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# ISSUES

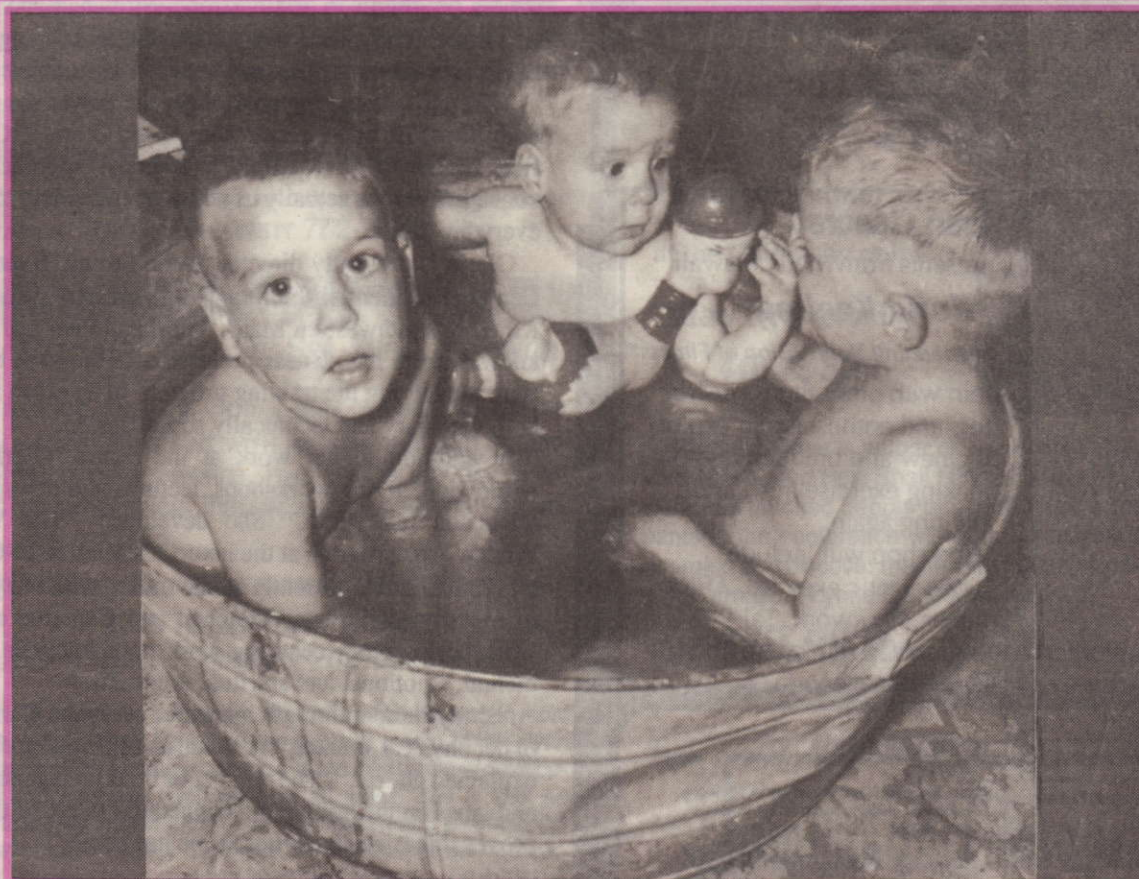
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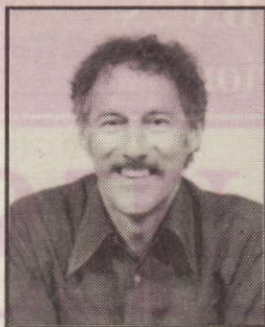
**March / April 1991**

**Volume 2 - Number 2**



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## 'EXPANDING YOUR VISION OF FITNESS'



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today for her  
founder of the  
fitness

**Keeling**  
best known  
role as  
innovative  
program,

**Strong, Stretched and Centered**, now an accredited program with the International Dance and Exercise association. Yet Gloria has always been a leader in the development of fitness and health programs.

Nearly 25 years ago Gloria was one of the first women involved in weight training, and in the early 60's initiated Y.M.C.A. weight training programs for women in Los Angeles and Berkeley, California.

After years of studying nutrition, anatomy, physiology, martial arts, relaxation techniques and dance movements from eastern and western cultures, Gloria moved to Hawaii and began fusing these concepts into a total mind/body fitness program. In 1980, Strong, Stretched and Centered was born. Today, the six-week residential training program for fitness instructors has graduates in 18 countries.

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Gloria is presently director of the Strong, Stretched and Centered residential training centre, located in the town of Kihei, in southwestern Maui. Gloria and her staff of well-known health and fitness professionals are kept busy constantly evolving the training program in an effort to remain both visionary and technically sophisticated.

In addition to her work at the centre, Gloria travels worldwide, giving workshops, lectures and newspaper and television interviews. She developed "The Waves at Wailea" spa program at the luxurious Maui Inter-Continental Wailea, and is presently collaborating with Suzy Prudden in Metafitness-Strong, Stretched and Centered seven-day workshops. The week-long workshops integrate physical, mental, emotional and spiritual programs.

"Body/mind training is a way for everyone to explore his or her physical, mental, emotional and spiritual well-being," explained Gloria. "The number of books, magazine articles and tapes on the body/mind connection flooding the market proves this is an idea whose time has come."

*Gloria will be facilitating a Joan Casorso weekend workshop in Kelowna on March 15, 16, and 17, 1991. For more information or free brochure on the workshop phone 769-7424 or write: 2190 Bartley Road, Kelowna, BC, V1M 2M7.*



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COST: \$170 INCLUDES FOOD & LODGING AT SEATON HOUSE.

CONTACT: BETTY GRUMMETT 762-6586

Cheryl is a native of Calgary. She lived in the Okanagan most of the 1980's. Early in her life she became aware of her given abilities and has been counselling and teaching spiritual development and awareness for the past 15 years. She is also an internationally known artist. She has studied and taught in the eastern United States, California and throughout B.C. and Alberta. She has been commissioned for her abstract spiritual art as far away as England.

She is well known for her loving empathetic understanding which prevails throughout her work.

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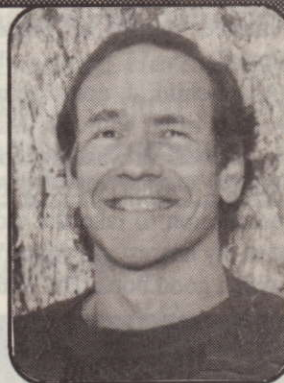
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# Musing

with  
Angele

Publisher of ISSUES



Photograph by Steve Tomlinson

Rub a dub, dub, three men in a tub. This picture takes me back to my childhood and our weekly baths. Water had to be hauled up from the creek and heated on a wood stove; it was then passed down from eldest to youngest child, with a little extra hot water added now and then.

They say a picture is worth a thousand words so to make this story a little longer and more believable, I've added a few pictures.

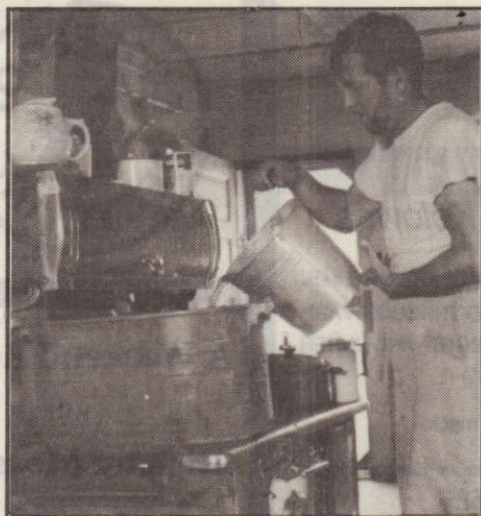
Bath time was Saturday night's entertainment since we had no TV. We often played cards or games, especially if we had company and were allowed to stay up past sunset, burning our limited supply of propane or candles.

As a child, I don't remember many days filled with fun. Mostly it was housework or washing clothes in the wringer washer. Once or twice, I got permission to take the old work horse to my nearest girl friend's some four miles away and sometimes I hid in the hay loft with a good book. But mainly, we young ones worked and learned to survive.



Thinking back, this lifestyle had its advantages. It was better than being bored and having nothing to do, or watching TV all day like many children seem to do these days. Of course, there are still all those extra activities like swimming, dancing, skating and sports.

Fortunately the wonderful conveniences now available give us more time to get in touch with our inner self. (continued to the right)



My brothers hunted and fished while mountain climbing and canoeing and then hauled in the wood for our cook stove, pot belly heater and fireplace. They always seemed to have more fun than me. But as the only girl, I had one privilege they didn't: if there was room in our car for the forty-mile ride into town, I got to go. Once there, I mainly folded laundry but it was easier than using the wringer washer at home, where I had caught my hand several times. Also, I got to window shop while waiting for the clothes to dry.

Thinking back, this lifestyle had

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This magazine is dedicated to "YOU" the people who are willing to start the change of attitude needed to help Mother Earth survive.

We need to find alternatives to chemicals, to become aware of the toxic poisons that are accumulating in our food chain, poisoning our children and the earth for generations to come. We need to take the time to rediscover the natural healing therapies, using what nature does provide. We must get in touch with our inner wisdom so that it may provide us with the knowledge we need to live in harmony with nature and our neighbours.

We do indeed create our own reality, with our thoughts and our dollars. "Every dollar you spend is a vote for what you believe in" Consider thoughtfully when spending your hard earned money.

Issues will focus on local events and individuals that are leading the way to a healthier, happier life. To help you in your search we offer a "Natural Yellow Pages" wholistic directory of Practitioners, places to visit, eat, shop, and people who are helping to make changes.

Issues advises the readers to exercise their judgment in availing themselves of products and services.

Opinions expressed in this publication do not necessarily reflect those of the publisher or the advertisers. Contributors assume responsibility and liability for the accuracy of their claims and statements.

Readers are invited to share their knowledge & opinions about wholistic practices happenings in their community.

And that, my friends is a very personal challenge. Each of us has chosen our path and the obstacles to be placed in front of us.

As you may have noticed I'm not wearing my glasses in the photo. That was one of my obstacles; after five years of exercising and strengthening my eyeballs I hope in the near future not to have to wear them. More details of my journey to have better vision in the next ISSUE.

*Angele*



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
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## THE TAROT

by Heide Neighbor

Tarot cards are a practical tool which can be used to make appropriate choices in life. We have options every single day. We can choose to be happy or sad; to be active or passive; literally, to live or to die. The ability to make these daily choices gives us the feeling of having power and control over our life.

We all experience times when events complicate and obscure our basic goals. A crisis may seem to loom on the horizon. At this time, we often feel unable to control events in a positive manner. Logic and intuition and even common sense can temporarily disappear into thin air. During these trying times, we search for ways to help us feel in control again. The use of the Tarot can be one of many good coping tools.

On a different level, we can be at a crossroads on our own spiritual path, and we may feel uncertain of our own gateways. We may fear obstacles, negative energy, and the inability to achieve inner growth. Again, the Tarot can be utilized to point out the most appropriate path.

In daily practical life events, the Tarot can provide plenty of background detail, both about events as well as people. The cards never make decisions, as they are not in power - YOU are! The cards do show if the decision making process should be slow or fast; logical or intuitive. Sometimes the Tarot is suitable for establishing the best timing for a decision. The cards can show the best month and/or year in which to make an important choice.

In relationship matters of all kinds, the Tarot can also be of use. The cards often show the "real" character of people we interact with, rather than who we'd like them to be. We can use the Tarot to augment our intuition, which gives us a much improved ability to do and say the "right" things when we interact with others. Personal relations choices often carry the greatest risk in life, because we are most vulnerable in the area of emotions and feelings. All ways of reducing this risk factor are helpful, including the Tarot.

Most of us are strongly motivated by "success" experiences. Positive outcomes give us a feeling of power and control, be it in practical choices, relations, or spiritual growth. Failure is usually perceived as loss of power and control. The Tarot is one of many available tools to assist us in making positive, pro-active choices. The cards, when used with positive motivation, can be powerful, enlightening, practical and entertaining.

## TAME YOUR NIGHTMARES

by Maureen Blaine-White

Most people wouldn't believe that nightmares have a positive purpose. But, it's true. Nightmares are the same as ordinary dreams except they are presented in a grossly exaggerated way to get the attention of the dreamer.

The positive intention of the dream or nightmare is to bring something of importance into the open so it can be dealt with. Unfortunately, nightmares tend to scare people off rather than enlighten them.

A dream is a message from the subconscious mind giving a deeper perspective of the previous day's events than what a person is consciously aware of. Many, many things in a day slip by unnoticed consciously. However, they are picked up and recorded in the subconscious part of us. Then, during sleep, when the conscious mind is out of the way, this deeper inner part has a chance to come to the surface.

Why are nightmares nightmares? Usually, a nightmare is the subconscious mind forcing the dreamer to recognize feelings and situations that need attention. It can also mean a conflict of inner feelings and desires and outer or conscious actions. A nightmare is frequently things we intuitively know but are unable or unwilling to face. The subconscious mind then sends up this awareness in an exaggerated manner, forcing the dreamer to pay attention.

There are ways of completely diffusing a nightmare which are quite simple. It is the message in the dream which is important, that is, the theme or main action that relates directly to current events in a person's life. For example, was the dreamer running away from something or someone? Struggling unsuccessfully to reach a goal? Being engulfed by something larger than life? Even if the dream is a repeat, the underlying issue is in the here and now to pay attention to.

During workshops I instruct people to write down a dream as soon as it happens. That's right, even during the night. This is how to capture it, to interpret it and understand it. You don't need to be very much awake to do this. You already know how to write and turn a page. Leave the light off and stay in your semi-conscious state. Normally, if you become fully conscious many of the important details will be lost.

With people having nightmares I carry the instructions one step further and have the person sit up with the light on when writing it down. The reality of the room helps remove some of the fear and the dream is usually so vivid not too much is lost. This gets the nightmare out of the dreamer and into the open. Quiet music and a soft light often make it easier to fall back to sleep.

The next day, read the dream and relate it to your current concerns. The message will be an insight or further information concerning an issue. It can be telling you of details you have missed on a given issue, even what to do about it. If it is some undesirable aspect of the dreamer's personality or actions that's O.K. The positive intention of the nightmare is to say, "This is important. Now that you know it is important, do something about it." You can't change something you don't like in your life until you become fully aware of it.

I have had a few workshop participants stop a lifetime of nightmares in just one week by allowing these hidden fears and anxieties to come out into the open. Then, dealing with the issues and understanding what is going on within the self was a very simple task.

*Maureen is the Penticton Metaphysical Club speaker for March 15, details of workshops on page 24.*



## by Marilyn Waring

I will explain more about the myths of the gods and goddesses associated with each planet at the Spring Festival of Awareness in April. Each one tells us a story about a part of our nature, what frequently goes "wrong", and how to put it "right". The gods bring astrology to life, and astrology can help you bring a rich new perspective and understanding to your own life. I look forward to meeting you in April. ♦



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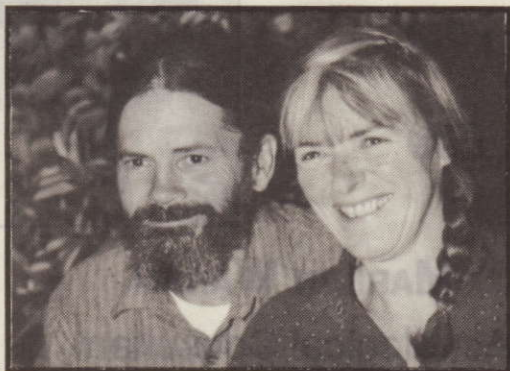
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## **NEW WORLD ORDER??**

You know, I used to be afraid to let those around me know that I sort of supported and more than not believed in the Conspiracy Theory, but now I've decided to put upon paper for all who may or may not wish to know that which I now believe to be true.

We, being Geraldine and I, were told three years ago by an entity I channel, named Robert, that things we had heard regarding the fact that soon there would be a war in the Middle East, which would be made to appear, had been started by an insane Arab leader would come to pass and from this would rise our so-called savior under the guise of a New World Order.

Geraldine and I discussed this at length, as we do a lot of things, until there was no more to be said about it and then put it on the back burner until it was to surface at a later date.

Now we again find ourselves asking questions to which we have only more questions. Why did the President not want Saddam Hussein killed? Is it because there would be no reason for war? Why did we not have a peaceful solution? Was it because they wanted war? Without war they would not be able to rise to world power and no need for a ONE WORLD ORDER.

For those of you who think this is paranoia dribble from some kind of nut case, I say to you, please listen to the first speech made by the President after he ordered the Iraq- Kuwait invasion. In this speech, he mentions One World Order at least twice. We are being prepared. If you are listening to your TV's and radios you will find New World Order is fast becoming a New World Word. Very soon now, we will be told of the phasing out of money and the implementation of the debit card for all transactions. Like New World Order it will be sold to the western world as a major convenience. What you will not be told is that the government will at all times know how much money you make, spend and what you spend it on. It will also know at all times exactly where you are. You will never have to file tax returns again as all transactions will flow through their main computer and assess and deduct your taxes for you. Sounds pretty far fetched doesn't it? Well let's check it out if you wish. It is already in the experimental stages in a few small areas outside of Montreal here in Canada and is available throughout the U.S.A..

The next step for your safety and convenience (i.e. so another may not steal your card for fraudulent purposes) you will be given your very own tattoo on one of your hands. Sounds sort of familiar to those who have read the Bible.

It is this writer's concern that if we are to have any future as free people and not a race of "sheeple", we must awaken our spiritual selves and step outside of society as we know it today and somehow, someday, create a new collective society of new thinking people working together through LOVE and Harmony.

***If interested in a seminar in your area....Please contact Tom & Geraldine  
Millard, Box 124, Westbridge, B.C., V0H 2B0 or leave message at 446-2581***



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You can see her paintings at the Lloyd Gallery in Penticton or at her home in Kelowna. She also transfers her paintings to T-shirts for people who are working on certain issues as a reminder of their reading and the issues they are currently working through. The readings cost \$25.00 and includes a cassette tape.



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Kelowna



# BOOKS & BEYOND....Kelowna

## Top 10 Best Sellers..... Books for January

- |  |   |
|--|---|
| 1. <b>Homecoming</b>                               | John Bradshaw \$23.95                   |
| 2. <b>Broken Toys / Broken Dreams</b>              | Terry Kellogg & Marvel Harrison \$13.50 |
| 3. <b>12 Steps a Way Out</b>                       | Friends in Recovery \$17.95             |
| 4. <b>Heart Thoughts</b>                           | Louise Hay \$17.95                      |
| 5. <b>The Language of Letting Go</b>               | Melodie Beattie \$11.95                 |
| 6. <b>A.C.I.M.</b>                                 | Foundation for Inner Peace \$35.00      |
| 7. <b>Crystal Handbook</b>                         | Ken Sullivan \$4.95                     |
| 8. <b>Dance of Intimacy</b>                        | H. Lehrnen \$13.95                      |
| 9. <b>Dolphins, Extraterrestrials &amp; Angels</b> | Timothy Wylie \$13.50                   |
| 10. <b>Seven Habits of Highly Effective People</b> | Stephen Covey \$12.95                   |

## Upcoming Best Sellers: Iron John - Robert Bly \$24.50

## Cassette Tapes

- |                                     |                     |
|-------------------------------------|---------------------|
| 1. <b>11th Step Meditation</b>      | Bradshaw / Halperen |
| 2. <b>Deep Breakfast</b>            | Ray Lynch           |
| 3. <b>Light of the Spirit</b>       | Kitaro              |
| 4. <b>Canyon Trilogy</b>            | Carlos Nakai        |
| 5. <b>Nuturing your Inner Child</b> | Steven Halpern      |
| 6. <b>Om Nanamha Shivay</b>         | Robert Gass         |
| 7. <b>Oriental Sunrise</b>          | Riley Lee           |
| 8. <b>Peace &amp; Tranquility</b>   | Phil Coulter        |

## New Videos for Rent

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**Sexuality Spirituality....**Terry Kellogg  
**Dare to be Yourself....** Alan Cohen

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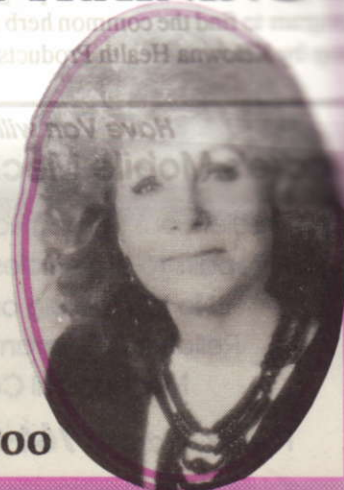
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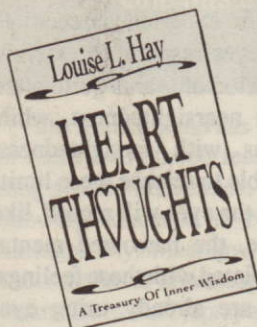
For more info call Kelowna 763-6222 or 764-7548

Instructor: **Faye Stroo**





# BOOKS & BEYOND....Kelowna



## HEART THOUGHTS

by Louise L. Hay

Louise L. Hay shares her philosophies and wisdom with you on a variety of topics for daily living. Her loving and insightful knowledge and observations will present you with the ability to make life-enriching choices and truly enhance your spiritual growth. \$17.95

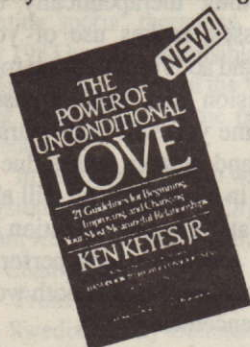
## THE PHOENIX CARDS

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## THE POWER OF UNCONDITIONAL LOVE

by Ken Keyes, Jr

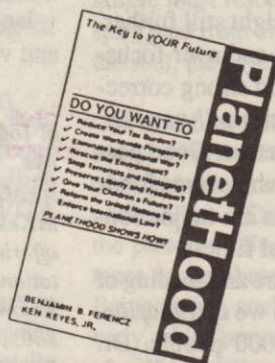
Love=Happiness.

If you know how. \$10.50

## PLANETHOOD

by Benjamin Ferencz

PlanetHood should be required reading for all of us citizens of the earth. In this remarkable book the authors provide a rationale and program of action for meeting the greatest challenge of our time: the choice between nuclear war and planetary suicide, or world wide peace and growing prosperity. \$10.50

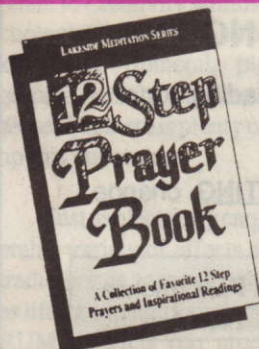


## RECOVERY

## LAUGH! I THOUGHT I'D DIE IF I DIDN'T

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Daily meditations on healing from Anne Wilson Schaefer, the best selling author of When Society Becomes an Addict. The meditations show us that humour can be a great way to tease ourselves into new awareness. Joy and laughter can be yours! \$10.50



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Dr. Robert Kaplan, O.D. M.Ed.  
Author: SEEING BEYOND 20/20

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Place: Kelowna  
Sandman Inn  
Time: 7:30 pm  
Cost: \$6 (KPA members-\$3)

A limited number of Personal Consultations are offered.  
Please phone Allen in Kelowna: 868-3803  
or Angele in Penticton: 492-0987

**SEEING  
BEYOND  
20/20**

## Your PRECIOUS EYES and VISION

We take our eyes totally for granted and yet, every day they do so much for us. Without our eyes we could not walk to the store and buy groceries unaided, much less drive and read the paper daily. Our eyes are our direct connection with life and people. Not only are they windows to the world beyond us, they provide a type of printout on our inner state of being as well. Messages on how we are feeling, what pleases us and what gives rise to concern. It is this information that could well be the answer to our vision problems.

Why, for instance, are 60% of North Americans wearing eyeglasses or contact lenses? Why do our eyes become "weak" and tired? Are hereditary factors and aging alone the cause of our declining sight? Or is there something more?

For the past 20 years, Dr. Robert Kaplan, an international lecturer and author of "Seeing Beyond 20/20", has been researching these questions. The evidence suggests three possible explanations. The eyes, much like the muscles in the rest of the body, must be exercised to remain fit. Limited perceptions and emotions, like limited physical activity, dull visual acuity. And finally, "correction" in the form of strong compensating lenses can weaken natural eyesight still further.

"With constant strain and over-focusing, blurry, tired eyes and strong corrective lenses become the norm," says Dr. Kaplan, a former optometrist. Good posture, adequate lighting, wholesome foods and frequent rest periods are major contributing factors in visual fitness.

As important as the care and feeding of our eyes are the feelings we carry inside. In research on over 2,000 people, Dr. Kaplan has found that inner perceptions,

thoughts and life experiences seem to affect how the eyes respond to external events. The emotion of fear is quite often associated with nearsightedness, while anger correlates with farsightedness. Unless we are able to release these limiting perceptions, the eyes will record, like a copy machine, the narrowed mental perception associated with these feelings.

And, if you are already using eyeglasses or contact lenses, there is at least a 90% probability that they are not corrective, but purely compensating devices. If true, Dr. Kaplan asserts, "the lenses take care of the blur, but can contribute to further loss of vision fitness."

The Kaplan method of Eye Fitness™ Vision Training teaches you self-help approaches. This medically endorsed method, including therapeutically designed eyeglasses, makes use of your daily lifestyle and activities to bring forth clear inner vision and healthy visual habits. Over time you will find yourself using weaker and weaker lenses due to improvements in eyesight. You will also experience greater memory retention for faster reading, accelerated job performance, and clearer intuition for both work and sports advancement.

Isn't it time to take care of your eyes and vision now?

*Dr. Kaplan can be reached in Vancouver at (604) 737-2043 or write 3236 West 7th Ave., Vancouver, B.C. V6K 2A2. He is guest speaker at the Parapsychology Association in Kelowna at the Sandman Inn. Dr. Kaplan is offering a limited number of personal consultations during his visit. For an appointment in Kelowna, please contact Allen Gibson at 868-3803, in Penticton, Angele 492-0987 or Dr. Kaplan in Vancouver.*

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.....Ken Gillemo

Dr. Ken Gillemo has been responsible for more than 50,000 recorded treatments using several disciplines. He received the following education in Natural Therapy: Massage, Physiotherapy, and Naprapathy (which is similar to osteopathy). In 1977 he became Doctor of Naprapathy of the Naprapathy School, Stockholm, Sweden, 1983 he qualified as an instructor in Kinesiology, and in 1986 he became an accredited Healer in Reiki.

Between 1978 and 1986 Dr. Gillemo gave lectures and workshops in mental training, athletic injuries, and Touch for Health (Kinesiology) in Sweden, England and the U.S.A.

In 1979 he started the G.G. Institute: training sports' therapists. Between 1981 and 1983 he was responsible for the mental and physical training of the 'Orgryte' Wrestling Team which is the premier team in Sweden.

In 1985 Dr. Gillemo was engaged as a physiotherapist to the 'Orgryte' Football Team who, in the same year, became Swedish Champions.

From 1985 to 1987 he was President of the Swedish Body-Balancing Association and acted as liaison between conventional medicine and alternative medicine.

**From April 19th to May 6th.....** Ken will be in Canada, giving us the unique opportunity to get first-hand information from the world's most experienced VITA FLORUM practitioner.

The VITA FLORUM products act as batteries, holding in stable suspension, a unific, homeovitic, energy, experientially proved to give Nature a second chance to relate to Creativity within the physical, psychological, and spiritual aspects of her four kingdoms: (mineral, plant, animal and human). which, in scientific terms, is nonsense. But there is plenty of evidence to back up this statement.

Just as electricity can produce a considerable variety of effects as apparently contradictory as heat and cold, and as different as lifting and light, similarly the VITA FLORUM products can produce a variety of

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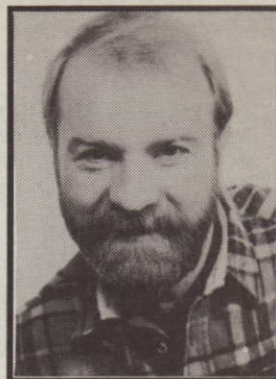
with  
**Ken Gillemo**  
author of

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- Learn to test and balance the energies of the chakra's, physical body, vitamins & minerals, emotional stress, etc.

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	Kelowna	April 23 & 24th
	Vancouver	April 27, 27 & 28
	Calgary	April 30 & May 1st
	Banff	May 3, 4, 5 & 6th
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effects which are very dissimilar. They are able to do so because their active principal (VITA FLORUM energy) assists in the correction of - effectively - all of the spirit's failures to resonate in harmony with the quality of the divine Ground from which it issues. It follows: correction of fundamental failure must resound throughout the entire spirit, and from there affect every aspect of the soul, the psyche, and the body.

Elizabeth Bellhouse (*the lady who developed VITA FLORUM*) says it is not recovery from illness that VITA FLORUM confers, but a Competence which enables the person's Life to Flower. This Competence is distributed throughout the Whole Being: spirit, soul (personality), mind and body, which prove capable of amazing feats of self-regulation and recovery. Petal by petal they open up - the one within the other. the subtle matter of the inner-being nourishing and sheltering the physical body which is it tool in this life and both of them upheld in all true creativity by the indwelling spirit on which both are founded.

*If you are interested in attending any of Ken Gillemo workshops or finding our more about VITA FLORUM please contact Marc Kneepkins in the ad.*



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# Focus on Women

Editor  
Laurel Burnham

"The War" in the Persian Gulf has coloured my world. The grief I feel over the loss of innocent life and the compounded human misery and suffering, not to mention the pain of seeing waves of oil wash up against yet another beach, the breast of the planet, overwhelms me. I can't help but think... if half of the leaders, half of the decision makers were women, would this war exist at all? How high do the bodies have to be stacked? How much blood and death does it take? When will human beings learn that aggression and violence and domination do not lead to peace, to the resolution of conflict? Forgive them Mother, for they know what they do.

## International Women's Day, March 8

The month of March always brings me hope. I know that somewhere on the coast the daffodils are getting ready to bloom, the primroses and snowdrops and crocuses are already showing their sweet faces in my mother's garden. And once again, I am anticipating March 8, International Women's Day. It's one of those rare opportunities I have to celebrate being a woman in the company of other women. International Women's Day is celebrated around the world, and has been since 1914. I.W.D. got its starts as the commemoration of a tragedy, and a strike... the tragedy the deaths of 140 women and children in a sweatshop fire, the strike a protest against slave wages and horrendous working conditions. March 8th speaks of our adaptability and the triumph of the human spirit to be able to turn tragedy into celebration. So won't you join us, women everywhere for the celebration of a year's work, and all the triumph and tragedy?

### PENTICTON

International Women's Day Conference March 9th  
Day long conference at Okanagan College.

**Workshops:** Getting Involved In Your Community  
Why Doesn't She Leave?  
Violence Against Women  
Stress Management  
Self Scripting  
Women in the Peace Movement

Dinner at Pentiction Inn

**Guest Speaker:** Judy Rebbick, President of N.A.C.

**Cost:** \$30.00 Conference and Dinner  
\$25.00 Conference Only  
\$20.00 Dinner Only



For more information call 493-6822 or stop by Pentiction and Area Women's Centre at 319 Martin St. Monday - Thursday 1:00 p.m. - 4:00 p.m.

### KELOWNA

March 8th - Desserts at the Coast Royal Ann - Poetry, Music, Speaking Your Peace. Call 762-2355 - 105-347 Leon Ave.

### VERNON

March 8th - Kaleidoscope: Celebrating Women - theatre, singing, poetry, native presentations at the Village Green Inn Dessert and coffee. For more information 542-7531 - #6-3000 30th St. Vernon Women's Centre.

### KAMLOOPS

March 9th - Conference "Our Roots" for more information Kamloops Women's Centre - 523 Seymour St. 374-1844.

## Women's Community Economic Development PENTICTON - March 23rd

A day-long workshop on Community Economic Development 9:00 a.m. - 4:00 p.m. Cost \$10.00 to be held at the Blue United Church on Main St. Limited travel subsidies and child-care available. For more information call Pentiction Women's Centre at 493-6822.

## FUNDING RESTORED

The Federal Government has decided to restore the 1.2 million dollars it cut from Secretary of State Women's Programs, to Women's Centres across the country. We are considerably heartened by this news but wish that the funding would also be restored to feminist publications such as Health-Sharing and to N.A.C. the national lobbying and umbrella organization of women's groups. It is obvious that our patriarchal government still feels threatened by women's collective voices raised in issues of concern. The issues of violence against women, the feminization of poverty, daycare, equity in the workplace will not go away simply because funding is cut and attempts are made to silence our voices.

## ALL the DAUGHTERS

by Gert Beadle

Dear daughter that I never had  
There's a myth I would dispel  
That your spine is silly putty  
And your brain is soft as well  
Some would teach you language  
And some would teach you skills,  
But I would teach you to delight  
In your woman's iron will.  
For you came to life my darling,  
Through a woman's blood and pain  
You were screaming in defiance  
And equipped to swim upstream.  
You were meant to strive and struggle  
Meant to risk and meant to dare,  
You're the lifeblood of the planet  
And your place is everywhere.



# Song of the Wind

SONG OF THE WIND is a constantly developing program using focused, guided meditation and experiential exercises to explore, heal and identify parts of the self at all levels. Meditation has many uses and perhaps it can be described as tuning into stereo rather than mono. Using guidelines, we are able to focus on specific areas that surface positive results. For many people, this is a powerful process that draws individual realization, answers and clarification.



We all have an accumulation of past experience that influences our lives in emotional reaction, self-image, learned habit patterns, physical dis-ease, etc. As we identify hidden obstructions and conflicts, we learn to create new life patterns and integrate them into every aspect of our experience. We learn that anger is physically toxic and that negative expression brings depletion. We can track emotions that affect our thoughts, words and actions. We begin to recognize where we "get in our own way," at times working in opposition to ourselves.

We explore use of universal energy, discernment and responsibility. We also experience colour and sound energy,

becoming aware of how these vibrations influence us. The theory of reincarnation and past lives brings curiosity and intrigue. Regression work provides an opportunity to explore possible past life connections that are relevant to our present lifetime.

Consciousness is light and as we move into light, our gifts and abilities grown in connection with higher knowledge and creativity. We can move past the limits of third dimensional perspective and recognize the power of choice in our lives. It is my belief that we can build a foundation of love reflecting our connection with the "mental heart", a combination of heart and mind. When you go to the heart center, you can feel, what is right, and the heart is the pathway to the soul.

Our evolution is a step-by-step process, requiring our time and attention. As I work with people and see them move into self-realization, it's a joy to be a participant. Also, personal verification holds far greater meaning and acceptance than anything we receive from an external source. I admire the courage of people willing to take advantage of the tools available toward building a better life. I

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need not attempt to provide answers for others, as they have access to any and all information. As a facilitator, I can provide guidelines and interpretation, materials and tools to assist individual potential. I learn from each student and find that every individual is unique, as different one from another, as every snowflake is different and beautiful.



*Step by step*

## Song of the Wind

*walk softly through dimensions of experience  
toward soul connection and expression...*

*a journey of healing ~*

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For further information please call 868-2082

**Facilitator: Vera Marchant**

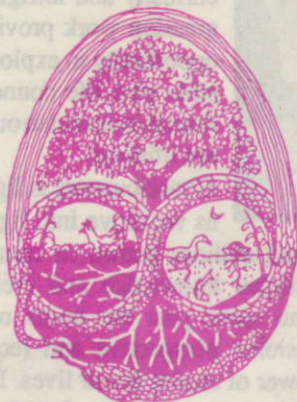


# THE NELSON CONNECTION

Permaculture is the design of sustainable human habitat. Every day when we are talking about sustainable agriculture, sustainable forestry, organic gardening, alternative energy, self-sufficient community, we are only talking about some aspects of it.

Permaculture wants to reconnect the elements that make up the different aspects of living. Everything is inter-related; but the quality and the multiplicity of the connections will tell us if a system will survive. The overall aim of Permaculture design is to produce an efficient low maintenance productive integration of plants, animals, structures and man, with the ultimate result of on-site stability and food self-sufficiency in the smallest prac-

## INTRODUCTION of PERMACULTURE



tical geographical area.

The aim is also to plan for craft or other products in larger areas that yield a trade or commercial potential for clients, again as diverse product resources. The design should aim for a total, secure, long-term integration of all elements; stability and diversity are the keynotes. Conservation of soil, water and energy are central issues.

Permaculture is carefully thinking and designing sustainable human habitat; for present use and for future generations. By cooperating with nature and each other; we are for the Earth and the people.

The design having the diversity, stability and resilience of natural ecosystems will regenerate damaged land and preserve environment still intact..(p.21)

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## CHIROPRACTIC A WELLNESS THERAPY

by Barbara James

Wellness as a personal goal creates an opportunity for each of us to determine what we want to achieve and how we can produce the desired results. To experience vitality requires not just relief of physical symptoms, but a true desire to create conditions for optimum expression of health.

It has been stated by many critics that we do not have a health care system; we have a disease care system.

The two basic components of the medical model are the germ theory and the chemical imbalance theory of disease. The germ theory states simply that disease is caused by micro-organisms that invade us and disturb our inner chemistry. The most significant contribution to minimize opportunity for this "invasion" are the public health measures taken to improve community sanitation and provide a clean and wholesome environment, e.g. safe drinking water, waste disposal, environmental regulations, and personal hygiene. These measures have given us an ability to control the transmission of disease before micro-organisms invade the body. Once the invasion has occurred, the chemical imbalance theory becomes the focus. This theory states that we become sick when our body makes either too much or too little of certain active chemicals which control our body functions.

Unfortunately, the adaptive powers of the body are not considered a major factor. In fact, the drugs used often must overwhelm the body's natural response in order to do their job, e.g. antibiotics.

The great debate between the healing power within and the supremacy of chemical forces is a very old one. There are two major approaches to understanding how chiropractic creates wellness in the body: the biomechanical and the nervous system approach.

The biomechanical approach is basically that the spine and other joints of the body function best in a neutral, balanced position. Mechanical imbalance resulting in joint misalignment creates pain, inflammation, restricted movement and muscle spasm.

How chiropractic influences the nervous system is truly an example of the body's natural healing abilities. The process of creating and maintaining stable functioning of the body is known as homeostasis. The nervous system is the communications network between the brain and all tissues and organs of the body. Every condition or process of disease involves a disturbance in nerve energy. We know that a weak link in this system occurs at the level of the nerve roots emerging from the spinal cord through the foramen between each vertebrae.

Chiropractic care is focused on restoring normal nerve function at the spinal level, which allows the body to return to optimum health. Wellness starts with an understanding of what you need to create optimum functioning of the body. I encourage you to re-examine your commitment to wellness, and consider chiropractic as a primary component in your health care strategy. ♦  
(she is the Natural Yellow Pages)



## UPPER CERVICAL CHIROPRACTIC

by James Wickstrom

As anyone who has visited a Chiropractor knows, there are several different "Chiropractic techniques." Some examples include "Full spine diversified," "Sacro-occipital technique," "Activator technique," "Applied kinesiology," "Micromanipulation" etc. There are approximately twenty different distinct approaches to spinal correction all of which get results of varying degrees.

No single approach works better than another for every individual patient and his complaints.

Chiropractic is proven to be the best approach to the correction of "subluxations."

Subluxations, like cavities, worsen with time, spreading and producing health problems that are unfortunately rarely connected with that "terrible pain in my neck." Be assured that if you have a spinal subluxation it is affecting your health in more ways than most of you realize. Vertebral subluxations can and do have an effect on such bodily functions as:

- a) through the autonomic nervous system.
- b) "reflex patterns and multiple pathways"... between and of the peripheral nervous system and central nervous system.
- c) through neuroendocrine control.

Vertebral subluxations can exist anywhere in the spinal column. Different chiropractors place greater emphasis on different areas of the spine and consequently several varied techniques have been developed. Some approaches are very specific, labeling specific vertebrae for correction with the belief that the correction at this level will aid in the restoration of normal nerve supply to the associated viscera (organ) and soma (muscle). Others approach the problem generally, mobilizing vertebral "fixations" with the belief that the restoration of normal movement and therefore function will aid in the recovery of an individual's musculoskeletal problem and also, indirectly, the homeostasis of that individual.

Upper cervical technique encompasses several different approaches to aligning the head and uppermost vertebrae in the neck. There has been great emphasis put on this area because of the close proximity of the brain and spinal cord and the medulla oblongata, an important life sustaining area of the brain stem.

So called "Groscopic chiropractors" concentrate their efforts on this most important area of the spine. Careful X-ray studies with gentle leverage adjustments to this area align the head and neck. This can and does relieve spinal pain and directly affects the proprioceptors in this area which have an effect on the entire musculoskeletal system of the body. Many undesirable complaints in addition to back pain, headaches, and the usual complaints seen in the chiropractor's office, are often relieved where other techniques or therapies have failed. ♦

For more information concerning Groscopic chiropractic contact Dr. James Wickstrom...he is listed in the 'Natural' Yellow Pages





## Your Inner Artist as Healer

by Larry Adams

Within each of us rests our childhood artist, waiting to heal our broken dreams. This magical child represented a free-flow of creative expression.

As adulthood and independence became reality, I realized the dysfunction of my family dynamic. The child who so freely danced in his innocence became dulled, lifeless and limited. This pattern of self-sabotage affected all areas of my life - be it personal fulfillment, relationships, life work - and a general lack of love. I needed a shake-up so I committed to a search to recapture what I had lost.

My quest to mend my broken heart drew me to many teachers. I began a journal to record inner thoughts and was astonished to read the malice and torment that was stored within. I also began drawing in pencil and continued the healing process through life drawing with concentrated effort in the use of gestures, which represents energy in motion or emotion. It was at this stage I realized the importance of having patience and respect for my healing process.

The inner artist demands no perfection, and neither judges nor criticizes, just a good friend with an open heart is what we will find.

When the inner artist is accessed, inspiration flows spontaneously with meditation and visualization. Our creation becomes our teacher.

Life began to take on new meaning as I allowed myself time to spend drawing. An integration of music, movement and feeling were taking place. Recaptured were fresh new expressions of my lost self. Instead of judging and criticizing as in the past, I began to see events as lessons and gifts allowing the learning process to unfold. The focus gained while drawing became a meditation to release tension and stress.

Peace and beauty were once again in my life and it felt good to reclaim those lost parts of myself. Fun, spontaneity and joy are becoming my teachers. My vision is to see life as a work of art and not the art of work.

Larry is facilitating a workshop in Kelowna on "The Inner Artist as Healer." See adjacent ad for details.

*continued from page 18*

**Permaculture** is practical. You can apply it from a balcony or a farm, from the city to the wilderness; to be able to produce your food, energy, shelter, materials, and non-material needs and the social and economic infrastructures to support it.

Permaculture encourages the individual to be resourceful and self-reliant, to become a conscious part of the solution both locally and globally.

You are invited to join in an "Introduction To Permaculture" weekend workshop to be held at the Heritage Hall in Vallican (Slocan Valley) on March 8, 9, 10 to learn and share about your experience and to participate in creating a strong network to maximize the exchange of information, materials and energy potential of the

## YOUR INNER ARTIST as HEALER

### A Workshop Exploring the Healing Power of Creative Expression

- ✦ Creating your own "Picture of Health" ✦
- ✦ Drawing on your Inner Child as Artist/Healer ✦
- ✦ Removing Blocks to Artist Expression ✦
- ✦ Centering & Meditation through Art ✦

(No Artist Experience Necessary - Materials Supplied)

Workshop Facilitator: **Larry Adams**

**Saturday - April 13**  
9 am to 4 pm

Early Registration

**\$49.00**

After March 31st - **\$59.00**

To register or for more information please phone  
The Kelowna School of the Arts, Kelowna, B.C.  
861-3412 between 8 am and 6 pm

**Kelowna  
School of the Arts**



Slocan Valley and of the Kootenays.

Our instructors will be: Larry Santoyo - Director of Great Northwest Permaculture Institute, brings 10 years of Environmental Education, Resource Protection and Public Lands Management experience.

Simon Henderson: Permaculture Projects Directors and principal designer of a Permaculture Village development near Spokane, Wash. Has studied "Earth Awareness" of aboriginal peoples around the world.

Please register early. Everyone is welcome....Friday at 7:00 p.m.  
Saturday and Sunday will be \$35.00 day or \$65.00 for the weekend.

For more information or to send your cheque: Gregoire Lamoureux, Box 43,  
Winlaw, B.C. V0G 2J0. Phone 226-7302.





## Is BODY WORK FOR YOU?

With all the "wholistic" therapies that are becoming available, how is a person to know what to pick or what would be the best choice for them? And how does one know what benefit one is likely to receive? With these issues in mind, I'd like to address the field of bodywork - no, not the kind for your car, though it might make some sense if we look at it from this perspective.

Most of us are aware that our motor vehicles require a certain amount of care and maintenance to maintain "good" or "excellent" running order. It follows that, in most cases, the more care given, the better results received. Regular tune-ups, oil changes, brake and transmission checks, wheel alignments, etc., are essential to the best functioning of the whole automobile. If one part should become unbalanced, it threatens the balance of the whole, which can cause serious repercussions to the rest of the vehicle.

Interestingly enough, our bodies, minds and spirits, also require a certain amount of care and maintenance - after all, we use them far more frequently than a motor vehicle! Unlike most motor vehicles, our "parts" are not so easily replaced for new ones if they become worn or damaged. Yet we spend so little time and energy that focuses on preventing damage and maintaining our health.

We are becoming aware that good health is no accident - there is a plan or a guideline to become a healthy individual, and each one of us has the choice and the power to create this reality for ourselves.

So how does bodywork fit into this? First off, a good bodywork session drains off and redistributes excesses and deficiencies of energy, which manifest as patterns of tension in the deeper tissues of the body. Tension is energy which has been locked into a particular area - this energy is often felt as tightness, soreness, and can increase until it becomes pain. Our usual response to tightness or soreness is to "hold" the breath or to breathe shallowly, which causes the tension to increase because of a lack of oxygen coming to the "injured" area. As less oxygen comes, more toxins or poisons build up at the site, the blood flow is slowed and soon overloaded with toxins, and tension builds - all leading to a vicious cycle. Bodywork increases oxygen to all the tissues, which leads to enhanced functioning of all the body's organs and systems, as well as increased feelings of well-being.

Received on a regular basis, it offers a non-invasive course of action for the prevention and maintenance of good health. Much

like the glue that binds the book together, bodywork binds and integrates all the therapies or techniques that an individual presently uses for their health care. Its purpose is to reduce tension to functioning level and to revitalize and rejuvenate the individual to have an expanded experience of "living" health.

Picking a bodyworker requires a similar procedure to picking any other professional, such as a doctor, counsellor, lawyer, etc.


1. Determine your needs and your health goals.
2. Talk to different bodyworkers about their skills and how they would approach your needs/goals.
3. Look for confidentiality, privacy, and a sense of rapport with the bodyworker you are talking to. Most of all, trust your own feelings when choosing.
4. Commit to having a minimum of 3 sessions to determine whether this approach is for you. Just as your moods and needs vary from day to day, so will your bodywork sessions.

*Here are a few tips that are common to all methods:*

1. Set aside all your thoughts - allow them to drift by.
2. Focus on relaxing - feelings of warmth, heaviness, etc.
3. Now focus on your breathing and allow yourself to be aware of your breath. Just follow the breath in and out.
4. Focus on the body part that is being touched or held, and send the "in" breath right into that area. Allow the "out" breath to carry away any tightness or soreness.
5. As you breathe deeply, imagine your breath entering the hands of your bodyworker.
6. Maintain clear communication with your bodyworker and give feedback....ie. is the touch too light/heavy, too deep/not deep enough, or any sensations that arise causing discomfort or concern.

After doing all this, you are prepared to embark on an adventure into a new dimension of health care. Many delightful and healthful experiences await you, both during your sessions and as an accumulation which pays off with glowing health and vitality. To touch and be touched is one of the most profound healing experiences that can be shared - as love, forgiveness and acceptance are communicated in the non-verbal form, we truly can become all that we have ever dreamed we could be. So open the door, take the risk... and ENJOY!

*Arlene Lamarche is a bodyworker in Penticton, using and studying the gentle acupressure technique of Jin Shin Do, coupled with skills in transformational counselling for a fuller experience of the connection between body, mind, and spirit. Any questions, comments or enquiries can be directed to her at 492-0580.*



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for Body, Mind & Spirit

## Acupressure

Arlene Lamarche, R.N. Penticton 492-0580



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A natural brew  
Of yarrow tea  
Is great for you!*

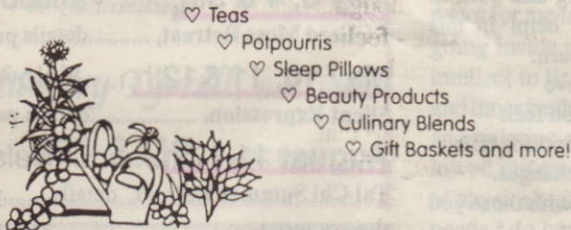
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written by **Hank Howell** of Kelowna.

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## World Health Day

is

**Sunday - April 7th**

**Join us in Penticton....**

## ....for a.....Mini Health Fair

Noon to 6 pm.....at the Leir House

come...enjoy....

- ✓ Getting Reiki'd... (Healing Hands Energy Work)
- ✓ Watching Videos by Shaki, Lazarius, Louise Hay, etc
- ✓ Having your Eyes Read...Iridology  
by Hank Pelsner or Cecile Begin
- ✓ Have your Cards Read...  
by Mary Savoy or Helen Adams
- ✓ Having your feet massaged  
by Reflexologists: Marina, Celeste, or Mable.
- ✓ Experience Vegetarian Food by Sue & Dorie
- ✓ Try on some 100% Cotton Clothes by Balance Fashions

Join us a **Wonderful, Relaxing Afternoon** of **Network-  
ing, Socializing** and getting to know who is available locally to  
help you.

Admittance..\$8.00

.....for more information phone Marion 493-3697

## ***Vegetarian Cooking Classes***

**March 9 & 10th...4-8 pm..\$15.00 per day**

with Sid & Linda from Rossland

**Saturdays Menu**...Making Soymilk & Tofu,  
herb dips, Carrot, Ginger Tofu Soup & Green Veggies

**Sundays Menu**...Appreciating Seaweeds, Sweeteners  
Substituting Ingredients, Stir fry Salad, Lemon Tofu Pie and  
Baked Veggies.

To register or for more info...phone Marion 493-3697

**Also**...weekly classes starting....Thursday, April 11 with  
Alice Dyck. *Delicious, Easy Vegan Food with Lots of  
Nutritional Information*. Cost is \$15.00 per night.  
For info. or to register: phone Alice or John at 497-5464.

**Next**.... Vegetarian Dinner .....Saturday.....April 6th  
5:30 pm at the Leir House, bring a dish, \$2.00 per family and  
lets share ideas and recipes.....Everyone Welcome...  
Phone 493-3697 or 497-5464 for more info.  
Arrive early....4 pm ...for a demonstration...if you have time.



# CALENDAR \* CALENDAR \* CALENDAR

**March 8th.....Saturday**  
International Women's Day.....details p.16

**March 15th, Friday..Penticton**  
**Who, What, How - An Introduction**  
with Maureen Blaine-White of Fernie

Maureen will explain Ericksonian Hypnotherapy, Neuro-linguistic programming and the specific psychic techniques she uses in her counselling service. She will then explain how these techniques are used separately or together to form methods for understanding individuals' concerns and how to resolve issues. \$5.00... 7:30 pm at the Leir House. A write up on her p. 6 and see her on The Holistic Networker. She offers the following two workshops. More info? 492-0987 - \$30 each

**March 16th, Sat.....Penticton**  
**Self-Hypnosis made Easy** - Learn two or three simple induction techniques, to help you identify and address your subconscious mind.

**March 17th, Sun.....Penticton**  
**Dream Interpretation** - Unravel those nighttime messages, ask your dreams for answers and learn specific instructions for interpreting them. ....(\$30 each workshop)

**March 15, 16 & 17th...Kelowna**  
**Expanding your Vision of Fitness** with Gloria Keeling of Hawaii. Founder of Strong, Stretched & Centered.....details page 2

**March 15, 16 & 17th..Kamloops**  
**Transformational Conference** with Lynne Mündel.....details page 8

**March 20th, Wed.....Kelowna**  
**Broken Toys Broken Dreams** - A seminar with Terry Kellog & Marvel Harrison on Codependency.....details page 7

**March 23th, Sat.....Penticton**  
**Women & Community Economic Development** - A day long seminar sponsored by the Women's Centre. \$10.....details page 16

**March 27th, Wed.....Kelowna**  
**Dr. Kaplan's Eye Fitness Training Seminar**  
Sponsored by the KPA..... details page 14

**March 28, 29 & 30....Penticton**  
**Relki** - Free Introduction.....details page 25

**April 4, 5, & 6th.....Kelowna**  
**Relki** with Vicki Allen.....details page 25

**April 6th, Sat.....Penticton**  
**Vegetarian Dinner Club...**Demo at 4 pm  
Dinner at 5:30 .....details page 23

**April 3 & 4....Pent. & Kelowna**  
**"Radical Success Seminar"** with Christopher Moon.

April 3, Penticton, Leir House, 220 Manor Pk,  
April 4, Kelowna at the Sandman Inn.  
Both start at 7:30 pm..... Cost \$10.  
Workshop in Kelowna, April 5, 6 & 7th...  
"Abundant Relationship"... for more info  
Penticton.....Margery 493-8439 or  
Kelowna 769-7228

**April 6th, Sat.....Kelowna**  
**"Learning to Love"**

Often in our relationships with spouses, parents, co-workers we feel blocked in communications, when upsets occur. We don't know how to get through the feeling and back to caring and respect. There is help! In this dynamic workshop you will learn:

- How to receive more love
- How to express what you feel.
- The reasons past relationships failed.
- How to make positive changes.
- How to have more fun with those you love.

Join us for this heart opening experience. 10 am to 6 pm, Cost \$75.00 plus GST. Place:  
**INNER DIRECTIONS CONSULTANTS TRAINING CENTRE**, 1725 Dolphin Ave, Kelowna, B.C. Phone 763-8588

**April 7th.....World Health Day**  
**Mini Health Fair.....Penticton**  
At the Leir House, Noon to 6....details p. 23

**April 11, 12 & 13.....Vernon**  
**Relki** - Free Introduction.....details page 25

**April 13, Sat.....Kelowna**  
**Your Inner Artist as Healer...**details p. 21.

**April 12 to 21....Lac Le Jeune**  
**A Five and Ten Day Holiday Retreat with Christopher Moon**  
"Leadership, Purpose and Passion"

Christopher Moon, international lecturer and workshop leader, bases his approach on the premise that we are either happy or learning to be happy and that learning does not have to be difficult, tedious or "earned" in any way. Join us- Rediscover your creativity, inspiration and passion for life while luxuriating in a country resort! How much are you willing to receive?

10 Day Retreat April 12-21 Cost: \$2150  
5 Day Portion April 12-16 Cost: \$1150

(Pre-Reg. by March 21)

Cost includes food, accommodation & taxes  
Call Jeanette Brummund..769-7228 Okanagan or Marg Newell 825-4745 Kootenays

**April 19, 21 & 20th.....Nelson**  
Vita Florum Intensive, .....details page 15

**April 19, 21 & 20th...Kelowna**  
**The Power of Sound**, .....details page 9

**April 21st.....Vernon**  
**Intro to Meditation**, .....details page 3

**April 23 & 24th.....Kelowna**  
Vita Florum Intensive, .....details page 15

**April 27 & 28th.....Kelowna**  
**Blind Experience**, .....details page 3

**April 26, 27 & 28th...Naramata**  
**Spring Festival of Awareness**.....p. 35 - 48

**May 3, 4 & 5th.....Vancouver**  
**Richard Moss Retreat**, .....details page 3

**May 10, 11 & 12th.....Kelowna**  
**Silent Expression**, .....details page 3

**August 11-17th.....Nelson**  
**Tai Chi Summer Retreat**, details.....p. 25

**Sept 16th.....Nelson**  
**Rebalancing School** starts its 6 month training program, .....details page 19

*If you have an event that you think people should know about.....please phone Angele 492-0987 in Penticton.*

## ONGOING

**Sunday Celebration** is a gathering for family and friends to share love, joy, singing and an inspirational talk based on the principles from "A Course in Miracles"

Dates: Every Sunday.... 11 am to Noon  
Place: Inner Directions Consultants Training Centre, 1725 Dolphin Ave., Kelowna, B.C. 763-8588

**Sunday..Song of the Wind..7:30** (see ad p.17)

**Monday...Manic Depressive Group**  
Do you suffer from depression and mood swings? Come join our group find out what we are all about! at 7 pm, 504 Sutherland Ave, Kelowna Cowan Lounge. Phone 861- 3644.

**Tuesday, Wed. or Thursday....U FACTOR**  
**Fitness & Weight Control Counselling**  
Kelowna or Vernon.....details on page 6

**Friday..Books & Beyond Speaker Series**  
starts..7:30 pm Admission is \$5.00  
at #105-1735 Dolphin Ave., KELOWNA  
Phone B & B: 763-6222 for speaker info.





## Rediscover yourself

with

- ★ Rebalancing
- ★ Acupressure Massage
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**Margery Tyrrell, B.A., B.Ed.**

**493-8439** Penticton

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guiding principle is centered around a 5000 year old Chinese tradition of nourishing the body with nutrients and correct combination of herbs so the body takes care of itself



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**Colin Yardley** 763-7139  
**Michel D'Estimauville** 497-5658

## The Holistic Networker

Shaw Cable 11.....Penticton & Area  
**Meet Weird & Wonderful People!**

**Air Times are:** Friday: 9:30 pm  
 Saturday: 5:00 pm  
 Sunday: 7:00 pm  
 Monday: 10:00 am  
 Thursday: 7:30 pm

## GETTING OUR NEEDS MET

by Vicki Allen



Success in our culture most often gets equated with material needs being met...a new car, a dishwasher, a television, new clothes, while a person's inner needs of feeling loved, good health, and inner peace get missed or given low priority. I'm reminded of an affirmation Louise Hay offers that's spoken facing a mirror asking yourself "What can I do today to make you happy?"

Listening to our inner guidance and learning to trust it are the first steps in tending to our inner needs. Reiki has been a tool for me to practice over and over again going inside myself to a place beyond my intellect to listen to what my own message and inner truths are. The very act of relaxing and quieting myself with the Reiki has allowed information to surface of what kind of physical, emotional, mental, and spiritual needs I do have.

Somewhere early along my life's path I forgot that within myself exists a highly sensitive negative feedback system in the form of discomfort and disease. Of course when I ignore the smaller messages of discomfort the symptoms of disease progress. It's not until I'm willing to listen and then respond by giving my body what it needs to heal itself, that I can truly make a change with my health on any level.

Learning the lessons of healing myself has been both humbling and empowering. Humbling to admit my inner rebel's lack of knowledge and her deep fear of change. Empower to see how much healthier I am now in every respect than I've ever been before. My gratitude goes to the numerous wholistic treatments, therapies, and studies that I've benefited from over the years and my ever deepening commitment to be "in" relationship with myself. Terry Kellogg and Marvel Harrison's recent workshop on co-dependency in Kelowna confirmed this with their key definition of co-dependency being "a lack of relationship with one's self." I no longer view illness as my enemy but as a gentle teacher. A teacher that is instructing me to take back my power from the traditional health care system that is designed to create dependence

*Vicki is a Reiki Master from Silvertown, B.C. See ad on this page for upcoming classes. Meet her at the Spring Festival.*

A Gentle Approach to Healing

## Reiki

An individual technique that can be learned by everyone



**Penticton: March 28, 29 & 30th,**  
 The Leir House - 220 Manor Park St.  
 Contact: Jan Stickney 492-6442

**Kelowna: April 4, 5 & 6th**  
 Books & Beyond - 1735 Dolphin Ave.  
 Contact: Brain Fears 861-4721

**Vernon: April 11, 12 & 13th**  
 Wholistic Living Centre - 2915 30th Ave.  
 Contact: Lea Henry 838-7686

**Sicamous: April 15, 16, 17 & 18th**  
 425 Main St. (Mon. to Thurs. 7-10 pm)  
 Contact: Chris 836-4477

### Free Introduction

**Thursdays....7:30-10 pm**

Sicamous....Monday at 7 pm

**Workshop** Fri. 7-10 pm & Sat 9 - 5 pm

- ✦ Vicki is available for private treatments.
- ✦ 2nd Degree Reiki Class is available by arrangement.

**Reiki Master**  
**Vicki Allen**

## NEW CONCEPTS

Hosted by *Patti Burns*

Shaw Cable 11 - Kelowna & Area

**Wed. 7 pm & Thurs. 9:30 am**



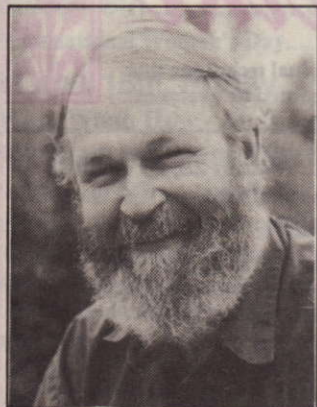
**August 11 to 17th**

**Tai Chi Summer Retreat** on the shores of beautiful Kootenay Lake. Forms, Chi Kung, Push hands, Philosophy, Meditation, Massage and Healing. Beginners welcome.

Kootenay Tai Chi Centre,  
 Box 566, Nelson, B.C. V1L 5R3.  
 Phone 352-3714 or 352-2468



# Networking for Change



Dave Cursons  
Editor

## LEFT, RIGHT OR FORWARD?

The provincial and federal governments have any number of "dog and pony shows" circulating through the land with the purpose of getting public input on anything from the future of Confederation to the management of Old Growth Forests.

I suppose we should be pleased that the government is being so responsible as to find out what we all think before going ahead and doing what suits the more sophisticated needs of power politics and the interests of development capital. Leadership in government has given way to "pollsterism" and public relations games designed to give the semblance of leadership without the substance.

What we need is change in government not more and more "dog and pony shows".

Start asking hard questions of your MLA's, whether Social Credit or NDP. They are going to ask for your votes and the question for each of us is what will we want from government.

The Social Credit and the NDP will have the electorate believe that it's a case of Socialism and Free Enterprise, Bill Vander Zalm and Mike Harcourt, the old left/right split. The trouble is that both of the old line parties are committed to growth and development.

Environmental concerns such as pulp-mill pollution, clearcutting, mine tailings effluent, smog, water quality issues and agricultural soil stability are hot topics and both of the old line parties are rushing to persuade the voting public that they can "have their cake and eat it too". It's called "the sustainable development model" and it needs to be questioned.

The tried and true rule in western politics is "more and bigger are better, there's plenty to go around, better management means better returns, the right technology is coming, and there is nothing that human ingenuity can not overcome".

Except... the depletion and death of the life support systems of the planet.

We have to push our leaders forward. Better is not necessarily bigger. Bio-regional food self-sufficiency, bans on bad packaging, bans on the sale of all toxins, preservation of vegetation, soil and clean water must be secured even if it means we will deprive ourselves of the plethora of material conveniences which we have come to associate with "the good life".  
Now is the time! ♦

## YEECHONOMICS

Ric Careless of Ethos consulting produced a paper for the B.C. Round Table on the Environment and the Economy called "incorporating Environmental Performance Indicators Into National Income Accounts" in which he points out the problem with national accounting procedures with "...the example of the Exxon Valdez, recognized as North America's worst oil spill. Under current accounting procedures no loss of national income would be recorded for the oil that was depleted from the in-ground reserves and spilled into the ocean. Neither would the vast negative impacts to Prince Williams Sound's ecological productivity be recorded. Rather, the catastrophe would be calculated as a net economic gain due to the wages and equipment purchased for the oil spill clean-up!"

This and other papers may be obtained from *The Round Table at Suite 229 560 Johnson Street, Victoria, B.C. V8W 2C6* Phone 387-5422 or Fax 356-9276.

## URANIUM FILM RELEASED

The National Film Board of Canada has a new film and video which is bound to be interesting to Thompson, Shuswap, Okanagan and Kettle River Valley folks with an interest in preventing the eruption of uranium mining in their areas.

"This fascinating film explores the ramifications of uranium mining and the impact upon people and the environment; it challenges Canadians to exercise very careful stewardship over our beautiful country in order to preserve it for future generations", says Alex Bryans, Canadian Physicians for the Prevention of Nuclear War. It's 48 minutes long and in French and English from NFB Vancouver at 666-0716 or check with your local library.

## TIN-WIS COALITION

The Tin-Wis Coalition has worked since 1989 to promote the objectives of Community Control, Developing Sustainability (as opposed to sustained development) and Social Solidarity. The Tin-Wis Coalition is endorsed by a number of native and labor groups.

Contact is Kathryn Cholette, 1938 Parker Street, Vancouver, B.C. V5L 2L3 - Phone 253-7628 or 299-9532.

## SHOW AND TELL

Another "up and comer" on the Networking For Change scene is The Freedom of Information and Privacy Association. Their two major principles are:

- (1) That public access to information held by governments is vital to the public interest in a free and democratic society
- (2) that protection of sensitive information about individuals and organizations is also necessary to the maintenance of a free and democratic society.

"Paternalism is just not acceptable any more" says Association leader, Professor Murray Rankine of the University of Victoria Law School. Contact FIPA at 2264 McLean Drive, Vancouver, B.C. V5K 3N1 Phone (604) 873-0868. ♦



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## **AN INSIGHT ON EYESIGHT**

Macular degeneration is the name given to a breakdown of the macula. The macula is a very sensitive area of the retina which is located on the back inside wall of the eye. When light enters the eye, it is focused onto the retina. This delicate light sensing membrane captures images, like the film of a camera, and sends them through electrical currents to the brain where vision is interpreted. All of the retina is important for good vision, but the small central portion of it, known as the macula, is one hundred times more sensitive than the peripheral areas. The macula contains the greatest concentration of cones, the receptors that make detailed vision and colour vision possible. Without a healthy, functioning macula, it is not possible for an eye to perceive detail, such as the print on a page, or to see the world in vivid colour.

Macular degeneration is the leading cause of central vision loss in North America. It generally does not affect people until their later years, although it can develop any time. Almost one third of all people over 65 are affected by it to some degree.

Since macular degeneration develops differently in each case, symptoms also vary. Some of the common symptoms include: a gradual loss of ability to see objects clearly, distorted vision (objects appear to be the wrong size or shape, straight lines appear crooked), a gradual loss of clear vision, a dark or empty area appears in the centre of the vision. Some of these symptoms also appear with cataracts or other eye problems, so people with one or more of these symptoms should not automatically assume that they have macular degeneration. If only one eye is affected with macular problems, the other eye may compensate so these warning signs are not noticed. When one eye begins to see objects and colours differently than the other eye, a macular problem may be developing.

Unfortunately, there has been no effective treatment for most cases of macular degeneration until now. Positive test results have now indicated that the Vision Improvement System may arrest dry macular degeneration and diminish vision problems. *For information call Vision Improvement Centre, Kelowna, 868-0140.*

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## Spring is Here! Whoopee!

Spring means warmer, longer days and all sorts of new beginnings and what's even better, Summer follows Spring! Now, if you are feeling fine, all of this is invigorating, exciting and puts a smile on your face. However, if you're not feeling well, then it could be just a humdrum, let's get on with it, I don't care if it's Spring, attitude.

Everyone of us can spring into Spring, if we take steps to feel better - and in many cases, this is monumental task - but the rewards are always worth the effort. Having a Polarity Therapy Relaxation / Recharging could very well be the ticket to feeling better.

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**Carole Ann Glockling  
Oliver, B.C.....498-4885**

## What's so Special about the Full Moon?

by Diana Holland

All joking aside about werewolves, being moonstruck or acting like a lunatic, many people are aware of an influx of energy at the time of the full moon each month. This is because both the moon and the Earth receive more reflected light from the sun than at any other time of the month. Because of these heightened energies streaming towards the planet humanity is able, at the time of the full moon each month, to make a concerted approach to the Central Spiritual Sun, the Godhead, the great creative principle upholding our world, by whatever name one calls it. It is as if a wide pathway of light is opened between humanity and the spiritual forces watching over the destiny of men. The higher energies of Light and Love can be contacted and channelled into the world for the benefit of mankind and all life on the planet.

The three full moons in Spring represent the high point of spiritual contact in the yearly cycle. The Aries full moon (celebrated on March 29th this year) is the festival of Easter, of rebirth and renewal. The Taurus full moon, on April 28th, is known as the festival of Wesak and commemorates the enlightenment of Gautama Buddha, the embodiment of light and wisdom on our planet.

May 28th is the date this year of the Gemini full moon, the Festival of Humanity, a time of deep invocation and appeal, of aspiration toward unification, fellowship and the expression of right human relations.

At the time of the Festivals, two magnetic fields, earth and heaven, meet, and the spiritual kingdom fuses with the kingdom of humanity. Now, at the dawn of the New Age, humanity is being given a fresh opportunity to sweep forward as a group and to set up a potent magnetic invocation -- based on the Science of Invocation -- which will attract light, inspiration and spiritual healing in such a flood of power that definite changes in human consciousness and world betterment can ensue. The separative, greedy, fanatical energies of Pisces are giving way to the potent new energies of Aquarius, of synthesis and brotherhood, of the One Humanity, creative and co-divine.

The Spring Festivals are a call to service, a time when one can work consciously to approach and anchor these New Age energies. One can simply attempt to eliminate from one's consciousness at this time all thoughts of negativity and link up with people of goodwill everywhere, as part of a group channel whereby the spiritual forces may become available.

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Kelowna: 763-2914 Harry Sukkau & Assoc.  
Kelowna: 860-3968 Ed Marriette

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Castlegar: 365-6818 Darleen Ward

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Peachland: 767-9597 Leah Richardson

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Kelowna: 861-3370 Mary Kline  
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Rossland: 362-9481 Sid or Linda  
Nelson: 354-3811 Relaxation Plus  
Salmon Arm: 832-5164 Laara Bracken  
Sicamous: 836-2849 Tina - Relaxation Massage  
Sicamous: 836-4477 Charlene Cook  
Penticton: 492-0580 Arlene Lamarche  
Penticton: 493-8439 Margery Tyrrell

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Kamloops - Cyndy Flessel - 372-8071

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Peachland: 767-6465 - Cecile Begin  
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Sal. Arm: 832-5164 Laara Bracken  
Sal. Arm: 832-7162 Chris Morrison  
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Vernon / Kelowna: 542-6881 Joan McIntyre  
Vernon: 545-6111 Deborah Vallance  
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Penticton: 492-5661 Mabel Broadhead  
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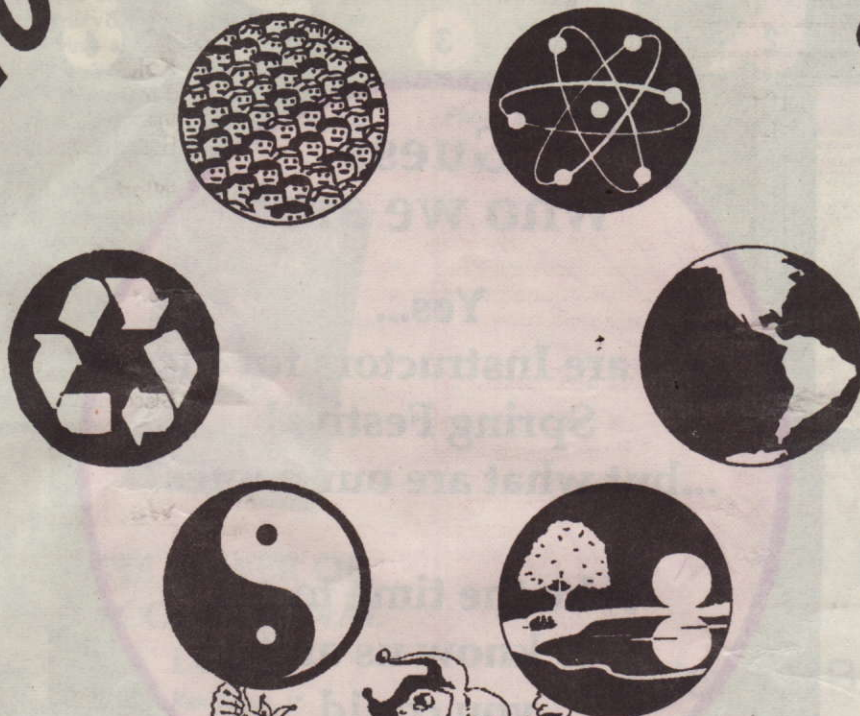
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