

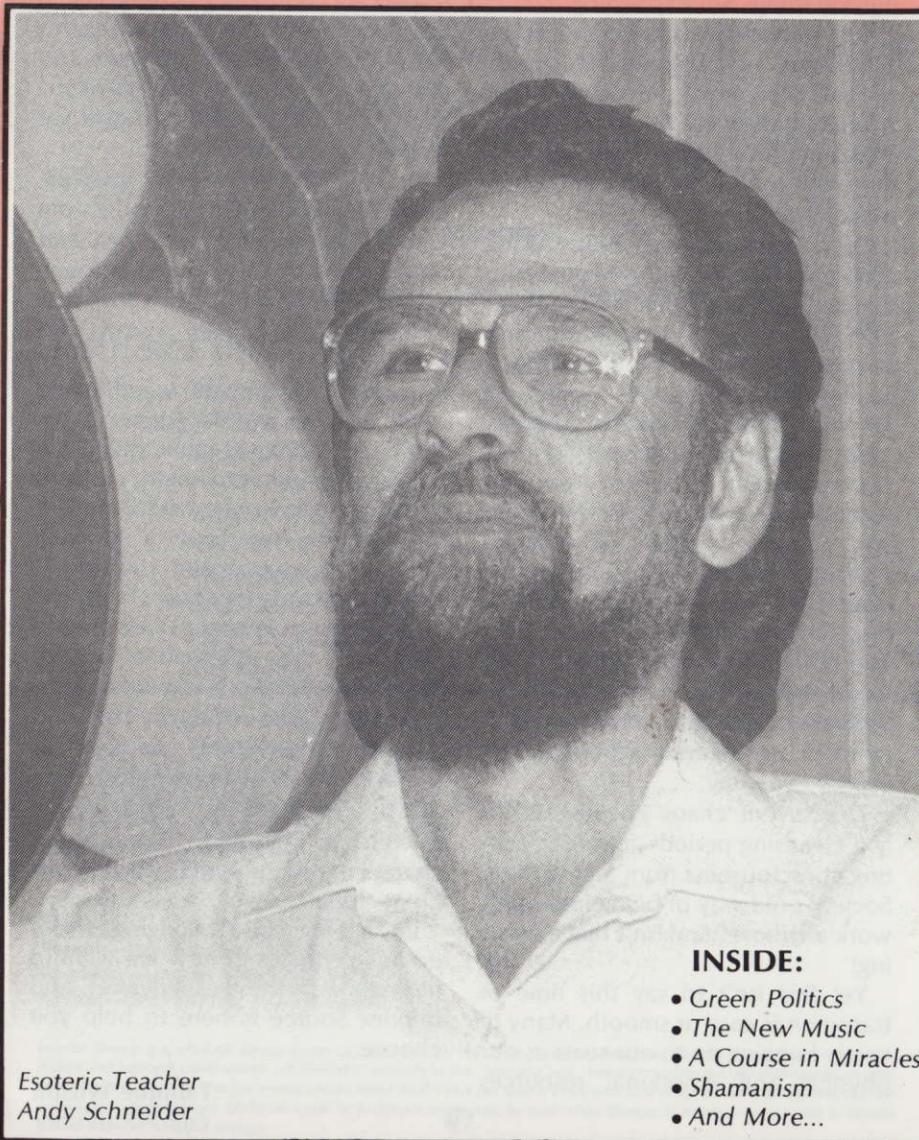
Sept.—Dec.'88
Vol.1—Issue 3

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INTERIOR SOURCE

A Wholistic Directory Serving B.C.'s Interior



Esoteric Teacher
Andy Schneider

INSIDE:

- *Green Politics*
- *The New Music*
- *A Course in Miracles*
- *Shamanism*
- *And More...*

PEOPLE, PLACES & PRODUCTS FOR PERSONAL & PLANETARY TRANSFORMATION

Change. Not only is it inevitable but it's becoming very obvious how quickly things are happening...

On a planetary level, we have AIDS—and no 'answers.' A North Sea that's becoming a dead one. And a 'bread basket' that's crumbling up. You don't have to be very psychic to tune into the media and realize our world is aching!

On a personal level, many of us ache too. Not just with physical pain but also with emotional and spiritual hurt. There's a lot of confusion and restlessness... We change partners, professions, and places—searching for peace and some greater purpose.

Yet despite the doom and gloom of many prophets and seers, I see and sense all these changes and 'shaking-up' as a positive phase. Not only are we beginning to realize that we are responsible for our reality, but also that the outer picture is only a reflection of the inner one. Therefore the world and we are one—there's no separation. And this wholistic viewpoint is becoming more widely accepted everyday.

The current 'chaos' I believe, is only a cleansing period—a time of shifting consciousness from fear to love. Society's old way of being just won't work anymore. And isn't that a blessing!

Yet this isn't to say this time of transition is easy or smooth. Many of us are hanging on to our seats as our physical and emotional resources

fluctuate with the changing energies. Some of the 'channeled' sources I respect are counselling us to be gentle and patient with ourselves during this period. Learning to let go easily and embrace the new with love will determine how much joy or struggle we feel as changes unfold.

And ultimately our greatest guidance and strength will come from within. It is now time more than ever to access our inner being through prayer, meditation and dreams—and to act on whatever visions we receive.

It is also time to come together and work together for the greater good. While our personal paths might differ, we must put aside petty postions to support a 'win-win' world. Here in the Interior, we have a growing number of groups and individuals moving towards this goal. From the Green Party in Penticton (see feature story) to the Alternative Health Research Society in Salmon Arm, positive action is happening! And everyone who simply meditates is serving too. We all make a difference in our communities. As Elizabeth Kubler-Ross has said, "You cannot change the world, until you do your homework!"

Change may be challenging but we do have choices of how we want to move through these experiences. And Interior Source is here to help you choose...

Tammie Wilson
Editor/Publisher

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THE GREEN PARTY

"Not Left, Not Right, But Forward!"

by Harry Naegel

In the spring of '83, a group of concerned individuals met in the south Okanagan community of Cawston to start up the Green Party Constituency Assoc. of Okanagan-Similkameen. There was virtually no previous political experience amongst them! The political area was now available to voice the Green ideas that had been politely brushed aside by our elected representatives for much too long.

Green politics is a global phenomenon with active Green Parties in 17 countries. Swedish Greens may find themselves holding the balance of power after this year's general election!

The Green Party is concerned about pesticide residues in the foods that we eat. Our last stands of old growth forests need to be preserved. Water quality has never been given a high enough priority. The mining of radioactive material hits a sensitive nerve in Green Party members as does the prospect of toxic waste dumpsites and/or incinerators located at Cache Creek and Beaverdell. These and other issues have prompted people to turn Green!

Initially, the Green Party was viewed as a single-issue party. It soon realized that to be a viable political alternative, it needed to address all the concerns of the electorate. In the recent by-election in Boundary-Similkameen, the Green Party candidate Rus Domer, addressed not only the expected environmental issues but also went into the Green perspective on privatization, the sale of West Kootenay Power and Light, free trade, alternative education, the abortion issue and more. There is now a fairly comprehensive and growing Green Party Policy.

Policy must be consistent with the purposes of the Green Party Political Assoc. of B.C. which include:

- to work towards achieving the goal of nuclear and general disarmament, and world peace

through the non-violent resolution of conflict; -to work towards achieving the goal of a conserver society;

-to work towards an economic system based upon sound environmental and ecological principles;

-to work towards developing a society that accepts responsibility for and upholds the inalienable rights of all life forms and natural processes that share the earth; and

-to develop a community-based democracy with local decision-making and control.

Changes that one could expect to take place under a Green government would include: an intense recycling program and promotion of re-usable products along with consumer education to counter the problem of waste disposal; the establishment of alternative energy institutions and the promotion of small, decentralized, renewable energy power plants; the preservation of agricultural lands and the encouragement of regional food self-sufficiency; the support of research into alternatives to pesticides and herbicides; developing approaches to the funding of alternative and experimental schools; and *encouraging health care practitioners to emphasize wellness through wholistic and preventative approaches.*

Greens encourage others to become Green. As party membership increases, so does the ability to act on Green ideals!

Kamloops-Shuswap Greens: c/o 6009 Dallas Dr., Kamloops, B.C. V26 5Z9 Trudy Frisk, 573-5196

Kootenay-Selkirk Greens: Jay Martell, General Delivery, Argenta, B.C. V0G 1B0 366-4370

Lilloet Greens: P.O. Box 486 Lilloet V0K 1V0

Okanagan Greens: P.O. Box 563 Penticton, V2A 6K9 Cheryl Saxon 493-4939

COVER PROFILE...



Andy Schneider
by Tammie Wilson

It's often been said that life is a journey and not a destination—Andy Schneider's path exemplifies this! As Director of Other Dimensions Services and Training Center in Salmon Arm, Andy is another of the Interior's well-known and well-loved teachers and 'light-workers.' However, like the rest of us, his journey has been a process that hasn't happened overnight...

Truly a 'local boy' (born and raised in Rutland, Kelowna), Andy began a life of service at the age of 14 when he left the area to attend the Benedictine Monastery in Mission, B.C. His goal? To become a missionary priest in Africa. Andy laughingly says, "It was the 'Force' that led me!"

He spent the next 11 years studying and training—taking him from a Connecticut seminary to Rome and Italy. While there, he received degrees in Philosophy and Theology. However ill-health and a gradual disillusionment with the Church brought Andy home to B.C. Still searching for the 'core' or basis of life, he left his religious order to marry and study psychology and education in Vancouver.

While teaching in northern B.C., Andy read a book on psychic phenomenon brought home by his wife. As he says, "All sorts of lights went on. It answered questions never answered by my years of theology and psychology!" From then on, he intensely

studied the psychic realm, trained in and taught yoga and even wrote a weekly newspaper column called 'Other Dimensions.'

In 1974, heading to California to learn hypnosis, Andy and his wife were 'sidetracked' to Salmon Arm. Joining a group in Vernon, he became very skilled and in demand as a psychometrist, clairvoyant and healer—receiving over 200 calls a month! Offering classes out of his home, Andy also taught workshops throughout the Interior in Psychic Development, Meditation and Healing.

Realizing that teaching reached more people, Andy quit doing readings in 1980 to develop the Training Center—where people could become channels of energy for humanity and be of service. At this time, he also discovered exactly what he'd been looking for all his life, 'Esotericism'—the ultimate laws that govern the Universe and everything in it.

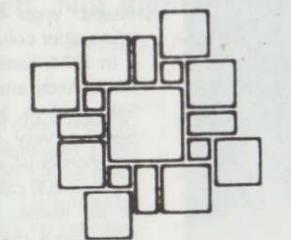
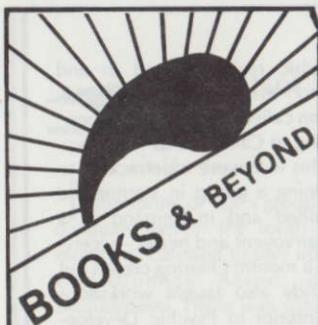
Completed in 1984, the present Center now offers a number of programs and services focusing on Esoteric Studies. Andy points out that "We teach the principles but emphasize the practice!" Very satisfied with the Esoteric Way and how it works for people in their daily lives, he loves the transformations he sees happen.

Today, with many of the Centre's activities being handled by qualified, trained teachers, Andy has more time to reach out to the general public. Recently he has been invited to do workshops in Sweden for managers of an insurance company and in Victoria, where he will work with head nurses and supervisors of health-care facilities.

From past to present, Andy Schneider's life is certainly a shining example of service. And the future? As Andy says, "When you're serving in the present moment, the next step reveals itself."

Thank you Andy—for that reminder!

For more information and literature about Other Dimensions Services and Training Center, call 832-8483 or write P.O. Box 2269, SALMON ARM, B.C. V1E 4R3.



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Thomas Carlyle



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Their fine collection of books will provide quick and easy reference on all health-related topics. Informative and helpful handouts on a variety of topics are given free to customers.

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The Golden Pantry is easy to find right on the Trans-Canada Hwy. in **SALMON ARM**. Call **832-7910**.



Do not stand at my grave and weep. I am not there. I do not sleep.

I am a thousand winds that blow. I am the diamond glint on snow.

I am the sunlight on ripened grain. I am the gentle autumn rain.

When you wake in the morning hush, I am the swift, uplifting rush Of quiet birds in circling flight. I am the soft starlight at night.

Do not stand at my grave and weep. I am not there. I do not sleep.

Anonymous

(Special thanks to Henry Howell for submitting this lovely poem!)



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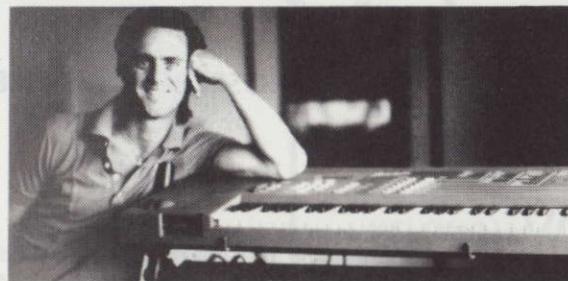
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THE NEW SOUND OF MUSIC

by Robin Henry

The earth is in a process of great change. We can recognize this and facilitate the transformation or we can ignore it and stagnate.

New Age Music recognizes and embraces the changes, and contains within its essence the seeds of a future music. A music for the nourishment of the spirit, for the healing of our beings, for upliftment, for joy.

There are currently many categories and styles of New Age music. Even some classical composers from the past could be said to have written New Age music such as Eric Satie and Debussy. Some forms of jazz can be included too. The common ingredient is the mental state and approach of the composer—that is to say one who strives to induce a state of relaxation, free association, healing, etc.

Sound is one of the most powerful vehicles for personal transformation and used consciously can help us take great strides along our chosen paths of growth. Much of the experience which results is due to our own interaction and involvement with the sound.

Passive listening will induce a simple state of relaxation. Active listening will open doors to vast realms of discovery.

We must learn to listen without expectation or judgement. This is not like the commercial music we are conditioned to respond to. By flowing with the sounds in the current of a river, we open our beings to new experiences, new energy patterns.

New Age music is now a small zephyr but is destined to embody the highest form of expression of the times. And the times they are "a changin'!" This new sound will be a major gale force wind after some other external changes.

I feel it is my responsibility and privilege to be a vehicle of the energies being showered on the earth, expressed through sound.

Robin Henry, recently of Vernon, is a composer, musician, producer and teacher. Creator of "Wavering—New Age Music for Healing and Transformation," he is currently working on a new production. He may be reached by writing: P.O. Box 2247, MacKENZIE, B.C. V0J 2C0. Call: 997-5055.



PROSPERITY PROFILED

by Bradley Harrison



When asked to write an article on prosperity and my personal perception of what that means to me, there was an "Ah yes, I do have an experience of feeling truly prosperous!" Therefore, this is an opportunity to share some truths that I have learned along the path of my own unfoldment.

There are many ways of identifying the emotional patterns and mental attitudes that block us from receiving the prosperity we so richly deserve. Since I personally believe that there are no accidents or coincidences, I know that we are having whatever we are experiencing because we have chosen it. This may not be a conscious choice—it may be from the subconscious where the choices for our life experiences often lie. It is this part of the mind that determines how we will perceive ourselves, others and the world at large—for better or worse!

I also believe that what we think and feel about any subject determines our experience of it. When dealing with the area of prosperity, we first have to be clear on what this means to us and whether we are experiencing that or a substitute? Catherine Ponder describes prosperity as "the degree we experience peace, health, happiness and plenty in our world." I agree!

Happiness means to me the ability to give and receive love freely and without restriction—in otherwords, unconditionally. Plenty means to not be in want and to trust that we are being provided for. But we must first accept ourselves totally before we can receive from others!

Personally, I live in a beautiful home that is spacious, nurturing and comfortable with appliances that support me in living worry-free. My business office also has all the same attributes and is a pleasure to be in. Colleagues

and friends alike are gifts to me from the Creator and are Beings of Light that I recognize. My health and physical well-being are perfect and I see and experience the same with many others. In otherwords, I am having an experience of abundance, whether it be in the form of people, places or things. Because I have a prosperous attitude, I see prosperity all around me!

Ten years ago, it was a different picture. I experienced the world as never having enough time, people, money or love. What happened to change all that 'was recognizing that there had to be a 'better way of looking at this and was I willing to change? I was and still am! As I freed myself from limiting attitudes and emotions that were fear-based, I moved into a world of innocence and beauty. I claimed my purpose for being here—to be an instrument of love; giving and receiving in all areas.

When we live in fear and guilt, we hold back our prosperity. When we can recognize and face our old negative attitudes and emotions and release them in the presence of love and forgiveness, we can then accept our innocence and right to abundance. True prosperity is knowing that God/the Universe is our Source and that we are perfect creations—wholly loved and wholly loving. With that understanding, there is never a lack!

Bradley Harrison is the Executive Director and Seminar Facilitator of the Inner Direction Training Centre. He may be reached by calling 763-8588 or visiting/writing: 1725 Dolphin Ave., KELOWNA, B.C. V1Y 8A6.



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Find out more about the Silva 'Self-Mind Control' Method, the Courses and Seminars, by calling **763-9357** or writing: Better Life Center, 1861 Bowes St., KELOWNA, B.C. V1Y 3B9.



STRESS MANAGEMENT with NLP

NEURO-LINGUISTIC PROGRAMMING is a model of strategies and techniques developed by Psychologists John Grinder and Richard Bandler. The NLP model enables a person to re-program for a stress-free lifestyle and make behavioural changes necessary for optimum success when dealing with addictions, phobias, low self-esteem and other 'stuck states.'

Philosophers and Psychologists are redundant in their claims that 'the mind is the most sophisticated computer on this planet.' Learn to understand and use 'your bio-computer' more efficiently by incorporating NLP strategy into your daily routine.

Join **DORIS RITCHEY**, a Behaviour Modification Therapist, for a weekend workshop which includes: personal testing for stress areas and brain strategy; how conditioning affects stress levels; how stress affects the immune system; and NLP and other strategies for stress relief.

Sept.24/25 in KELOWNA. Oct.8/9 in KAMLOOPS. Oct.22/23 in NELSON. Pre-registration \$200. Credit cards accepted. **KELOWNA 769-6639, VERNON 549-4106**



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KELOWNA NOV. 18-19-20

Parkinson Rec. Centre

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Weekend Workshop

Join **Joan McIntyre** in this spiritual adventure for women. Now is the time to experience the hospitality of Life and to sense our deep connection to each other and the earth. We will celebrate Life and the Feminine in song, ritual, story, and dance. **Oct.14-15-16, VERNON.** Cost: \$125., \$100, repeaters. Pre-registration, **549-3186/549-7107.**

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1,200 sq.ft. room for day or evening rental. Prime downtown location with parking available nearby. Bright/airy; comfortably air-conditioned. Seats up to 45, with tables and chairs at your disposal. Suitable for training seminars/workshops or weekly/monthly meetings. Appropriate for small businesses or organizations. \$6.00/hr, min. of \$21.00. **860-1744, KELOWNA.**



Optimal health and wellness are achievable through awareness and action. Be aware of your present level of health and how you can protect and improve yourself!

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Reiki, Japanese for Universal Life Energy, is a natural hands-on healing art. It accelerates the body's ability to heal physical ailments and opens the mind and spirit to the causes of disease and pain. To experience this gentle method of healing, call Donna Moor, **763-6222, KELOWNA.**

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Harry Sukkau, Terri Withers, Diane Wiebe and Greg Onychuk offer you Reflexology, Iridology, Herbal Consultations, Posture Balancing, Educational Kinesiology or Vita Flex. Reflexology, Touch for Health and Educational Kinesiology Workshops held quarterly. Phone **763-2914** or visit 1451 Ellis St., **KELOWNA, B.C., V1Y 2A3.**

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HYDROTHERAPY by Trevor Salloum, N.D.

The use of water in treating those with disease is probably one of our oldest therapies. Numerous references in ancient texts including the Bible make reference to the benefits of water.

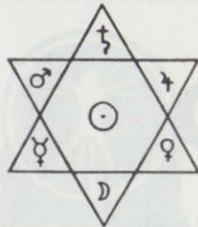
Hydrotherapy involves the use of various hot and cold applications to alleviate pain, promote relaxation, decrease inflammation, stimulate circulation, increase lymph drainage and removal of waste by increasing elimination.

Various forms of hydrotherapy include the heating compress, hot fomentation, sitz bath, neutral bath, hot foot bath, poultice and constitutional hydrotherapy. Our clinic specializes in the use of constitutional hydrotherapy. This form of therapy is now taught at all naturopathic colleges and represents an important, non-invasive therapy for assisting those in most acute and chronic disease. Constitutional hydrotherapy also acts as a tonic to the nervous system and helps in sleep disorders or stressful conditions.

Constitutional hydrotherapy involves the use of hot and cold packs to the chest and back with the use of sine wave. Sine wave is a mild electrical stimulus commonly used in sports medicine to massage muscle tissue. Sine wave can be used to assist in detoxification, increase circulation/lymph drainage and decrease congestion of tissues.

The use of hydrotherapy is consistent with our philosophy to assist nature, do no harm and recognition of the self-healing ability of our bodies.

Dr. Trevor Salloum is a naturopathic physician, writer and lecturer. He can be reached at his practice in: KELOWNA, 763-5445 or PENTICTON, 492-7027.



**AQUARIAN
QUEST
ASTROLOGY
Tela La Mer**

**Astrologer, Counsellor
Teacher**

Have you ever been out in that great alone when the stars overhead speak to you? Have you ever wondered what part you play in this symphony of moving lights? Have you ever felt insignificant and lost?

Then you need to learn about your own star chart, your true and unfailing guide. It is a lens that can be adjusted to look at any period of your life and bring influences of the moment into focus.

The natal chart is important as a true picture of your attunement to the universe. The transiting planets describe which strings of your Being are touched, plucked or pulled and what is involved.

The purpose of understanding the astrological influences is to make you aware. Awareness leads to responsibility of choice and with that choice comes wisdom that feeds the soul.

For an appointment, call Tela La Mer, **497-8067** or write: R.R.1, S.46, C.15, **OKANAGAN FALLS, B.C.** VOH 1R0.



Astrological Consultations that are designed to empower you with the tools to realize your unique potential! Together we explore directions for growth as revealed by the signature of your birth moment. The Natal Chart is not a static statement of who you will always be, but rather a blue-print for growth, change and evolution.

In our human relations we are offered the opportunity to discover ourselves through intimacy. Compatibility consultations can provide two people with the tools to understand the dynamics created by their relationship.

Astrology and Metaphysical consultations are directed toward discovering your souls journey this life time.

A complete Computerized Chart Service is available for the student or busy professional.

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For appointments and information, call Moreen Reed at **573-5432** or write: S2A, C11, R.R.2, **KAMLOOPS, B.C.** V2C 2J3.

Dimensions

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LAVERDIERE**

Numerologist

When visiting with Sammy Laverdiere for a Numerology chart and Tarot card reading, you can expect a different approach from what we have become accustomed to in terms of a 'reading.' Sammy has studied Numerology for 20 years, is a teacher of Numerology and Tarot, and has her own television show. The weekly open-line show called Dimensions is extremely successful and well received!

Her accuracy rate is high, proven by the many letters and repeat clients from all over the country. Sammy has appeared on radio and television from the Yukon to the Southern U.S. Her clientele range from everyday working people to high-profile professionals.

Her goal is to help dispel some of the myths attached to the various metaphysical arts and bring the dignity and respectability so deserved.

Sammy's office is located at #104, 251 Lawrence Ave., **KELOWNA, B.C.** Telephone: **861-5866**, Monday to Friday.



AstroBalance is an astrological counselling service designed to help you attain the peace that comes from recognizing the 'me' in 'us'. AstroBalance focuses on the real purpose of your relationships—to grow and to know yourself better!

US — I work with an astrological chart synthesis of the two of you. I want to help you rediscover what you want and need from your relationships.

ME — Every successful relationship starts with a good relationship with yourself. Through the natal birth chart you will learn better who you are and how you function in your relationships.

For appointments and information about AstroBalance, call Karen Knudson at **765-5352** or write: 675 Fitzpatrick Rd., **KELOWNA, B.C.** V1X 5B2.

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CLAIRVOYENT
CLAIRSENTIENT
INTUITIVE COUNSELLOR**

Sharie McFarlen has been working in the Interior since 1983. She offers 1-hr. intuitive readings plus classes on self-awareness, self-attunement. For further information, please call her at **763-1193, KELOWNA.**

**THE ORB
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Based around a quaint metaphysical bookstore run by Nelson & Renate Harrington. We read Tarot, Numerology, Astrology and Runes. We also specialize in Intuitive Counselling, Massage, Crystals, Reflexology and more! We have an open time for those in need of counsel. **542-3229, VERNON**

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BY MARATHA**

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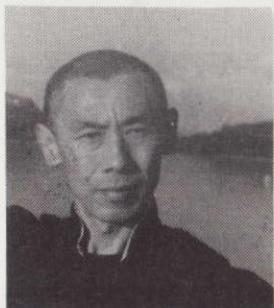


**PRACTITIONER'S
NETWORKING
GROUP**

Inspired by Jo Venne, an informal but active group of Wholistic Practitioners (from Astrologers to Counsellors) have been meeting monthly since April. The purpose of this group is to support and encourage members, offer our education, skills and knowledge to the group and to inform the public about our practices.

Each gathering consists of a short business meeting and then a presentation by one of the members regarding their area of expertise.

Anyone wishing to participate in this group is welcome! Meetings are held the last Wednesday of each month at 5 PM at Books & Beyond in **KELOWNA.** Call Faye at **763-6222** for more information.



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Yoga for relaxation, self-awareness, energy balancing. Donna has 20 years experience teaching classes, workshops, television, and individual (therapeutic) yoga including international conferences in California and Washington, D.C. Breath, 'toning', energy flow and intuition are emphasized. Box 834 KAMLOOPS, V2C 5M8 Phone 554-3930

*You don't really learn
from your Master; you
learn from your own
body as you practice.*

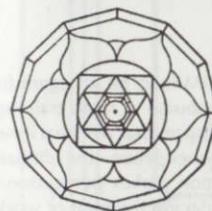
Al Huang

*In all of human life there
is not a more personal
yet universal activity
than movement.*

Lois Ellfeldt

*Nature is always in motion.
Man also should
strengthen himself
without interruption.*

I Ching



OTHER DIMENSIONS SERVICES & TRAINING CENTER

The Center is a training school for individuals to become a focal point for transmission of spiritual force to a ready and waiting world. Its purpose is to serve humanity according to the highest principles of the new age.

The Center offers:

- * Retreats: individual & groups
- * Monthly workshops/lectures
- * Metaphysical bookstore
- * Mail order books & tapes
- * Specialized training in esoteric studies, personal growth, healing arts
- * Center Light magazine
- * Courses on video and audio cassette tapes
- * Esoteric Way Home Study materials

A Training Program in Esoteric Studies is offered as a summer session, correspondence course or weekend classes every six weeks.

The Center is located 7½ miles west of Salmon Arm, in a beautiful mountain setting. You are welcome to visit any time! For free literature, write: Box 2269, SALMON ARM, B.C. V1E 4R3 Phone: 832-8483 Administrators: Andy & Bonnie Schneider

T.M.

For information on Transcendental Meditation, please phone:

**VERNON 542-3762
PENTICTON 493-3827
BOUNDARY COUNTRY
449-2655 or 449-6055**

Group meditations in Vernon are held every 2nd and 4th Tuesday night.

SCIENCE OF MIND STUDY GROUPS

Based on the work of Ernest Holmes, Science of Mind study groups are now meeting in the Vernon area. For more information about this positive program for living and for the time and place of meetings, please call Dr. Maury Banks, 545-2795, VERNON.

OKANAGAN SOCIETY FOR WHOLISTIC LIVING

'The Centre' offers a diverse selection of workshops and seminars to meet your physical, mental and spiritual needs. Society members receive a monthly newsletter and reduced rates on workshops. Enquire about our daytime, evening and weekend programs by calling 542-6140 or visiting Suite 104, 3304-32 Ave., VERNON, B.C. V1T 2M6.

A COURSE IN MIRACLES

Experience peace of mind and more loving relationships through this popular program! Ongoing book study groups meet Tuesdays 7:30 p.m. and Thursdays 9:30 a.m. at Books & Beyond, #2, 1925 Kirschner Rd., KELOWNA. Sponsored by the non-profit Interior Course in Miracles Assoc. and supported by donations only. For more information, call Doreen at 860-9057 or Isha at 861-4907.

LEARN MEDITATION AS A WORLD SERVICE

Write for bi-monthly material. No fees. Voluntary contributions support the work. Write: Meditation Group for the New Age, c/o Truda Pruesse, R.R. #2, OLIVER, B.C. V0H 1T0

*Being entirely honest
with oneself is a good
exercise.*

Sigmund Freud



WHAT IS 'A COURSE IN MIRACLES'



by Faye Stroo

Many of the most popular metaphysical and spiritual authors and teachers such as Louise Hay, Dr. Gerald Jampolsky, Hugh Prather and many others, themselves students of A Course in Miracles, mention the Course in their books. As a result, many people have heard about 'ACIM' but don't know what it is or where to find it.

As its title implies, ACIM is designed as a 'course' with three volumes: a Text, setting forth the theory on which the thought system is based; a Workbook for students containing 365 lessons (one for each day of the year) which emphasizes practical application; and a Teacher's Manual based on the premise "to teach is to demonstrate and to learn."

The Course is not a religion, it is a spiritual teaching. Although it is written in Christian terminology, the principles are universal. It emphasizes that it is but one version of the "universal curriculum." There are many others. This one differs only in form. They all lead to God in the end.

In the preface it says, "This course can be summed up very simply in this way:

- Nothing real can be threatened.
Nothing unreal exists.
Herein lies the peace of God."

The purpose of ACIM is to be an agent for inner healing. It is a course in mind training, teaching us to make choices that will heal inner conflict and bring us inner peace—the ultimate goal. It says "Projection makes perception." We look inside first, decide the kind of world we want to see and then project that world outside, making it the truth as we see it. By changing our perception, we change our reality. This inner shift of perception is the 'miracle.'

It is brilliantly organized, highly structured and designed to begin a process of inner transformation. The approach is very psychological. The practice of ACIM is therefore a kind of spiritual psychotherapy by which the patient is ourselves and the therapist our inner teacher or what the Course calls the 'Holy Spirit.' It teaches us to go within and listen to our inner guide—the voice for love and truth within each of us.

Joining together with fellow students can be extremely helpful in learning the Course. Study/discussion groups have been formed throughout the world from Africa to New Zealand. In the Interior, on-going groups meet both in Vernon and Kelowna. In Vernon, they meet Monday at 8 PM and Wednesdays at 9:30 AM in the 'The Centre' at Suite 104, 3304-32nd Ave. In Kelowna, there are groups on Tuesdays at 7:30 PM and Thursdays at 9:30 AM in Books & Beyond, #2, 1925 Kirschner Rd. The Interior Course in Miracles Association, a non-profit society has a lending library which includes a set of ACIM and introductory books and videos. Everyone interested is welcome to borrow library material or to attend the groups (which are by donation). Call 763-6222 for more information.

Faye Stroo is a Concept Therapist and Transformational Counsellor practicing in KELOWNA. She has been profoundly affected by ACIM and uses many of the Course's principles in her work. Appointments may be made by calling 763-6222.



No Referral Required By Appointment Only

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FOR SALE NORTH OKANAGAN HIDEAWAY

17.5 acres all out of the Agricultural Land Reserve. Excellent stand of merchantable timber—cedar, fir, larch, birch and black poplar.

Ten-year old house is a Steiner Arch Rafter 2-storey building. 960 sq. ft. on the main floor with a total area finished of 1472 sq. ft., plus ground level basement partly finished. Living room 16x22, with a rock fireplace; family room 16x16; kitchen 12 x17. Spiral staircase to two bedrooms both 16x14; 4-piece bath, cedar shake roof. Heated with \$800. heat convertor space heater in basement (wood heat), copper plumbing, full basement partly finished, double glazed windows, garage with grease pit, sundeck.

Excellent garden area, no through road, level gravel driveway, six miles to paved highway. Laundry tubs in the basement; partially finished rec room. Dark room for photographer, vegetable cooler. Garden irrigated from ponds; three dams and fair-sized ponds. Cherry, pear, apple, plum trees and various types of berries. Two water tanks—one heats with electricity, the other from the wood heater. Excellent cross-country skiing trails. Taxes \$203. Domestic water from a well, unlimited supply. Owner's would consider trade for house in the South Okanagan (Kelowna south).

ASKING PRICE: \$79,000.

Contact Henry Desnoyer, Tradeland Realty, 3410 Coldstream Ave., VERNON, B.C., Phone 545-5325; eve. 542-8712.



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BUILDING

Huge 10-year old 1½-storey log house with 4,200 sq. ft. of finished living area. The main floor has 16x28 games room, 14x14 kitchen with bathroom and laundry room off the kitchen; dining room 14x16, living room 17x31 with huge stone fireplace; complete inlaw suite with 14x11 kitchen, 12.6x11 bedroom, living room 14x13 and 4-piece bathroom. Upstairs—masterbedroom 15x16 with walk-in closet and 3-piece ensuite; 2nd bedroom 14x10, 3rd 3-piece bathroom, dark room. Additional 2 bedrooms—19.6x12, 14x11, plus a drafting room 22x16.

OUT BUILDINGS

Chapel 34x37 with 2 restrooms, woodshed 12x18, greenhouse 26x18, workshop 24x52, insulated walls and ceilings. 5-unit carport 75x15x14 ft. high and pumphouse 9.6x9.6.

GENERAL INFORMATION

Paved road to within ¼ mile of property. Oil heat, electric hot water. Year-round creek through the property. Corrals and some fencing, 3 old homesteads that might be renovated. Very attractive setting, quite peaceful with no neighbours.

Open to offers to Full Price of \$239,000.

Contact Henry Desnoyer, Tradeland Realty, 3410 Coldstream Ave., VERNON, B.C. V1T 1Y2. Phone 545-5325; eve. 542-8712.

THE POWER OF ANCIENT UNIVERSAL SHAMANISM

(That's Meditation!)

by Ed Kenney, Ph.D.



There is an ancient power available to anyone today. Anthropologists have validated its existence back to our beginnings on this planet. Shamanism may just predate the beginnings of Earth itself. By the nature of its direct connectedness to all things, one is able to SEE clearly, to speak lovingly, to touch from the heart, and to be in harmony within our modern day lifestyle at all times, everywhere. You can walk through the 'rubble of life' and know you do so from the pureness of YOU.

Everything has a fundamental core or essence. Today's Meditation and Visualization helps us tap into that essence. Ancient Universal Shamanism has a recipe that includes meditation and visualization.

Shamanism is a personal odyssey of knowledge and joy. In workshops and private sessions that I have conducted, people are always on their own shamanic journey—for it is a very profound personal experience.

The word 'Shamanism' originates from the Tungus tribe of Russia. It is now accepted world-wide that a Shaman is a person who is able to go to the shamanic reality, experience this reality in many ways, then bring back knowledge from that reality and use it to help oneself and/or others in a harmonious way. As a therapeutic counsellor in private practice for many years, I began using shamanism to help my clients heal their physiological, psychological, emotional, and personal problems. In fact, shamanism worked so fast and was so long-lasting and so simple to use, that I now devote my entire life to its usage. I teach the medical science professionals (doctors, psychologists, nurses, naturopaths, etc.) to utilize shamanism with their patients.

The Shamanic Foundation has been created to serve the purpose of teaching shamanism world-wide. We are working with conventional cancer therapies and heart disorder

treatments as well as many other health-care areas. In the near future, the results of case study work will be published.

One of several chiropractors who recently studied with us stated, "I find that the knowledge you shared to be of great value both in my personal life and in assisting the gathering of clinical insight in patient care. It is time the knowledge that was once only available to a few in each generation be shared by us all." This chiropractor learned to journey, to meditate on the journey, and to visualize in a pure way within the journey. The result was that he accessed knowledge from his pure SELF. The best part of this process is that he is now able to use the knowledge for any purpose.

So, when I am asked "Is Shamanism meditation or visualization?" I respond by stating, "Shamanism is that PURE YOU—that UNIVERSAL SELF. It is our connectedness to all things." The focus of shamanism is on this present-day lifestyle—you must use it to enhance and balance the Inner You with the Outer You of your everyday life. That's what it means to practice shamanism.

That's the power of Ancient Universal Shamanism... That's the harmony of Life... *That's Meditation!*

Dr. Ed Kenney has a Ph.D. in counselling and is the Founder of the Shamanic Foundation. For information on tour dates and their free international newsletter, contact: Shamanic Foundation, Box 2506, Stn.P, THUNDER BAY, Ont. P7B 5E9 Tel: 807-768-0515

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