

December 1989

Issue 16

# Shared Vision

British Columbia's Healing & Creative Arts Calendar



# FREE

## INSIDE

▶ **John Thomas**  
On The Great Spirit  
& The Sacred Ways  
Of His People

▶ **A Christmas  
Vision**

▶ **Burgers for  
Brazil**

▶ **Creative  
Gift-Giving**

**PLUS...**  
**Astrology**

**Swami  
Beyondananda**

**B.C. Interior  
Section**

**New Format**



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



Hello everyone. Good news starting February 1st, I will be publishing a magazine called "ISSUES" available in the valley, it will focus on environmental and wholistic health issues and introducing local practitioners so that you can make a choice, in your wellness program.

If you have interesting stories, concerns or happenings about the Okanagan Valley that you think should be published, please write:

ISSUES  
2645 Mc Kenzie St.  
Penticton, B.C. V2A 6J1

ISSUES will be available Feb. 1 1990 and will be published bi-monthly. You can pick it up at all the usual places in the valley. If you live outside the Okanagan and would like a copy mailed to you, please write.

The **Spring Festival of Awareness** is happening in March. One of the best family events offered in the province. It offers over 50 wholistic workshops for adults, plus a Children's Festival.

And finally, **Season's Greetings**, may you have a wonderful Christmas. Hope you make a little time for yourself and your loved ones.

When spending money on Christmas gifts. Please consider a gift of health, perhaps a bodywork session or a natural product from a Health Food store or a unique handmade gift that supports the local economy. Please remember that every dollar you spend is a vote for what you believe in.

With Love,

*Angele*

## The Hollywood Health Studios

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WEIGHT MANAGEMENT  
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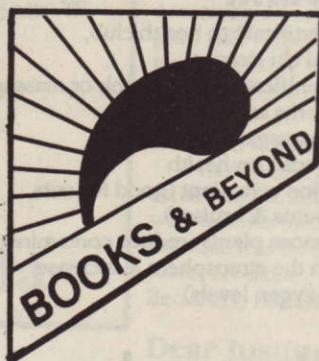


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## Christmas Celebration and Open House

Friday & Saturday  
December 8 & 9 th  
10 am to 5 pm

**Everyone Welcome  
Refreshments Served!**

**Discover ... This unique Okanagan Book Store that promotes personal growth & well being. We carry a good selection of books, tapes & videos.**

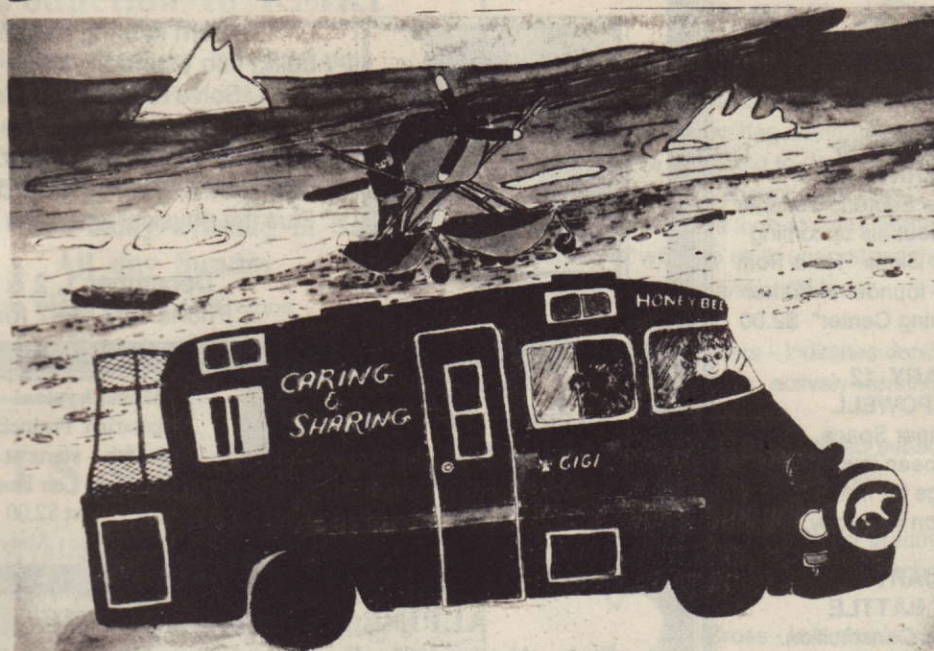
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# ICEBERG TEA



Story by Gigi (1st DOGOODER) in ANIMAL TALK told to Ananatess  
Illustrations by Janice Sheehan



**In time for Christmas....**

## **Ananatess's Long Awaited Childrens Book!**

*Join Gigi as she enjoys the many thrills of the High Arctic.*

**Iceberg Tea** is a 48 page hardcover children's book (for 5 to 12 year olds) with 21 beautiful and charming **COLOURFUL ILLUSTRATIONS** by *Janice Sheehan* making the characters come to life.

Price is \$12.95 (includes postage)  
Send cheque or money order to:  
**Rainbow Dogooders Publishing Co.,**  
2645 Mc Kenzie St., Penticton, B.C.  
V2A 6J1 or Phone (604) 492-0987.





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

## PENTICTON METAPHYSICAL CLUB

**SPEAKER SERIES**  
**LEIR HOUSE - 7:30 pm**

**DECEMBER 15**  
**ANDY SCHNEIDER**

Andy is a long time Esoteric Teacher. He will speak about his upcoming program the Inner Circle. He is from Salmon Arm and founder of "Other Dimensions Training Center" \$2.00

**JANUARY 12**  
**JOYCE POWELL**

Exploring your Inner Space. From Vernon and has been involved with hands on healings for many years. Workshop on Saturday.

**FEBRUARY 3**  
**JAMES BATTLE**

The Ayurvedic Constitution. Understanding the elements of nature and how they relate to the food you eat. Best advice on the market

.....

### DECEMBER CALENDAR

Dec 1, 2 & 3rd - Discovery Retreat with Marc Tey at Naramata

December 6 - Wed at 7:30 pm  
Reiki Energy Exchange - 492-0987

December 7 & 11 th  
Carole Glockling - Certified Polarity Therapist is town from Oliver to do "mini" or full sessions. 492-0987

December 15 - 5:30 Vegetarian Potluck Dinner - starts at 6 pm.  
Andy speaks at 7:30 pm - Cost \$2.00

### JANUARY CALENDAR

January 12 to 20 th - Joyce Powell from Vernon in town. Hands on Healing  
Phone Marion for appt - 493-3697

January 17 to 21 - Vicki Allen - Silvertown  
Reiki - Level I or II  
Introduction on Thursday nite at the Women's Center - 492-0987

## DISCOVERY RETREAT



with **MARC TEY**

Learn to bring harmony and well being into your daily life.

Solve relationship problems by learning to release negative emotions. Marc will explain how the body breaks down and why we become diseased. Plus the physical exercises of Kung Fu

**December 1, 2 & 3rd**  
Phone 492-0987 for info.

### **REIKI** **ENERGY EXCHANGE**

December 6 th at 7:30 pm  
Potluck Social - January 17 at 6 pm  
Anyone with Reiki is Welcome  
Phone 492-0987

Metaphysical Club  
Vegetarian Potluck Dinner  
Dec 15th - starts at 5:30 pm  
at the Leir House  
cost \$2.00  
Guest Speaker - Andy Schneider

## ALPINE HERBAL SCHOOL

Starts - March - 1990 - For more information phone (604) 835-8606  
An apprenticeship program with Yarrow Alpine  
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In depth program leading to a Herbal Certificate  
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I did & I found a Solution!  
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### **REFLEXOLOGY** **ROSSLAND**

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### **Revitalize & Relax** with **Polarity Therapy**

Try a "Mini" session  
for only  
**\$15.00**

*20 minutes of Energy Balancing*

Carole Glockling is taking  
Appointments in Penticton  
**December 7th & 11th**

Phone 492-0987 for appt. times

Relaxation Plus Clinic - Nelson  
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308 Victoria St., Nelson, B.C.  
Phone 354-3811

### **AYURVEDIC** **COOKING CLASS**

with James Battle  
**Saturday - February 3 rd**  
10 am to 5:30 pm  
Cost \$50.00  
For more info phone 492-0987



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

## Introduction to REIKI

Thursday - January 18 - 7:00 pm  
at the Women's Center - 212 Main St.  
**FREE**

**REIKI I - Friday evening & Saturday**  
**REIKI II - All day Sunday**

with Vicki Allen of Silverton  
more info - Phone Angele 492-0987

## "ISSUES"

Available February 1st  
at all Health Food & Book Stores  
in the Okanagan & Kootenay Valley's

Please read editorial for more info.

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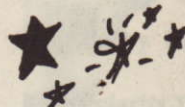
#105-1735 Dolphin Ave.  
Kelowna, B.C. V1Y 8A6

## HANDWRITING C LUES

by De

Seasons greetings. A special thank-you to those of you who either wrote or called. This is the time of the year when you receive written communications from friends and relatives. We are going to do a little detective work. See if you can find these common doodles.

Lets take a look at some of the symbolism of the doodles. It will help us to understand the subconscious mind. It's easy to understand and fun.



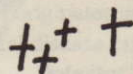
Stars - indicates doodler has high aspirations, actively working to reach the stars.



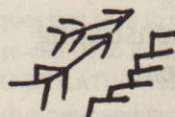
Suns - doodled suns depict happiness, optimism and joy.



Heart - a heart breathes love and affection, also emotional attachment



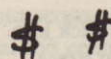
Cross - is a simple sign of spiritual unity with church or contact person.



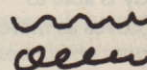
Arrow and stairs - doodled arrows and stairs indicates ambition, new goals and mounting energy.



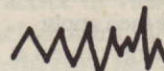
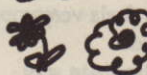
Musical notes - Doodled notes show love of music, writer may hum or sing.



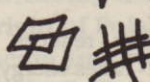
Dollar signs - person has an interest in money and its accumulation.



Curves and rounded letters portray a natural, soft personality. A friendly person who wishes to please others. Flowers and garlands, wavy lines or circles indicate compromise and adaptability.



Straight lines and angles are indicative of a sharp, analytical type personality. If straight lines cross or abruptly change direction the writer can change his thinking rapidly.

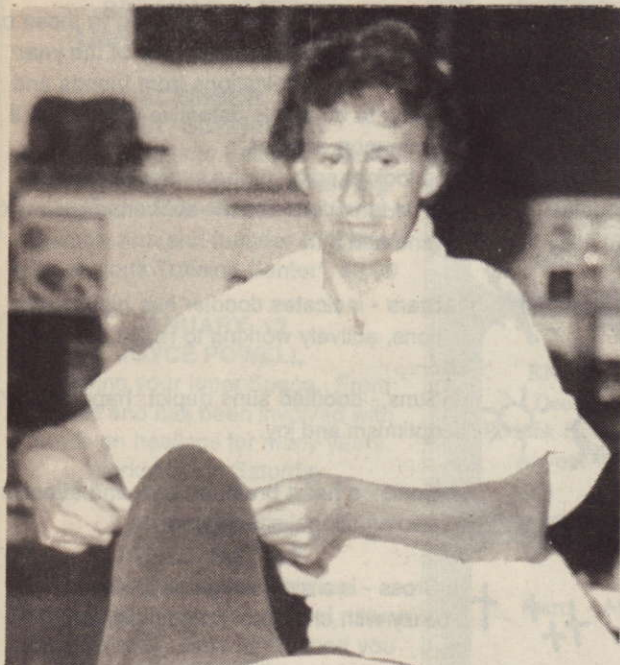


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# B.C.'s Interior - Okanagan & Kootenay Regions

EXPERIENCE the PROFOUND  
and LASTING BENEFITS of  
POLARITY THERAPY



**Carole Glockling, C.P.T., demonstrating  
Polarity Therapy on client**

The basis of Polarity Therapy is - the body has within it an energy field, or electro magnetic field and if that field is out of balance, then we experience tension, stress and strain in the body.

The goal of Polarity is to bring the energy field back into balance and produce a state of relaxation. By reducing stress through Polarity, health is enhanced and your body is able to heal itself and conditions existing in the body improve as more energy is flowing.

After a Polarity session, the client typically feels very, relaxed and paradoxically energized and refreshed.

We use several different techniques, but the main stay of the work is a hands on pressure point technique where we seek out the areas where tension is held and we then apply varying degrees of finger tip pressure on two energy centers at the same time and wait for the energy to balance.

Some of the benefits of Polarity Therapy are - reduces chronic pain and tension throughout entire body - raises energy level - improves posture - reduces stress - improves digestion - alleviates digestive, tension and migraine headaches - improves sleep, etc., etc., etc.

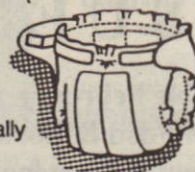
Carole is a Certified Polarity Therapist

**Gift Certificates available by phoning Carole at 498-4885  
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**In Penticton - KAREN KOCH - 493-8362**

**In Kelowna - LYNN BARIL - 766-2698**  
Glenmore, Rutland, Spring Valley, Winfield & Oyama

**- MARILYN MENZIES - 768-5185**  
Westside, Peachland, Downtown, Mission & East Kelowna

**In Vernon - MARLANE BAILEY - 542-1667**

For more info or to arrange a Polarity session contact  
**Carole Glockling in Oliver, B.C. at 498-4885**

Carole will be in **Penticton - December 7th & 11th**  
for a "mini" or full Polarity session, to make appointment  
call **Angele Rowe - 492-0987**

Kelowna & area residents call **Faye Stoo at**  
**Books and Beyond - 763-6222 for dates**  
that Carole will be in Kelowna for Polarity sessions



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

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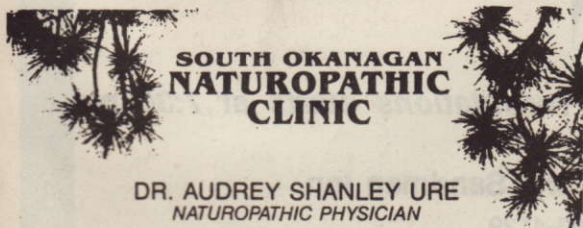
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## What is Polarity Therapy?

by Margaret Lambert, C.P.T.

**Polarity Therapy** was developed and brought to the west by Dr. Randolph Stone, Chiropractor, Osteopath and Naturopath. His "Energy Concept of the Healing Art" published over twenty years ago, represents a unique contribution to the understanding of the mystical anatomy.

He believed the soul enlivens the material body by the way of "prana" or life-force. He believed health and disease causes originates in the energy field, not in matter. Thus physical disease can be traced to a more subtle origin.

**Polarity Therapy** is a repertoire of hands-on techniques that seek to quiet the mind, allowing the physical body to re-align into its ideal geometry. In his published series on MANIPULATIVE THERAPY Dr. Stone described balance as both atomic and geometric, relating the fundamental cranial-sacral pole as the body's main channel to balance and re-align through POLARITY THERAPY.

Dr Stone described the relationship of human microcosm to the universal macrocosm, as well as the centrifugal and centripetal oscillations of energy that creates magnetism. he described the origin of the chakra system and the four elemental rivers of life (earth, water, fire, air) His many illustrated charts remain today a classic in the field of Touch Therapy.

**Margaret Lambert, C.P.T.,** has been in practice in Vancouver for five years and has a background in teaching, nutrition, herbs and is furthering her interest in Ayurvedic medicine, the origin of Polarity Therapy. For individual appointments and workshops in your area please call - **Books & Beyond** in Kelowna -763-6222 or **Angele** in Penticton 492-0987

or Margaret in Vancouver at 732-8989.

Okanagan Workshop In Level 1 or 2 is tentatively planned for January 13th. If interested please phone the above number ASAP.



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

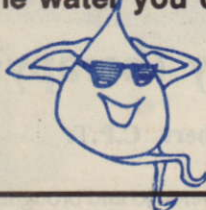
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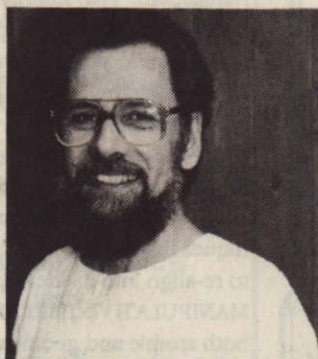
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Penticton, B.C.

**The truths are  
ancient.**

**The teaching is  
contemporary.**

**The spirit is the  
21st century.**



### **THE INNER CIRCLE**

with

**Andy Schneider**

\*\*\*\*\*All Presentations starts at 7:30 pm

**Kelowna - November 29 - Wednesday at the Sandman Inn**

Inquiries: Bonita - 860-2200 or 763-4129

**Kelowna - December 13 - Wednesday at Books and Beyond**

Inquiries: Patricia - 762-6234

**Vernon - December 8 - Friday at the Wholistic Living Center**

2915-30 th Avenue - Phone 542-6140

**Penticton - December 15 - Friday at the Leir House**

Inquiries: Angele 492-0987

The Inner Circle is a unique program which promotes renewal and personal growth through study, application and direct experience. **It will assist you:**

- \* to develop intuition
- \* to prepare for Initiation in self-mastery.
- \* to manifest unconditional love in service to the world.

**For details attend one of the presentations or contact:**

**Other Dimensions Services, Box 2269, Salmon Arm, B.C. V1E 4R3 (832-8483)**

**Classes are 6 times per year for two years.**



A FAMILY EVENT

# 12<sup>th</sup> SPRING FESTIVAL of AWARENESS

March 30, 31  
& April 1<sup>st</sup>  
1990



PENTICTON B.C. at Naramata Center

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**Early Bird Registration - Adults - \$60.00 Children - \$25.00**

*Previous Festival Participants will automatically receive the brochure in January!*