

Going Divine in 2009, Part III : Courtney Milne

A third member of Horowitz's traveling group is Courtney Milne. (See <http://www.courtneymilne.com> and [http://www.courtneymilne.com/html/pool\\_of\\_possibilities/index.cfm](http://www.courtneymilne.com/html/pool_of_possibilities/index.cfm) for more information about Courtney Milne.)

Although I didn't know who any of these three men were at first, each has had a profound effect on me, through the actions consistent with living one's passion.

Prior to Scott Huckabay's initial concert, (See Going Divine in 2009, Part II: Scott Huckabay) Courtney stood up and excitedly talked about his images.

"My journey around the planet has brought me right back to my own yard where I discovered my greatest muse and teacher - my pool. I call it the Pool of Possibilities. The diversity and beauty I have seen in the pool has made me realize that anything is possible if I have the eyes to see. My Pool of Possibilities experience has become a metaphor for how I live my life. It is a continual reminder to look at the rest of the world with new eyes."

I had no idea what he was talking about. I didn't even really know why I was there. I'd been invited to hear a sacred geometry workshop. That's all I knew. I didn't know about Horowitz at the time. I didn't understand why we were hearing a concert prior to Horowitz's lecture. And I had no idea what Courtney meant by his images or his pool.

What a revelation to me to experience the 528 frequency, the middle C of the Solfeggio frequencies, the ancient tones by which music used to be created, in not only music but its effect on water!

As Scott Huckabay played his guitar tuned to the 528 frequency, images were portrayed behind him on a large screen. At first I thought I was looking at Monet's images. Very surreal. Very impressionistic. Very beautiful. Not just colorful, but something else.

Dramatically peaceful.

Intensely calming.

Electrifyingly beautiful.

Mesmerizingly heart opening.

I couldn't take my eyes off them, even as Scott was dancing around the stage. My eyes would flit between him and the images circulating on the screen.

“You know, out of the nearly half a million images I have saved of my world travels and my exhibitions, I’d let them all go if I had to choose between them and the pictures of my pool,” Courtney said. At the time, I had no idea how profound that statement was.

The author of many books, including The Sacred Earth, with a foreword by His Holiness the Dalai Lama and now selling as high as \$500 for a vintage copy on Amazon, Milne has enjoyed more than thirty years of photography, traveling the planet and creating presentations based on his passion.

Some of his special events include

- \* UNESCO's World Heritage Conference (1990)
  - \* The Waterscapes International Congress (1991)
  - \* A Canadian tour of The Sacred Earth Concert, a fundraiser for local environmental projects and for the Endangered Spaces Campaign of Worldwide Fund For Nature (WWF) (1992)
  - \* The United Nations "Earth Summit" in Rio de Janeiro and the follow-up Eco-Ed World Congress (1992)
  - \* Being a Jury member for the United Nations Environment Program (UNEP) International Photography Competition, in Tokyo, Japan with a presentation of The Sacred Earth Concert at the Metropolitan Museum of Photography (1995)
  - \* Love Songs From Planet Earth, a Premier Presentation with flautist Bettine Clemen and the Saskatoon Symphony Orchestra (1997)
  - \* His photos were featured on a 60 foot screen at the Saskatchewan Centennial Gala, attended by Her Majesty, Queen Elizabeth II and His Royal Highness Prince Philip, with Saskatchewan Lieutenant Governor Dr. Linda Haverstock, and dignitaries from across Canada (2005)
- And his latest,
- \* Seeing With New Eyes presentations and workshops (2006-2007)

Plus he’s led or participated in more than 60 photographic workshops nationally and internationally, including seminars and tours in North America, the Bahamas, Hawaii, New Zealand, Ecuador, the Galapagos Islands, Antarctica and the Canadian Arctic.

It hasn’t always been so easy for Courtney to live his passion. First he had to hit rock bottom.

In 1975, his marriage ended, frustrated with his executive career, facing health challenges and depression, he walked outside in a snowstorm in below freezing temperatures. Finding himself at the edge of a river, he contemplated jumping in, but the water was frozen. Frustrated with his failure to commit suicide, he wandered into a restaurant where he contemplated his coffee and his reflection in the window. At that moment, he heard a voice inside his head say, “If you want

to survive, then you must resign your job, move into the cabin at the edge of town, and photograph bison and northern lights.”

Even though he felt terrified of the message, he found himself moving in a few weeks later, to a cabin with no heat or electricity in the middle of the Canadian winter. Sleeping with his dog, and living on trust, he felt happier and healthier than he had in a long time.

“That day, in 1975, I knew I was starting on the right path. Today, I recognize that path has led me full circle - back to myself, and to my own backyard. I'm totally immersed in my Pool of Possibilities project and absolutely loving every moment of it! I am so grateful that I listened to that voice! These days, I always try to pay attention to that now familiar inner voice, which is never far away, now that I am truly connected to my passion,” Courtney shared.

What about the Pool? What is this all about?

“On the autumn equinox of 1999 (September 23rd) I calculated that there were exactly 100 days remaining in the Millennium. I vowed that I would do something significant with my camera everyday.

“Finding a block of time with my camera soon became a daunting task. I was in the midst of a cross-Canada promotional tour for my new book "W. O. Mitchell Country". The busiest days of all seemed to be when I was home preparing for the next leg of the journey.

“Late afternoons, as the September light gently waned and October light was rapidly shrinking, I would dart outside to photograph whatever caught my eye. On four or five occasions, the first thing I noticed was the pattern of reflections in the forty-foot swimming pool, right outside our patio door. When the water turned to solid ice, I often found myself focusing on the shapes created by the play of morning light on its ridges.

“I thought little of all this at the time and was happy to return to what I perceived to be my "real" work: preparing for the next trip and multi-media show.

“In February 2000, with a more relaxed daily schedule, I reviewed the nearly 7500 slides I had acquired for the Hundred-Day Project. In choosing my top ten images, I was shocked to realize that they were all of the swimming pool!

“My backyard had won over national treasures such as Algonquin Park, the Canadian Rockies, the Pacific Coast, Vancouver Island and Niagara Falls! This epiphany led to some soul-searching questions. If a few minutes with the pool over several days could result in this body of work, what else was I missing - in

the pool, in my photography, in my career, in my relationships and in my life?

“Thus began years observing, contemplating, photographing and learning from my pool - my inspiration, my teacher, my Muse.”

But he didn't stop there with his pool.

“Like Dr. Emoto, I believe water and its images contain a vital energy that resonates with our bodies and gives us a sense of healing. I felt compelled to gift the pool in return, so in the summer of 2006, I directed a lot of attention and gratitude toward the pool. We also installed a healing symbol, a geometric representation of the energy of love and gratitude, under water on one end of the pool. (Also known as a Water Resonator, see <http://web.mac.com/len15/LOVE528/HOME.html>.)

“Within two weeks, people commented on how the water felt smoother and silkier on the skin. A number of people said they felt a healing peaceful quality when immersed in the water. Animals, especially deer and porcupine, seemed to be more drawn to the edge of the pool.

“In November, exquisitely beautiful ice patterns formed on the frozen surface, and in December, the entire pool surface broke out in islands of ice crystals, like miniature fern gardens, not unlike Emoto's most perfect crystals.

“In the fall of 2006, in a spirit of gratitude, we invited friends to participate in a pool blessing ceremony conducted by a local shaman, Trent Deerhorn (<http://www.deerhornshamanic.com>)

“As the winter progressed and snow accumulated on the ice, we were astonished to see that deer would actually bed down inside the pool, sitting for many hours at a time. This had never happened in the past, and we can only assume that something had changed in the energy and ambiance around the pool that made the deer feel safe to be so close to human beings.

“To this day, miraculous events keep happening. I honestly can't discern whether the pool has changed or my perceptions are keener -- or both -- but I do know that whatever the truth, I have the pictures to prove it.”

And he's experimenting with the healing effect of his pictures. Using the David Hawkins Scale of Human Consciousness ~~Scale~~, he's discovered that the pool and its subsequent pictures **resonate at a level of unconditional love**. In 2008 he launched **The Pool of Possibilities Daily**, an online daily experience of a new image to contemplate, his personal commentary called Poolside Wisdom, a journaling opportunity and e-cards, all designed to assist viewers to transform

their ways of seeing the world. Subscribers report a phenomenal variety of inspirational experiences. (see <http://www.poolofpossibilities.com> and [http://www.courtneymilne.com/html/pool\\_of\\_possibilities/e\\_calendar/what\\_people\\_are\\_saying/index.cfm](http://www.courtneymilne.com/html/pool_of_possibilities/e_calendar/what_people_are_saying/index.cfm)). He hopes to experiment with using his pool pictures in hospitals and healing centers where they can change the consciousness and raise the vibration for self-healing. He also placed the Water Resonator in his living room where he hosts many workshops and presentations called Seeing with New Eyes.

The reaction?

“Everyone attending had some kind of miracle happen in their life, based on their focus during the workshop. One woman found her soul mate. Another had a spontaneous healing. Still another found himself expressing his creativity in ways he’d longed to, but previously lacked the self confidence to do so.”

Do you think it was the water resonator in the room or your heightened state of being as a result of your work with it and the pool?

“I’m not sure. But I do know this. My Pool of Possibilities experience has become a metaphor for how I live my life. It is a continual reminder to look at the rest of the world with new eyes. Everything we need is in a pool of resources readily available to each and every one of us.

“We need only to "see" with new eyes - and choose to act.”

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For more information on Courtney Milne, his work, and his Pool of Possibilities, see also [Five Ways to Benefit from this Site](#), [http://www.courtneymilne.com/html/whats\\_new/index.cfm?view=article&wnID=4](http://www.courtneymilne.com/html/whats_new/index.cfm?view=article&wnID=4)

For those interested in ‘playing’ with either the water resonator, Courtney’s Seeing with New Eyes inspirations or Inner Landscapes Photographs for tapping into intuition and inner wisdom, please send your results to: [sedonaheartwalk@yahoo.com](mailto:sedonaheartwalk@yahoo.com), attn. Courtney Inspiration. Future issues will share the results!

I remain devoted to passionate living,  
Phoenix Rising Star