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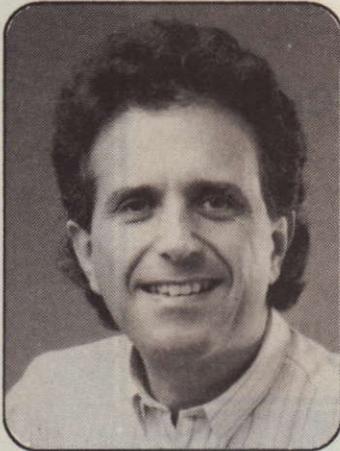
"The Natural Yellow Pages"



May / June 1991

Volume 2 - Number 3

ENHANCE your **V I S I O N** and CHANGE your LIFE!



Dr. Robert Kaplan, O.D. M.Ed.
Author & Vision Educator

Spend a playful week-end with Dr. Kaplan and you will:

- ◆ Learn Special Exercises to improve your eyesight
- ◆ Find out what foods affect your vision
- ◆ Increase your vision to improve your relationships
- ◆ Increase your passion for life
- ◆ Accelerate your reading speed and visual memory
- ◆ learn to implement these new vision habits into your daily life.
- ◆ learn the difference between left and right eyes.
- ◆ realize the distinction between looking and seeing.

KELOWNA WEEKEND TRAINING

Saturday	June 1, 1991	9 am to 5 pm
Sunday	June 2, 1991	9 am to 5 pm

Tuition \$225.00 + GST if registered by May 24th, 1991
otherwise \$250.00 + GST
(\$80.00 worth of Audio Tapes included with the training)

A limited number of personal consultations available with Dr. Kaplan

Contact Angele **NOW** to Register

492-0987



**SEEING
BEYOND
20/20**™



Are you addicted to your eyeglasses?

Imagine losing your eyeglasses or contacts and being unable to replace them. Could you learn to see through the blur? How would you learn to see? Would you have withdrawal symptoms? Are you possibly addicted to your "seeing" devices? The addictive process of wearing eyeglasses and contacts is quite subtle. As we progress through childhood, we are conditioned to believe that eyeglasses are the only viable solution for "correcting" blurry sight. Invariably, the school nurse was the person who uncovered the eye "problem".

Further imprinting and justification for eyeglasses came from our parents, who in many cases, also made use of eye devices. Finally, the addictive process was cemented by our eye doctors's confirmation that we could not see and needed eyeglasses. The more we wore eyeglasses, the more we became dependent upon them.

There are a variety of methods for dealing with vision improvement from many other parts of the world that do not usually make it into the traditional eye doctor's educational training. Implementing vision fitness strategies such as focused breathing, games for the eyes and brain, patches, light, colour, body movements, and sound nutritional principles will diminish your codependency with eyeglasses, and your eyesight may become progressively sharper as well.

Have you ever considered the possibility of improving your vision by actually working hand-in-hand with the blur itself, and utilizing the blur to assist in monitoring the whole process of improving eyesight? In light of our modern-day lifestyle, it would be unreasonable for most of us to consider giving up your eyeglasses altogether since the unaccustomed blur would be too much for you to handle.

But, as is true in most life situations, there are alternatives available. How about having a pair of eyeglasses made up that are slightly weaker than the normal 20/20 prescription, say 20/40 at a distance of 20 feet?

This means that your degree of vision "fitness" would be 84%, and you would have to contend with only 16% blur. For many, this is much less blur compared to not wearing any devices.

By bringing vision-fitness principles into your daily routine, you can train your brain,

eyes, and muscles to make up the 16% deficiency. After a period of time, you will be seeing 20/20 through this vision-fitness prescription and you will have begun the journey of freeing yourself from strong eyeglasses or contacts.

When you are wearing vision-fitness eyeglasses (a 20/40 or reduced lens prescription), the visual centers of the brain can benefit from the biofeedback nature of your eyes. You will discover that what you eat, how you exercise, your thoughts, and daily living can have positive, negative or neutral effect upon your vision.

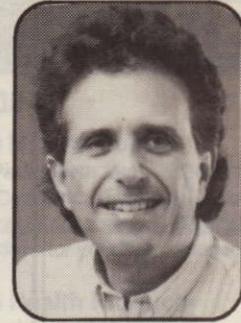
As the process deepens and you apply new strategies for seeing, you will return to your eye doctor and obtain further reductions in lens power. Imagine obtaining glasses that are weaker rather than stronger.

As you decrease the strength of the lenses before your eyes, memories from your past may begin to surface. It is not uncommon for my patients to report periods in their lives where there were life situations they had difficulty seeing. It was as if their internal perceptions turned into a survival way of looking, a pulling inward (nearsightedness) or a pushing outward (farsightedness).

In other cases, the perceptual blocks were such that the structures in the eyeball itself became dis-eased (e.g. glaucoma, cataracts, muscular degenerations and so on)

As adults, when they faced their survival perceptions their natural vision fitness returned. They realized they had made the best decision possible at the time, and they could now face those situations.

Are you willing to see beyond the traditional model of vision care and begin your self-help approach.



"I used to be an optometrist prescribing eyeglasses. Now, I assist you in understanding what your condition really means, how you improve your eyesight and bring clarity into your life."

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

DR. KAPLAN'S EYE FITNESS™ VISION

TRAINING

Date: May 30th, Thur.
Place: Penticton
Leir House
Time: 7:30 pm
Cost: \$5

A limited number of Personal Consultations are offered in Pent. & Kelowna phone Angele in Penticton: 492-0987

SEEING
BEYOND
20/20

*Robert Michael Kaplan, author of **Seeing Beyond 20/20**, holds a doctorate in optometry, a master's degree in education and is a former optometrist. He assists people in understanding what their eye condition really means, how they can help themselves improve their eyesight and bring this new clarity into their lives.*

*Robert will be in Penticton ...**Thursday May 30th** at the Leir House. Everyone is welcome to attend. He will be available for private sessions on Friday and offers a Week-end Training Course in Kelowna for those that are seriously thinking of weakening their dependence on eyeglasses. For more information please phone Angele Rowe in Penticton 492-0987.*

Communication between the Sexes



Lecture by Andy Schneider, International lecturer and esoteric psychologist

There is a profound difference in the way men and women perceive the world and communicate what they perceive. Conversation between them is often like cross-cultural communication with much misunderstanding. This lecture will clearly (and humorously) point out the differences, explain why they exist, and show how we can begin to bridge the sexual communication gap.

This lecture was recently presented in Europe and drew very enthusiastic responses from the audiences.

Plan to attend and bring a friend - preferably one you live with.

KAMLOOPS

May 15th, Wed.
Stockman Hotel - Crystal Ballroom
540 Victoria St.,

KELOWNA

May 22th, Wed.
Sandman Inn - Okanagan A. Rm
2130 Harvey Ave.

PENTICTON

May 29nd, Wed.
Leir House
220 Manor Park Ave.

Presentation: 7:30 - 10:00 pm

All lectures: \$10.00

(G.S.T. Included)

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\$2.50 each line (5 to 7 words)

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June 10th.**

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**ISSUES, #304-973 Forestbrook Dr.,
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Micro-current Therapy is a very effective healing process of the electro-chemical system in the body's tissues.

Recovery from an acute injury, can be dramatically speeded up with daily sessions of this therapy called "MENS" (Micro-current Electrical Neuro-Muscular Stimulation). Electro chemical energy flow must be restored to the tissues for the healing process to carry on. There is no pain with this treatment, but the results are very beneficial. Even in long standing chronic cases, proven in a double blind study, this therapy helped the healing process far beyond expectations. Two other aspects of chronic pain may also be favorably affected - infection, and loss of tissue elasticity due to adhesions.

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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



Helen Adams
Tarot Card Consultations
492-3709 - Penticton

KELLOGG'S LIFEWORKS

The Lifeworks Clinic is a special four day program designed to help us discover and work through the family of origin roots of our self-defeating patterns of living. As children, we responded to the dysfunction in our families the only way we knew how. As adults, we may find that these coping strategies no longer work for us, and that we ultimately try harder and harder to do better and better, but to no avail. These dysfunctional coping strategies eventually interfere with our quality of life, resulting in compulsive and addictive behaviour, unhealthy bonding with others, depression, frustration, and feelings of loneliness or emptiness. In the end, we find we have unconsciously reenacted our original family systems in our present lives and we feel stuck.

The Lifeworks clinic is an intensive therapy process during which participants embrace their childhoods and themselves: and in so doing, acquire emotional behavioral and cognitive tools to begin leading a more satisfying life in the present.

The clinic is especially helpful for those of us who are:

1. struggling with issues of compulsive, addictive or self-defeating coping patterns;
2. struggling with co-dependency and related intimacy issues;
3. adult children of alcoholic or other dysfunctional families,
4. survivors of emotional, physical or sexual neglect or abuse.

The Lifeworks program will be lead by Terry Kellogg in conjunction with other Lifeworks therapists. The four days will be spent at the Silverlode Hotel at Silver Star Mountain, half an hour from Vernon B.C. Silver Star offers a quiet, serene mountain atmosphere; an ideal place to work on oneself and enjoy the mountain air.

For information please write
Partners in Recovery,
Box 342, Westbank, B.C. V0H 2A0
or
phone 768-7500

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The ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

opens 12th branch in Canada.

In January 1991 the AEHA in B.C. held its first meeting with 6 people attending the March meeting featuring Dr. Craig Wagstaff attracted more than 60 people. This surely demonstrates the growing concern about the health of our home environments.

The Environmental Protection Agency estimates that more than 15% of the population is chemically sensitive owing to the chemicals that they have ingested. Within the medical community there is ongoing controversy about environmental hypersensitivity as the symptoms experienced from incitants such as pesticides, chlorine, vehicle exhausts, paints, etc., cannot be verified by testing methods. Reactions to natural inhalants (dusts, moulds, pollens, and animal dander) and to some foods (milk, eggs, nuts) are mediated by Immunoglobulin E, a type of antibody produced by the body in allergic responses.

Physicians who practice "clinical ecology" believe that there are specific components of the environment which make people ill. These can be found in food, clothing, drugs, air, and water as well as in the home work and play environment.

The AEHA can provide you with valuable information, put you in touch with others who understand the problems and can assist you with finding your solution by:

- * increasing awareness of environmental conditions which may be hazardous;
- * finding sources of less contaminated food, water, clothing, and household furnishings;
- * assisting with lifestyle adjustments for the environmentally hypersensitive;
- * providing information & educating others;
- * supporting a branch in your community
- * facilitating self-help groups

In Kelowna we maintain a library at 1091 Gordon Drive and hold meetings on the **third Monday** of each month at the **Laurel Building**, 1304 Ellis Street. Our mailing address is Box 1029, Kelowna, V1Y 7P7. Membership is \$25.00 and include 4 copies of the Quarterly, an excellent digest of the latest developments in the area as well as interesting articles and strategies for and by the sensitive.

Next Meeting Dates

May 20th - David Hughes OASIS TEST

Gauge the relative health of your home!

June 17th - Trevor Salloum

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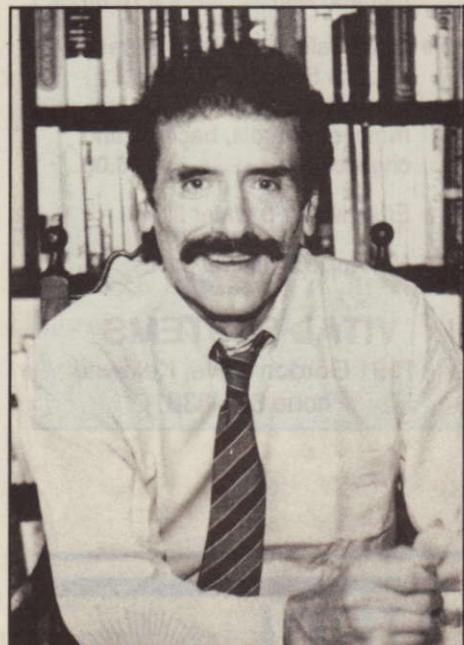
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LEE PULOS, Ph.D.

*"It is not the power over others that interests me
—but the power within oneself."*

Lee Pulos was born and raised in Calgary, Alberta. He attended U.C.L.A., majoring in psychology and earned his doctorate in Clinical Psychology at the University of Denver. Upon graduation he held clinical appointments at the Universities of Indiana and Wisconsin. In 1962, Lee entered private practice in Vancouver, British Columbia, and was subsequently appointed clinical Assistant Professor in the Department of Psychiatry, University of British Columbia — a position he held for fourteen years. In 1966, he was awarded a Diplomate in Clinical Psychology by the American Board of Professional Psychology.



In 1970, Lee launched his career as a businessman and entrepreneur. He and his brothers started the Old Spaghetti Factory restaurant chain — a venture that prospered to become a 20 million dollar a year, 22 location operation in Canada, the United States and Australia. Serving as the Chief Operating Officer, he helped create one of the best bottom lines in the industry — before selling to the Keg Restaurants in 1980.

During the same period, Lee was Sports Psychologist for Team Canada at the Commonwealth Games and worked with a number of Olympic and professional athletes. He also conducted a number of clinics for coaches and national teams.

In addition to his clinical and business careers, Lee has found time to publish eight professional articles in scientific journals and has written two books, **Miracles and Other Realities** and **Beyond Hypnosis** (Omega Press, 1991). He has been a guest lecturer on several occasions with the Young President's Organization and recent invited addresses were given at Cambridge University, Rio de Janeiro and the San Francisco Academy of Clinical Hypnosis. He was acknowledged in Who's Who in the West, featured and profiled on numerous national TV and radio shows, business magazines and newspapers throughout North America.

Lee has produced a corporate video training program, **The Cutting Edge — Breakthroughs to Peak Performance** based on his seminars and research. His self-help audio tape products are distributed in bookstores across Canada, the United States, Great Britain and Australia by his company, Adventures In Learning Inc.

LEE PULOS, Ph.D.

Trance States and Healing

Friday - June 28th
at the Capri Hotel - Kelowna
7:30 - 10:00 pm - \$7.00

An Illustrated lecture discussion of healers from Africa, Brazil, Mexico and the Philippines.

Dr. Lee Pulos will provide an overview of non-ordinary styles of healing. He will discuss his views of how healing centers of the future can reconcile the achievement of unorthodox medicine with those of western medicine.

WORKSHOP FEES FOR SAT OR SUN

\$ 75.00 if pre-registered by June 15th
\$85.00 after June 15th

Limited seating for the workshop so please register by phoning ... Angele Rowe ...492-0987 or write...#304 - 973 Forestbrook Drive, Penticton, B.C., V2A 2E9

Self Hypnosis and Creative Visualization

Kelowna - Saturday - June 29th
at the Capri Hotel
Penticton - Sunday - June 30th
at the Leir House

- * Learn Self-Hypnosis
- * Practical application of Self-hypnosis and Visualization for:
 - a) Setting and achieving goals
 - b) Raise Self-esteem
 - c) Dissolve negative habits
 - d) Identify subconscious roadblocks to success
 - e) Reduce stress and improve health

TOPICS TO BE COVERED

- * Six visualization techniques to improve visual imagery
- * Self-hypnosis and intuition: practical applications
- * How to develop hypnotically induced waking dreams for creative problem solving.

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POLARITY THERAPY ENERGY AS A HEALING ART

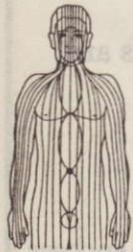
The Gentle Art of Hands-on-Healing

by Carole Ann Glockling

Very often, people will ask me, "What is Polarity Therapy anyway?" and somewhere in the recesses of my mind I search for a simple sentence that will clearly and concisely answer that question. However, I have not yet come up with a "one sentence" to that question.

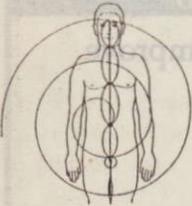
Polarity Therapy is about 'life' energy. 'Polarity' is the law of opposites, i.e., positive and negative, contraction and expansion, or the yin yang energy.

To grasp the idea of this 'life' energy, I would like you to visualize your body as a large circuit board, with several fields of energy surrounding and permeating your body.



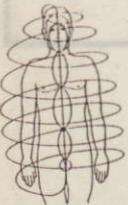
One of these fields is called the 'long line' energy and comes in through the top of the head and divides into five fields on each side of the body, one for each of the digits/toes and pulses its way throughout your entire body. Its function is to regulate and monitor the physiology of the body. The long line currents carry the energies of the mind into the body and govern the function of the five senses and relates to the central nervous system and movement of energy through the cranial rhythm.

Another field of energy emanates from the shoulders to the opposite hip in a lazy eight fashion.

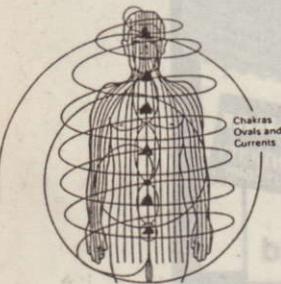


There is also a 'spiral' field that begins at the umbilicus to encompass the whole of the energy system and it functions to provide the quality of energy for movement, warmth and healing. It governs the distribution of internal vital energy throughout the body. It relates to the sympathetic nervous system.

There is the 'transverse' energy field that moves transversely around the body and its function is one of intercommunication and binding. It helps to relate the periphery of the energy system to the core and relates to the parasympathetic nervous system.



The Chakras are points of swirling of energy. There are six chakras in the body, located along the spine. (The crown (or 7th) chakra is not a pulsating energy centre, but is rather a centre of potential expansive enlightenment.) The sixth chakra, located in the centre of the forehead is mental. The bottom five are physical and are located at the throat, chest, solar plexus, pelvis and base of spine.



These six Centres can be visualized as pulsating orbs which both suck energy in and push energy out of their centres. Each chakra acts like a two-way electrical transformer pulsating energy from the core to periphery and from the periphery to the core.

These energy flows would be better visualized as pulsations of light moving in specific patters, that as moving energy in channels.

Photograph by Steve Tomlinson



**Carole Ann
Glockling, C.P.T.**
Certified Polarity Therapist

POLARITY THERAPY, IN ITS SIMPLEST FORM

Is to release the congestion or blockage within the body and direct "energy" through its truline (positive, negative and neutral) relationships.

This energy does not flow in channels, or along nerve fibres, but moves in waves of expansion and contraction in interrelated and harmonic patterns.

A Polarity Therapist assesses where this "energy" is blocked and uses fingertip pressure on a positive and negative points simultaneously to release blockages.

Isn't it worth your time and effort to investigate the benefits of this powerful body-work?

Carole Ann Glockling

CERTIFIED POLARITY THERAPIST

Oliver, B.C.....498-4885

If these 'energies' can move along its given pathway without interruption in its flow, we experience marvellous physical, mental and emotional well being. This 'life energy' nourishes the body, promotes relaxation, rejuvenates and calms the mind. However, when this energy flow "pools" or become "blocked", we begin to experience aches, pain, tension, stiffness, and constriction and eventually dis-ease conditions will surface. Those big tight knots that we often have in our shoulders or neck are pools of energy that has ceased to flow - and these are warning signals from your body advising you that it needs some attention.

Polarity Therapy is a holistic system enabling people to rediscover their health and inner beauty in a gentle, powerful and subtle way through contacting positive and negative points on the body to release the energy blockages. The Polarity Therapist acts as a catalyst to get your energy moving by pinpointing the "switches" or "cross-over" lines of force on the body in an acupuncture fashion through fingertip pressure on exact points.

While fingertip pressure is the mainstay of the bodywork, there are also some massage style motions and structural work. The fingertip pressure influences the metabolism of the body, while the massage and structural work affects how the body parts fit together and affect posture and grace of movement patterns.

As a Polarity Therapist, I view the entire body as an energy field with specific currents and patterns and I endeavor to balance the body's energy and have all parts of the body communicating with each other. A Polarity session usually is an hour in duration where you lie on a massage table fully clothed. At the end of a session, you are deeply relaxed (mind and body) and at the same time paradoxically rejuvenated and energized.

(continues next page)

While some view Polarity as a powerful tool for stress reduction and experience profound improvement in their overall sense of well being, the also experience what I call the 'Domino effect'. The Domino effect occurs when a person seeks out a Polarity Therapist because they may have improved after just a few polarity sessions. For example, they may find that they no longer get headaches, or a stiffness they felt upon arising in the morning has vanished, or their shoulders/back/legs/feet no longer hurt, their posture has improved noticeably and the usual fatigue that they lived with daily is no longer there. Very often their eyes sparkle and skin colour improves as energy is now moving freely throughout their body. These events occur naturally within the body as energy blocks are released and you body's own healing power begins its journey back to vibrant health. (Perhaps we should take a moment each day to give thanks to our body for always working non-stop for us without any conscious effort on our behalf - even though we continuously abuse it.)

We are all aware that Medical Reports state that over 80% of all illness is caused by stress (a figure that goes up every year) and since stress prevents the brain from functioning at full capacity, consciously, or subconsciously, the fact that Polarity Therapy reduces stress very effectively can hardly be glibly dismissed.

Polarity Therapy is about 'energy' - so it is important to realize that all thought is 'energy'. All you thoughts are recorded in your body. You cannot have a thought without a feeling being registered in your body. So, let's look at attitude and its relation to your Health. Cultivating positive thought patterns is an important key to health and happiness. All tensions, energy blocks, attitudes and sickness begin in the mind, then filter down and manifest in the body. The body receives all the blame without our realizing that all dis-ease process originated in the mind through our own thinking. Negative emotions such as fear, anger, jealousy, anxiety and stress, etc. create all sickness by stopping the free flow of 'life-force energy' within the body. Negative thoughts from grooves in the mind. As you eliminate negative thought patterns, you will improve your physical, mental and emotional well-being. A healthy body is the reflection of a healthy mind and the two are inseparable - you are what you think about.

The above is a very brief explanation of Polarity Therapy. Polarity therapy includes diet, lifestyle, specific exercises, body constitution, and of course, attitude. I began this article stating that I could not answer in one sentence all the aspects of Polarity - perhaps now you can see why. It is like the petals on a flower - all the petals make up the whole - or you can focus on one petal at a time.

There are many methods of attaining a quality state of health. Each of the methods may get you to your destination: it is a matter of preference, appropriateness and choice. I have found that Polarity has been the most effective for me - both in the giving and receiving.

What I want to leave you with is to have a little more love and respect for the majesty of your body, as well as a desire to listen to, nurture and care for your body - Remember, if you don't take care of your body, you have no place to live!

Carole lives in Oliver, B.C., but works out of Kelowna every month. You can call her collect to arrange an appointment. Evenings are best.

*
Carol Glockling is
Pentictons Metaphysical Society Speaker
for Friday....May 24th...7:30 at the Leir House.
Everyone is Welcome...Cost \$2.00

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PENTICTON'S UPCOMING EVENTS

The Holistic Networker

Shaw Cable 11.....Penticton & Area

Meet Wonderful People with
out leaving home!

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

Next Vegetarian Get-together

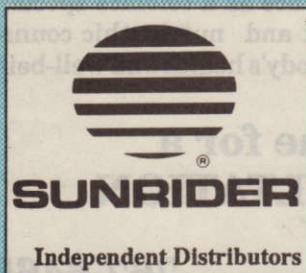
is Saturday - May 4th
& Sunday - June 2nd

at the Leir House
Demonstration..4:30 pm
Dinner ..5:30 pm

Cost \$2.00 per family - everyone welcome
More info phone Alice or John - 497-5464

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Dave Bate 861-5013
Colin Yardley 763-7139
Michel D'Estimauville 497-5658

Extra.....Special Events

May 16th - Thursday

Herb Walk with Netta Zeberoff
This will be an all day event, \$20.00 for
adult and kids are free and most welcome.
Phone Yvonne for details..493-7163

May 17, 18 & 19th

Acupressure Massage Workshop
(Jin Shin Do)
with Tolling & Joy Jennings
from Lesqueti Island
Interested? phone Margery 493-8439
or Arlene 492-0580

May 29th - Wednesday

Andy Schneider
Communication between the Sexes
Leir House..7:30 more info on page 5

May 30th - Thursday

Dr. Robert Kaplan
Seeing Beyond 20/20
At the Leir House...see pages 2 & 3

June 1 & 2nd - Sat & Sun

**Enhance your Vision and
Change your Life**
Dr. Robert Kaplan of Vancouver

June 14 - Friday

Holly Sosienski - **REIKI**
FREE Introductory lecture at the
Leir House 7 pm

June 22 & 23 - Sat & Sun.

Rebalancing Workshop
see pages 16 & 17 for details

June 30th - Sunday

Lee Pulos of Vancouver
Self Hypnosis & Self Esteem...1 day
Playshop...see page 8 & 9 for details.

Penticton's

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7:30 pm at the Leir House

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the week previous to their speaking
date....on Shaw Cable 11..times to the right.

MAY 10TH - CAROL ROSS

Transformational Therapy
Carol has just finished a 1 year
Intensive Training Program to round
out her many years of study and is
now ready to hang out her shingle.
See her story & ad on page 15.

MAY 24TH - CAROL GLOCKLING

Polarity Therapy
Carol lives in Oliver and has been in
business just over a year.
Her story is on page 10.

JUNE 7TH - ROSALYN HARDER

Acupuncture
Rosalyn lives in Kelowna and is a
licensed Acupuncturist. She'll give
a demonstrations and answer ques-
tions on how this ancient science
works. Her story is on next page.

JUNE 21ST - LAARA BRACKEN

Core Belief Engineering
Laara is also available June 22 to 26
to do aura readings, numerology,
past lives & counselling. Please ph.
Jan 492-6442 for info. or an appt.
Her ad is below.

WANT TO GET ON WITH YOUR LIFE, NOW?

Laara will be in Penticton - June 21 to 26th...for aura readings, numerology, etc...

now in its 6th year, **CORE BELIEF ENGINEERING** is the leading edge
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TRADITIONAL

Acupuncture is part of the traditional medicine of China which includes herbal medicine, exercise, massage and diet.

Acupuncture is a method of using five needles to stimulate invisible lines of energy channels or meridians running beneath the surface of the skin. Moxibustion, the stimulation of energy by the use of burning herbs, is often used to supplement acupuncture.

Chinese medicine treats the whole person, taking into account not only the disease symptoms but also the age, habits, physical and emotional traits and all other aspects of the individual, putting together an overall picture of the patient in order to evaluate patterns of disharmony.

Symptoms, on their own are often unimportant as they are part of the syndrome of harmony or disharmony making up the whole person. Part of the assessment involves tongue and pulse diagnosis which are highly refined in Chinese medicine. The pulse is felt at the wrist on both arms on the radial artery and its strength, rhythm and quality indicate the balance of energy in the organ systems and the state of the disease. The tongue is observed for its shape, colour, movement and coating indicating the progression and degree of the disharmony.

Qi, unknown in Western medicine is the vital energy of the body, for example, it keeps the blood circulating, warms the body and fights disease. Qi flows through the channels forming a network linking all parts and functions together to work as one unit. When Qi moves smoothly through the channels, there is health, but if the flow is blocked or too weak or too strong then there is illness or symptoms of subtle changes that we accept as common to everyone but are not. By inserting thin needles into particular points on the channels a change in a part or function of the body can occur, not only in the physical aspect but the emotional and spiritual aspects of the individual as well.

Many things can upset the balance of the body and disturb the flow of Qi:

- emotional states, such as stress, worry, fear, grief, etc.



ACUPUNCTURE

- diet, malnutrition, over-eating, too much of one type of food.
- eating erratically or in a state of tension
- drugs, alcohol, tobacco, marijuana, wrongly prescribed medicine or medicine with side effects, even tea and coffee can overstimulate the body
- weather conditions such as cold, damp, wind, heat, etc. and particularly sudden changes in weather
- exercise and rest - too little or too much of either
- trauma, hereditary factors, poisons, epidemics.

Just as there are people who do not respond to drugs so there are those who do not respond to acupuncture. If the body is severely depleted, as in wasting diseases, there are no reserves to call on and healing is very slow. Acupuncture is usually known for its treatment of chronic problems, but is particularly effective in treating acute and painful disorders, and can be combined with Western drug therapy, or can be used to eliminate dependence on drugs for chronic conditions, the drugs being gradually reduced as the effect of acupuncture builds up.

In the West, public attention has tended to focus on acupuncture as a means of eliminating pain or for treating obesity or smoking, but acupuncture is most effective for general therapeutic purposes and for treating many common diseases. It is also very effective with mental, emotional and spiritual changes and balance, promoting and enhancing awareness and providing nourishing energies so that people will feel internally stronger and in less need of defensive postures.

In my practice of acupuncture I work with where you have come from, who you are, and where you want to go on all levels, physical, emotional and spiritual, helping you to help yourself.

Rosalyn Harder is a Certified Acupuncturist in Kelowna and is listed in the Natural Yellow Pages of ISSUES.

She is the Penticton's Metaphysical Society's Speaker...June 7th...7:30 pm. Everyone is Welcome.

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7 pm at Leir House

Kelowna...June 21st.
7 pm at Books & Beyond

1st degree Reiki class

Penticton...June 15 & 16
Kelowna...June 22 & 23

2nd degree Reiki class

Penticton...June 16, 17 & 18
Kelowna...June 19, 20 & 21

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Kelowna..Linda 764-8762 or 763-6222

Reiki Master...Holly Sosienki
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Transformational Therapy

by Carol Ross

Transformational Therapy is an educational, experiential, psychospiritual therapy, focussing on body, mind and emotions for the purpose of assisting in the journey of self discovery, releasing blockages to loves awareness and allowing the healing.

This approach to healing uses a syntheses of the principles and teachings of major schools of psychotherapy, various Western and Eastern esoteric schools of thought and adds the component of an Inner Centre of Higher Self we learn that the creative healing energies of the universe lie within ourselves and is available for our transformation.

**Carol Ross is Pentictons Metaphysical Society Speaker
for May 10th at the Leir House...7:30 pm Cost \$2.00**

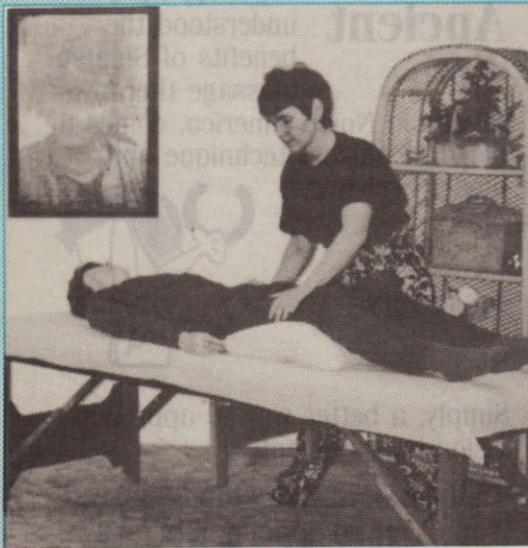
*In case you hadn't noticed she is the owner
of The "Caravan" Metaphysical Book Store, soon to be
opened and she will be doing counselling as well.*

Tomlinson Photography

1240 Main St., Penticton - 493-6426

ReDiscover Yourself!

Rebalancing Workshop June 22 & 23rd



Rebalancing gets us in touch with a process of ongoing change, a growing awareness and release in ourselves which limit us, inhibiting our energy flow and maintaining physical imbalances, discomforts, aches and pains.

Sat & Sun - 10 to 5 pm

Tuition \$175.00

Register before June 1st - \$150.00

Location..Penticton or Kelowna



Facilitators: Menha & David Bruneau ...Directors of the Kootenay School of Rebalancing

Co-facilitators & Certified Rebalancer's

Marilyn O'Reilly - Kelowna: 860-0680

Margery Tyrrell - Penticton: 493-8439



WHAT IS REBALANCING

There are a number of deep bodywork systems available for those interested in exploring this way of working with oneself, including Rolwing, Postural Integration Rebalancing, and Hellerwork. It seems that all these approaches aim to unite and harmonize the body/mind through deep tissue bodywork and other integrated techniques. It is quite well known today that the body and mind act as one unit. Whatever is going on in mind is also going on in body: there is no escape from one to the other. For various reasons, however, many of us have created a kind of split between or within body and mind; we have blocked out, numbed or suppressed various parts of ourselves. We use our minds and bodies in ways which create poor health and a limited experience of ourselves. Once the body/mind is reintegrated through deep bodywork there is an experience of greater wholeness, awareness, presence, energy, and enjoyment in life.



What would you expect if you were to book a session of Rebalancing? The length of a Rebalancing session is usually 1 1/2 hours. It takes place in a warm, private room. The client is made comfortable with pillows, clean sheets, and a blanket if necessary.

Usually there is some verbal exchange to find out what direction the session will take and sometimes a body reading so the Rebalancer can see the physical energy flow, energy blocks, physical alignments and misalignments in the client's body.

Usually before any deep tissue work is done the Rebalancer has made a connection with the client and helped the client relax through breath work, joint release, rocking, light stroking, or a combination of all of these.

The session moves on, usually into some deep work, relaxing strong muscle holding patterns in the body originating from various causes throughout one's life. The last part of each session is integration. This involves joining parts of the body together and grounding so the client feels balanced in his or her new state before leaving the room.

continues next page



Some of the many benefits a person can derive from Rebalancing are the following:

Relaxation:

The deeper the level of relaxation the greater the energy flow throughout the body/mind, which enables a person to feel more connected with the self. When tension is released, energy can flow more freely to be used in any activity the person engages. Relaxation gives ease, confidence, and enjoyment of life.

Emotional Release:

Emotional holding in various parts of the body can cause tightness, misalignment, illness and pain. Sometimes emotional patterns have been stored in the body from childhood or absorbed from parents and others, thus causing habitual holding patterns in the body/mind. In a sensitive and living way, Rebalancing unlocks the emotional patterns that affect a person's well-being.

Recovery from Injury or Operation:

Following injury or operation the body/mind can go into a reactive state of self-protection. Though this is a natural response it is not a healthy one if we stay there too long tying the body up in tension and protection. The Rebalancer can help the person let go of the protection, get in touch with the injury, the mental and/or physical pain, and deal with it from a different perspective.

Addictions:

Bodywork helps one become familiar with their body/mind, relax into oneself and develop a sense of wellness. Old dependencies drop away as a more positive and fulfilling body image, or sense of oneself develops.

Touch:

Being touched and touching are wonderful experiences for most people. Deep touch when done in a skilled, sensitive way, can be the very link between body and mind necessary for the healing experience to take place.

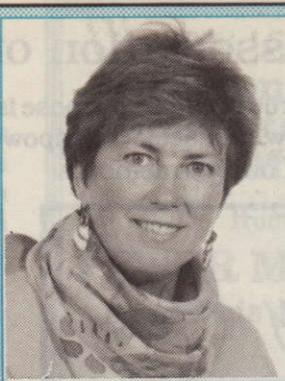
Education:

A Rebalancing session can offer a wonderful learning experience. It teaches us new ways to experience ourselves on physical, emotional, mental and spiritual levels. The Rebalancer attempts to educate his/her clients in being able to create these experiences for themselves and to integrate them into daily life.



Menlha and David Bruneau teach deep tissue bodywork at the Kootenay School of Rebalancing in Nelson, B.C.

If you would like further information about their program write to Relaxation Plus Clinic, 308 Victoria St., Nelson, B.C., V1L 4K4. Tel: 354-3811.



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for appt. phone.....Wholistic Health Services Kelowna....860-0680



The Kootenay School of Rebalancing

offers its fifth six month course beginning

September 16, 1991.

The course focuses on deep tissue bodywork and includes various other facets which make **Rebalancing** a complete bodywork system: joint release, emotional work, anatomy, body awareness, breath and energy work, meditation.

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KAHI, is a newly formed support group, whose purpose is to promote public awareness of complimentary services. KAHI provides services which seek to empower the individual. This ad, sponsored by KAHI, highlights some of the services of our 40 members.

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Reclaiming Wholeness & Balance

by Diane Allen

To reclaim wholeness and balance it is necessary to look at the active (male) and passive (female) currents and to realize that by themselves they are incomplete. Whether you are a man or a woman, both the male and the female principles are within you. The male side of the body (right) corresponds to the left brain, and the female side (left) corresponds to the right brain.

The culture that we live in tends to elevate the active principle, one that values action, achievement, and expansion. We are beginning to see the devastation this has wrought upon our earth. Increasing awareness of the outcome if we continue with our old ways has become the focus of environmental groups. The contribution of passive cultures lies in creativity, such as art and music, religion and philosophy. Also, the passive side can tap into worlds beyond the physical plane, into the world of Spirit.

Our culture is an outward expression of the struggle and challenge we all face to come to balance and wholeness within ourselves. Feeling stressed and tense is usually internally generated and stems from a lack of acceptance of one's total self. In feminine-polarized people, the internal pressure usually results in passivity, illness, and other self-destructive tendencies. In male-oriented people, pressure often results in anger and destructiveness directed towards other people.

To achieve wholeness and balance within requires exploration

and self-assessment.

Some questions to ask yourself are:

Where are you now in regards to the relationship with yourself and others around you?

Are you comfortable in expressing your emotions, showing you are vulnerable, sensitive and imaginative side?

Do you know what you want in life? Most of us know what we don't want, but not what we do want.

Do you allow yourself to dream?

Do you feel connected to some force greater than yourself?

Are you comfortable expressing your personal power, being in charge of others or being a driving force?

"By asking yourself these questions and being willing to search for your answers you will create an awakening to inner peace and fulfillment.

By learning to love and care for yourself and others, you will open to unlimited possibilities. To manifest your vision requires outer direction while maintaining an inner connectedness with spirit.

The ones who have reclaimed their wholeness and balance, have opened fully to their higher potential. The journey begins with you.

Diane Allen lives in Kamloops, she is a Transformational Therapist, combining Western philosophies with meditative Eastern thought, Diane facilitates integration of body - mind with spirit using simple techniques she assists others to focus inwardly, which creates an awakening to inner peace. Her practice includes private counselling and group workshops, she can be reached at 573-5564.

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NETWORKING in KAMLOOPS

by Moreen Reed

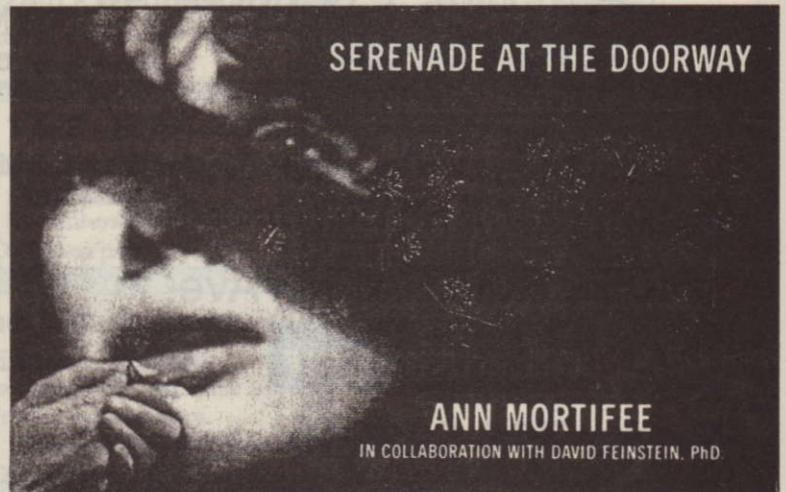
There are two major news events for men to report from Kamloops. The first is to announce the opening of our first "new age" book store. On April 13th, 1991 Spirit Dancer Books and Gifts officially opened their doors. (See their ad under the KAHI banner).

The second news item comes from the KAHI (Kamloops Association for Holistic Inspiration). On April 9 they kicked off their first Speakers Series with a talk given by Donna Martin. This series is designed to introduce and educate the public to complementary services offered by the 40 practitioners working in the Kamloops Area.

The first series runs until June 6th, remaining dates are as follows:

- May 7th Wayne Porterfield "The Power of Choice"
- May 21st Moreen Reed "Astrology: Tool for Personal Growth"
- June 6th Diane Allen "Relationships in the 90's: Creating Balance and Harmony"

The next regular meeting of the KAHI will be on May 15, 1991, 7:30 a.m. at the "Annex" restaurant at 290 Lansdowne St. For more information about KAHI please contact either Moreen Reed 573-5432, Bev English 828-7112 or Diane Allen 573-5564.



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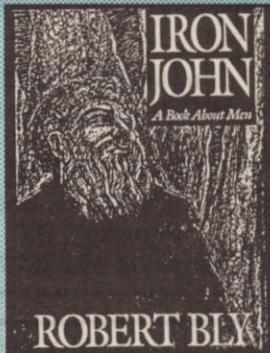


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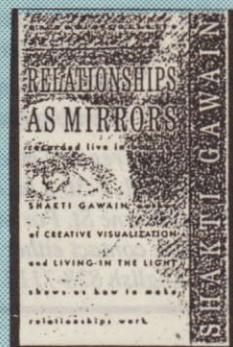


RELATIONSHIP as MIRRORS

Audio Tape by Shakti Gawain

This tape focuses on what makes relationships work, not only intimate, romantic relationships but family and work relationships as well.

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Reclaiming & Championing your Inner Child

by John Bradshaw

John Bradshaw's newest book presents the essence of the inner child workshop he calls "the most powerful work I have ever done" This book helps awaken the healing potential of our deepest selves.

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12 Priorities For Interdependence And Joyful Living

TERRY KELLOGG and MARVEL HARRISON

FINDING BALANCE

by Terry Kellogg & Marvel Harrison

For people who care about themselves, others, and the planet we live on. Insights and suggestions for healthy intimacy, identity, sexuality, spirituality, feelings, recreation, nutrition and other recovery priorities.

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KELOWNA'S UPCOMING EVENTS



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has a
new owner.*

Sandra Bonar has purchased the business from her long time friend, Faye Stroo. This seemed a natural progression from her areas of interest and her friendship with Faye. Sandra and her husband Al have lived in Kelowna for 17 years with their three children. Sandra brings many years of interest and experience in the area of human development. Her special areas of interest are the twelve step recovery programs and the Course in Miracles. She is an R.N. and has recently worked as a counsellor in the addiction and dysfunctional family field. She would like to take this opportunity to thank everyone for their support in her new venture and extend a welcoming invitation to everyone to drop in and say hello.

May 4th, Saturday
Receiving Prosperity Learn how to change your relationship with money.
10 am to 6 pm,
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INNER DIRECTIONS CONSULTANTS TRAINING CENTRE,
1725 Dolphin Ave, Kelowna, B.C.
Phone 763-8588

May 22nd - Wednesday
Communication between the Sexes
with *Andy Schneider*
At the Sandman Inn - 7:30 pm
see page 5 for details

May 28th - Wednesday
KPA meeting with Larry Wayne
details next page

June 1 & 2 - Sat. & Sun.
**Enhance your VISION &
Change your Life**
Dr. Robert Kaplan
Details on page 2 & 3

June 15th, Saturday
Sexuality Workshop
Learn how to balance masculine and feminine sexual energy.
10 am to 6 pm,
Cost \$75.00 plus GST.
INNER DIRECTIONS CONSULTANTS TRAINING CENTRE,
1725 Dolphin Ave, Kelowna, B.C.
Phone 763-8588

June 28th - Friday
Trance States & Healing
An illustrated lecture from healers around the world with *Lee Pulos*, clinical psychologist from Vancouver.
At the Capri Hotel
1171 Harvey Ave. Cost \$7.00
Everyone is Welcome

June 29th - Saturday
Self-Hypnosis & Creative Visualization
with *Lee Pulos*...details on page 8 & 9

June 27 to July 1st
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The Legend of WESAK

by Diana Holland

At the Full Moon in Taurus on April 28th this year, we celebrate the festival of Wesak, the high point in humanity's yearly cycle, a time, at which expansions of consciousness become possible which are not otherwise possible, and a great spiritual event which provides each of us the opportunity to act as channels, stepping down spiritual energies which have a powerful effect upon the human race.

At the time of the Wesak Full Moon, the Christ, focussing in Himself the aspiration of the entire planet, and the Buddha focussing in Himself the downpouring spiritual energies, work in closest co-operation to open a channel of communication between humanity and God. Year after year, the Buddha returns at great cost [to transmit through the Christ renewed spiritual life] in a ceremonial blessing which takes just eight minutes from the time He appears as a faint speck in the sky to the time He receded into the distance.

Legend has it that at the time of the Wesak full moon, a group of lamas, pilgrims, and holy men gather in the bowl of a bottle-shaped valley lying at a rather high altitude in the foot-hills of the Himalayas-Tibet Ranges. Close to the "neck" of the bottle is a huge flat rock before which stand "the three Great Lords" - the Christ in the center, the Manu, the Lord of living forms, on the right and the Master Rakoczi, the Lord of Civilization, on His left. These Three face the rock, upon which rests a great crystal bowl, full of water. Behind them are ranged in concentric circles the members of the planetary Hierarchy, from the Masters of the wisdom, representing the aggregate of perfected humanity, to the disciples, aspirants and world servers, some of whom are present in their physical bodies. Others are present in their spiritual bodies and in a dream state.

As the hour of the full moon approaches, a stillness settles upon the crowd and then certain ritualistic movements take place to the sound of esoteric words as phrases called mantrams. A potent vibration is set up which has the effect of awakening the souls of those present and lifting the entire group into a great act of spiritual demand, readiness and expectancy, which is focussed in the Christ as humanity's Invocation.

Just a few minutes before the exact time of the full moon a tiny speck is seen in the sky which comes nearer and grows in clarity until the form of Buddha can be seen seated in the cross-legged position, clad in His saffron-coloured robe, bathed in light and colour, and with His hand extended in blessing. When He arrives at a point exactly over the great rock, the Christ intones a great mantram - used only once a year, at the festival - and the blessing of love and wisdom is poured forth from the highest cosmic centre.

The entire group of people in the valley have fallen upon their faces and remain prostrate until the Buddha has again receded into a tiny speck which eventually disappears from the sky. They rise as the water in the bowl is distributed in tiny portions to the Masters, disciples and crowd, which silently disperse and return to their place of service.

So runs this ancient legend, describing a beautiful "water ceremony of communion" which is the symbolic indication of the New Age, the Aquarian Age, the age of the "Water Carrier" now beginning. As we recite the Great Invocation at the time of the Festival, let us regard ourselves as vessels, as recipients of as much of that inflowing spiritual force as we can contain.

Source: *The Externalization of the Hierarchy* by Alice A. Bailey

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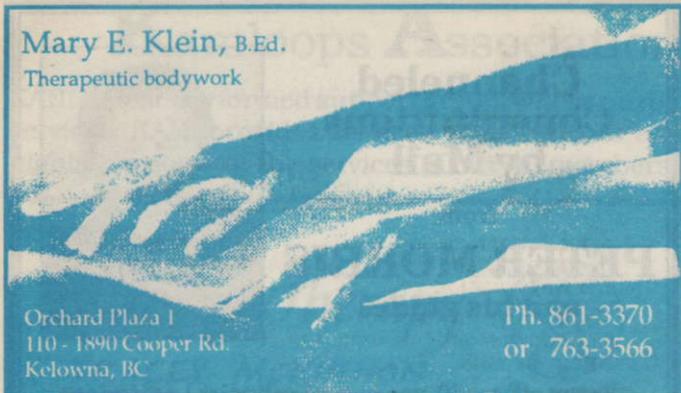
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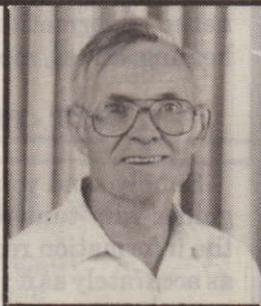
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SPIRITUAL UNFOLDING

by Tom and Geraldine Millard

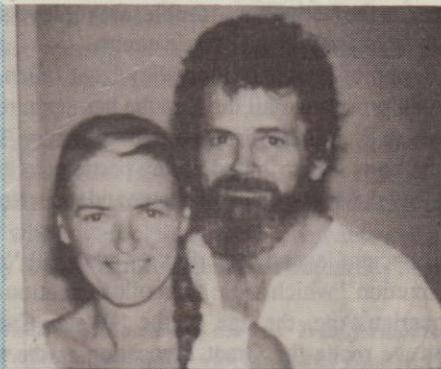
How does one all of a sudden decide to find spirituality in their lives? What makes them ever think in terms of a better something "out there?"

Well, perhaps our souls are finally getting through to some of us and perhaps more and more of us are beginning to listen to the quiet complaints from within. Maybe, just maybe there is some truth about us all being a part of God and God being part of us.

I ponder now and again if it's probably that the great teachers of the world haven't expressed it clear enough or if for some great mortal reason like perhaps we don't want to be responsible for self so we refuse to listen until the quiet complaints become screams. When Jesus said, "seek within and you shall find," I don't think he meant manifestation for commercial purposes.

We know the search for enlightenment can take the innocent and sceptic alike through many strange and wonderful paths, but we must always remember we cannot buy God, we already have him/her. It matters not how much you spend, how much you read or how many lectures and seminars you attend. Until the decision is made to listen within and trust what is heard, I'm afraid it will be arduous to discover one cannot become enlightened for we already are and have been since time began. Yes, we really have regressed to this point and now is as good a time as any to begin the return trip. To become spiritually awakened is one thing, but to Live in light of it is the real challenge. Yet once the decision is made to meet the challenge, it fades and becomes a wondrous journey of experience.

Geraldine and I have created what we call the "Idealistic Society". Its "soul" purpose being to create, against all odds, a society of people living together in a moneyless, governmentless, greedless atmosphere. We enjoy touring and lecturing on how you may find "spiritual you" in todays society, which is far short of spiritual.



If you would like more information or a seminar in your area please contact, Masters of Life Principles, Tom and Geraldine Millard, Box 124, Westbridge, B.C. V0H 2B0 or leave message at 446-2581.



Since it was founded in 1988 **Guiding Hands Recreation Society** has worked to promote and foster the values of environmental education and outdoor recreation in a healthy society.

Our Tipi Camp, which is being operated as a model for a low impact recreation network around Kootenay Lake, has grown

in form and spirit. We now have three tipis for guest accommodation, a larger kitchen, and several nearby hiking trails to enhance the relaxing, recreational activities for which we are already known.

During 1990, families, individuals and several groups of school children enjoyed land and water excursions on and around Pilot Peninsula. Our volunteers hosted interpretive tours to local heritage sites, wetlands, and old growth forests.

Our society is also working with a local owner-operated on a plan which result in a low impact system of mountain huts for winter ski touring and summer ridgewarding. This is a first step to a mosaic of operator zones accessing the recreation potential of the region. It furthers another of our society's goals - creating local employment in the recreation industry.

Last August and September more than 100 person attended educational Programs and a similar series is planned this summer.

At a local level we initiated a composting "Worm Farm" and paper recycling program in the Crawford Bay School, sent recycling information newsletter to area residents, cleaned two local dumps, and donated funds for student participation at environmental conferences.

Now in its third year the Guiding Hands Recreation Society has established working relationships with many groups, agencies and ministries. Some of these projects have included Personnel Training and Job Creation in the Outdoor Recreation industry, public education and fundraising for wildlife habitats, trail building projects, lobbying for various wildness area, and act as local advisors on environmental concerns, plus we document and protect archaeological, cultural and natural heritage sites on Kootenay Lake.

We are also working with the Twin Island Friendship Centre of Salmon Arm to create Friendship Trail experience for marketing in the US and Europe and assisted in the development of educational programs to help people connect with the earth through "hands on" experiences in nature through the World Peace University, etc, etc..

If you are interested in volunteering your skills or time, donating money or resources.... we offer "hands-on" experience. We would love to hear from you about your concerns and interests. Guiding Hands Recreation Society, Box 20, Crawford Bay, B.C. V0B 1E0 or phone 227-9555.



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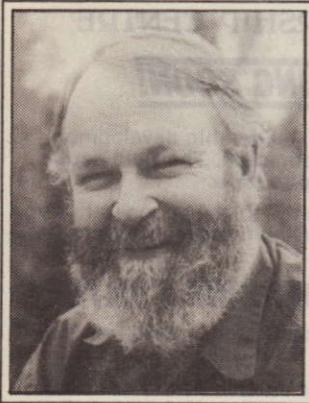
THE TEN COMMANDMENTS FOR NEW AGE GROUPS

1. Accept that meditation is the essential basis for all group work.
2. Work from the premise that "energy follows thought;" attitudes determine action.
3. Are concerned with cause, not effect, and know that nothing is changed by tinkering with results.
4. Emphasize that quality of life is a higher value than form or structure.
5. Believe that without a heightened and expanded group consciousness no lasting good is accomplished.
6. Are autonomous and self regulating. Members work from a common point of identity and purpose and do not need to be bound by rules or regulations to govern their relationships.
7. Have a fluid structure, adaptable to the job in hand.
8. Limit their numbers, recognizing that beyond a certain size groups become unwieldy and ineffective. Small groups whose members are of one mind and heart have a power out of all proportion to their size.
9. Are participative, not autocratic in style. Freedom is their highest value.
10. Provide growth opportunities for all group members.

From The New Humanity Journal No. 93, June - July 1990 (from Letters - a tribute to Sir John Sinclair, 1923 - 1990).

"The Ten Commandments for New Age Groups, was first published 15 years ago and is still a source of enlightenment for many groups today. The New Humanity Journal, 51A York Mansions, Pr. of Wales Dr., London, SW11 4BP, England.

Networking for Change

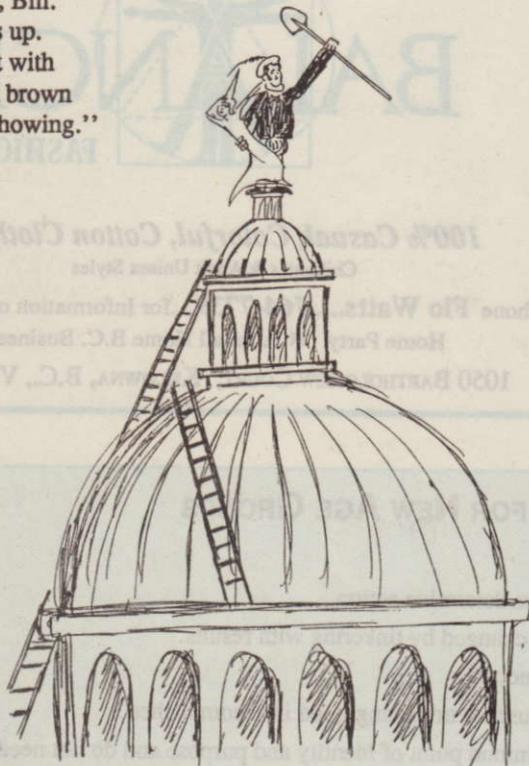


Dave Cursons
Editor

Is he really gone?

In the final days before the not-so-clearly inevitable resignation of Bill Vander Zalm I was haunted by the vision of Bill and Lillian atop the Legislative Buildings, both attired in medieval garb, being shouted at by Ted Hughes aiming a cannon loaded with his report calling:

"All right, Bill.
The jigs up.
Come out with
your plain brown
envelope showing."



Social Credit has long held that government should be run like a business and "the buisness" is what we got. Bill Vander Zalm was the darling of the car dealers and small-town opportunists which still make up the B.C. government.

Those who left cabinet long before him shared his stupidity over the meaning of the conflict between public and private duty.

Those who left lately spotted a sinking ship and can hardly be granted moral high ground on that account.

Those who stayed display the lame loyalty to their one rising star. Bill Vander Zalm in whose tarnished glow they basked until the

bitter end.

The Social Credit Caucus is dripping with raw eggs and continue to insist that everything is just fine thank you very much. The emperor truly has no clothes.

This gaggle of sycophants, people with more ambition than imagination, more brass than brains can at best offer the public their experience at election time. Experience in what, is the question?

How many of these continue to worship at the alter of private greed and public falsity?

How many of them believe that personal business profit is so inviolable a good that it can exceed the general good of the community they have been elected to serve?

How many of them believe that anything goes so long as nobody finds out about it?

It's high time that the virtues of "running the cash register" were replaced by the virtues of "running the store"

B.C. has problems far beyond the politically clever distribution of revenues from the rapid sell-off of natural resources. The imminent changes associated with ozone depletion, deforestation and rapid climatic change call for leadership ... as if survival mattered.

In our own lifestyles, in the conservation of natural resources (air, soil and water) and in the use of the democratic process it is time to stop looking for "something fantastic" and start looking at the truth.

In British Columbia we are running out of inventory in air, water and soil and now is the time to elect a government that will look after this, the real business of the people.

EARTHCARE AT WORK

Mill Creek is the focus of a clean-up and preservation effort aimed at garbage removal and fencing off cattle. A municipal composting facility is in the works. Earthcare and Henkel Orchards are commencing a three year transition to organic orcharding on an eight acre parcel in Glenmore.

The Annual General Meeting of the Canadian Earthcare Society is at 1476 Water Street in Kelowna on Thursday May 2, at 7:30 p.m.

UNSUSTAINABLE DEVELOPMENT

by Lauren Sellars, Okanagan-Boundary Greens

Please be aware of the effects our economic decisions have on our future. Our children depend upon us to protect the water, land and air.

In the Similkameen at Princeton Railex Incorporated continues to enjoy support from local politicians for a proposal to burn trainloads of coal and Vancouver's municipal solid waste.

We must all say "no" to Railex's plans. The burning of coal causes acid rain and dry deposition which kills forests and agricultural land. We must protect the ecosystem from these hazards because our economy is dependent on a healthy environment for tourism, forestry and agriculture.

There is no safe way to burn Vancouver's municipal solid waste. Transporting Vancouver's garbage to Princeton does nothing to encourage "at source" reduction of waste (plastics, packaging) or to encourage recycling programs.

Princeton Power and Light Company has an interesting plan involving smaller-sized hydroelectric dams on the Similkameen River. Small hydro-electric projects should be supported so long as they do not compromise the quality of the water or soil downstream and so long as they are developed to meet local needs.

HAVE YOU LOST YOUR VOTE?

A few months ago a new B.C. voter registration system was slid by. In the past we could register to vote on election day. No more.

Maybe some of us haven't registered to vote. Maybe we have been so angry and disillusioned with government that we have vowed never to vote again. After all, it only encourages them!

People who have been this angry are often people of good conscience who have changed their minds on election day and decided to give the system "one more shot". This time they will not be allowed to register. They will not be allowed to vote.

The man responsible for this significant initiative in voter registration is Mr. Elwood Veitch, a Zalmoid appointed to replace Finance Minister, Mel Cuvelier (who has since been re-incarnated).

Don't get caught on Election Day. Call your local government agent to make sure you are on the voter's list.

COMMERCIAL BACKCOUNTRY RECREATION ON CROWN LAND IN BRITISH COLUMBIA.

Deadline for submissions April 30th, 1991.

More sharing is in the works, folks. You know all of that untouched and totally unproductive backcountry where nothing economically viable has been happening for eons.

Well, The Ministry of Crown Lands wants to know how (not whether), we can get some more of this economically decrepit wilderness working for the social and economic good of the people of B.C.

Get your copy of the working paper by calling Crown Lands at 828-4800 in Kamloops, at 426-1414 in Cranbrook and by mail at the Ministry of Crown Lands Land Policy Branch, 3rd Floor 4000 Seymour Place, Victoria, British Columbia V8V 1X5.

MAKING THE NEWS

Looking for a good guide for yourself or your group's publicist, Networking for Change recommends The West Coast Environmental Law Research Foundation, Guide to using the media. Contains a handy list of radio and television stations in B.C. You can augment the daily newspaper list with a photocopy of the Weekly Newspaper lists contained in the Canadian Almanac and Directory which is in every library. Send \$5.00 to The West Coast Environmental Law Foundation,

The Ferry County Barter Fair

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SCIENCE AND THE ENVIRONMENTAL CRISIS

A long-standing criticism of environmentalists has been that their claims about deteriorating conditions on earth are short on science.

In an effort to pooh pooh claims that the Greenhouse Effect was a real danger and that we have a water supply problem I've heard a retired scientist describe how air, water and soil persist in some form always on the surface of the planet. So why

Yes, air, water and soil persist in some form on the planet always. How human beings use these definitely impacts on the delicate processes which sustain life.

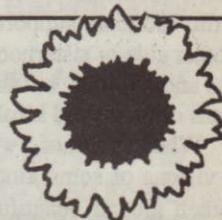
With an unhappy combination of science and greed, humans indulge the notion that we are superior to, and evolve apart from, every other life form. This view is a vanity and science is it's handmaiden.

It is not unfair to point out that the majority of working scientists serve biotechnical, chemical and military-industrial concerns.

These scientists are wont to point out that outspoken activists in the environmental movement are not, after all, scientists and it has to be admitted that there is something appealing about the sublime indifference of the scientific mind.

However, when one has decided to stand up for life, for our own species and for the rights of other life forms it is difficult to observe the present crises as simply the natural process by which a species renders itself extinct. ♦

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Focus on Women

Editor
Laurel Burnham

We have met the enemy and she is us.

I have had some painful experiences in my relationships to women lately. And the pain I feel I'm sure is directly proportional to the growth I'm experiencing. I realize that I assume a great deal. I trust them. I believe them to be my ideological contemporaries, with the same perspectives on the world, the same social values, the same goals. And some of us probably do share some or all of these realities. But a lot of us don't. In my own idealistic myopia, I secretly want to call every woman sister. In fact, I'm still looking for her, the sister I never had. I want all women to be sisters, in the wonderful warm, intimate, supportive sense of the word. I'm sure there is another side of sisterhood, the struggles, the jealousies, the bitterness and quarrels, but the underlying sense of connectedness, the bonds of blood and kinship are always there.

When I think of "women's liberation" it has always conjured up visions of some kind of shining city in the future, where the women are all beautiful and strong, empowered and laughing. Sisters, Goddesses, all. But the dream is quite different from the reality. There is occasionally strength and beauty, but the laughter and empowerment are still for the most part illusive for us all. It's hard to become something you have never known. Just what exactly is a "liberated woman" in the fullest, truest sense of the word? Power and strength are still, even in the women's movement, defined in the terms we have learned them; manipulation, force, coercion, the ability to argue, conflict.

I feel sometimes that as feminists, we are participating in some kind of intellectual exercise in which we somehow set ourselves apart and above the "average" woman, to try to bring enlightenment and liberation to our communities. Often, in my experiences to date, this flexing of mental muscle is virtually disconnected from the exercise of another essential part of ourselves... our hearts. In our rush to prove to ourselves and the world at large that we are equal in all things to our male counterparts, we have often fallen into the trap of becoming that which we supposedly despise.

A favourite past-time that (mea culpa, I confess to having participated) women indulge in, on occasion is to complain about men and their general lack of awareness. In one such typical conversation these complaints could very easily be voiced: Men don't talk about their feelings. Men don't have any feelings. Men are isolated. Men are competitive. Men are uncomfortable with intimacy. Men are evil, brutish, violent, insensitive and totally unredeemable creatures. Men are unquestionably the problem and therefore the enemy. However, all of these despicable features are not the sole province of men. Indeed the arbitrary assigning of these qualities to the male gender is sexist behaviour in the extreme.

One of the supposedly male qualities of competition is very much alive and well among women and present in the women's movement, among feminists. Competition among women is pervasive and deadly. Part of it is as result of our conditioned responses, the fact that our particular political socio-economic order is based on competition, and because of this conditioning, competition is a more familiar route to take than the less charted course of co-operation and consensus. Ah yes, consensus. Oh brave new world where consensus is the catchword, the magical phrase that all feminist organizations and environmental groups use to describe their decision-making processes. What passes for consensus, is, I am afraid, a very poor and pale imitation of the real thing. Often times, I have seen "consensus" reached after either sheer exhaustion has set in, or where we in fact are very busy being "nice" when in actuality the meeting is aswirl with unspoken and suppressed emotional energy (particularly the case with women's groups), and as a consequence, the end result is often failure. When we are particularly task oriented, as is often the case when struggling for funding, or trying to change the planet overnight, we ignore what is euphemistically termed the "touchy/feely" aspect of group process; which means forging the bonds of trust and confidentiality, of caring and compassion and respect that are essential to the establishment of true consensus and co-operation. Given that we are trying to make a new world in which every life has value, and every act has significance, in which the whole is greater than the sum of its parts, then we must take into account that each one of us bring to every encounter... whether meeting or ritual or Sunday picnic... a complete collection of ideas, thoughts, feelings, dreams and despair... Because rugged individualism has not worked, but left so many of us stranded in despair and grief, I believe that we come to the group process with the hope that we may be healed, and that in co-operation we may actually begin to affect the changes we so dearly wish to see. Many of us spend a great deal of our modern lives in meetings. And how much do we actually accomplish?

The greatest obstacle to the advancement of women is women themselves. We are our own worst enemies. We are, after all, the majority. Why is it we are still economically disadvantaged, and rapidly becoming poorer? Why aren't there free daycare centres on every block and why are we still not safe in our homes or on the streets? Because we have not enmasse demanded these things. Because we have not acted as a group. Because we have not acted as if we believe in our own value... that we are equal to men, in every way. We have not learned to trust each other, and with good reason. We are as yet crippled by our own perceptions and judgements, and our own unwillingness to activate the spiritual component missing in all our lives. The women's movement has often been accused of being racist, a movement that has greatly benefited white middle class women. Unfortunately I believe this to be true. There are a great many women not served by Women's Centres or by the Women's Movement directly and many of them are people who could benefit greatly from a supportive network of women..., mothers, single women, older women, poor women, young women, native women, disabled women. We do not see ourselves as connected, as related... as essential to each other.

An appropriate description for the victimization of women by women is horizontal violence. It is easier to attach another woman if you are a woman than to see to the root of your situation, the fact that we have surrendered our power for centuries, lock, stock and liberty. We have colluded in our own oppression. One of the greatest things one woman can do for another is to expand her sense of

possibilities. Another is to support each other in all our endeavours to grow and change and to become more.

One of my fonder, wilder fantasies is to participate in a day-long general strike of all women in North America. Just one day. Northern America would come to rather an abrupt halt. No schools. No stores. No telephones. No buses. No taxis. No restaurants. No banks. No supermarkets. No bars. No dentists or doctors offices. And what would we strike for? Why stop the world for a day? For equal pay. For universal daycare. For an end to poverty and hunger and exile and homelessness. For an end to the destruction of the planet. For love of ourselves and each other and the life that we bear... International Women's Day would be appropriate. Easy to remember. It would be an amazing act of solidarity. An amazingly empowering act for all women. A wonderful exercise in dropping the distinctions, the judgements, the competitiveness, the lack of trust and compassion that so badly divide us. Just think. Upper-middle management women in linen suits dancing in the streets with bag ladies. Mary Collins and Barbara MacDougall with lapfuls of sticky toddlers. SuperValu cashiers disguised as Nellie McClung, Emmy Pankhurst. Sitting down to find out what consensus really is. Joy rising up like smoke. Change dancing with the wind. This is a serious fantasy, folks. If you're interested, write to me, care of Issues.

Until that day, when we can truly join hands and call each other sisters, I have vowed that I will never again devote myself to a group of women (or men) where there is not what I would call an agreed upon spiritual purpose for our coming together, the force or the love that binds us all, that is at the centre of all things. For my heart, as well as my head, needs to be fully engaged in order to travel to that beautiful shining city of my dreams.

CHARGE OF THE STAR GODDESS

I who am the beauty of the green earth,
and the white moon among the stars, and the
mysteries of the waters
I call upon your soul to arise and come unto me
For behold, I am the soul of nature
that gives life into the universe
From me all things proceed and unto me they must return.

Let my worship be in the heart that rejoices
For behold, all acts of love and pleasure are my rituals.
May there be beauty and strength, power and compassion,
honesty and humility, mirth and reverence within you.
And you who seek to know me, know that your
seeking and yearning will avail you naught, unless you
know the Mystery:
For if that which you seek, you find not within
you will never find it without.
For I have been with you from the beginning
And I am that which is attained at the end of desire.

Starhawk

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Nora Specht of Castlegar, B.C.

3rd Prize...2 Festival T-Shirts...was

Mavis Chato of Grand Forks, B.C.

Many thanks to everyone who entered...it was Great Fun!



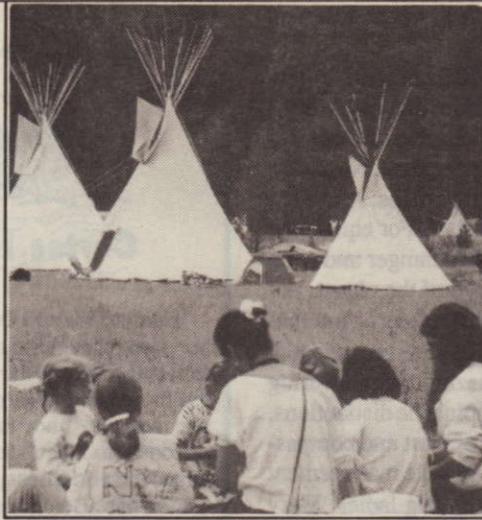
In 1984 the Native Red Cloud who then resided in Edgewood had a vision which compelled him to hold a Gathering each summer solstice dedicated to the RE-BIRTH OF MOTHER EARTH AND SELF. According to Red Cloud's interpretation of his vision, there is as much spiritual as physical pollution our planet, one is as devastating as the other, and the physical pollution has been caused by the spiritual self and a renewed Mother Earth.

In his booklet "Vision and Reflection" Red Cloud says: "It is up to each individual to contribute to a spiritual pollution we will amass our forces and create a positive energy that is greater than the prevalent destructive negative one. We need such energy for a re-birth of Mother Earth and our spiritual selves."

"So let us keep this energy flowing one to another in a chain reaction. Let us reach out to the world leaders. Let us spread to every corner of the earth. Let us stop spiritual pollution!"

"Let us also work in every way possible to stop physical pollution, so that, together with the spiritual energy, we may create a world once more green and beautiful, with pure air, sparkling clean water, and all beings happy and healthy. Let us work to bring the world back to the way it was given to us!"

Red Cloud expressed our innate longing for a return to



RE-BIRTH OF MOTHER EARTH

by Hermann Harlos

humanity's purestate which was first lost to "civilized" culture about 7000 years ago in Mesopotamia.

Fortunately, some people still keep the world the way it was given to us. Mother Earth's keepers are her few surviving, indigenous cultures!

The indigenous culture of the North West Pacific area of North America was overpowered by the European conquerers only about 100 years ago. Although suppressed by European culture, Native culture remained active and is now undergoing a strong revival.

Red Cloud saw the spiritual and physical re-birth of Mother Earth and self in finding our spiritual essence and source, in re-discovering Native culture and adapting it to a modern context, and in a harmonious sharing of spiritual wealth between the Native culture and the many immigrant cultures of North America.

Red Cloud died in 1987, but the annual Gathering founded by him remained. The 1991 Re-Birth of Mother Earth Gathering will again be held over the long Canada Day weekend from June 27 to July 1 at the traditional Gathering grounds on Whatshan Settlement Road of Highway 6 near Edgewood, B.C.. The unstructured, events occur spontaneously and will be duly announced. Let us join in joy and harmony to amass our spiritual powers toward a re-birth of Mother Earth and self!

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The **EN'OWKIN CENTRE** of Penticton is an educational centre for the six Okanagan bands of British Columbia. The aim of this centre is the general development of Native culture. What fascinates me about it is their **SCHOOL OF WRITING** which is exploring the unique literary forms emerging from the Native oral, cultural tradition.

Thinking is shaped and limited by language. The destructiveness of Roman/Western culture is entrenched in its languages. Our words and concepts divide, our language is linear and divisive, which tends to make our actions linear, divisive and destructive. Western language is devoid of circular or wholistic concepts and words.

Not so with Native language which is full of circular and wholistic concepts. Take the word EN'OWKIN the Okanagan word which was used as the for their education centre. EN'OWKIN means: collective creation: tribal creation: making together: creating together. There are many more wholistic words in the Okanagan and other Native languages. This difference between words in the Okanagan and other Native languages. This difference between their and our languages is rooted in the difference of consciousness.

The Consciousness underlying Western culture is individual consciousness. We see ourselves as individuals separated from other individuals and the world. We suffer from that separateness, and make up for it by revolving the world around the separated individual which we think we are, thereby isolating ourselves from the world and its beings. The thoughts, words, concepts and actions of our culture are egocentred, divisive and destructive.

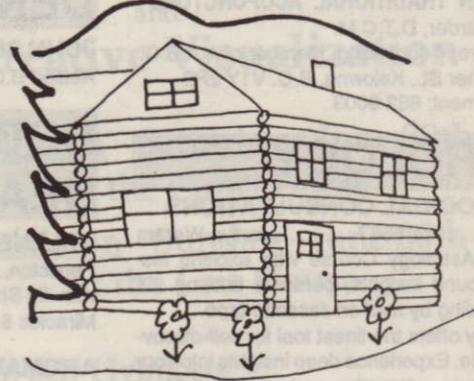
The consciousness of Native tribal culture, on the other hand, is tribal consciousness. Members of a tribal culture see themselves not as separate individuals but as individuals united into a tribe. To think for the tribe, to act for the tribe, to exist for the tribe, to actually think of themselves as the tribe rather than the individual is the outstanding feature of tribal consciousness. But there is more to Native culture.

The spiritual consciousness of Native culture sees and experiences a cyclical and circular way of being, the interconnectedness and unity of all life. All matter has spirit, and every physical being is also a spiritual being. There is no separation between physical and spiritual, and no dividing lines separating one being from another. In Native culture, an individual does not exist. The feeling of individual separateness and isolation which plagues Western culture is not part of Native culture.

Paradoxically, Native culture allows, even promotes, individual uniqueness. Native culture sees in every individual and every being, animate or inanimate, a unique expression of the Great Spirit. The Creator is in every being, and expresses ITself uniquely through every being. This makes the Native culture into a creative culture.

Because Natives see themselves in everything they observe and experience, their self transcends the individual self. This transcendent consciousness is created and maintained through the telling and re-telling of mythology, and through participation in ritual and ceremony, during which the transcendence of the individual self and the

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unity with the spiritual world and other beings is actually experienced. Native spirituality is taught not by dogma but by direct experience, which is far more effective and persuasive than indoctrination.

I think that we, the Canadians of European origin, sorely need the wisdom of Canada's aboriginal culture. I think the developed world desperately needs the wisdom of the few surviving indigenous cultures. We may think and write about spiritual renewal and a greening of our planet, as I do in this article, but these are just words. Although some of us practice what we say, the practice is not general, is not alive in our culture, is not a functioning, everyday part of practical, everyday culture.

But the Native culture in our corner of the world is still functioning. The spiritual renewal which we envision, the greening of the planet which we hope and work for is still practiced daily in a working, preserving, earth-connected, spiritual culture: **NATIVE CULTURE.**

So let us ask our Native Sisters and Brothers to forgive us all those terrible wrongs that our ancestors have committed against theirs. Let us do our best to right these wrongs as much as possible. Let us openly acknowledge the superiority of their culture and tell them that we need their practical wisdom to survive. Let us humbly ask them to share their culture with us.

All My Relations,
Hermann

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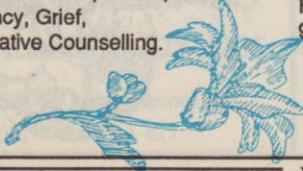
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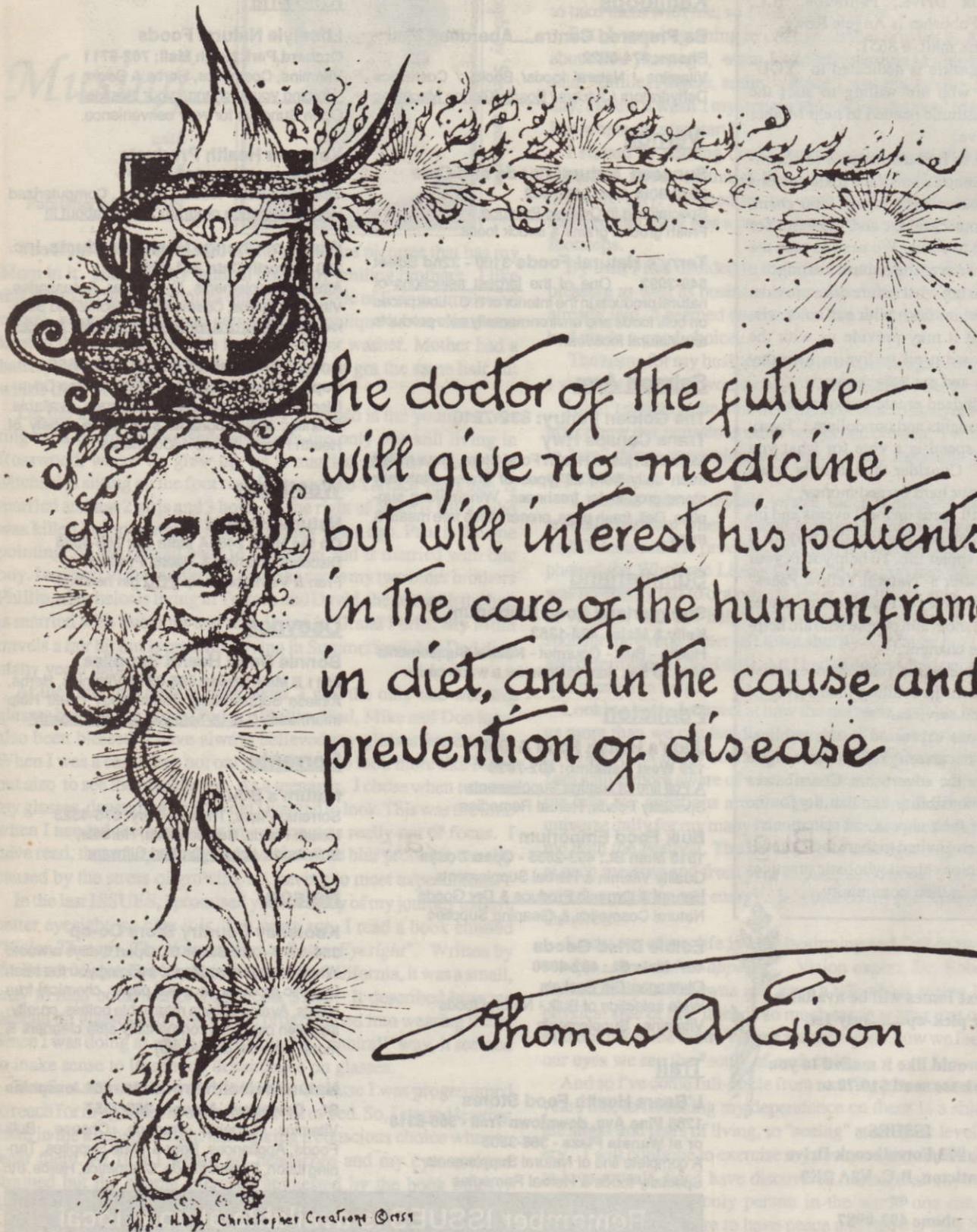
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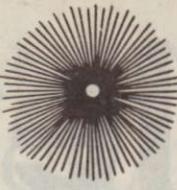
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