



Welcome to this new year of education.

I have been reading an interesting book on the American Puritans, for whom a major issue was autonomy vs non-autonomy. It took careful reading to figure what they were on about. Autonomy was simply doing your own thing, whereas non-autonomy was doing God's own thing.

The Puritans were endeavouring to build a society, even a nation, that was non-autonomous. They wanted to build a society where God and His Word were the authority for everything they did. They did well for a generation or two, but then man's natural proclivity (sin) surfaced and more and more their goal was clouded and ultimately lost.

It reminded me of Christian education, which should be 'non-autonomous' and perhaps that was our goal and desire when we started out, but how quickly 'autonomy' sets in unless we constantly resist it.

Before you dismiss the ramblings of a fanatic, consider the product of a non-autonomous educational program as against an autonomous program. Which would you prefer for your children? Do we want our children's lives to be modelled on the Lord Jesus or on the lives of those in the world around us?

That is the challenge and the opportunity we have as we begin this new year. May the Lord bless you mightily as you set a goal of non-autonomy this year.

This Issue

In *Exploring Christian Education* I explore the contrast between man's way and God's way in Christian education. We reproduce another health article by George Malkmus on the problems caused by animal sourced

foods. Wendy Hill contributes another in her music series, this time on the element of body, and Evelyn Garrard contributes another LEM Phonics corner.

May God guide you through the maze of godlessness in our land and give you his direction for you and your family.

Peter



We press on with enthusiasm for another year. The three stalwarts of LEM (Evelyn Garrard, Kaye Frogley and myself) have pressed on through the barrier of retirement — we love what we do, so why not keep on whilst God gives us favour? Fortunately, we have a couple of younger people in the office to help us remember what we were doing and to keep computers running.

It is discouraging to see our nation and its people drifting on a downward slope of increasing ungodliness, but we are encouraged by you — the dedicated Christian educators — who in schools or at home are upholding the name and reputation of our Lord. At this busy time of year as we receive, pack and send our orders, we are encouraged to think of the many schools and families that will be blessed as they use

materials from Light Educational Ministries for the year ahead.

This year is the first without CHESSE seminars in over 30 years, so we will have more time at home to reflect — my children seem to think it is about time that happened. We will miss seeing many of you and the wonderful fellowship we have enjoyed — often now with the married children of parents who were part of the early generation of home educators.

International News

Papua New Guinea

Mark and Gloria Baiai were in Canberra in November 2015 to undertake LEM Phonics training and are now better equipped to lead their team in PNG. They are presently very busy servicing schools and teachers in many locations across the land.

We are praying for the Baiais and their team as unfortunately there has been much misappropriation of LEM Phonics in PNG, with literally dozens of schools claiming to teach LEM Phonics in a manner that only vaguely resembles our programme. Not only that, some have taken it upon themselves to reprint our materials and sell them — thus breaching copyright. Now the team in PNG (called 'Light Education PNG') are working to resolve this difficult situation.

Peru

Bob and Frances have advised that they will not be returning to South America this

year, but will probably do so next year. Bob reports:

My major project for the moment is working on a virtual version of the Diploma in Creation Science (DCC) course with my Bolivian friend/colleague.

We get regular emails from Peru. Mariela (one of the key and most faithful members) has been unwell but is recovering and working again. I regularly get assignments from the Diplomados (students), which is encouraging. We now have people working on the DCC in six Latin countries.

I have translated the course into English so that some American missionaries in Ecuador can do it. They were the ones who sponsored our visit to Cuenca, Ecuador back in July 2015. Since then, four people have signed up for the DCC and a group has been formed with a leader appointed.

Bob and Frances continue to provide much support for the Antorcha team who minister in Peru, Colombia, Bolivia, Ecuador and Chile. ■



No. 99: Man's way vs God's way

As an old Bible-believing teacher I find it difficult to understand how our current educational experts seem to be convinced that our state-inspired educational programs are achieving wonderful results.

On every hand we hear of dropping standards, alarming behavioural problems and, among many other concerns, that universities run courses in basic English and Maths because students' standards in those basic studies are not adequate to successfully cope with university courses. On one hand it seems we have massive problems that are being exacerbated by the experts, and on the other hand that education is getting better and better. We seem to have two conflicting, diametrically opposed views and an ongoing stand-off. For Christians the problem is that the experts have control of the government system, and thus access to the money, which unfortunately means the system largely controls Christian schools as well.

Governments have worked out that 'if you allocate more money the problem is solved'. The difficulty is that governments have been doing just that for many years with little apparent improvement. Rather than extra money solving the problem, it entrenches it by building an educational industry around the problem. Indeed, some would suggest the problem is getting steadily worse precisely because of the government's assistance.

The problem is a moral one — actually, a religious one — as ultimately are all our problems. Right about now some will advise that such a suggestion qualifies me as a leader in the Grumpy Old Men's group who are tragically out of touch with reality. However, I would suggest the answer to our national educational problem is quite simple and, of necessity, religious. This is why we have this conflict raging around us in every sphere of life. I would like to briefly explore and suggest some alternatives to the current practice.

I began teaching in 1964, before many of you were born (in fact some have suggested that dinosaurs still roamed the streets — and according to some of these 'friends' I and my compatriots are a type of Troglodyte). Regardless, let me continue. In the good old days we taught *facts*, based in the idea of absolutes, that was presented as the curriculum. In today's education the focus is on *process* — the way we learn — oh, and in that process we must have fun, because we all know how boring learning and discipline can be!

In those good old days most people believed in absolutes and they built their life values around biblical truth and the idea of a sovereign God — but not anymore. If there are no absolutes, there is absolutely nothing to learn in terms of facts. Back then most people believed in God, or at least still held to a value system that was built on biblical values. Since the folly of those days man has tried God and found Him and His ways unacceptable to enlightened, rational man. Some philosophers have taught that God is dead, and even in the main stream of our society, modern man has dismissed God as irrelevant.

■ Rather than extra money solving the problem, it entrenches it by building an educational industry around the problem

This is a religious position and an anti-God faith, commonly known as Humanism. So the conflict since Adam and Eve's notorious fall — really the unavoidable conflict of the ages — is between Christianity and Humanism. You will be in one camp or the other — or worse still, you may think you are in one camp when in reality you are in the other. This confusion is a major cause of the lack of direction in the modern church.

In Puritan terms, it is non-autonomous man vs autonomous man (see *Director's*

Comment in this issue). The autonomous man is the one who makes his own decisions, decides his own destiny, develops his own identity and builds his own self-esteem. He does his own thing! This man in modern terms is a Humanist, and he is doing what the world's education system has trained him to do.

The non-autonomous man, on the other hand, has lost his autonomy as he is now owned by another — the Lord Jesus Christ. His options have changed — he can and should do what God wants and that is the will of God for his life. That is exactly what we have been created to do and be. We were never designed to be autonomous — God's grace does not extend to autonomy. God's grace will be with us in our autonomy or rebellion — but only to rescue us from our folly.

Teacher and parent, what is your plan for your children — autonomy or non-autonomy? For Christians the answer should be obvious. The problem is that we have generally always done it autonomously — that is, the humanist way. Our task is to learn God's way, not only for ourselves, but particularly for our children.

Humanism is faltering. It is not producing the promised fruit and western civilisation is terminal. However, in the midst of that God is challenging a remnant to be an instrument in His hands to change the world. ■

New Federal Education Initiative

We have become aware of a ministry producing resources to bring our Christian heritage to our rising generation. We encourage you to take advantage of these resources for your educational endeavours.

Former Federal Minister for Education, Mr Christopher Pyne, announced on 19 Sept 2015 in *The Australian*, 'our Christian Heritage will be taught in our schools.'

A range of FREE resources explore our Christian heritage in areas designated by the revised Australian Curriculum. These resources are available from www.diduno.info.

The curriculum reference for each module is on the website. Each module is based around a short text.

Included with the many texts are PowerPoint presentations and activity sheets. Examples include Mother's Day, Father's Day, Rev John Flynn (\$20 note) and David Unaipon (\$50 note).

It is timely for us to offer these FREE resources to allow them to be included by the teachers in teaching/learning programs. New releases can be received each month by signing up on the website.

Graham McDonald, Executive Officer
The DIDUNO Network
graham@diduno.info



Body

The body is not commonly regarded as being a music element — but without it we cannot play, sing, read, write or hear music.

In fact, the body is an essential building block of music. The previous ten elements discussed — rhythm, melody, dynamics, harmony, tempo, tonality, form, sound-waves, timbre and touch — would be meaningless without a body to receive and interpret them.

Definition

We all know what our body is but here is a definition I teach my students which summarises its complexity:

The body is man's visible, tangible part made of atoms. We have a brain and bones and muscles and nerves and many internal organs. Five senses tell us what's happening all around and they are hearing, sight and smelling and taste and touch.

Body is the visible, touchable and physical part of our being. Like plants, animal and

the earth, bodies are made of atoms created from the earth. 'And the Lord God formed man from the dust of the ground...' (Genesis 2:7a). God has designed the body in an amazing way with five senses so it receives information from the outside environment and we can understand and live on this planet. Our body is an extremely efficient science laboratory. The brain is the information centre and control tower, sending and receiving billions of messages to and from the sense organs. All five senses are involved in music making — ears for listening, eyes for reading, skin for touching the instrument, tongue for singing and discussing music and the nose for breathing. Obviously, we don't smell music but still have to breathe. Whilst we don't literally taste music, we can have good or bad taste in music.

God-message

The body as an element of music teaches us something about God's character. The God message for body is:

God designed us physically so we can hear, read, write, play and sing music for His glory and for our refreshment and health.

We learned in an earlier article that the element of rhythm represents the body or flesh because of its response to strong beats (evenness of beats) and rhythmic patterns (long and short sounds and silences moving through a timeline). The Greek word *rhythmos* refers to earthly and bodily functions. Melody and harmony evoke aesthetic

concepts such as beauty and joy. But rhythm is more of an earthbound physical feature like the rhythm of heartbeats, breathing, seasons, tides and planetary movements. Because rhythm moves through a timeline, it also reminds us we are time bound during our earthly timeline. Our bodies are earthly matter and will not be taken to heaven. The body and rhythm are definitely connected with our life on earth rather than eternity.

■ Music has direct physiological effects on the body and many responses are spontaneous and uncontrollable reflexes

Music and the body

Music has direct physiological effects on the body such as clapping, feet tapping, hip swaying and dancing. Many responses are spontaneous and uncontrollable reflexes. The inner ear, where music enters the brain, modulates posture, muscular tone, breathing rhythms, heartbeat, blood pressure, feelings of nausea and eye reflexes. Respiration is affected when fast, loud music accelerates the breathing or slow, quiet music relaxes and slows it down. The even rate of blood circulation changes due to changed heart rate. Heart pulses are altered and even eyelid and pupil movements may change. The entire nervous system is

affected, which may cause nervous tension or relaxation.

When composers over-emphasise such music elements as dynamics, tempo, rhythm and beat there can be dramatic bodily responses (e.g. epileptic seizures and heart attacks can be precipitated). The inner ear is overstimulated and muscle strength is lost, causing frenzied dancers to collapse. Low frequency bass notes combined with driving rock rhythms overstimulate the adrenaline and sex glands. The ability to make decisions is affected as the body tries to correct an imbalance of hormone discharge by drawing blood sugar from the brain. Permanent ear damage results from music over 75db, leading to tinnitus and deafness in younger and younger age groups. Extreme volume is used in tribal initiation ceremonies to create insensitivity to pain. Hence the use of loud drums in Moloch worship to mask the sounds of crying babies and mothers during infant sacrifice. A predominance of bass frequencies causes a trance state because it transmits more energy to the brain than higher frequencies without damaging the ear thus affecting the alpha brain state. Loud rock music has been used for interrogation and torture by the military.

Despite all the evidence, some still claim that music is neutral and does not affect us. Composers know exactly how to use the music elements to manipulate the body because they know it will affect character and moral behaviour.

They have a keen ear for music and Satan knows what organs to excite, to animate, to engross and charm the mind so that Christ is not desired.

*Testimonies for the Church
Volume 1, page 497*

And we haven't even touched on how music affects the spirit and worship! Whilst this is all very negative and depressing, there are nevertheless many positive ways of using music.

The body in worship

A Swedish research team placed heart monitors on the ears of a high school choir and got them to sing hymns. Changes in heart rates were measured as the choir sang different harmonies and exhaled and inhaled at the same times. This guided breathing slowed the heart rate down producing a calming effect. From an initial chaotic state, heartbeats soon became a series of uniform peaks. External synchronisation of melody and rhythm led to an internal counterpart. This lovely quote describes it well:

Sacred song has wonderful power. It has power to subdue rude and uncultivated natures, power to quicken thought and to awaken sympathy, to promote harmony of action and to banish gloom and foreboding that destroy courage and weaken effort.

The Voice in Speech and Song, page 407

How is the body to be used with regard to worship? Obviously it is necessary, but like all other music elements, it should be

Our Heavenly Father knows the power of music and what is best for our health

controlled and not be used in the extremes. Worship is possible and acceptable to God when there is no physical movement at all. When Ezekiel had a vision and saw the likeness of the glory of the Lord, he fell upon his face. Paul sang and worshipped while bound in chains in prison. When John saw Jesus on the Isle of Patmos he 'fell at His feet as dead.' The body becomes irrelevant. There are many who remain still while singing and their music is more powerful because focus is on the words and message with no distractions from bodily movements.

True religion does not demand great bodily demonstration... These are no evidence of the presence of the Holy Spirit.

Selected Messages Volume 2, page 26

Fearfully and wonderfully made

There is so much more that could be said about the body as an element of music but I will close with a few scriptures and a thought-provoking quotation. As Christians and believers in the one true Creator God, Giver of life and music, we know that our bodies are not our own. Our Heavenly Father knows the power of music and what is best for our health — physically, mentally, emotionally and spiritually — because He created us.

Know ye not that your body is the temple of the Holy Spirit which is in you, which ye have of God, and ye are not your own? For ye are bought with a price. Therefore glorify God in your body and in your spirit which are Gods.

1 Cor 6:19–20

I will praise Thee for I am fearfully and wonderfully made.

Psalms 139:14

The following very powerful words written in the 1800s and remind us of our true rights.

Have I not the moral right to do as I please with my body? No, you have no moral right because you are violating the laws of life and health which God has given you. You are the Lord's property, His by creation and by His redemption. Every human being is under obligation to preserve the living machinery that is so fearfully and wonderfully made.

Healthful Living, page 10

Click here for more information and music articles by Wendy Hill



Four problems caused by animal-sourced foods

1 High Blood Pressure

Animal fat, which is found in the flesh and dairy of all animal-sourced foods, is the cause of most heart attacks and strokes. This fat blocks the flow of oxygenated blood, preventing the oxygen from reaching the heart and brain. These heart attacks and strokes kill millions each year.

This fat is also the primary cause of the high blood pressure a person usually experiences preceding their heart attack or stroke.

Before the blood flow to the heart and brain are completely shut off by accumulated fat, (the cause of that heart attack or stroke), the fat found in animal-sourced foods has already started accumulating on arterial walls. This fat coats arterial walls, forcing the heart to pump harder in order to push the blood through, thus raising blood pressure.

Doctors are taught to deal with high blood pressure through the use of drugs — some with serious side effects. But high blood pressure is not *caused* by a lack of drugs! Rather, high blood pressure is caused by the fat found in the animal-sourced foods and hydrogenated oils that a person eats. Thus, there is a better way of

dealing with high blood pressure than taking drugs: simply eliminate the fat found in animal-sourced foods by eliminating all animal-sourced foods from the diet.

We also encourage the elimination of all foods containing hydrogenated and trans-fats from the diet. In the place of all these animal-sourced foods and hydrogenated oils and trans-fats, Hallelujah Acres promotes a 100% plant-based diet. The reason? Animal-sourced foods contain *bad* fat!

Only in plant-sourced foods can we find fats that are *good* for the body! Foods like avocados, seeds, and nuts are the highest sources of these beneficial, plant-sourced fats.

The human physical body needs some fat, but animal-sourced foods provide too much fat, in a form that is harmful to the human body. It is indeed possible for a person to consume too much of the good fats, especially if they consume too many nuts.

Most people who adopt the Hallelujah Diet see their blood pressure return to normal range fairly quickly, and thus they no longer have need of harmful drugs to control their high blood pressure. God did not design the human physical body to have high blood pressure problems, but when man disregards God's plant-based diet (Genesis 1:29) and chooses a diet of animal-sourced foods, serious physical problems often result.

2 Harmful Acidity

The acid/alkaline balance of the blood found in the human body should be in the range of 7.38 to 7.44 on the pH scale

(slightly alkaline). The pH scale reads neutral at 7.0, acidic below 7.0 and alkaline above 7.0. As you can see, 7.38 to 7.44 is on the alkaline side. The cells of our physical bodies were designed by God to function optimally when the blood readily maintains this alkaline environment in a very narrow range.

All animal-sourced foods, whether raised organically or commercially, leave an acidic 'ash' in the body once digested.

Acidity caused by this ash from animal source foods forces the body to fight to maintain its alkaline state, increasing the body's susceptibility to disease. Disease has a problem surviving in an alkaline environment, but acidity contributes to disease growth — which means those who consume acid-causing animal-sourced foods are making their body a prime target for disease.

Plant-sourced foods, on the other hand, are mostly alkaline in nature. Even citrus fruit leaves an alkaline ash. These plant-source foods provide an alkaline environment for our cells in which to function, making it very difficult for disease to proliferate.

3 Osteoporosis

The most alkaline substance within our bodies, in greatest quantity, is calcium. So the body, in its infinite wisdom, tries to neutralise acidity caused by animal-sourced foods by extracting calcium from the bones and teeth. This removal of calcium from the bones becomes the cause of osteoporosis.

This goes for dairy, too! Even though dairy has some measure of calcium, the acidity caused by consuming dairy products forces the body to rob itself of more alkalising calcium than the dairy products offer in an effort to neutralize the acid—in other words, dairy products don't contribute calcium, they remove what your body already has!

4 Acid Stomach Problems

A large number of people today suffer with acid stomach problems. In an effort to neutralise the acidity they take antacids, either in the over-the-counter or prescription form. But an acid stomach problem is not caused by a lack of antacid medication. Rather, acid stomach problems are caused by eating acid-forming foods.

Some of the most acid-forming foods a person can eat are animal-sourced foods, and taking medication does not remove the cause of an acid stomach! However, removing the acid forming foods from the diet almost always (and usually within just a matter of days) eliminates the acid stomach problem.

The human physical body: programmed for survival

Our body is constantly trying to keep us alive, despite our placing of harmful substances within it. Our body tries to correct any imbalances it finds, or sends us warning signals when it can't fix the problem without our help.

High blood pressure is a warning signal from our body telling us that we are

consuming too much fat, which is accumulating in our arteries and impeding blood flow.

Osteoporosis and soft bones are a warning signal from our body that our body is too acidic. If that acid stomach problem is not corrected, it ultimately results in osteoporosis, as the body draws out the calcium within the bones to neutralise the acidity.

Headaches are a warning signal from our body that there is a problem inside. Most headaches are caused by substances in the foods.

Instead of eliminating the cause of these problems, a drug is often taken in an effort to control or alleviate the problem. These drugs do not remove the cause or correct the problem, but rather simply help to quiet the warning signals our body is trying to send us. Those who adopt the Hallelujah Diet usually see all of the above physical problems (as well as most other physical problems they are experiencing) simply and often quite quickly disappear, because the cause of these physical problems has been removed.

Animal-sourced foods are either the cause or a contributing cause of up to 90% of all physical problems. Yet there is nothing Hallelujah Acres does that is more severely criticised by the Christian community than our efforts to discourage their consumption. We trust the evidence will speak for itself and awareness of these dangers will increase. ■

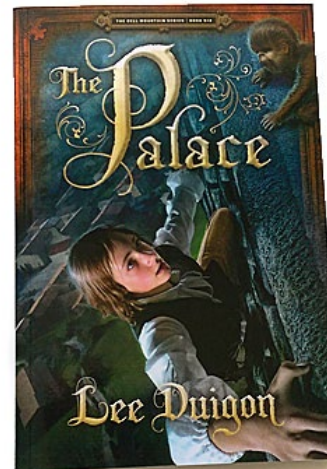


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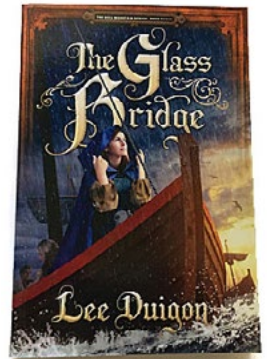
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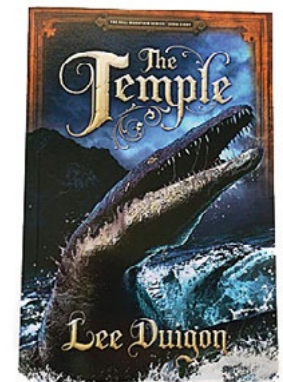
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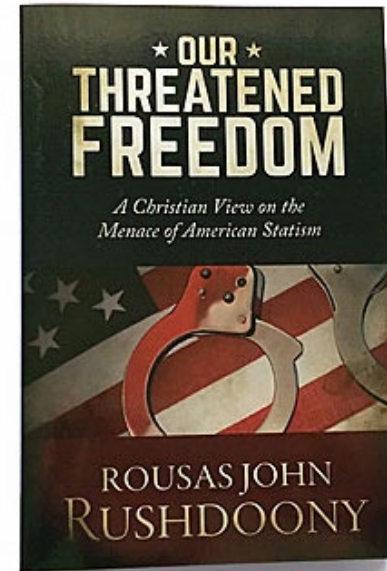
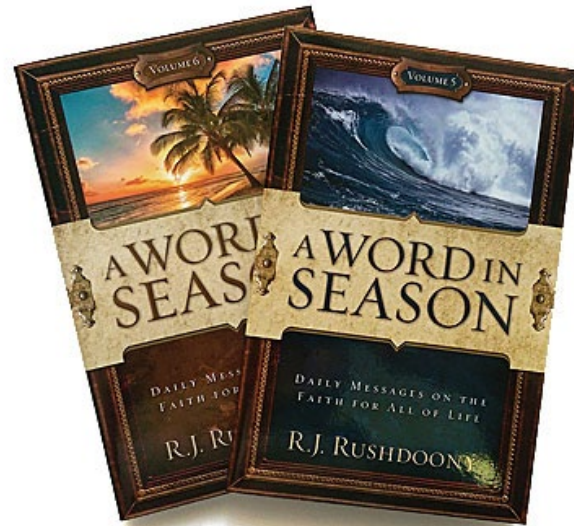
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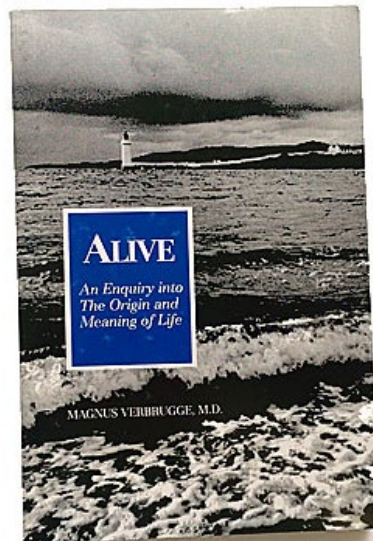
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New faces, new courses

With a new year starting I thought I would update you with some general news on our instructors and courses.

At the moment we have Greg O'Keefe from Queensland, Lindy Bonham from Sydney, Barbara Soutter from Donvale School in Melbourne, and myself from Canberra as registered instructors across the nation.

We thank all these instructors for their faithful service.

At the end of last year Chris Joy from Victor Harbor, who has been working with us almost from the onset of LEM Phonics, has now seen fit to resign because of her particular circumstances. We will miss Chris and we thank her for her faithfulness to the programme for so many years.

We have had an encouraging new influx of teachers wanting to begin the intermediate course, with a view to moving on to the advanced course and become registered instructors, particularly in the schools they serve.

One lady is ready to do the advanced course, which is now done mostly via email. Course participants first complete questions and tasks given on a set of fifteen modules, and secondly must organise a group of teachers and present the course to them. This presentation is assessed by me and/or another registered instructor.

At LEM we have discussed the idea of offering schools already using LEM Phonics a shorter 'one day refresher course'. We know that as teachers come and go in the schools (and principals sometimes too), there is a real possibility of LEM being used less rigidly than it should be for the most effective outcomes.

A day in which LEM Phonics teachers could come together with an instructor to discuss how things are going and check on how they are teaching the different facets of the programme could be very valuable to the teachers and to the school.

I envisage the course as including the following:

- Checking knowledge of phonograms including rules which apply to the different phonograms
- Working with the word lists, making sure the teachers' methods are giving the children the greatest possible benefit
- Making sure teachers understand why we teach each part of the course the way we have explained in the manual

- Making sure the school knows of all the different resources LEM has available and the particular value of each one
- Having time to discuss any questions teachers may want to ask
- Airing and discussing any difficulties teachers may be having with the programme and exploring possible solutions.

Please give us your feedback on this idea, especially if you think a course like this would benefit your school.

A similar course could also be available for home schoolers, if a sizeable group were able and willing to come together.

We look forward to servicing your needs in the LEM Phonics arena.

Blessings,

Light Educational Ministries is a faith ministry, working in the area of Christian education.

Our Ministry is to spread the vision and concepts of Christian education. Light Educational Ministries staff are available to share with and assist groups interested in or involved with Christian education. Our staff prepare and distribute resources and develop curriculum and LEM training programmes.

Light of Life is a non-subscription newsletter, published three times a year. We do, however, encourage donations towards the cost of production and distribution.

Editor: Peter Frogley

Design and layout: John Garrard

Contact Us

200 Florey Drive

Charnwood ACT 2615

Phone (02) 6259 3944

Fax (02) 6259 3945

email: asklem@lem.com.au

www.lem.com.au

Vol 37 No 1

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