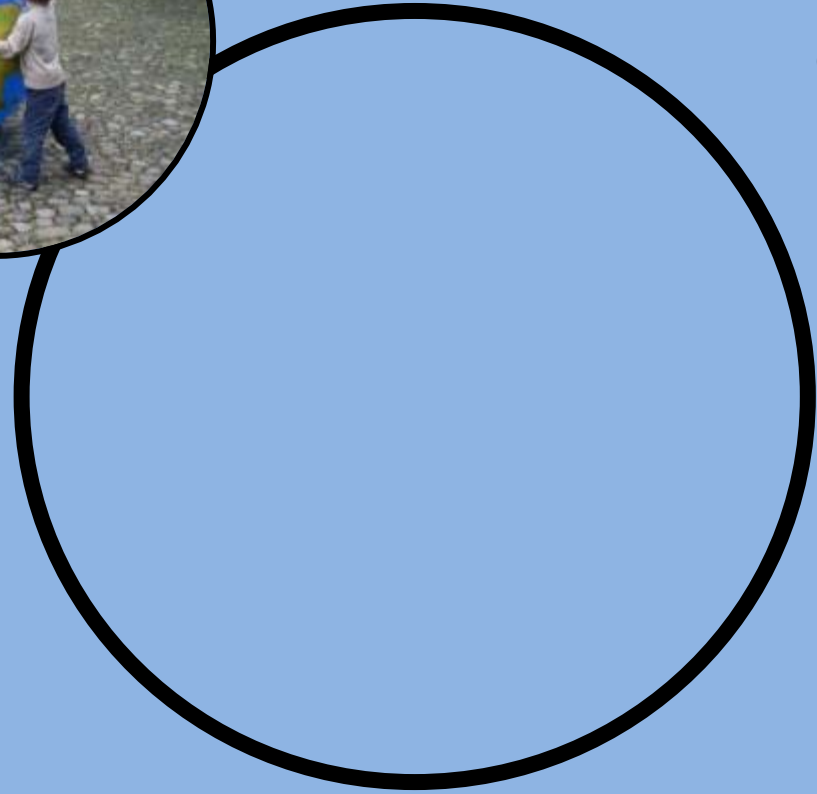
- ecosystems
- communities
- populations

- organisms
- organ systems
- organs
- tissues
- cells
- organelles

- rocks
- minerals

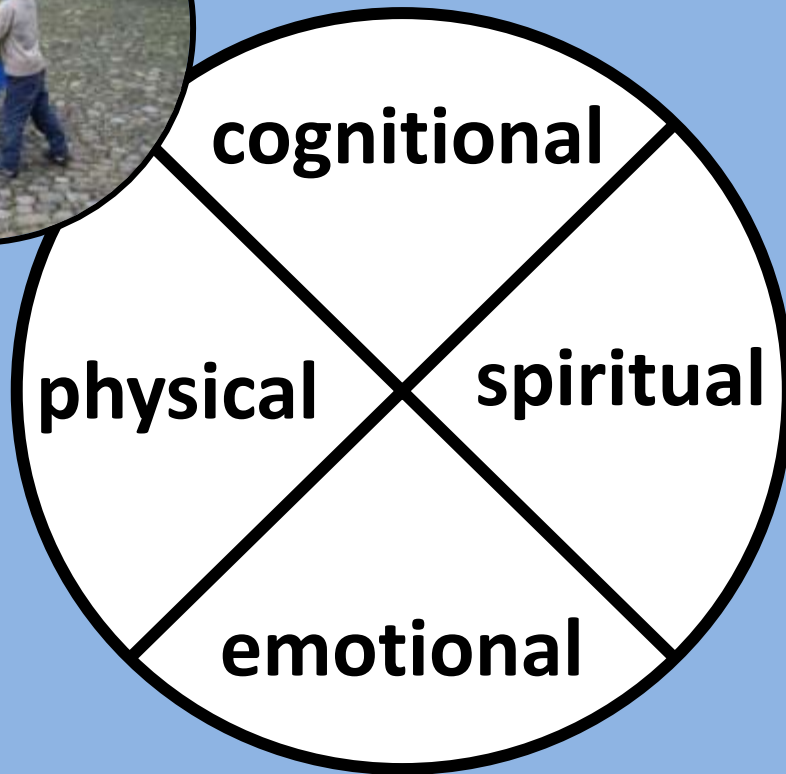
- molecules
- atoms (elements)
- baryons (neutrons and protons)
- fundamental particles (quarks and leptons)

• worldview of interconnectiveness •



**Circle**

- worldview of interconnectiveness •



**aspects of being human**



- worldview of interconnectiveness •



**Sacred Colours**

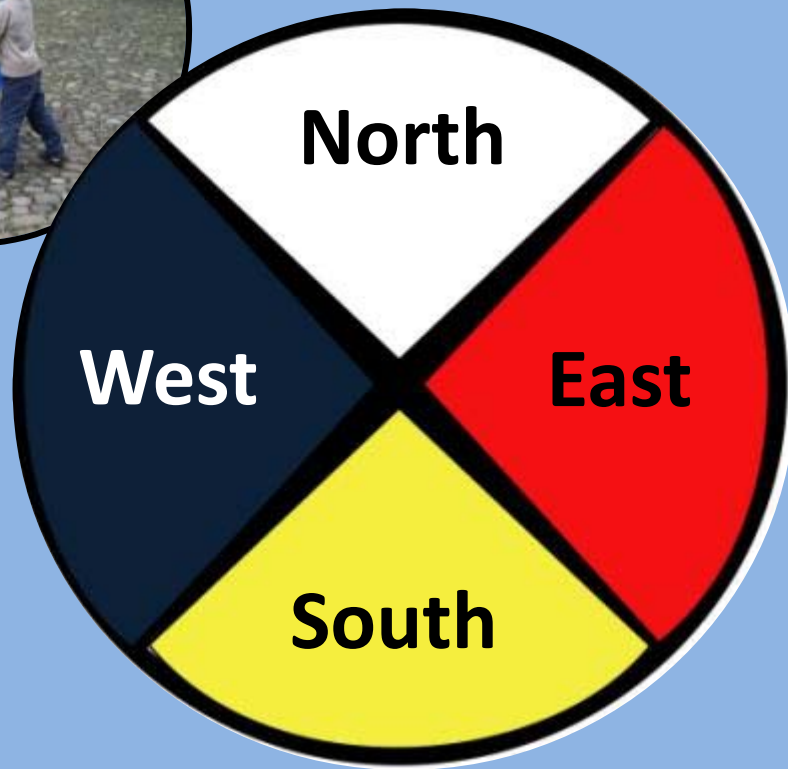
Artist Basma Kavanagh



artist Basma Kavanagh

<http://www.basmakavanagh.ca>

- worldview of interconnectiveness •



**Directions**

Artist Basma Kavanagh



artist Basma Kavanagh

<http://www.basmakavanagh.ca>

• worldview of interconnectiveness •

*teachings of  
Mi'kmaq Elder  
Murdena Marshall*



**Mi'kmaq Sacred Gifts of Life**



- worldview of interconnectiveness •

*outline image from:*  
Bopp et al. 1984  
The Sacred Tree;  
*illustration by:*  
Patricia Morris




the rising sun ... Na'ku'set



- worldview of interconnectiveness •

*outline image from:*  
Bopp et al. 1984  
The Sacred Tree;  
*illustration by:*  
Patricia Morris



**Traditionally, it was understood that the Sun went through the country of the people in one day, and saw what the Mi'kmaq were doing. The Sun was the only person who had all this understanding ... and was called Niskamij (Grandfather).** (Mi'kmaq Elder Murdena Marshall)

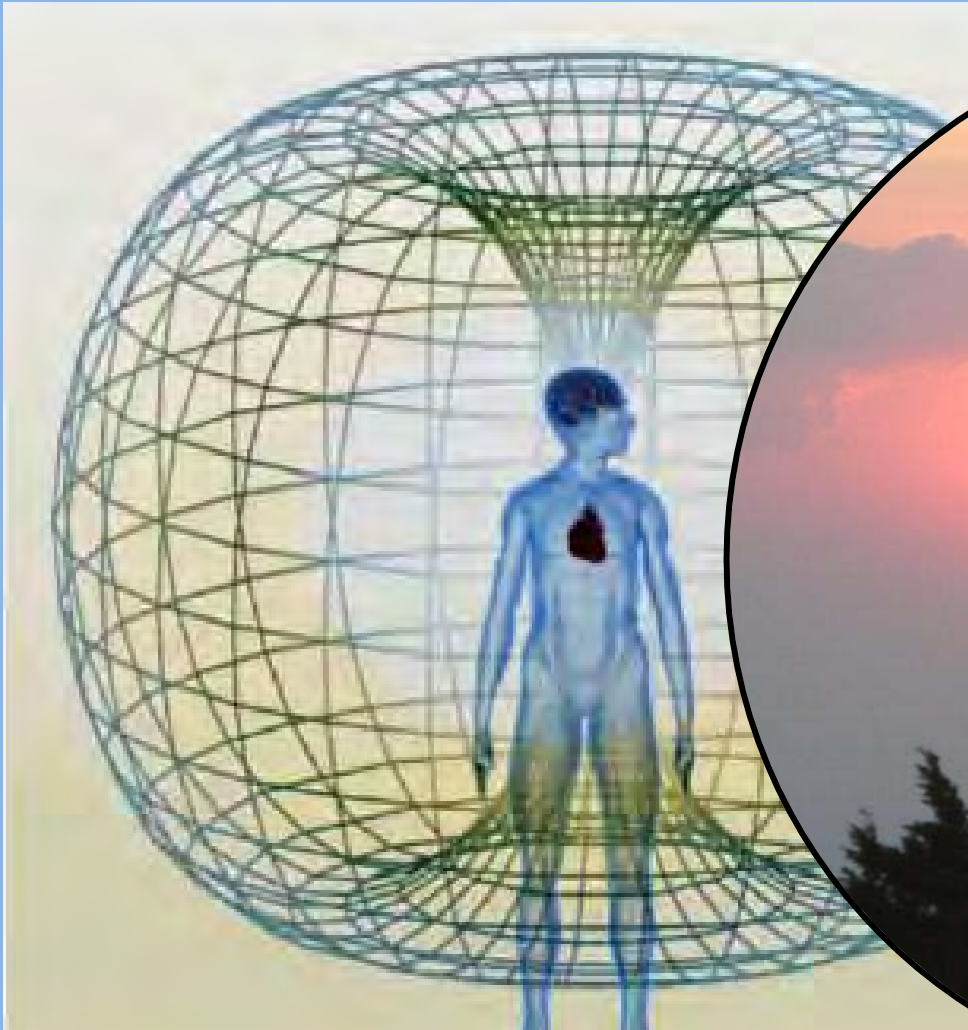
- worldview of interconnectiveness •

**BLUE:  
the  
healing colour  
(Mi'kmaq)**



**Mi'kmaq Elder Albert Marshall**

- worldview of interconnectiveness •



*image from*

EDGESCIENCE #6  
January-March 2011 / 5

**Speaking from the Heart**

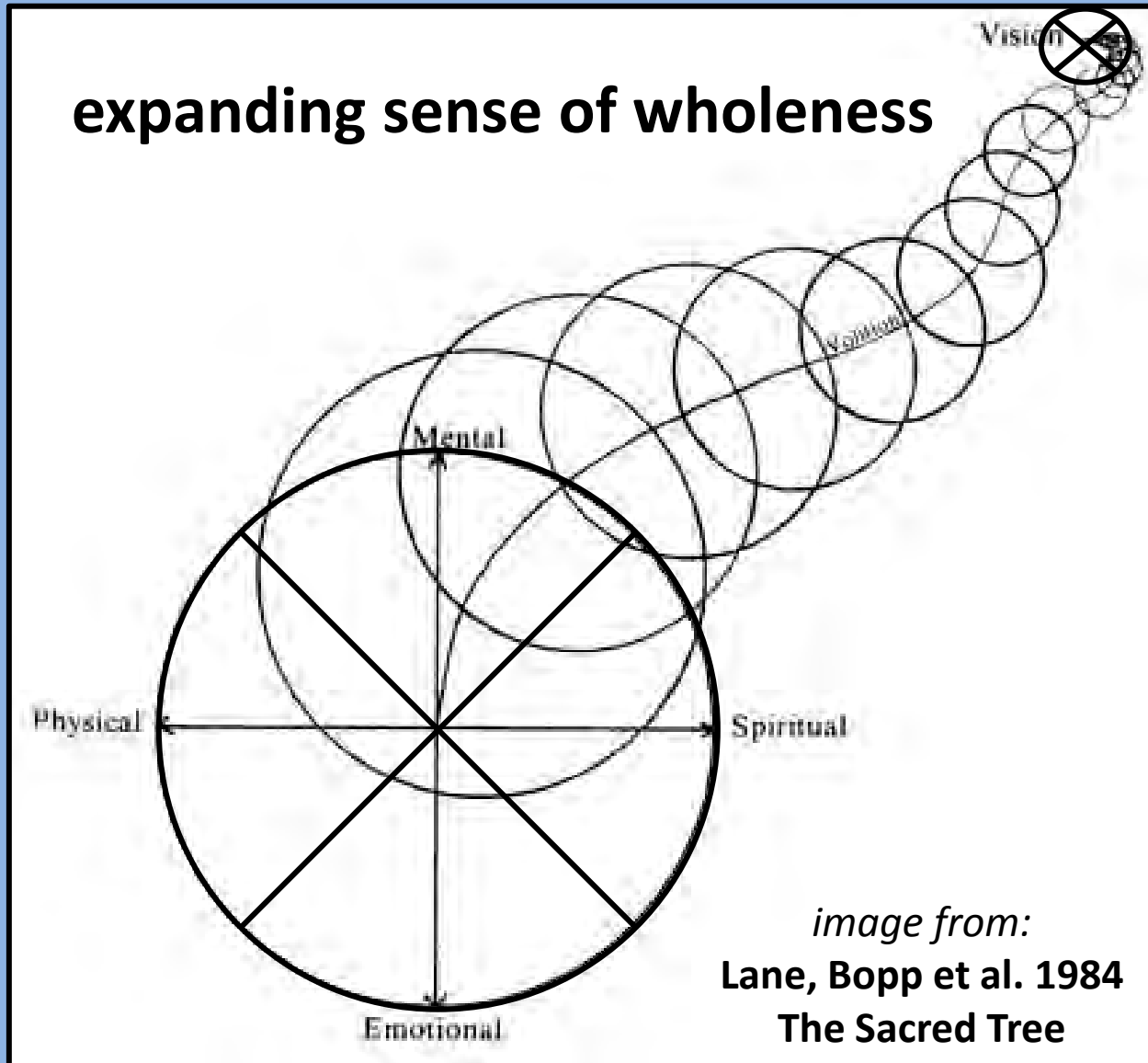
# 3. CIRCLES OF CONSCIOUSNESS

... cultivating them by exploring concept of  
**EXPANSIONS FROM THE HEART**



artists: B. Henry and C. Moore; [peoplesofthelonghouse.com](http://peoplesofthelonghouse.com)

- worldview of interconnectiveness •

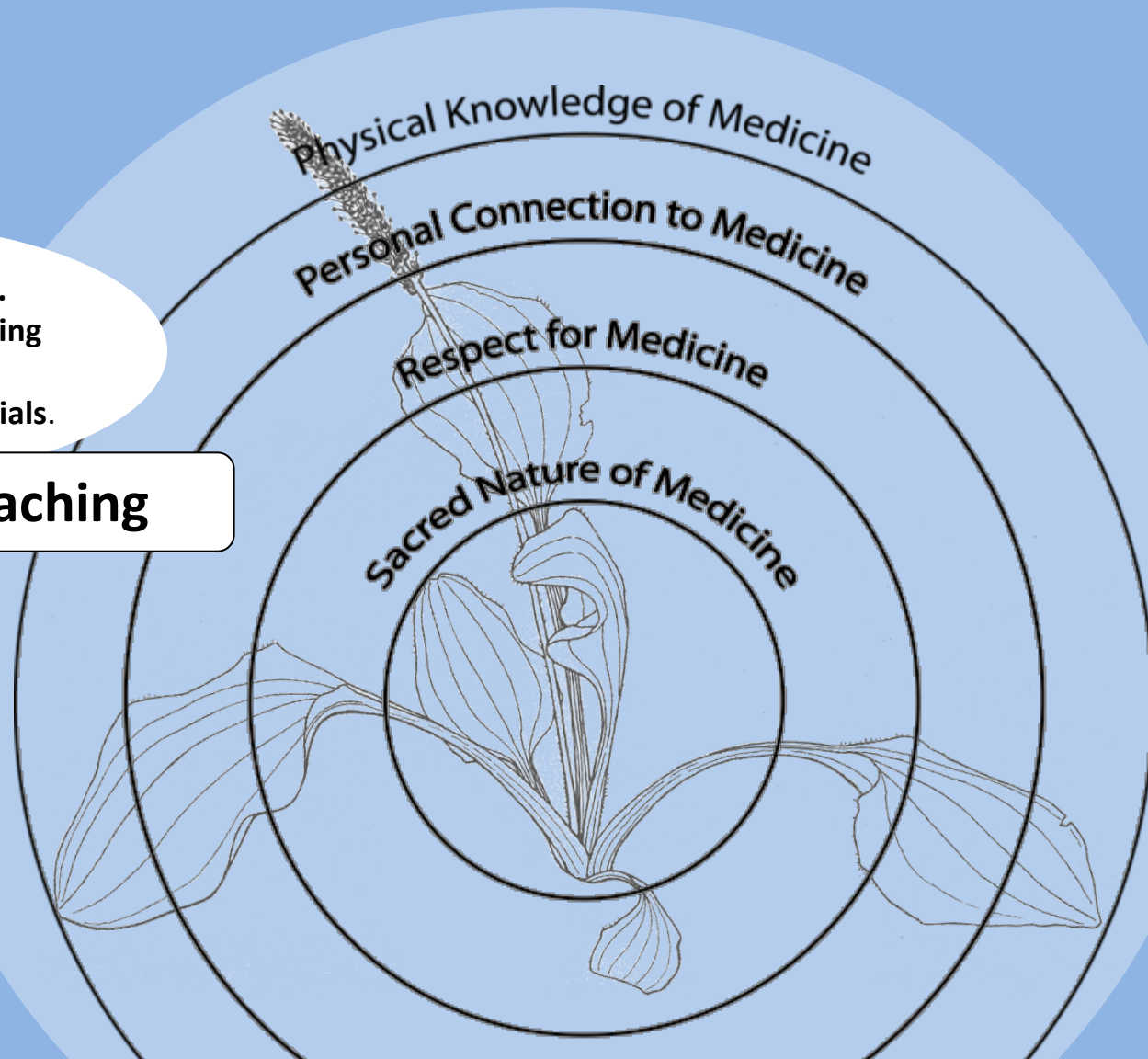


# • worldview of interconnectiveness •



from: Marshall, M. 2008.  
Traditional Health & Healing  
and Women's Roles.  
Workshop Module Materials.

## Sacred Circle Teaching



- worldview of interconnectiveness •



## the “HEALING TENSE” in the Mi’kmaq language

*teachings of  
Mi’kmaq Elder Murdena Marshall*

### **WE HEAL TOGETHER**

*“... when he goes into this  
healing tense, then my  
attitude has to change ...  
everybody in the household ...  
everybody ... has to abide with him.”*



• worldview of interconnectiveness •



Social Sciences and Humanities  
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Canada



CIHR IRSC

Canadian Institutes of  
Health Research

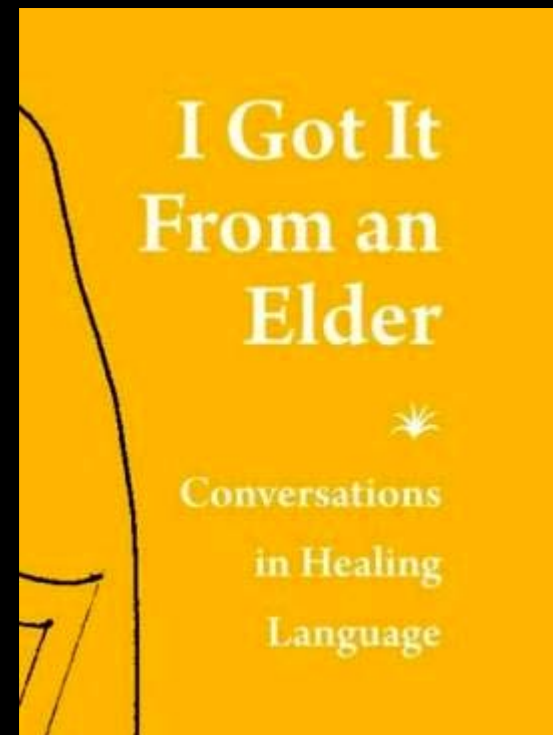
Instituts de recherche  
en santé du Canada



**Dr. Ivar Mendez, Director  
Brain Repair Centre  
Dalhousie University**



**Marilyn Iwama, PhD  
Poet and  
Research Associate in  
Integrative Science**



Gaspereau Press, Kentville, NS, 2007

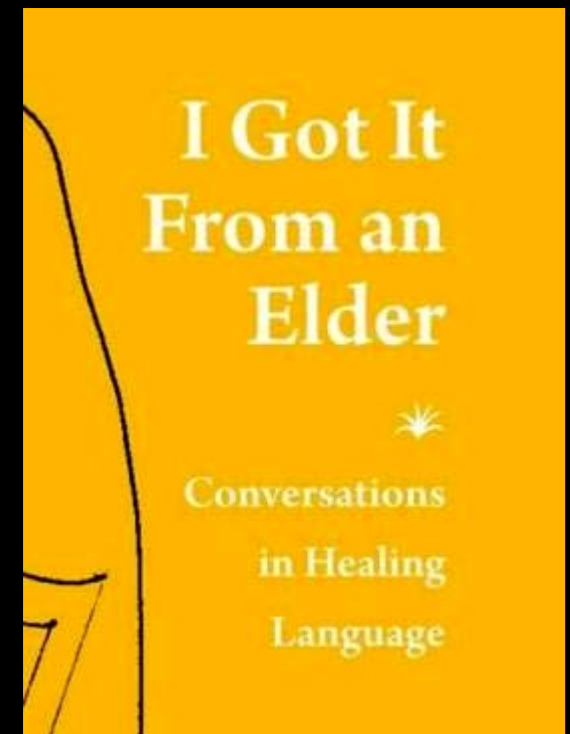




the **HEALING TENSE**  
... example verb conjugation:

“to be drunk”

- ketkiya (present)
- ketkiyayop (simple past)
- ketkiyayas nek (healing)

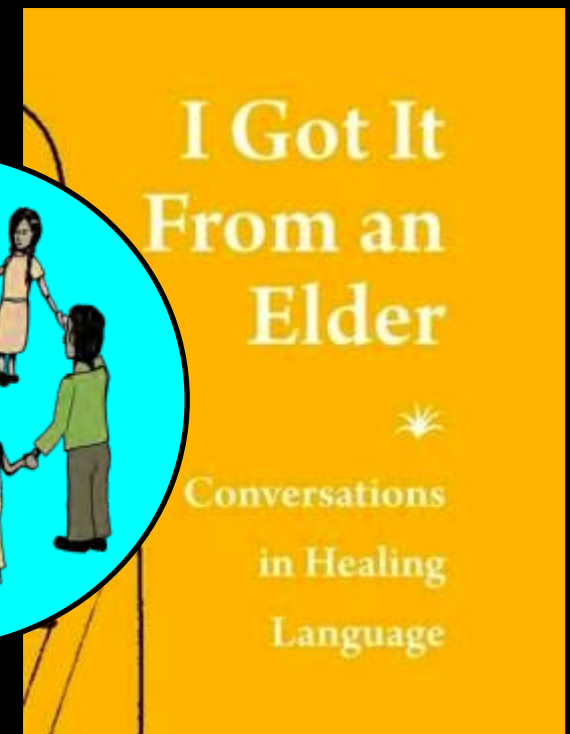
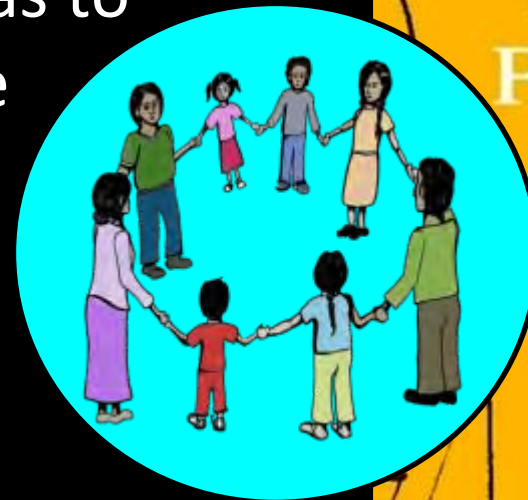


# THE HEALING TENSE HEALS

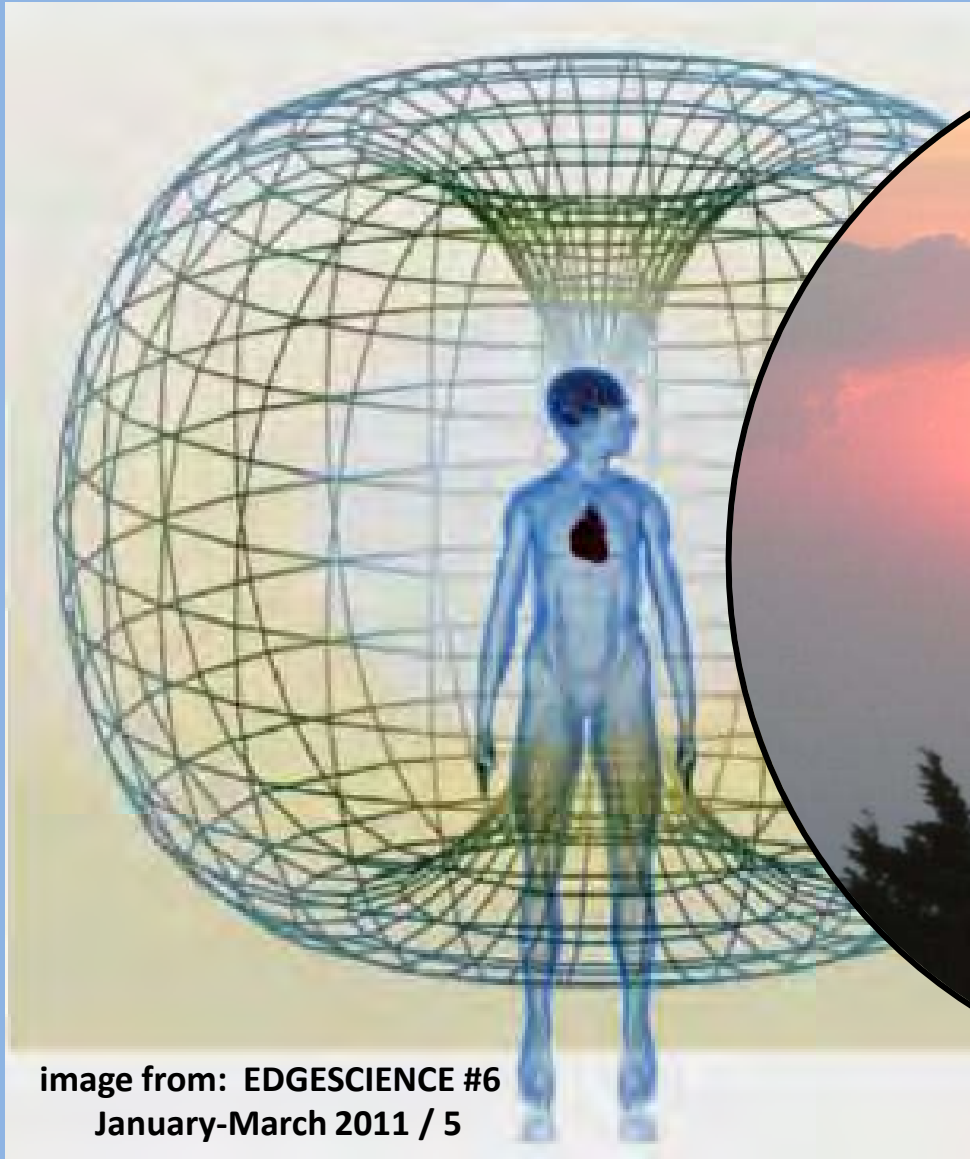
[ ... he] has taken his misdeeds and placed them in front of him and walked around them, and said: “yes, I was there”.

... when he goes into this healing tense, then my attitude has to change ... everybody in the household ... everybody ... has to abide with him

Murdena Marshall,  
in conversation with Ivar Mendez



- worldview of interconnectiveness •



# 4. HEART CONSCIOUSNESS

... explore scientific understandings of



• worldview of mainstream science •

nothing akin to  
**heart consciousness**

no first person perspective  
in mainstream science



- planet Earth
  - ecosystems
  - communities
  - populations
  - organisms
  - organ systems
  - organs
  - tissues
  - cells
  - organelles
  - rocks
  - minerals
  - molecules
  - atoms (elements)
  - baryons (neutrons and protons)
  - fundamental particles (quarks and leptons)



- mainstream’s “edge science” •

The renowned French philosopher  
Blaise Pascal stated:  
“The heart has reasons that  
reason cannot know.”

Such examples are endless  
and demonstrate the gap  
between the current  
scientific perspective of the  
heart and many ancient traditions.



photo:  
top surface of  
Mi'kmaq  
Drum

by Dominique Surel

EDGESCIENCE #6  
January-March 2011 / 5

**Speaking from the Heart**

But the scientific view of the brain as the only system involved in all cognitive and emotional functions is actually fairly recent. While psychologists have maintained that emotions are purely mental expressions generated by the brain alone, we are now beginning to see the emergence of a new, more complete understanding of how the brain functions – and how the body, brain, and heart interact in a dynamic and complex relationship. But while most scientists have focussed only on the heart and the body's responses to the brain's commands, a few researchers have begun to examine the messages the heart sends to the brain and how the brain responds to them.



by Dominique Surel

EDGESCIENCE #6  
January-March 2011 / 5

**Speaking from the Heart**

Dr. Rollin McCraty and his team at HeartMath ... [have] developed what they called the **heart rhythm coherence hypothesis**, which postulate that the pattern and stability of beat-to-beat changes in heart rate encodes information over the macroscopic time scales that can influence cognitive performance and emotional experience. The HeartMath researchers also found substantial evidence that the heart plays a unique synchronizing role in the body. As the most powerful and consistent generator of rhythmic information patterns in the body, ***the heart is in continuous communication with the brain and body through multiple pathways: neurologically*** (through the Autonomic Nervous System), ***biochemically*** (through hormones), ***biophysically*** (through pressure and sound waves), and ***energetically*** (through electromagnetic field interactions). This makes **the heart uniquely well positioned to act as the global coordinator** in the body's symphony of functions, binding and synchronizing the system as a whole. Because of the extent of the heart's influence on physiological, cognitive, and emotional systems, the heart provides a central point of reference from which the dynamics of such processes can be regulated.

by Dominique Surel

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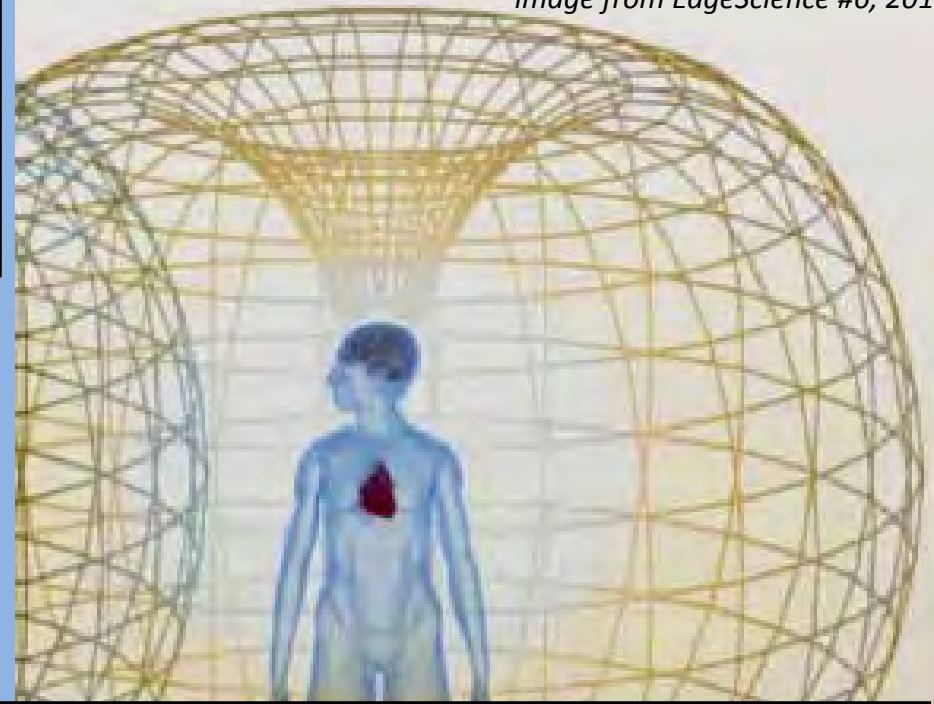
**Speaking from the Heart**





## heart rhythm coherence

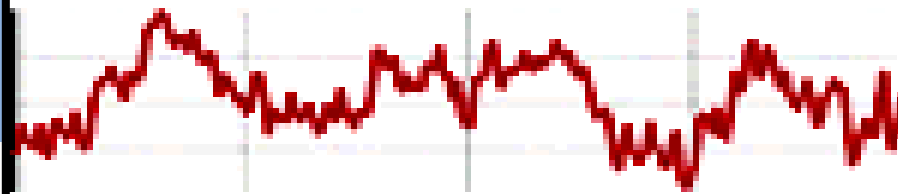
• Institute of HeartMath •



*image below from:*

<http://www.quantumintech.com/research.html>

## Heart Rate Variability (HRV) Trace



Incoherent  
Anxiety or Anger

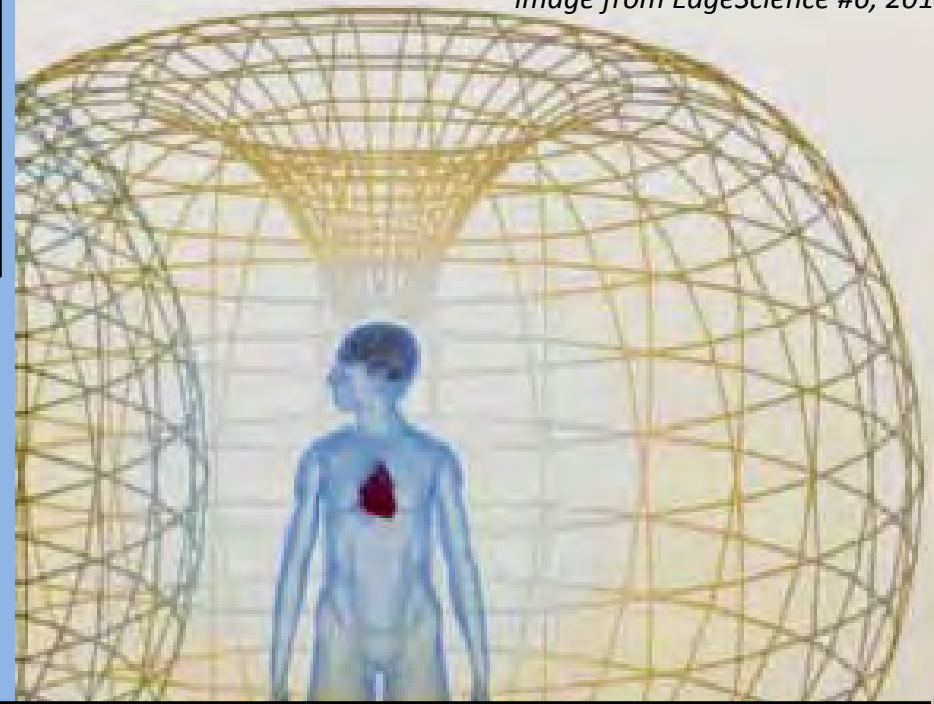
# Speaking from the Heart



**heart rhythm  
coherence**

• Institute of HeartMath •

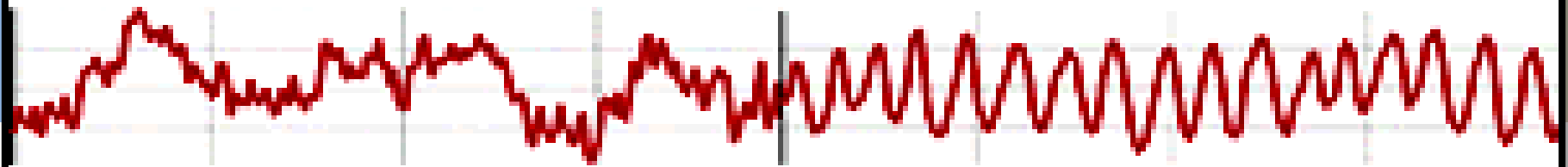
**LOVE**



*image below from:*

<http://www.quantumintech.com/research.html>

## Heart Rate Variability (HRV) Trace



**Incoherent**  
Anxiety or Anger

**Coherent**  
Calm: the Zone

**Speaking from the Heart**



**heart rhythm  
coherence**

• Institute of HeartMath •

**LOVE**

**Love is the  
main ingredient  
of wellness.**

*Mi'kmaq Elder  
Murdena Marshall*



**The voice of wellness is in the land.**

*Mi'kmaq Elder Albert Marshall*

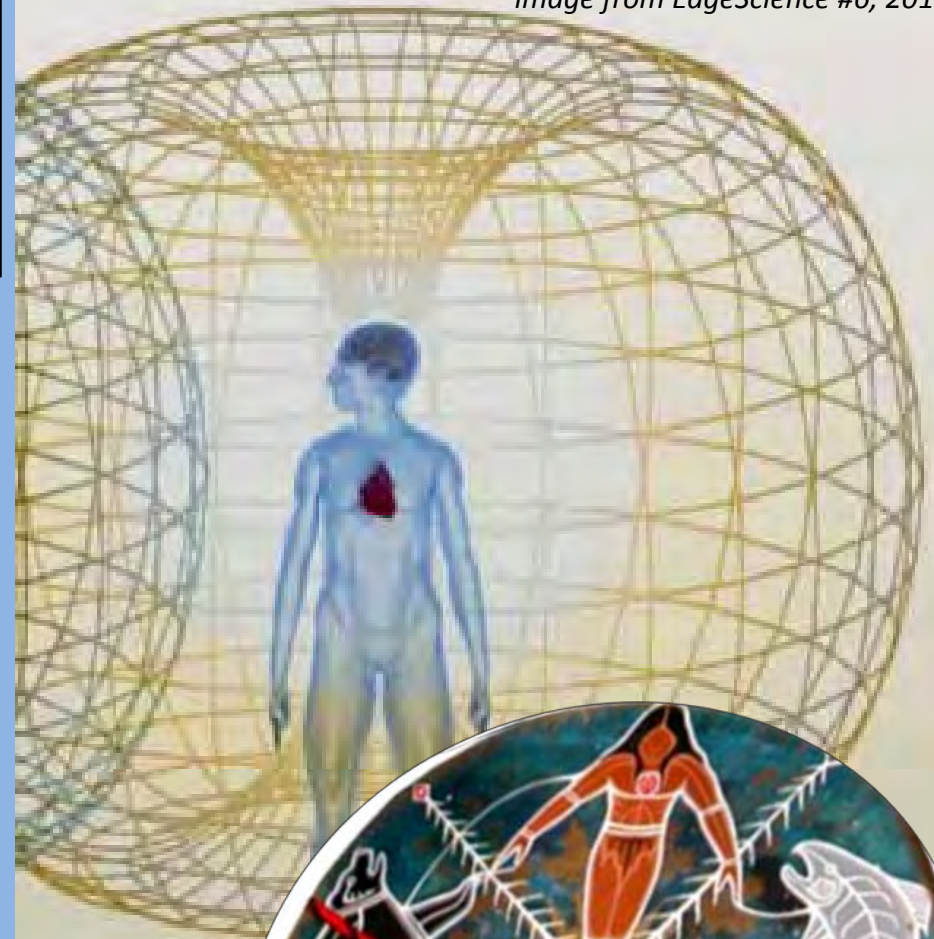


photo: top  
surface of  
Mi'kmaq Drum



heart rhythm  
coherence

- Institute of HeartMath •

# LOVE

Love is the  
main ingredient  
of wellness.



*Mi'kmaq Elder  
Murdena Marshall*

The voice of wellness is in the land.

*Mi'kmaq Elder Albert Marshall*



**IT'S ABOUT LOVE**



Truth and  
Reconciliation  
Commission of Canada

- worldview of interconnectiveness •

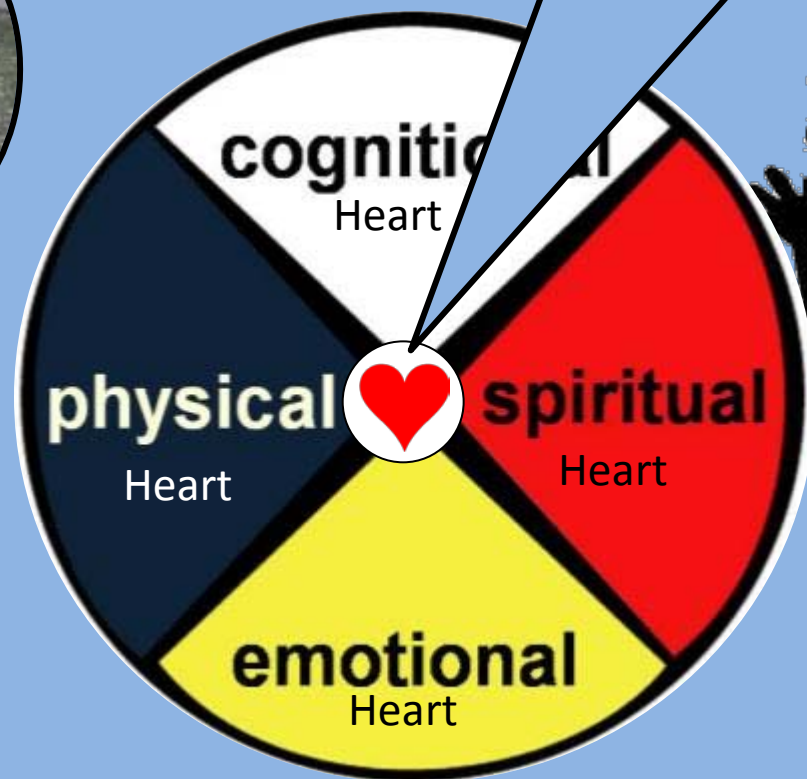


**aspects of being human**

- worldview of heart interconnectiveness •



**COHERENT HEART**



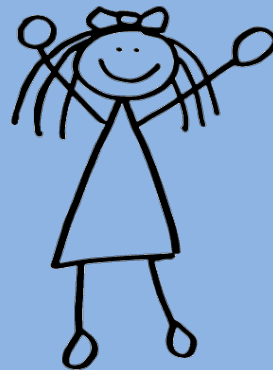
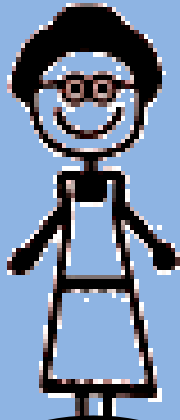
aspects of being human



**Prune Harris**

*Certified Eden Energy Medicine Practitioner*

# human energy systems



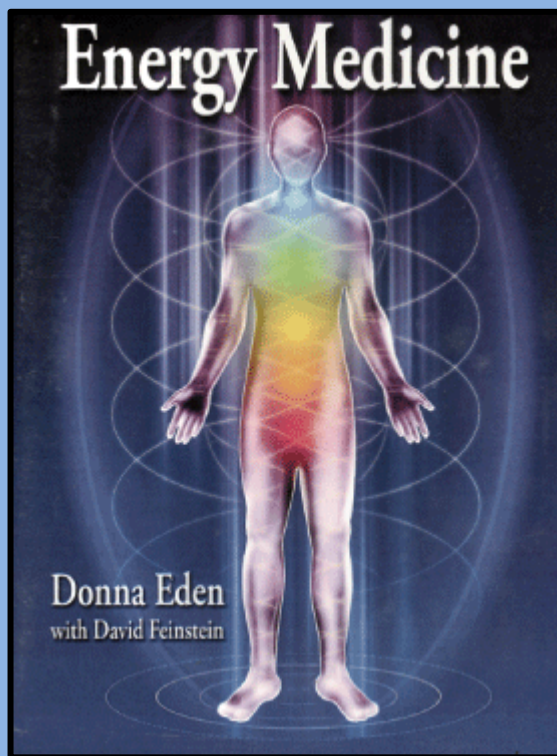


## Prune Harris

*Certified Eden Energy Medicine Practitioner*

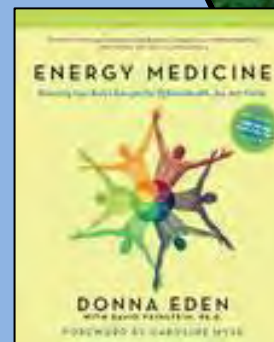
... using information

based on the work of **Donna Eden**



### *Nine Energy Systems of the human body:*

- *Aura*
- *Chakras*
- *Electrics*
- *Meridians*
- *Radiant Circuits*
- *Triple Warmer*
- *Five Rhythms*
- *Celtic Weave*
- *Grid*







The heart is awesomely intelligent, having every single receptor that the brain has.

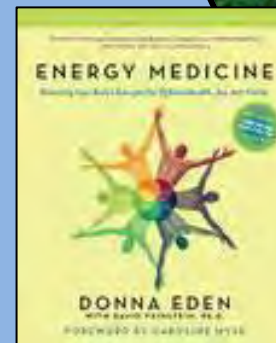
It thinks.

It remembers.

It feels, knows and loves.

It is hard-wired for bliss.

## Donna Eden



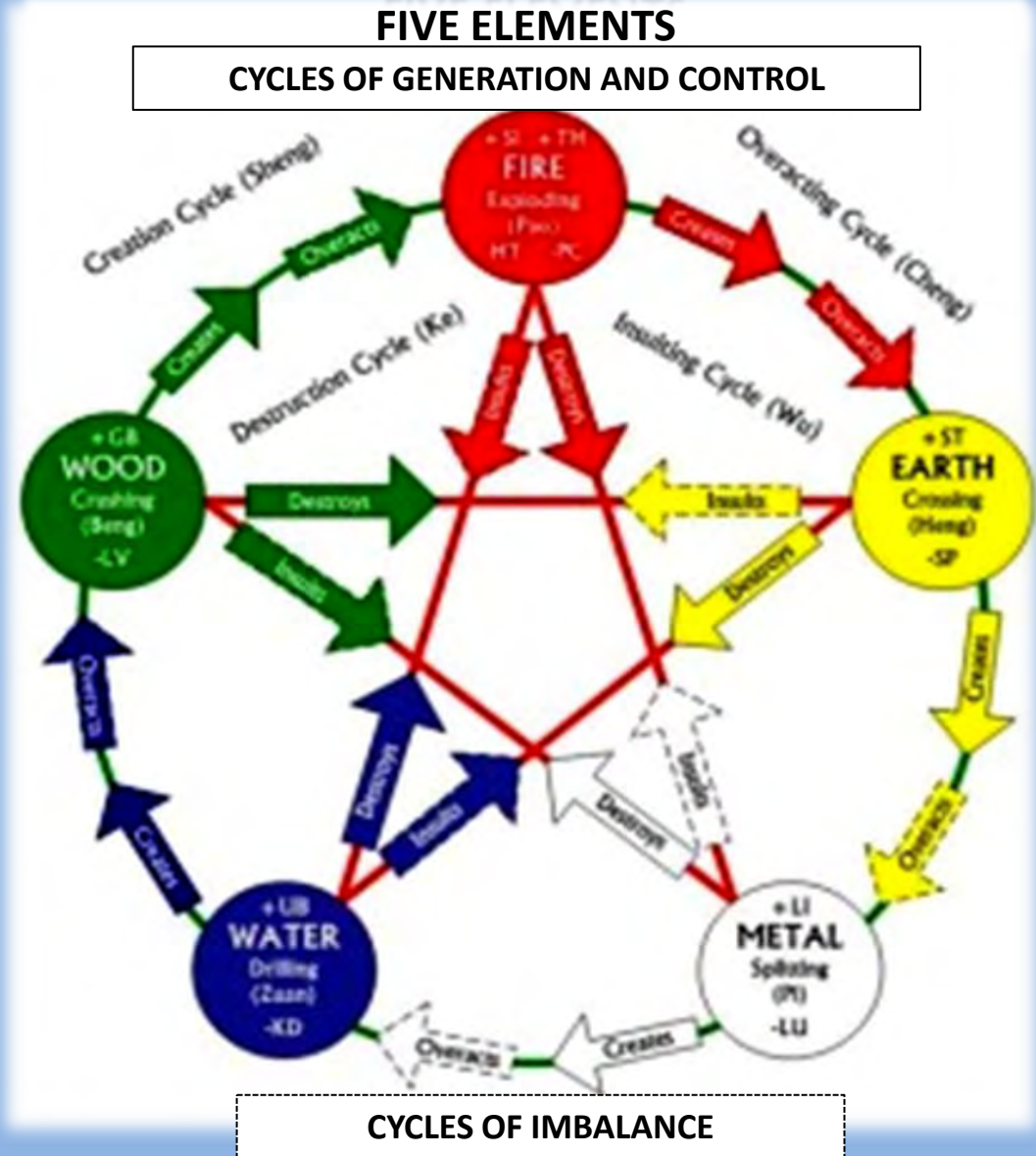


- circles within circles •

## The Internal Medicine Classic states:

“The heart commands all of the organs and viscera, houses the spirit, and controls the emotions.”

In Chinese, the word for 'heart' (jing) is also used to denote 'mind'.





## 5. HEART ENERGY ... blockages and ways to clear them

## 6. HEART ENERGY ... ways to nourish and expand



# • Circle Teachings of the Heart •



## COHERENT HEART

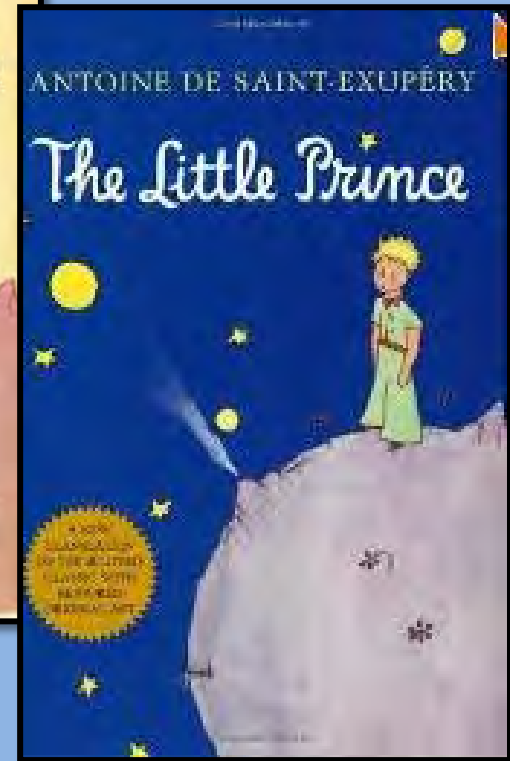
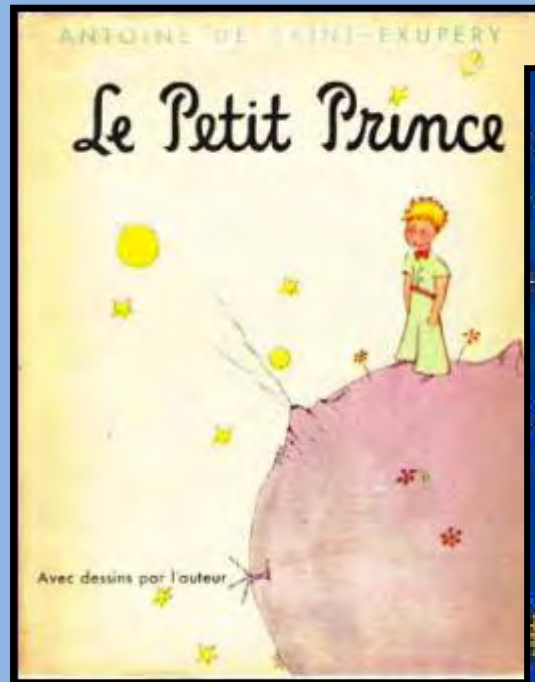
aspects of the human heart



### EAST ≈ Earth

- beginnings, renewal, innocence, joy, illumination, protection, boldness
- living in the here and now
- unconditional love





## Antoine de Saint-Exupéry

It is only with the heart that one can see rightly;  
what is essential is invisible to the eye.

In the beginner's mind there are many possibilities,  
but in the expert's eye there are few.



# • Circle Teachings of the Heart •

## COHERENT HEART

### exercises for the human heart



### EAST ≈ Earth

- radiant circuits
- Why the heart image?  
Yin Bridge
- relationship between heart and circulation/sex (pericardium)
- nine hearts

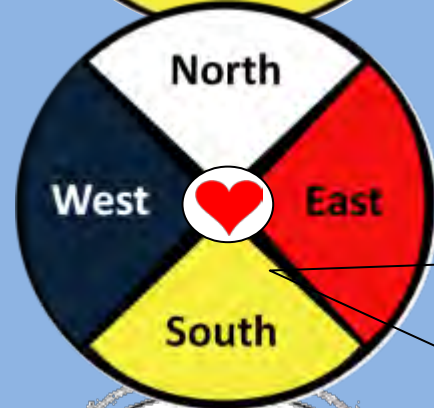


# • Circle Teachings of the Heart •



## COHERENT HEART

aspects of the human heart



### SOUTH ≈ Air

- listening from the heart, honesty, humility, sacrifice, noble passions, nourishment, discipline, community
- passionate love
- music





**INSTITUTE OF HEARTMATH®**

Empowering Heart-Based Living

## **Sara Childre, President and CEO, Institute of HeartMath**



When all of our intentions and actions in daily life originate from the intuitive wisdom of our hearts; when we feel and act with sincere appreciation, caring and kindness for others; and when we can observe world around us without the preset judgments of the mind but rather with the compassion in our heart – then we will truly be living from the heart.

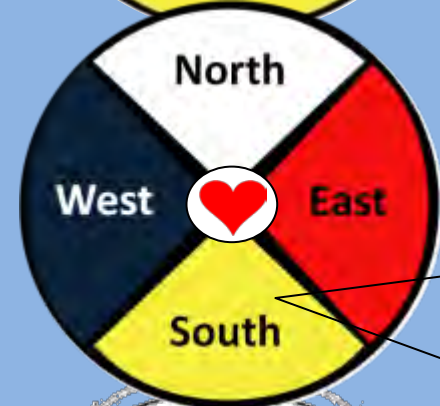


# • Circle Teachings of the Heart •



## COHERENT HEART

exercises for the human heart



### SOUTH ≈ Air

- standing in the love
- fire balancing exercise
- easing heartache
- heart and uterus connection
- bringing down the flame

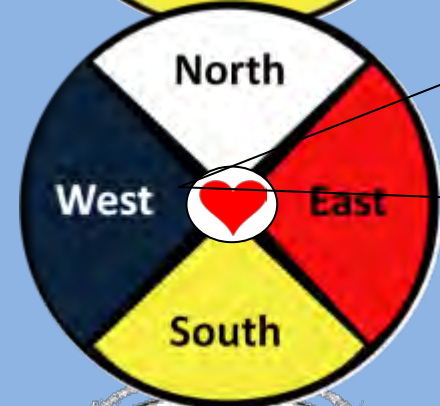


# • Circle Teachings of the Heart •



## COHERENT HEART

aspects of the human heart



### WEST ≈ Water

- growth, prayer, going inside, vision perseverance, darkness, power
- accepting ourselves as we really are
- resilient love



## Pema Chodron



Sharing the heart is a simple practice that can be used at any time and in every situation. It enlarges our view and helps us remember our interconnection ... it is also a method for enhancing our ability to rejoice.

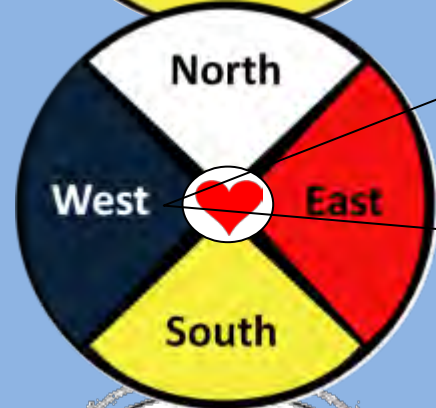
Unconditional good heart towards others is not even a possibility unless we attend to our own demons.

# • Circle Teachings of the Heart •



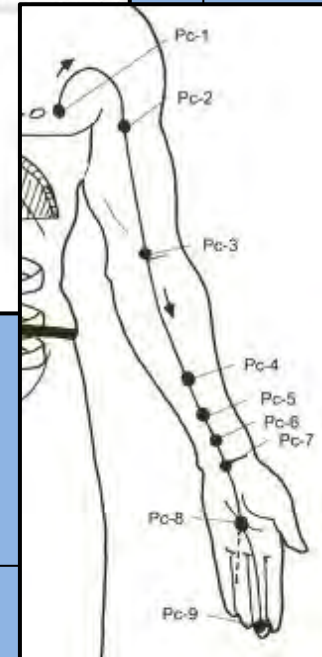
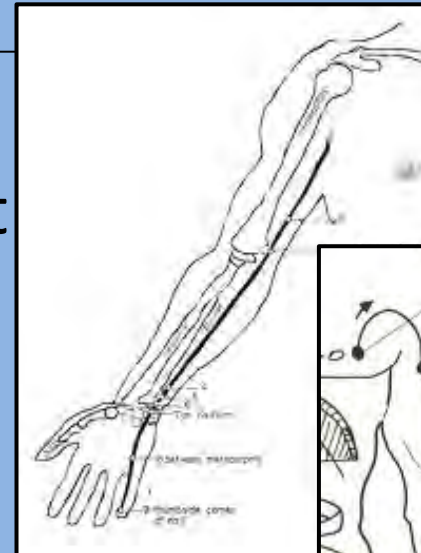
## COHERENT HEART

### exercises for the human heart



### WEST ≈ Water

- organ of the heart
- source point for heart
- heart meridian
- from the West look to the East for groundedness



# • Circle Teachings of the Heart •

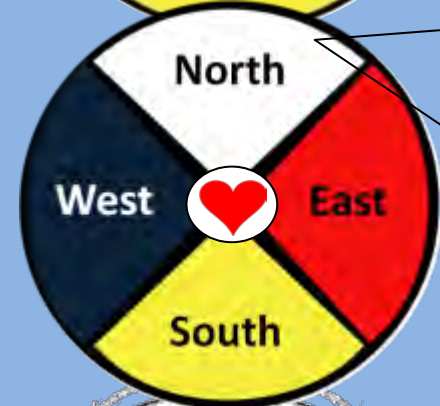
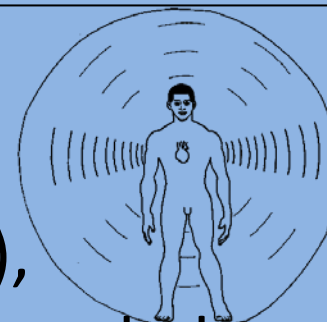


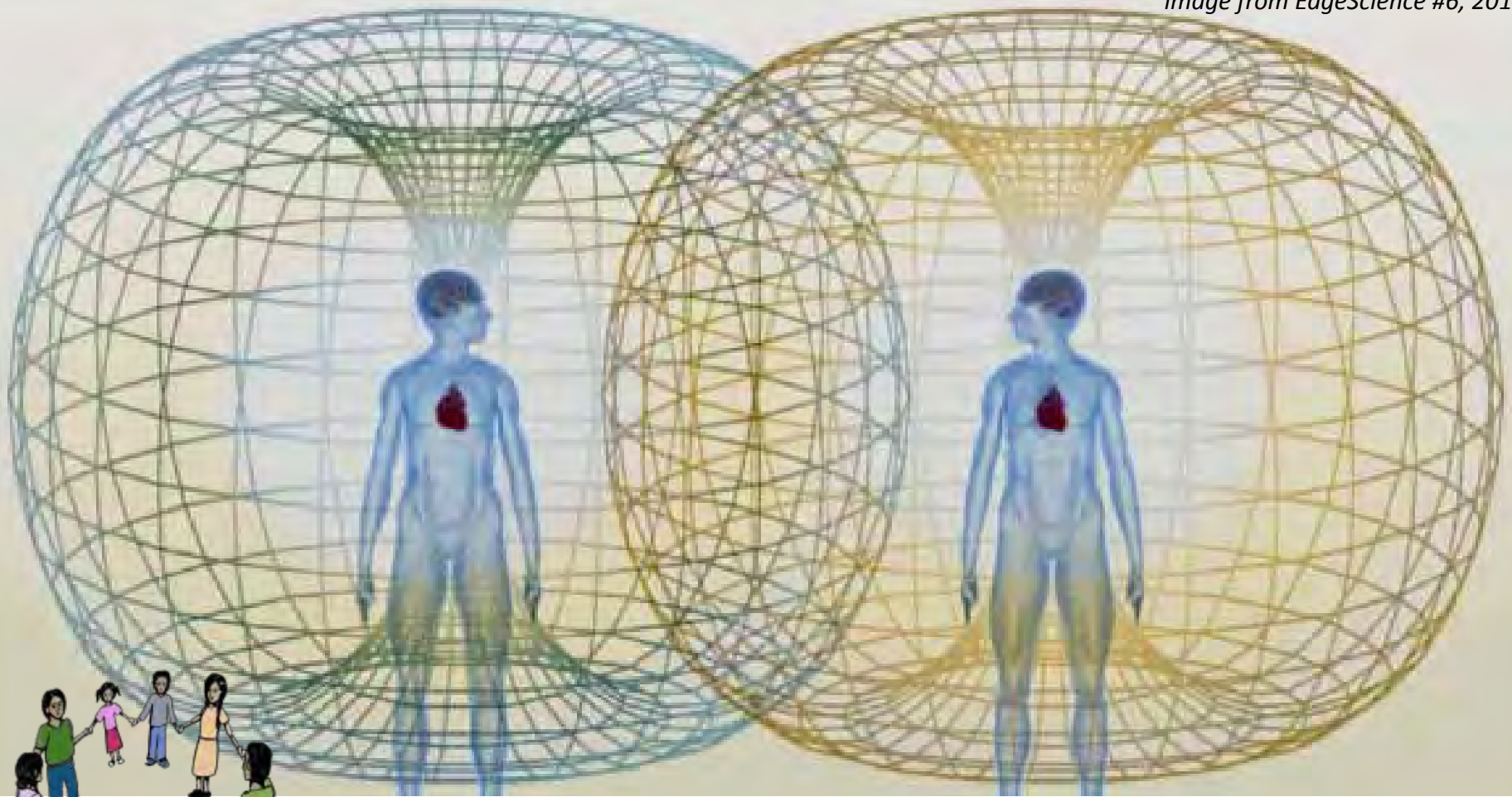
## COHERENT HEART

### aspects of the human heart

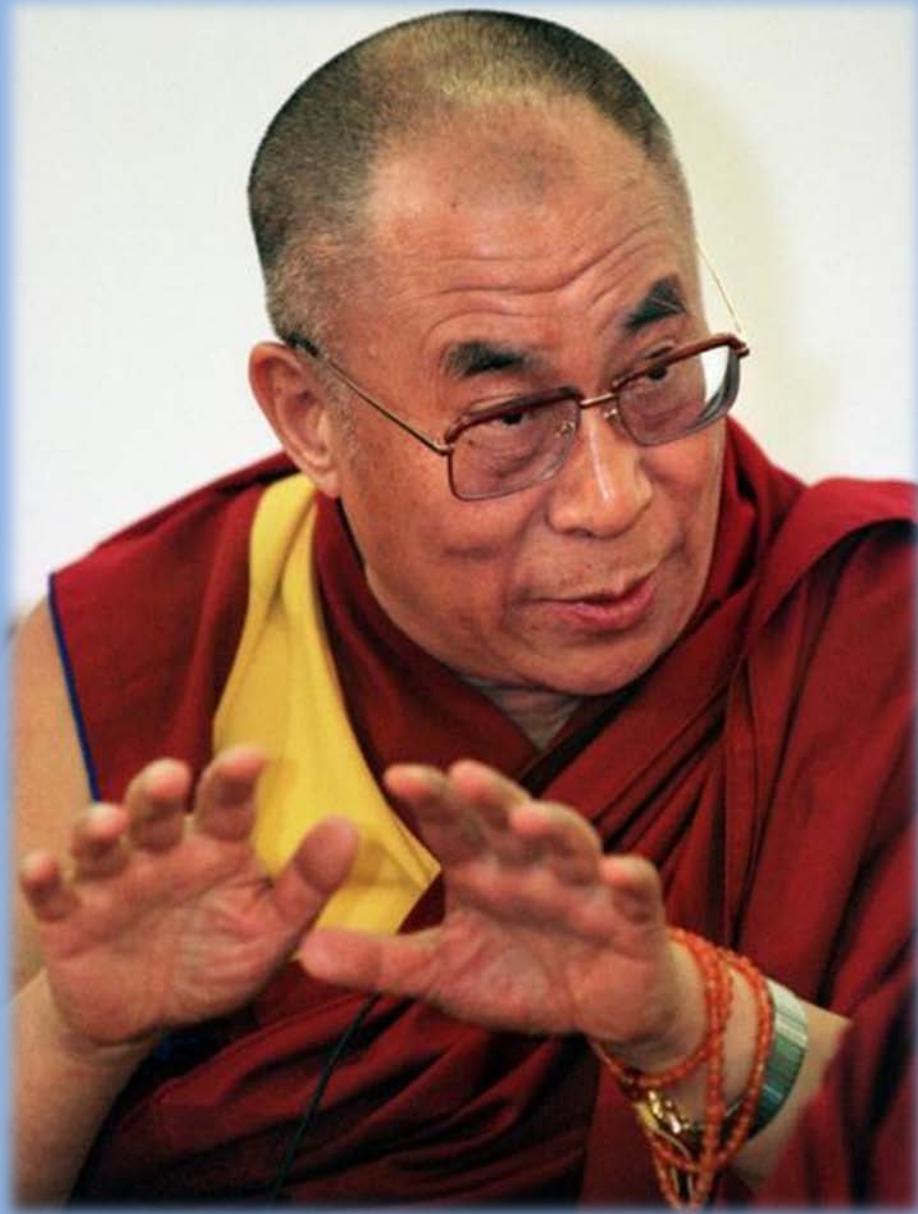
#### NORTH ≈ Fire

- wholeness, home of the warrior (Spiritual Warrior), foresightedness, completion, balance, justice, clarity of thought
- where to learn to serve and guide with wisdom
- detached love





***The heart's energetic field acts as a modulated carrier wave that encodes and communicates information throughout the entire body, from the systemic to the cellular levels, and even conveys information outside the body between individuals.*** (Surel, D., 2011, EdgeScience 6: 5-8 [p. 6-7])



## **Dalai Lama**

Be kind whenever  
possible.

It is always possible.

# • Circle Teachings of the Heart •

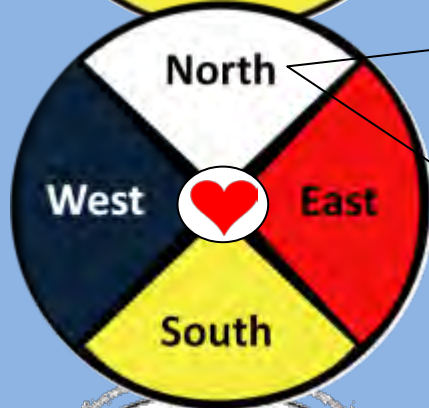


## COHERENT HEART

### exercises for the human heart

#### NORTH ≈ Fire

- cognitive heart
- heart rhythm coherence hypothesis
- heart biggest source of electrical energy
- rhythm of the heart
- heart neurovascular
- opening heart area
- connecting heart and brain



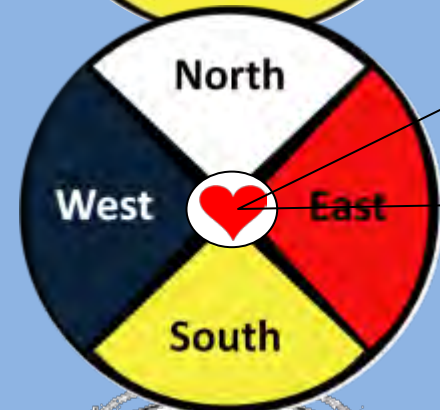


# • Circle Teachings of the Heart •



## COHERENT HEART

aspects of the human heart



## CENTRE

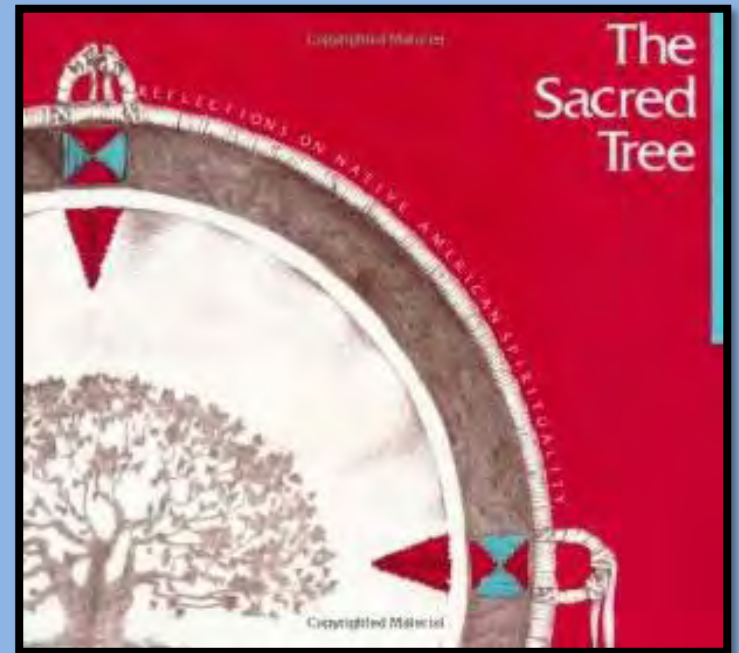
- The centre is the place we return to. It is where we live. (Albert Marshall)
- interconnectiveness
- the place of our will



- **Coherent Heart**

***book:* The Sacred Tree  
*by:* Lane, Bopp, Bopp,  
Brown and Elders**

If people find no room in their lives to pray or meditate, to reflect deeply on why they have been created and what they must do with their lives, and to listen with all of their being to the guidance of the universe, then those people are like birds who have not yet learned to fly. All the parts of the bird are present, but something is still missing. To be a whole person is to be alive in a physical, emotional, mental and spiritual way.



# • Circle Teachings of the Heart •

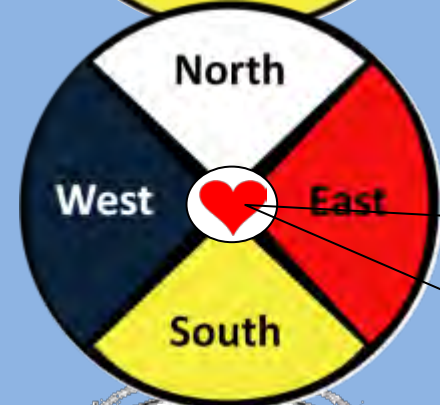


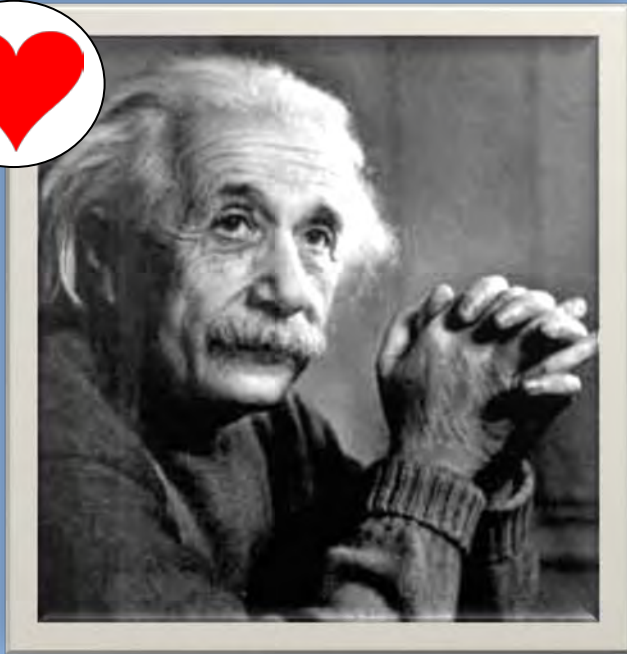
## COHERENT HEART

exercises for the human heart

### CENTRE

- facing silence alone
- six directional breath (fearless heart)
- heaven rushing in





## Albert Einstein

A human being is a part of the whole called by us 'the universe', a part limited by time and space. He experiences himself, his thoughts and feelings as

something separate from the rest - a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening the circle of understanding and compassion to embrace all living creatures and the whole of nature in its beauty.



# Albert Marshall

So this is what we truly believe ... this is what reinforces our spiritualities:

that no one being is greater than the next, that we are part and parcel of the whole, we are equal, and that each one of us has a responsibility to the balance of the system.

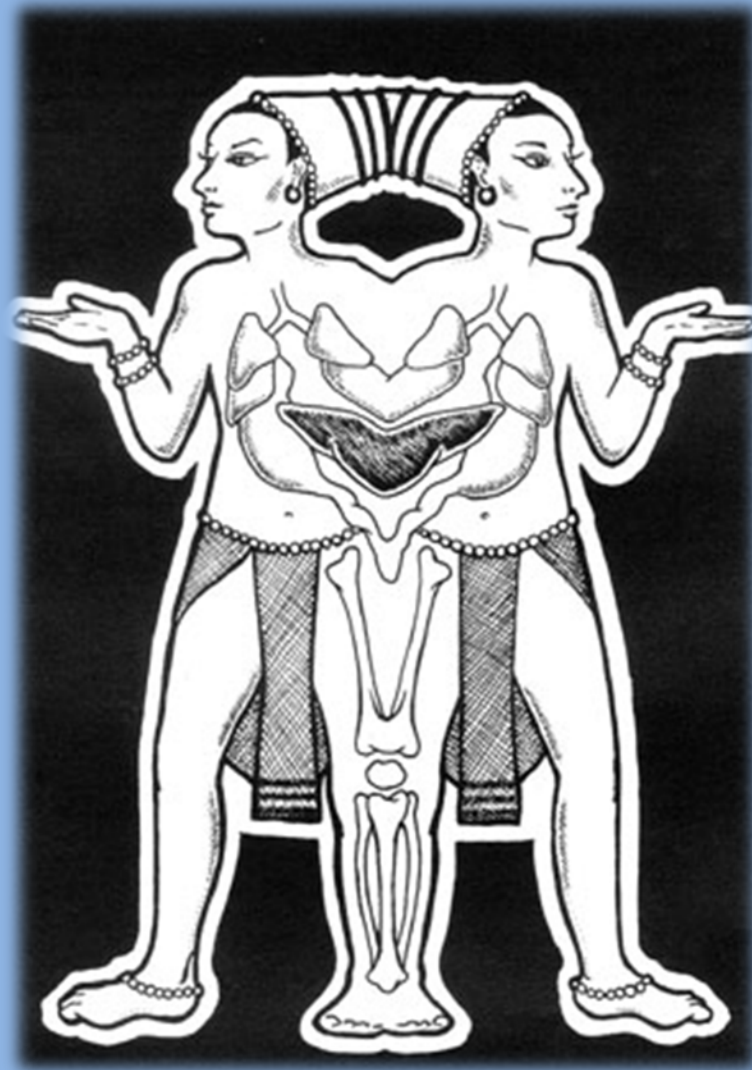




# **Circles of Consciousness** **- expansions from the heart -**

**Canadian Association of Integrative and Energy Therapies**  
**13<sup>th</sup> Annual Energy Psychology Conference – Toronto – 21-24 October 2011**

# 7. QUESTIONS



artist Basma Kavanagh <http://www.basmakavanagh.ca>

# THANK YOU and CONTACT INFORMATION



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