



Plugging into the God source

BY MARIO TONEGUZZI, CALGARY HERALD FEBRUARY 10, 2012

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Elisabeth Fayt owner of RnR Wellness Spa.
Photograph by: Dean Bicknell, Calgary Herald

Inspirational speaker Elisabeth Fayt sees it everyday in her life: people connected in all sorts of ways to their electronic gadgetry.

At an upcoming event Fayt, a successful Calgary businesswoman, wants to show people how to connect in another, more important way.

“I want to teach people the importance of connecting. We’re all plugged into our iPods and our iPhones. We’re all connected to all of these things which is the restless world, but it’s really important that we are plugged into the source of abundance. Plugged into ‘God source,’” says Fayt, who is one of the featured speakers at The Seed Event taking place Feb. 19 at the Calgary Telus Convention Centre.

The Seed Event is an all-day symposium featuring well-known authors, speakers, teachers and leaders helping people to improve their well-being. It will include Deepak Chopra and Adam Dreamhealer.

“We wouldn’t think of keeping our computers unplugged or iPods unplugged. We know they’re going to run out of charge,” Fayt says. “Well, if we don’t keep plugging ourselves in spiritually, we will also lose our charge. So my goal is to teach them what prayer is because it’s a connection and how to keep connected all day because life has its ups and downs.”

For more information about the event, visit www.seedevent.org.

Fayt is a follower of the teachings of Paramahansa Yogananda, an Indian yogi whose writing introduced many westerners to the benefits of meditation and yoga.

Fayt recalls that Yogananda was once asked during the Second World War if there would ever be peace on earth again.

“And he assured his student: ‘Oh, yes, there will be peace . . . followed by war, followed by peace, followed by war.’ So the essence of life is like an upward-downward wave and if we allow ourselves to be immersed in the world, we’re crashing among the waves,” Fayt says. “So what we really need to do is learn to connect to ‘God source,’ which raises us up. We raise our

consciousness and then the troubles of the world, they can have their ups and downs, but we remain centred. We rise above it. That’s our escape hatch,” says Fayt.

“I can guarantee you one thing: you’re not going to get an e-mail or a memo from your boss Monday morning saying, ‘Oh, just wanted to make sure you’re thinking about God.’ You’re going to get a memo about troubles and problems and challenges. So it’s up to us. We have to make the effort. No one else is going to guide us there.”

Fayt operates the successful RnR Wellness spa in the Fairmont Palliser. She is also an internationally-known inspirational speaker and author, and one of the city’s recipients of a Woman of Vision award.

Through her book *Paving it Forward* and being a featured teacher in the movie *The Opus*, and as a speaker, Fayt has transformed people’s lives.

The Seed Event will feature Sequoyah Trueblood, David Wolfe, Anne-Marie Collette, Manmeet Bhullar, Gerald Celente, Adam Dreamhealer, described as one of the world’s most in-demand healers, and international bestselling author and speaker Deepak Chopra.

“What I plan to do at this event — throughout the hour that I am speaking — several times we’re going to connect and I am going to show people how easy it is to connect. And it’s not spending hours and hours in meditation, although that’s lovely and wonderful if you can, but that’s not what it is,” says Fayt. “Because even after you step out of your meditation, that’s when you’ve got life hitting you and often it just seems so blatantly opposite of what you’ve just experienced in meditation, the quiet, the stillness.

“People who have never thought spirituality, I will awaken their minds and hearts. Those who are early seekers, they’re just going to bloom; they’re just going to be awakened. And those who are really, deeply spiritually seeking, I’ll take them to a deeper level.

“I love this quote about what prayer is: It’s the world’s greatest wireless connection. And if we think about it in this day and age, we are connected to our iPhones and iPads and iPods and television. And everything that we’re connected to has an energy associated with it. And that energy affects our lives. Even once a day or a few times a day, change that connection to plugging into God source, then we have abundance because God source is the source of abundance. There’s really nothing we could ever need or want when we plug into God source. We have it without any effort.”

Fayt says if someone is going through a specific struggle or challenge or is finding it difficult in life, you can bet they are not connected or plugged into the God source.

“And all it takes is to switch your focus, plug in, connect and know who you are, feel that you’re not alone because when we plug in, we realize we have this help — continuous, unconditional love and help that’s there anytime we want it,” says Fayt.

“So if we’re having challenges that seem unbearable, unconquerable, we can guarantee that it’s because we’re not connected.”

mtoneguzzi@calgaryherald.com
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