

October 1989

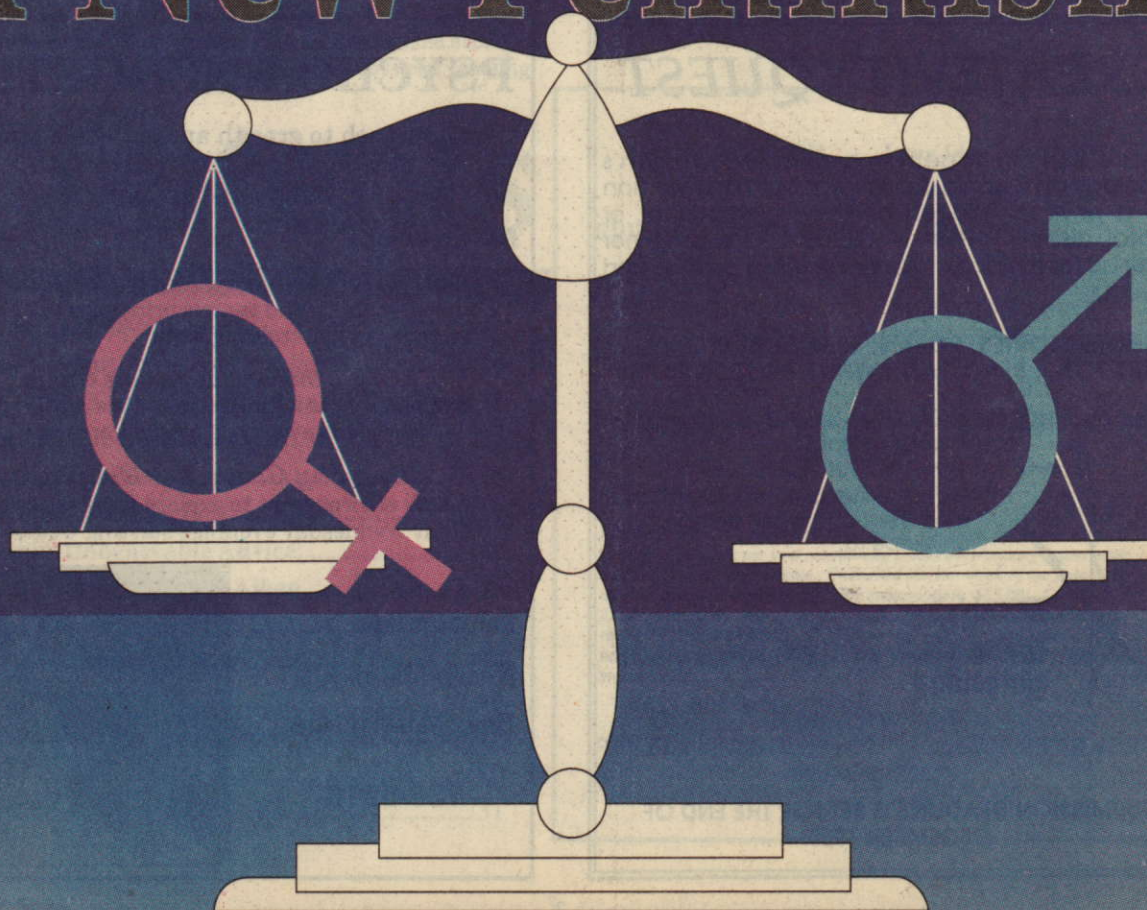
Issue 14

FREE

Shared Vision

British Columbia's Healing & Creative Arts Calendar

A New Feminism?





Welcome! Hope you had time to read last month's issue on men. I was able to read parts, as usual my time seems to be booked, doing things for kids, mate, friends, and at this point in time, **Shared Vision**. A few thoughts have come to me as deadline draws near. What is important in life? Is it important to make time for one's self, or accomplish the goals I have set?

I have enjoyed learning to operate my new computer and being creative, setting up the ads I thank God many times a day for the strength He has provided, but I wonder if I'm doing the right thing? Am I learning the lessons I'm here for? Lately, I seem to be reminded of the importance of relaxing. Stress affects the body. But what is stress? I love what I am doing, so is it important to slow down and do less? Will that make me happier, healthier or live longer?

I don't know the answers, but I am having fun searching and meeting new people, who have wonderful ideas about wholistic life. Sharing a few moments with them seems to make my busy life worthwhile. Many thanks to everyone I have met in the past few months, including Steven Tomlinson of Penticton who is now doing our photography so that we may have a few more pics for you to enjoy.

Getting people involved in self awareness and taking responsibility for self care and ultimately our system of health care seems to be my focus in life. A special thanks to all the health foods stores who so willingly distribute **Shared Vision**; They offer more than unique foods and alternatives to heavy meat consumption. They can offer good advice on nutrition, wholistic magazines, books and what's happening in the community for the like minded.

Our roles in life seem to be changing so fast, having time to contemplate the changes seems an effort, but meditation will probably be the force that saves our souls. So folks, do take time to give thanks.

To give myself time to do just that, I have decided to publish B.C.'s Interior section (Okanagan & Kootenay Regions) of **Shared Vision** every other month. So, in the valley it will be available **December 1st & February 1st**, do ask for it at the health food stores and progressive book stores. With Love

Angela Kline

To reach me please phone 492-0987 or you can write, 2645 McKenzie St., Penticton, B.C. V2A 6J1.

Shared Vision

B.C.'s Interior
Okanagan & Kootenay Regions

section

will be available
every second month

Next Issue

December 1 st
Then February 1 st

"LETTING GO"

RELATIONSHIP & PERSONAL DEVELOPMENT WORKSHOP

with

CHRISTOPHER MOON

KELOWNA, B.C.

Lecture: Partnership: The Next Step
Thursday - October 19, 1989

Workshop: Friday evening to Sunday
October 20, 21 & 22 - 1989

- Christopher Moon's workshops are created
- to allow people the opportunity to change past decisions that cause present limitation.
 - to turn unsatisfying compromise into uncompromised satisfaction.
 - to let our hearts take the lead in our lives.

For further information please call

in Kelowna : Jeannette Brummund - 769-7228

For information about other workshops in your area - Please contact:
Newell & Associates (604) 731-4523 - Vancouver or 825-4745 - Nelson

Honoring the Feminine Consciousness

by Lynne Mundel

It is not easy to open ourselves, to feel life in its depth, its honesty. We see, and feel in our cells, brutality, blindness, the incredible misery man has afflicted upon man in his unconsciousness -- the wastage, the withering of so much that was meant to be beautiful. And this is why I believe Mary came to me right now as I contemplate WOMAN.

Mary is one who has not closed off to the anguish of our Earth and its people. She is an Indian woman, and, like many of the Indian people, carries the pain of our cultural imbalance in her very cells. Mary's culture represents a deeply feminine stream of consciousness. Anyone who is sensitive will relate to the vibrational forces around them. It becomes the Current of intuitive knowing that merges our dreaming, our visions and our meditating, with our waking life and endows life with arichness and subtlety that is largely absent in North America today.

Fortunately, this may be changing. In the group work I do with people from all over the continent, I find both men and women consciously opening to the feminine, intuitive part of themselves. I believe they are the forerunners of the future, opening ways for others to follow.

In our prayer circles, we have heard Mary's cry of anguish -- for her people, for our world, for her own personal knowledge of pain. She is one who has not backed off from the Truth. Rather than dull her senses through mindgames, alcohol, or by unconsciously separating herself from her body and entering the disease and death process, she takes her knowing of God in all aspects -- dark as well as light -- to the sweat lodge, to the Sun Dances. Mary will someday be one of the Sun Dancers and offer the pain that moves through her to God in dances under the hot July sun, dances that go on for four days, dances that are prayers of compassion and hope for her people and for our people, dances that challenge the body beyond what we think it can endure --with nothing held back.

This decision and commitment, is to be honored among-women and men. Here is a human being that chooses to honor the feminine consciousness in it fullest sense. Trusting and giving her life into a prayer for the Good of the Whole.

November
17, 18 & 19



THREE MOUNTAIN FOUNDATION

presents

INITIATION

with **LYNNE MÜNDEL**

Kamloops

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WOMEN

Do 2/3 's of the World's Work
Receive 1/10 the of the World's Wage
Own 1% of the World's Property
Are the Single Parents for 1/3 of the World's Children

B.C.'s Interior - Okanagan & Kootenay Regions

PENTICTON METAPHYSICAL CLUB SPEAKER SERIES LEIR HOUSE - 7:30 p.m. FRIDAYS - COST \$5.00

OCTOBER 6 YOGA MASTER

Dr. Sushil Bhattacharya and wife are from Nepal and will speak of their experiences in India, plus the Patanjali Yoga Centers.

OCTOBER 13 CHINESE HEALER

Marc Tey has an incredible source of energy, born with the knowledge and trained with Masters in Indonesia.

OCTOBER 27 PAST LIVES

Peter Morris will explore past lives, with a delightful evening of anecdotes. His guides provide answers so be sure to bring the questions.

NOVEMBER 3 PSYCHO - PHYSICS

Marsha K. Warman has an integrated approach to whole health. She facilitates mind/body healing and an awareness of our emotional and psychological responses to stress.

NOVEMBER 17 COMMUNITY MAKING & PEACE

Christos and Jason will guide us on a spiritual journey towards self acceptance, true belonging and new hope for the world. FREE

DECEMBER 8 DREAM QUEST

Mariah Mulligan will give us wise counsel on understanding our dreams. She will explore both modern and ancient techniques from around the world.

WORKSHOPS IN PENTICTON

OCTOBER 7 - SATURDAY - 1 to 2 p.m. at the Okanagan Arts Academy

Demonstration of Yoga poses that won Dr. Sushil Bhattacharya first place in 1983 of the "All India Yoga Asana Competition" Cost \$3.00. **Workshop** to follow for anyone wishing to practice yoga. 2 - 5 p.m. All levels of yoga students welcome. Cost is \$15.00, please bring a mat.

OCTOBER 14 - SATURDAY - 9:30 TO NOON at the Okanagan Arts Academy

SOFT KUNG FU with Marc Tey. Active participation to learn how the channels of energy flow through your body, relaxation techniques followed by exercises. Cost is \$15.00, please bring a mat.

THE WELLNESS WORKSHOPS with Hank Pelser Tuesdays or Saturdays starting October 3

This workshop series of 4 classes (choice of Sat a.m. or Tues. p.m.) will help you to understand nutrition, herbs, vitamins, plus much more about your body. Cost is \$20.00 - please phone Hank for more information 492-7995

MEDITATION with Peter Morris 4 Evening classes

Oct. 24, 26, 30 & Nov 1 (Tues, Thurs, Mon, & Wed)
Time is 7:30 to 9:30 pm. Cost is \$5.00 per nite - You may attend all or one.
For more information please phone Marion - 493-3697

OCTOBER 28 - Saturday 10 am to 5pm Past Lives Workshop with PETER MORRIS

The exploration into our spiritual or universal energy, can produce some fascinating experiences. Working through meditation and breathing exercises, you may uncover secrets and traumas from past life situations which is affecting your life today. Cost is \$40.00 for more information please phone Marion 493-3697.

NOVEMBER 18 & 19 - Saturday & Sunday COMMUNITY MAKING & PEACE

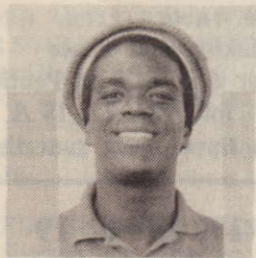
This Week-end workshop will help us to develop "true community". A safe place where open hearts and minds communicate in a spirit of loving acceptance. We will work towards a common goal that gives us a deep sense of co-operation. Cost is \$75.00 to pre-register call 493-6822. Friday - Nov. 17 is Free.

DECEMBER 1, 2 & 3 - Friday nite, Saturday & Sunday RETREAT with MARC TEY

Discover your Inner most self. Concepts and practice of Yi Chung (mental quietness), Qi Kung (physical harmony), Soft Kung Fu and Tai Chi will all be introduced. Meditations to get in touch with your own deeper emotions. Relaxation & Concentration help refreshen the body - so that healing can happen. For more information - Please phone Angele 492-0987

DECEMBER 9 - Saturday DREAM QUEST

Workshop with Mariah Mulligan - all day - \$35.00 - Exploring the symbolism of dreams. What do they mean? Phone 493-3687 or 492-0987



JAMES BATTLE

'People turning to Alternatives'

He holds your wrist gently, squeezes the pulse and concentrates with closed eyes. Thus, using the ancient art of Ayurveda, he is able to tell your basic constitution and how you may improve the basic quality of health and longevity. This 5,000 year old Science of Life from India is based on one's own constitution. There are three basic types of personality, and with this knowledge Battle is able to recommend diet and lifestyles suited to the individual. There are six tastes in Ayurveda and all are important.

"Western cultures don't eat enough bitter foods," he says, and that causes fevers, colds, and infectious diseases. James Battle is in Penticton and Kelowna - Oct 4 to 10 if anyone would like a private consultation, please phone Angele 492-0987.

reprinted (in part) from the Penticton Herald

FEEL BETTER AND HAVE MORE ENERGY

The Chinese envisioned the Life Energy, which we call Chie, as flowing through the body in a system of twelve pathways. An illness starts with a diminution of the life energy, should this decrease or block continue, some organ of the body will be the target for an illness. The controller of energy flow is the thymus gland. It constantly monitors and rebalances, our life energy. If it fails to do the job, some organ will fail. The thymus is the first organ affected by stress and emotional levels of well-being.

To be healthy we need to increase the chie in our body .

Mark Tey can teach us how to do this, he's available for private consultations in Penticton by phoning Angele 492-0987 or Kelowna 763-3566 or Vernon 542-4486.



MARC TEY

Steven Tomlinson Photo



PETER MORRIS

returns to the
OKANAGAN VALLEY

Peter brings 40 years of metaphysical exploration to his teachings. He is available for lectures, workshops, groups and individual appointments.

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PAST LIVES WORKSHOP SCHEDULE

VERNON

INTRO - FRI - Oct. 20
SATURDAY - Oct. 21
more info. phone 542-6140

PENTICTON

INTRO - FRI - Oct 27
SATURDAY - Oct 28
ph. 492-0987 or 493-3697

KELOWNA

INTRO - FRI - Nov 3
SATURDAY - Nov 4
*more info. phone 763-6222
or 861-4978*

*Peter is available to do
private readings
in each town. Please phone
the above numbers for an
appointment..*

METAPHYSICAL TAPES

by **PETER MORRIS**

THE SEARCH for meditation.
A Correspondence Course with a
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ONE SECOND STEP

PAST LIVES
Tells simply how to reach this space

THE COUNTDOWN
Advanced meditation using sounds

TRUE GHOST STORIES
A collection of Peter's
experiences with spirits

DREAMS & MEDITATION

THE SEAGULL
A guided meditation

HEALING & MEDITATION
Using the combined energies
to the best advantage.

B.C.'s Interior - Okanagan & Kootenay Regions

Services

ASTROLOGY with MOREEN REED - KAMLOOPS
Have an indepth look at personal growth, compatibility, and career choices. This one hour taped private consultation is available by phoning Morreen 573-5432.

WOMEN'S SELF DEFENSE - LEE JUN FAN
MARTIAL ARTS & TAI CHI - PENTICTON-
Courses are now being offered at the OKANAGAN ARTS ACADEMY. **FRESH fruit and vegetable juices** available from our own juice bar "The Main Squeeze". Studio space for rent with mirrors. Phone 492-5328 or Inquire at 750 Eckhardt Ave. West, Penticton

Relaxation Plus Clinic - NELSON-offers "Rebalancing"
(deep tissue) Bodywork, Floatation Tank,
Emotional Release work, Tarot, Reiki, etc.,
308 Victoria St., Nelson, B.C. V1L 4K4. PHONE 354-3811

REFLEXOLOGY - ROSSLAND
PLEASE PHONE 362-7111 or 362-7622

Do you suffer from PMS? I did & I found a solution!
Please phone me for more information
Cranbrook - 426-2132

Calendar

October 6 & 7 - Friday & Saturday

Penticton - Yoga charya Dr. Suschil Bhattacharya from India will give a talk Friday evening, Yoga Demonstration on Sat 1-2pm and a workshop from 2-5. This man won the 1983 "All India Yoga Asana Competetion" A unique opportunity to meet this dedicated man and his wife. (see Pent. page)

October 12 - Thursday

Kelowna - Evening Lecture with **CHUCK SPEZZANO** 7-10 pm at the Okanagan College lecture Theatre, 1000 KLO Road. "Healing the Whole Person" Cost \$20. Tickets at Books and Beyond, at door or call Jeanette 769-7228.

October 25 - Wednesday

Kelowna Parapsychology Association - Sandman Inn - 7:30pm **Marlah Milligan** will talk about dreams, how they can give us guidance and inspiration. 10 years experience. Mariah has a Bachelor of Arts degree in Psychology from the Brock University in Ontario. Cost \$5.00 members \$3.00. For information please call Bonita 860-2200. The Kelowna Club meets the Last Wednesday of each month.

Please note

Community Making and Peace
Scheduled for October 6, 7 & 8 in Penticton
is now re-scheduled for Nov 17, 18 & 19
as Kamloops dates have been cancelled

November 17, 18 & 19

Kamloops - INITIATION - with Lynne Mundel
How can we begin to journey on the road to self discovery with courage and a song in our hearts? How do we deepen our relationship to life, which is so unpredictable? You are invited to discover and celebrate with others who are awakening(waking up!) - For more information please phone 376-1061 or 376-8388.

Penticton - Community Making & Peace
Jason & Christos lead workshops that open hearts and heal deep pain. It is a spiritual journey towards self acceptance, true belonging and new hope for the world. Their work is based on the book "The Different Drum" by Scott Peck. Phone 493-6822

December 1, 2 & 3

Penticton - Workshop with Marc Tey
This week-end retreat will focus on opening the channels of energy so that healing can happen. Mark has been channeling this healing energy since age ten and can provide each of you with the knowledge to heal yourself. His relaxed personal style promotes self discipline, confidence and the desire for inner growth. For information phone Angele 492-0987 in Penticton

WORKSHOP / FACILITATORS Interested in teaching at the SPRING FESTIVAL of AWARENESS

are asked to write for an application form
from: **Judy Byers**
301 Penticton Ave.,
PENTICTON, B.C. V2A 2M4

PENTICTON'S PRIVATE WHOLISTIC LIBRARY available to the Public

Titles range from Organic growing, Herbs,
Meditation, Tai chi & Spiritual growth
Interested? Phone Marion for directions
493-3697

SPRING FESTIVAL of AWARENESS

March 30, 31 & April 1 - 1990

What is a Spring Festival?

The Spring Festival of Awareness is the longest running wholistic celebration of it's kind in Canada. March 30, 31 and April 1 of 1990 will be the twelfth celebration of the return of spring and our collective growth in awareness.

The Spring Festival is the Spirit child of the Interior of B.C., conceived in 1978 in the Castlegar - Nelson region, by Harry Jukes and Sid Tayal. The original concept of a weekend event, filled with workshops and entertainment and circles of friends has not changed - but has grown and branched and blossomed into a unique event - one that draws participants back year after year.

From joyful beginnings in the Kootenays, the Festival then travelled to Vernon. In 1989, the Festival put down roots in the South Okanagan, the Penticton / Naramata area.

The weekend saw 300 adults enjoy over 40 different workshops, 5 healing rooms (on going Polarity, Reiki, & Massage treatments, all free of charge), plus two full evenings of entertainment, opening and closing circles (ever dance with 200 people in a circle?), and a simultaneous, fully-fledged Children's Festival with over 75 children..

And all of this is going to happen again on March 30, 31 & April 1 of 1990, at Naramata Centre, a beautiful 20 acre retreat and conference facility on the shores of Okanagan Lake.

We are asking for workshop / facilitators, entertainers, musicians, dancers, singers, actors & crafts people to consider joining us for the Festival. A Celebration of the Magical Possibilities within us all! For a registration form please write : Judy Byer, 301 Penticton St., Penticton, B.C. V2A 2M4

The Holistic Networker T. V. Show

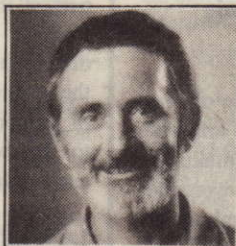
SHOW TIMES

Friday - 9 p.m.
Saturday - 5 p.m.
Sunday - 7 p.m.
Monday - 10 a.m.
Thursday - 8 p.m.

Fall scheduling starts
October 6th.
Each show starts on Friday
and ends on Thursday.

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A Healing Seminar



HENRY DORST
in Vernon

November 3 - Friday eve
November 4 - Sat. all day

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- Initiation

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Steven Tomlinson Photo



HANK'S

Healthy Hints

Why is colon cleansing essential to health? In today's society the refined foods which we eat lack the bulk and fiber to create the cleansing and peristaltic motion to facilitate the movement of the food through the colon. High salt, refined flour, hardened fats, high sugar, and lack of water all contribute to constipation and diverticulosis.

When the salt goes too high, it causes the food (or plaque) to be attracted to the walls by ionization and covers over the villi, which are the feeder mouths that pick up nourishment from the foods you eat. When these are covered over for many years the plaque becomes putrid and releases toxic, foul poisons back into the portal vein, which takes it to the liver. This poison is circulated throughout the entire system, weakening all the main organs of the body, and providing a "home" for parasites. Cleansing the colon is the first step to a healthier life.

A Colon Hygiene Program may include

Diet analysis and correction

Diet analysis will aid in determining the source of many colon problems. In many patients for example, it is important to identify stress foods, as well as to balance fiber intake and to increase consumption of raw foods, especially vegetables. An examination of beverage intake and food combinations may prove useful.

Oral cleansing

Oral cleansing refers to any program for cleaning the digestive system which is ingested orally rather than inserted interrectally. Herbal bowel and blood cleansers, psyllium bulking agents, bentonite liquid, and raw juices are all considered to be oral cleansers.

Colon irrigations

Colon irrigation is the scientific insertion and removal of water to the colon, or large intestines, for therapeutic, cleansing and corrective purposes. In many cases, it will clean fecal plugging from colon walls, as well as stimulating and massaging colon tissues. A series of colon irrigation treatments may increase your colon's tone and function while removing possible excessive mucous, abnormal bacteria, or intestinal parasites.

Hank's Wellness Classes start Oct 3 or 7
For more information - phone 492-7995

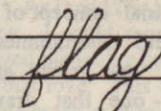
HANDWRITING



CLUES

The practice of Graphology allows one to observe yourself or acquaintances in a frozen moment of time. The handwritten note or letter lets one observe the hopes and fears, and the changing flow around them. There are many aspects of handwriting to explore before you can come up with a conclusive analysis. Some areas are: *slant of writing, size of letters, amount of pressure used in writing, spacing, margins, doodles, signatures and more.*

It is important to understand from the start that in order to analyze a letter it must be broken down into three parts. Instead of just calling them top, middle and bottom in graphology we refer to them as upper zone, middle zone and lower zone.



UPPER ZONE

Intellect

MIDDLE ZONE

Daily Activities

LOWER ZONE

Drives

UPPER ZONE In the upper zone are the upward extensions of the loops and stems of the bi-zonal letters, and the top of letter f, tri-zonal letters, i dots, j dots, and t bars. The upper zone represents the writer's intellect, imagination, and spiritual interests

MIDDLE ZONE This zone includes the space encompassed by the letters with no upper or lower extensions; plus the central part of the bi-zonal and tri-zonal letters. All of the letters in the English alphabet either originate in or pass through the middle zone. The middle zone symbolizes the daily activities in the writer's life. The height of the zone relates to the amount of importance the writer attaches to it. The height is the clue to the writer's ego and the amount of need for recognition and quality of social relationships.

LOWER ZONE The lower zone relates to the lower extensions of letters: This zone relates to the instinctual side of the writer's personality and reflects the biological and material drives and desires.

In future issues we can discuss career opportunities and how a person can make the right choice through handwriting selection. Or maybe you are interested in how personnel screening works and what a manager looks for in a potential employee through handwriting. There are also script exercises available to expand your consciousness and to improve your well being. If you would like to drop me a line we'll answer some questions personally and a few in the column next time. If you would like a mini-scan of your writing forward \$9.95 by money order.

Call or write for free brochure.

Canadian Graphology Consultants
Box 4172 Main, Vancouver, B.C.
V6B 3Z6, Phone - 689-7888.

Or contact Angele Rowe 492-0987



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THE FEMININE PRINCIPLE

by Margaret Lambert, C.P.T.

The feminine principle in **POLARITY THERAPY** governs the left side of the body. Qualities of the feminine principle include receptivity, nurturing, contraction, coolness and beauty. It involves maternity, sound and the centripetal and lunar forces.

Health problems appearing on the body's left side can indicate diminished expression of the feminine principle. These may affect the heart, spleen, descending colon, etc.

Left side compression may show as a lower shoulder, pelvic torque, smaller lips, eye and nostril on that side. Diminished "prana" to the nervous system results in impaired exchange of nutrients at the cellular level. Observe your body in the mirror comparing at each chakra latitude which side holds more stress?

POLARITY THERAPY believes that health is achieved at the atomic level; thus the electro-magnetic body, which is composed of positive, negative and neutral charges is the focus of a **POLARITY** treatment. Hands-on techniques such as still holds, rocking, pressure point work and many others are selected to promote introspection and balance for the individual.

MARGARET LAMBERT, C.P.T. is in private practise in Vancouver and will return to the Okanagan in January for classes and individual sessions. For further information please call Angele Rowe in Penticton at 492-0987 or Margaret at 732-8989.

