

May—Aug.'88  
Vol.1—Issue 2

\$1.00



# INTERIOR SOURCE

A Wholistic Directory Serving B.C.'s Interior

## INSIDE:

- *Intuitive Counsellor/Teacher*  
Cheryl Grismer
- *The Kelowna Waldorf School*
- *Allergies*
- *The New Astrology*
- *The Whole House*
- *Plus Over 60 Resource Listings!*



PEOPLE, PLACES & PRODUCTS FOR PERSONAL & PLANETARY TRANSFORMATION

*"Congratulations on the premiere issue of Interior Source. I think it is a timely idea. So much of what is in your publication concerns me at this time."*—V.P. Kelowna

*"It is a fine little publication and will grow into something quite unique and substantial over time...I celebrate your initiative and enthusiasm."*—D.B. Kamloops

*"Yay you!! It is great to see the networking manifest everywhere, anywhere! And you have put it together so well!!"*—A.M.K. Calgary

Thank you. The response to the premiere issue of Interior Source has been uplifting! Obviously, this publication has met a need out there and I am grateful for all your support and appreciation.

Starting a new venture based only on a creative idea and intuitive feeling that 'it's right and will work', often isn't considered good business sense. Yet part of the new world we're evolving into is one where that inner sense is honoured and given credence as an accurate source of information. And that's what I'd like to focus on!

Since the first issue, I have often been asked how can a person know who or where to go? If there's a list of a dozen wholistic health practitioners, how does one choose?

While considering these concerns, I have realized that I am not in a position to judge. After many years in the wholistic/spiritual arena (which has included forays into all kinds of groups, techniques, books and workshops) I have come to understand that personal growth/healing is a process that is both personal and perfect. 'You cannot but be in the right place at the right time.' Even if within 6 days or 6 months you need to move on to something new...

I believe that there are many paths what will take you to the same place. All the pieces are part of the whole. And that's why if you start separating wholistic into right and wrong, it's no longer 'wholism!'

Yes, I am aware of all the 'metaphysical MacDonalds' popping up and the corresponding cynicism of the media. And yet I feel that it is all part of a plan that will eventually work out. Truth always emerges!

Ultimately, all the ways and means (even if it's the disillusionment with them) are meant to turn you back within yourself where the answers really are. You do know! And that's the only stance Interior Source will take—to honour yourself and follow your feelings about what you need.

So when referring to Interior Source, please remember that it's only a guide to the real Source—your own 'interior.'

**Tammie Wilson**  
Editor/Publisher

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**INTERIOR SOURCE MAY—AUG.'88, VOL.1, ISSUE 2**

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**CLOSING DATE FOR SEPT.—DEC.'88 ISSUE, FRIDAY JULY 29th!**

*Interior Source is a wholistic directory serving B.C.'s Interior including: Kelowna, Penticton, Vernon, Salmon Arm, Kamloops, Nelson and adjacent communities... Published tri-annually in Jan., May and Sept., initial circulation is 2,000 with copies available at bookstores, health food stores, events and by direct mail. Value per issue is \$1.00 with 50% of the proceeds going towards those promoting it. Subscriptions are \$4.50 a year or \$1.50 per single copy by mail. Make cheque or money order payable to Interior Source and mail to above address.*

## EDUCATING OUR CHILDREN FOR THE FUTURE

by the Kelowna Waldorf School

Imagine a school...Where painting, music, foreign languages, history, science, knitting, gardening, reading, drama, mythology, poetry, sculpture, math and drawing are interwoven to form the child's daily life ...Where the children, teachers and parents celebrate yearly festivals with singing, potlucks, dramatic performances and art...Where children grow and develop as individuals with a sense of community being fostered rather than one of competition...Where students create *their own* textbooks out of study and exploration with their teacher...Where the main teacher stays with their class through the first eight grades, learning to understand each student completely and develop a strong bond of trust and love...And where education is truly regarded as an art.

Does all this sound a little idealistic? These are all things which set *Waldorf Education* apart from accepted educational practices today. The Waldorf method embraces a philosophy of life where parents, teachers and children share cognitive and artistic growth that allows for a *wholistic* education and experience of life.

The concerns of today's parents for their children's education and future are many. We have all come to understand that society does not necessarily reinforce the values which we deem fruitful. Many parents seek alternatives to the traditional school system, despite the fact that there are many fine teachers in it. Such parents are aware that these teachers are pressured to conform to the entrenched values of the establishment.

Making an informed choice about your child's education is to understand *and* exercise your parental duty. Many parents are drawn to Waldorf because they see the school's philosophy as containing many elements of their own personal beliefs. They see teachers working to provide an education imbued with meaning, understanding and the development of skills. They also see how Waldorf teachers embody dedication, love and commitment to

the children as fundamental principles. The teacher strives to *guide* the natural wonder and devotion children have for their world. In later years, these qualities are transformed into reverence, love and a courage for the truth.

What makes a Waldorf teacher is the understanding they have of the three developmental phases in childhood as described by Dr. Rudolf Steiner, founder of the Waldorf movement. These are characterised by: in Pre-School, actions and deeds performed by the teacher as to be *worthy* of imitation by the child; in Elementary School, through emotional identification and artistic development; and in the High School, through the rapidly unfolding intellect.

The heart of the Waldorf method is the belief that education is an 'art.' Whatever the subject, the presentation must *live*. To educate the whole child, his heart *and* will must be reached, as well as his mind. This means that the curriculum should balance intellectual progress with emotional development, integrating artistic and practical elements into academic studies.

There is tremendous pressure to hasten the child's entry into the adult world. Yet we will have more balanced human beings if the creative and emotional sides of a child's nature can humanize the technology with which they will be dealing later on in their lives.

Those children who have been understood and aided in their unfolding will be able to "impart purpose and direction" to their lives. They will have their childhood powers intact, their sense of wonder untouched, their respect for and pursuit of excellence a permanent resource, and their moral fibre firm and free.

Imagine a world populated by human beings educated in such a manner. For the future of the Planet Earth, this is not just desirable, but perhaps essential...

For more information, please refer to the Waldorf ad on pg. 7.

## COVER PROFILE...



Cheryl Grismer

by Tammie Wilson

Cheryl Grismer. A name the Valley often echoes when a person asks, "Who would I go to for advice I can really trust?" As a Spiritual/Intuitive Teacher and Counsellor, Cheryl has earned a reputation here in the Interior for offering help that's both sincere and practical. In an unassuming manner, she has played an integral part in focussing the growth of spiritual awareness in this area.

Born and raised in Alberta, Cheryl had spiritual experiences from an early age. Always feeling a deep faith and wonderment about God, she tried many churches in her search for truth. At 13, she discovered a book that changed her life! Called 'The Boy Who Saw True', it was the story of a 10-yr. old boy who could see auras and spoke with guides. Cheryl then realized she was not alone in her experiences and that there were other possibilities besides structured religion.

By her early 20's, Cheryl was teaching Yoga and exploring wholistic health techniques. Introduced to the discipline of meditation, she discovered an inner voice which led to a series of guided teachings about spiritual truth. Cheryl continued developing her skills and interest through reading and working with groups. Once, when visiting a local psychic, the women handed the cards to her saying, "You're very psychic. You do it!"

In 1980, Cheryl travelled to the Eastern States and California to study and teach wholistic health and spiritual development. While there, she trained as a minister and earned a Humanistic Parapsychology Degree. However, after 2 years Cheryl and her husband Doug felt guided to move to Kelowna.

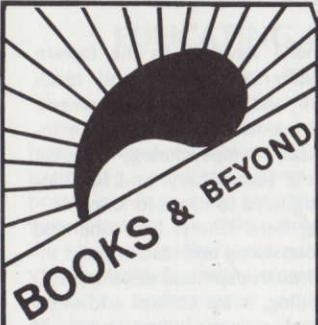
Since arriving here, Cheryl has continued her personal counselling and teaching and offers classes in intuitive/spiritual development, meditation, healing, stress control and other programs to an ever-expanding group of seekers. People from all backgrounds are attracted and impressed by her loving warmth, confident knowledge and radiant presence! Cheryl feels that her Work is to lovingly lead people back to themselves. Her programs are always experiential so that one gains power—not gives it away.

Another of Cheryl's special gifts is her 'intuitive artwork.' Her beautiful energy pictures done in pastels, are channelled through her and attuned to the particular person or quality focussed on. Her work graces the walls of many homes and offices throughout Canada and the U.S. and is often specially commissioned.

Now at age 36, Cheryl plans to expand her teaching to include longer-term, integrated programs as well as to continue developing her artwork. More importantly though, she wants to work from a deeper sense of peace and closer alignment with the God within. As she puts it, "I can't see myself doing more on an outer level until the inner level is complete. Teaching comes from my evolvment."

Cheryl's vision of the world is one of conscious, caring, curious people who aren't afraid to love, learn and grow. It's obvious that with individuals like Cheryl Grismer already here, we're not that far off!

For further information and a copy of Cheryl's complete program schedule, write: 2043 Derrickson Pl., KELOWNA, B.C. V1Z 2W3 or call 769-3486.



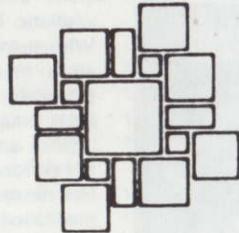
Your personal growth bookstore growing with your needs!

- Spiritual Growth
- Metaphysics
- Hypnosis
- Addiction & Co-Dependency
- Health & Healing
- Meditation
- New Thought
- Success & Prosperity
- Children's Books
- A Course in Miracles

We feature a good selection of tapes from musical and guided meditation to healing and self-help. Our video rental corner has several excellent tapes including A Course in Miracles and Creative Visualization. We also carry used books, crystals and cards.

Ongoing classes and special workshops happen in our meeting room which is also available for rent.

We will be happy to special order anything you may be looking for. Our intention is to be of service to you! Visit #2-1925 Kirschner Rd., KELOWNA or call 763-6222.



**mosaic BOOKS**

Serving the Interior of B.C. for over twenty years, Mosaic Books is Kelowna's largest and most comprehensive bookstore. We carry a stock of over 25,000 titles and have an extensive choice of self-help, metaphysical and wholistic books including such subject areas as: Astrology & Dreams; Crystals; Eastern & Western Spirituality; Meditation; Mysticism; Tai Chi; Visualization; Wholistic Health; Yoga... plus many more!

We also have an inspiring selection of music and self-healing audio tapes as well as Tarot Decks and Rune Stones.

Let our helpful and knowledgeable staff assist you. Mail and phone orders are welcome, and we accept Mastercard and Visa. We're located at 1420 St. Paul St., KELOWNA, B.C. V1Y 2E6. Phone 763-4418.



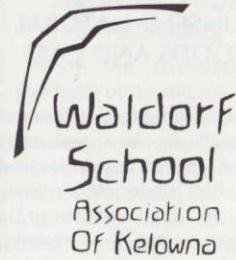
**THEYTUS BOOKS LTD.**

From Native peoples in both world wars, to videos, Native Indian owned and operated, Theytus Books sets a precedent in the world of publishing. Since 1981, Theytus has been publishing books of exceptional quality.

The company has been bringing a wide range of successful publications to the attention of the public, covering such diverse areas as adult and children's novels, Native history, culture, politics and education.

The word 'Theytus' translates as 'preserving for the purpose of handing down', and this is the basis of the company's entire publishing philosophy. Making authentic and accurate Native material available to the reading public is our way of attaining this goal.

For more information regarding our publications, please call 493-7181 or write: Box 218, PENTICTON, B.C. V2A 6K3



**OUR BEGINNINGS**

The Kelowna Waldorf Pre-School and Kindergarten opened in 1982 while the first Grade 1 class opened in 1985. In Sept.'88 the school will be offering Kindergarten through Grade 4.

**OUR STRUCTURE**

Ours is an independent school that is part of a worldwide movement of over 400 such schools with approximately 20 others in Canada. Each is autonomous, non-sectarian and non-exclusive.

Our Association is registered as a non-profit society which supports the school through tuition fees, donations, fundraising and partial government funding.

**OUR LOCATION**

Our Grade School is located at 429 Collett Rd. in the Okanagan Mission. Our Pre-School is located in Cameron Park House, 2339 Richter St., KELOWNA. For further information and registration, phone 764-4130. [See story pg. 4.]



**naramata Centre**

**FOR CONTINUING EDUCATION Programs Fall '88**

**THE HOLY SPIRIT IN THE NEW AGE**, an exciting approach to scripture study, with Walter Wink, **Sept.11-15.**

**COACHING IN PRAYER**, with Elly Bradley, **Sept.30-Oct.2.**

**SEVENTY TIMES SEVEN**, a workshop on forgiveness, with Bob Stobie, **Oct.2-6.**

**A SYMPOSIUM ON CHANGE & SPIRITUALITY**, with Rachel Fitzgerald, and Bryan Teixeira, **Oct.17-20.**

**JUNG'S TYPES AND ARCHETYPES, DESCRIPTIONS OF THE PSYCHE**, with Rachel Fitzgerald, **Oct.21-23.**

**PERSONAL EMPOWERMENT**, with Lois Campbell, **Nov.4-6.**

**BASIC COUPLES ENRICHMENT**, for couples who want to make good relationships even better, with Marion and Jack Best, **Nov.4-6.**

**CARING FOR CAREGIVERS**, with Jim and Jean Strathdee, musicians and songwriters committed to peace and justice, **Nov.14-17.**

For costs and information, write: P.O. Box 68, NARAMATA, B.C. V0H 1N0 604-496-5751.

*He who knows not and knows not that he knows not, is asleep. Let him slumber.*

*He who know not and knows that he knows not, is awakening. Be a light.*

*He who knows and knows not that he knows, is awake. Be a teacher.*

*He who knows and knows that he knows, is a wise person. Let him serve.*

Ancient Persian Proverb

*The one real object of education is to have a man in the condition of continually asking questions.*

Bishop Mandell Creighton



**Terry's  
Natural  
Foods**

Conveniently located in the heart of downtown Vernon (as you drive through the city), Terry and his knowledgeable staff are ready to serve you!

Terry's features a large, quality selection of natural bulk foods, vegetarian products, herbs and brand-name vitamins. To make it easy to eat right, they also carry food dehydrators, juicers and other helpful appliances.

And to add extra sparkle to that healthy glow, there's a full line of natural shampoos, skin-care products and beauty aids.

As well, Terry's has a good stock of wholistic and health books so you can read all about it!

Drop by and visit Terry's at 3100-32nd St. **VERNON** or call **549-3992**.



Located in the comfort of Vernon's Village Green Mall, Lifestyle Natural Foods is locally owned and operated by Bob and Kay MacIntosh.



Lifestyle offers a wide variety of organically grown bulk foods, quality lines of natural vitamins and stocks over 100 various herbs.

A quality selection of cosmetics, personal care products and beauty aids feature natural products and no animal testing.

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.

Bob, Kay and their staff offer personalized, friendly service in a relaxed atmosphere while shopping in the convenience of Vernon's finest Mall. No problems parking here!

**SUNSEED NATURAL  
FOODS AND CAFE**

The store with a difference! Specializing in organically grown foods, vegetables and fruit. We stone-grind organic grains; bake whole-grain breads; feature herbs; vitamins; cosmetics; appliances and books. Our vegetarian cafe offers soup; delicious entrees; salads; juices, etc. 2919-30th Ave., **VERNON. 542-7892**

**POTTER'S  
PANTRY**

When visiting Kelowna, discover the pleasures of Potter's! You'll enjoy fresh, home-cooked food from soup to salads plus delicious specialties such as quiche and crepes. And the comfy, licensed atmosphere is perfect for meeting friends for breakfast or lunch! Open 8:30-3:30 Tues.-Sat. at 2684 Pandosy St. in the Southgate Mall, **KELOWNA**.

**HERBS & SPICES**

Annie Bell, Certified Herbalist, specializing in quality, untreated herbal teas, formulas, and freshly imported spices for your pleasure and well-being. Experienced in local plant identification and traditional native use. Price list available. R.R.1 S.2 C.8, 9750 Hwy.97, **WINFIELD, B.C. V0H 2C0**. Call **766-2439**.

**ORGANIC FRUIT  
& PRODUCE**

Enjoy the freshness and goodness of organically grown fruit and vegetables! Cherries, Peaches, Apricots, Plums and Apples available in season. Also Broccoli, Cauliflower, Tomatoes, Corn and Potatoes—all grown with love and care! Drop by John and Sandy Pulfers at 10483 Okanagan Centre Rd.E (Firehall area) **WINFIELD**. Call **861-5959/766-4019**.

**VENABLES  
ORGANIC FARM**

Come south for a delicious selection of fresh fruit and produce including 12 varieties of Apples, Pears, Peppers and Cukes! Retail, wholesale or U-pick available. Halfway between Keremeos and Osoyoos on Hwy. 3 in **CAWSTON**. Watch for signs, 1 mile south on Sumac Rd. Call **499-2649**. Member of SOOPA.

**S.O.O.P.A.  
Similkameen Okanagan  
Organic Producers  
Association**

For more information about where to find certified organic growers, write:

**BOX 577, KEREMEOS,  
B.C. V0X 1H0**

**ALLERGIES**

by S. Craig Wagstaff, N.D.

Today everyone seems to have allergies or knows someone who does. In the past, allergies were a less common phenomenon. What are they and why are we developing more? Have the allergies always been there, but just not recognized? How can you find out more and what to do about allergies?

Exactly why people develop allergies, we do not know. There are different types of allergies and allergy-like reactions, called intolerances. What we do know is that you can react to almost anything.

The process of developing an allergic or intolerant reaction is associated with the immune system's strength. The stronger the immune system, the fewer allergy/intolerance problems. The immune system recognizes only 3 types of substances. The first are neutral, neither good nor bad for you, e.g. dust, pollens. The second group are ones that are useful to the body such as food. The third group are things which are harmful such as bacteria, virus and fungi. In people who have an allergic or intolerant tendency, the immune system sometimes labels the neutral and useful substances as the enemy. Once the enemy label has been attached, the immune system attacks these substances as if they really were harmful to the body. These attacks give us the symptoms that we call allergic reaction or intolerance.

The weaker the immune system, the more likely you are to develop reactions. The more stress you are under, the weaker your immune system is. As a modern culture, we are under more stress caused by poor nutrition, pollution, and emotions. Thus it stands to reason that our immune systems will be overloaded and we will see an increase in the disease processes, such as allergies.

If you suspect you have allergies, there are several methods of testing. In Canada, the most common one is the scratch test, which is good for testing inhalents such as dust, pollens and animal hair. However, this test is not very useful for testing foods and chemicals and newer methods are now available through your local naturopathic physician.

Your naturopath can treat you with: 1)allergy avoidance programs 2)desensitization 3)and natural methods of strengthening your immune system.

Modern allergy treatment can be complex yet effective. If you believe your health problems may be allergy related, help is available!

Craig Wagstaff is a naturopathic physician practicing in Kelowna. His Allergy Clinic can be reached at 763-6664.



## ENCHANTED EARTH

The materials and forces that built life on our planet are still there, buried in the confusing and onrushing so-called improvements created by mankind. If your mind needs to reach back to a time of warm lotus pools, closer communion with self and creation, simpler and deeper knowledge of all of the life spawning elements; if your body needs to be re-introduced to stability and calmness, then consider *Enchanted Earth*.

Enchanted Earth is not a magic solution to all of man's ills, Enchanted Earth is merely a connecting point, a place of re-entry to awareness of self.

### VISIT WITH US TODAY

- Deep Relaxation Floatation Tank
- Learning Tapes
- Psychic Carol Lipinski
- Tarot Cards & Tea Leaves
- Meditation Workshops
- Mineral Workshops & Information
- Quartz Crystals, Applications
- Gemstone Jewellery by Local Artisans

Enchanted Earth is located at #235 Bernard Ave. opposite the sails in KELOWNA. Call 762-7533.



## SILK KIMONOS

Celadon Fabrics carries a wide selection of beautiful antique silk kimonos and jackets. The simple traditional garment of Japan is artistically and technically one of the most exquisite national costumes in the world. The kimono radiates a true beauty when worn and it is at the moment the kimono is put on that the wearer begins to feel fortunate. Its beauty comes from the quality of the silk used and the artistry of the decorations. Wear the kimono as a truly unique garment or display on your wall with a bamboo rod through the sleeves. Antique kimono fabric may also be used as designer couturier fabric for 'wearable art' clothing.

Also available through Celadon Fabrics are hand-painted silks and cotton. Contact now for best selection! Call Deborah for viewing appointment and purchase, **860-7764, KELOWNA.**

## MOSTLY COTTON CLOTHING CO.

Cotton has come to Kelowna! Come see our fun collection of women's cotton co-ordinates, underwear, sports bras and socks. For finishing touches, try our unique wood and shell jewellery. Natural fashions—comfortable prices! Conveniently located in the Towne Centre Mall, 565 Bernard Ave., downtown KELOWNA, 762-8384.

## TONY'S ROCK SHOP

From Arkansas and Brazilian Quartz Crystals to Amethyst, Malachite and other semi-precious stones, Tony's is one of the Interior's most complete rock shops! He also carries a fine collection of jewellery and display pieces and does custom work. For friendly service and affordable prices, call Tony at **860-3831** or visit/write 2330 Benvoulin Rd., KELOWNA, B.C. V1W 2C6.

## UNCOMMON SCENTS

These alchemical, essential oils are pure and potent. Unlike commercial perfumes, they have not been diluted with alcohol or chemicals. I help you choose fragrances suited to your body chemistry and personality. Discover the invocational science of perfumery! Individual appointments or perfume parties, call Pamela Rose, **549-3186 VERNON.**



KELOWNA  
MAY 27-28-29

Fri. Noon-11pm  
Sat. 11am-11pm  
Sun. 11am- 8pm

## KELOWNA CURLING CLUB

551 Recreation Ave.

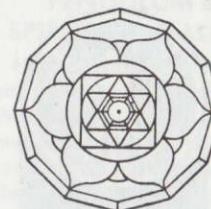
Come to Kelowna and experience a weekend of adventure! Over 40 internationally known Psychics including TV and Radio personalities Geof Gray-Cobb, Sammy Laverdier, Ana Fassman and Ralph Hurst will be there.

Tarot, Palmistry, Auras, Numerology, Crystals and Clairvoyance will be just a few of the areas you can explore!

As well, there will be free draws, ESP testing, lectures, and aura photo interpretations. And the special feature will be a 'firewalk' daily at 7pm, weather permitting.

General admission is just \$5.00 and \$4.00 for students, \$3.00 for seniors or \$10.00 for a 3-day pass.

SEE YOU THERE!



## THE ESOTERIC WAY OF LOVE & LIGHT

You are invited to participate in a joyful, practical immersion in esoteric studies combined with a vacation in British Columbia's beautiful sunny Shuswap July 18-29 and/or Aug. 1-12.

You will touch and know that which is 'Real'. You will experience your natural process of personal growth. You will discover the joy of inner change. And you will renew your vital connection to the source of well-being, love and light within you.

- Some courses offered:
- Adventures in Consciousness and Dreams
  - Right Human Relations
  - In and Out of the Wheel of Life (on birth and death)
  - The Exciting World of Sound and Colour

**COSTS:** Unbelievably low at \$360.00 for each two weeks (includes tuition, accommodation and some recreational activities.)

For a complete list of courses and summer program schedule write or call: Other Dimensions Services, Box 2269, SALMON ARM, B.C. V1E 4R3 Tel:832-8483

## POLARITY THERAPY WORKSHOP

Join Howard Kiewe, a graduate of the Santa Fe College of Natural Medicine, for an introduction to the basics in Polarity Therapy. Learn how to balance the bodies life energy fields using body manipulation, exercise, diet, and attitude. In **KAMLOOPS, May 31, June 1 & 2.** For pre-registration and information, contact Debbie Milenk at **828-1590.** Cost: \$125.00

## CALENDAR OF EVENTS

Starting in the next issue of *Interior Source* (Sept.-Dec.), we will be introducing an events page which will list ongoing groups/classes and upcoming workshops. There will be a minimal fee for this service and reduced rates for non-profit and 'living-room' groups. If you're getting together to meditate, contemplate or educate and would like to share your light, please let us know! Call or write: **Interior Source, 1130 Richter St., KELOWNA, B.C. V1Y 2K7. 861-5291/5005**





**A NATIONAL COALITION OF WHOLISTIC HEALTH ORGANIZATIONS, PRACTITIONERS & SUPPORTERS**

The Canadian Coalition of Wholistic Health Organizations (CCWHO) has just moved its head office to the Okanagan!

**SERVICES:**

Networking wholistic health groups, practitioners and the public by means of the national computerized data base; Lobbying provincially, nationally and internationally for those issues which contribute to freedom of choice in health care; Sponsoring wholistic health research; Facilitating the formation of regional wholistic health groups; Setting standards for wholistic health care in Canada; Serving as consultants to educators, legislators, the news media and others concerning wholistic health; Creating a support network for health professionals.

We invite you to join the CCWHO! \$35./Individuals; \$50./Organizations 40 people or less; \$100./Organizations more than 40. Write: CCWHO, Box 1207, **VERNON**, B.C. V1T 6N6. Phone: 542-6881



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!

Our comprehensive program begins with a personal assessment which identifies lifestyle and health risk factors. We take you through a ten-point assessment and the results are presented in an indepth computerized personal profile.

Areas assessed include: Blood Cholesterol; Body Fat; Blood pressure at rest and during exercise; Nutrition; Stress Susceptibility; Cardio-Respiratory Function; Muscle strength, flexibility and endurance; Health risk appraisal, including appraised and achievable health age; P.M.S.; and Dental Health.

Our follow-up support clinics are available for maximum benefit. They consist of Nutrition and Weight Control; Stress Management; Fitness; Smoking Cessation; P.M.S.; and Dentistry.

Take responsibility for your health! Call Bioscan today and ask about our individual and corporate rates. **762-6656** or **860-5056, KELOWNA.**



The Centre is a co-operative enterprise providing a variety of health-related services.

**FLOATATION TANK**

For deep relaxation—or in combination with various audio packages to enhance learning and personal reprogramming. (ie. Stop smoking, weight control, stress reduction.)

**CERTIFIED REFLEXOLOGIST**

Shiatsu Massage—Herbal Programs—Diet Counselling—Energy Balancing—Wholistic Health Therapy

**HEALTHY HOMES TOO!**

Products and services for the chemically sensitive and the environmentally concerned. Featuring AFM non-toxic paints and products.

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A Course in Miracles

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## PERSONAL POWER THROUGH ASTROLOGY

by Karen Knudson

There is an exciting trend happening today in astrology as in all the ancient disciplines. More and more people are becoming aware that they create precisely what their life is and what it feels like. Those of us drawn to the deeper levels of life experience want to know how we really function. We are finding new and better ways to access these inner layers of ourselves. Only then can we take control of our own lives as we truly begin to create our own reality. This gives our lives a richness and meaning we might not otherwise have found. The new astrology is a delicate balance between actively creating your experience and surrendering to the essence that is your life. Of course the dance of life is to know when to take the rudder and when to release your life to what it 'wants for itself.' Some like to call this 'fate' or 'destiny.'

Traditionally, astrology as a tool to human understanding has always recognized the universal components and cycles in the human experience. But now, with the introduction of personal power in peoples' view of their lives, the old picture of planets dictating what will happen and when, is an incomplete and limiting one.

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Karen Knudson is an astrologer interested in the dynamics of relationships revealed through astrology. For more information or how to contact Karen, please see her 'Astro-Balance' ad in this section.



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

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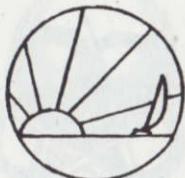


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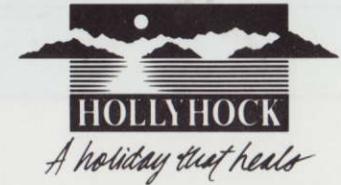
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