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# ISSUES

MAGAZINE

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Consciousness Raising  
Environmental Concerns  
"The Natural Yellow Pages"**



Ring the Dinner Bell  
to find out more...  
Read Musing....page 4

**July / August 1991**

Volume 2 - Number 4



# Meditation on Tape: Enlightenment made Easy

*"In Brother Charles' company, a peaceful and elevating presence opens the window of the moment onto an eternal forever"*

When we experience Brother Charles, we are encountering a rare and extraordinary phenomenon, for he is one who revels in an expanded and elevated energy dynamic that is known as Source consciousness awareness.

Most people whose lives he has touched had no idea they would ever enjoy such an enlightening experience. Many were only casually interested in meditation and most had little understanding of meditative transformational lifestyle within the context of a master-disciple relationship. Yet, people are drawn to him because being in his presence (expanded energy dynamic field) catalyzes a correspondent experience of enlightening elevation in themselves. In his presence, meditation becomes a spontaneous happening. People describe it in different ways. For some it is a deep saturation of peace and the experience of unconditional love. For others it is euphoria, bliss and the enhanced awareness of Source consciousness. No matter how it is described, the underlying theme is always a state of expanded consciousness awareness.

Brother Charles calls it Source...the play of equality consciousness. He teaches that all is One, one Reality, one energy, one consciousness manifesting in myriad forms. It appears as both macrocosm and microcosm, the universe and the individual, yet it is also transcendent and non-dual...the One without a second.

In the tradition of enlightening mastership, he asks us to consciously address life as a challenge to evolutionary growth and transformation, an ever-expanding awareness of the Oneness of all and everything as Source, as God.

He advises us to begin within-ourselves, to journey to the center of our own being, the shrine of our own heart and to explore the ever-expanding experience of ourselves as Source. He offers the meditative art and science as the technology for this exploration.

Brother Charles is a contemporary American non-sectarian monk. His life from his earliest years, has been marked by spontaneous paranormal experiences of expanded, heightened and transcendental states of awareness and he has continually explored a contextual understanding of his dynamically transformational life. His formative education was in the creative arts with emphasis on comparative religion and philosophy.

For twelve years he was in close association with Paramahansa Muktananda, one of the most noted and acknowledged Eastern mystics of our time. He was extensively trained, both intellectually and experientially, in orthodox philosophical contexts, initiated as a Vedic monk, and experienced continued dynamic consciousness awareness expansions and transformations through meditative art and science. His focus on contemporization continued throughout this traditional period as he formulated the roots of The Synchronicity © Experience.

His empirical sound technology effects a precision interaction of the brain hemispheres. This balancing or synchronization expands brain function and becomes the door to paranormal states of human experience. Related to the memory storage area of the brain-mind computer and combined with subliminal processing, a precision technology of behavioral modification is evolved. From stress reduction to enlightened experience, each modified behavior is gradually unfolded through this high-tech, empirically based approach to human growth, transformation and evolution. Brother Charles Synchronicity © Soundtracks are well-known and acknowledged for the transformative experience they unfold from Alpha through Delta, from light relaxation to deep transcendental meditation.

Brother Charles' seeming abandonment of traditional, orthodox, the religious contexts in favour of contemporary, high-tech approaches to human growth and transformation, have made him one of the most controversial spiritual leaders of the New Age. Yet, the tangible, experientially validatable result of his work has caused many to regard him as a genius in his field.

Brother Charles and The Synchronicity © Experience have been featured in the Washington Post, The Los Angeles Times, Omni Magazine, and The CBS Morning Show. Places he has presented special programs include: The World Health Organization, The National Institute of Health, Columbia, Oxford, Tel Aviv and Bombay Universities, Westminster Abbey, The United Nations and the Vatican.

*And now is your chance to meet Brother Charles in person. He will be in the Kelowna, September 18 & 19th and Kamloops 20 & 21st. Please see ad for details.*



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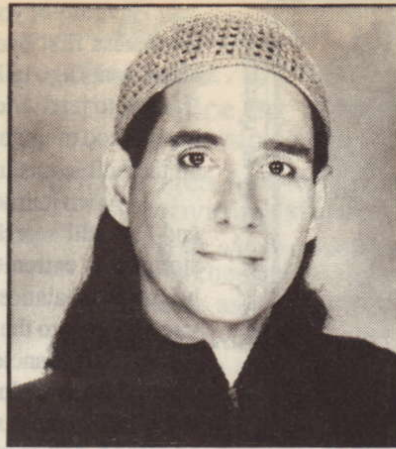
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**September 20 & 21** ....Friday & Saturday in **Kamloops**  
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for more information please phone .....**Larry in Kamloops: 828-7930**



# Musing

with  
Angele

Publisher of ISSUES



Photograph by Steve Tomlinson

This is a healing journey  
This is a sacred path  
A path that leads us inward  
To dance the sacred dance

This is a healing journey  
We walk it one by one  
Each woman and each man alone  
To the sound of the distant drum

This is a healing journey  
It winds a stormy path  
Through fear and joy and anger  
Sorrows from the past

Life is indeed *a healing journey* ...if you want to know the rest of the words to this wonderful song you can hear it sung by our very own Ann Mortifee...her latest album is available through Caravan Books in Penticton or by ordering it from Katmandu. Ad on page to the right. Many thanks to Rhonda, for sharing this expressive tape of new thought for understanding death and disease.

This month's front cover is a photo of me making a little music,...ringing the dinner bell with an old gong that was found by my dad. You could hear that gong for miles and the wonderful tones made announcing meal times easy: we lived on a 160 acre farm and there was no telling where all 10 people might be at any given time. We homesteaded at Rosswood, just north of Terrace, on the way to the Nass Valley and the Lava Beds.

Writing this column every second month must be part of my healing journey...I do enjoy it, but at the same time, it takes a lot of time and concentration. My focus in putting out ISSUES and this column is to share information with you...so that your journey will feel a little less lonely and a lot more supported. Your journey may not be any easier than mine but today there are many knowledgeable and qualified practitioners available and willing to guide you in that eternal search for health and happiness.

There are also many bookstores springing up which can help. Did you know that Penticton now has a Metaphysical and Healing Bookstore and that Kamloops started one last month? Kelowna has Books and Beyond and Nelson has Oliver's. Do check them out...they make the journey much easier.

Modern medicine, limited as it is with time and knowledge, should be used as a tool, not a crutch. Rather than depending on doctors to tell us what our body needs, we need to get in touch with our own body ourselves. Health is very complex and there are at least 3000 variables that can create any given condition.

We must view *dis-ease* as a gift for getting us in touch with our inner selves. My observation is that most humans need to be taught by pain. I know that pain is a great teacher but so too is intuition. My goal is to be in better health when I'm 60 years old than when I was 20, for I was not born with perfect health.

Have any of you realized that all the great teachers on health and awareness first become involved for health reasons? I remember many years ago talking about nutrition with a lady who said to me, "I used to read Adelle Davis but when she died of cancer, I figured her method of understanding health wasn't worth knowing." What an incredible misunderstanding!

My own journey towards better health started twenty years ago and I'm still searching for the answer. I'm involved because my stomach is extremely sensitive. I'm still not sure what threw my body out of balance but every day I learn a little more and weave that knowledge into the overall picture. Food combining is fascinating. Ayurveda, the ancient health science of India, and the Five Element Theory from Chinese medicine are both incredibly informative sciences that make sense and can teach us simple ways to understand how food, nature, and emotions all affect our health.

Proper digestion is the key to good health, for without it the body doesn't get the needed building materials. So here are a few tips that I'm sure you have heard before but are well worth repeating. ...*Slow down...stop whatever you are doing and thinking when you eat...your body only performs one task well at any given time. For me, that was a tough lesson to learn. I was used to eating on the run, nibbling at my desk or grabbing just half a meal. Sooner or later poor eating habits catch up with you and you reach for the Digestive Aids which confuses the stomach.*

...*Make 30% of your meal raw vegetables, the enzymes will help to digest the cooked food you consume.*

...*Eat till you are 80% full: leave room for the stomach to swirl and churn the food.*

It takes time to drop old habits and enforce new ones and it would take more pages than I have available to tell you all I have learned. Besides, your journey is different from mine and so are your problems. The key is to learn to listen to your body, especially to that subtle, quiet voice that can guide you to your teacher or healer.

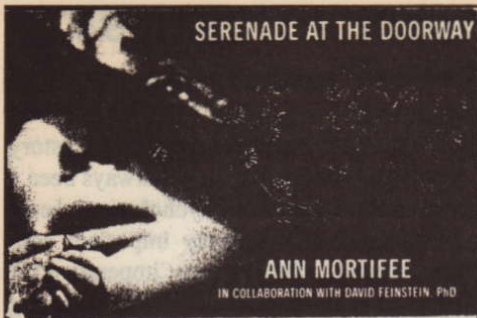
One of my big breakthroughs came when I went to a naturopathic physician about 7 or 8 years ago and he told me I was addicted to peanut butter. I couldn't believe he was right! How could this perfect protein food for kids be causing me problems? It was a very tough month but I learned to go past the peanut butter jar without putting my finger in it. Later, I read that peanuts are one of the hardest foods to digest. Since then I have given up meat, cheese, eggs and most dairy products for the same reason. It was a slow process, and I did it one item at a time...but today I feel better than ever and I have proven to myself that needing animal protein in your diet is a myth. And what about Mother Nature? Raising cattle takes a lot of resources, land and water. I would prefer to take longer showers than to eat hamburgers. John Robbins' book *Diet for a New America* explains it all.

Our bodies can only take so much before they start to break down. So if dinnertime give you a pain in the belly, start your search. The answers are out there and knowledge, however gained, is a great gift. I thank the universe for giving me the opportunity to discover the complexities of my own body and the time to share my journey with you.

*Love & Smiles Angele*

*It's time to get committed and start Co-operative Health Care Centers where people can be taught skills in preventative medicine. We need to maintain our health instead of destroying it through ignorance and then billing the medicare system to help rebuild it. If you would like to see a Wellness Center started in your town, write to ISSUES.*





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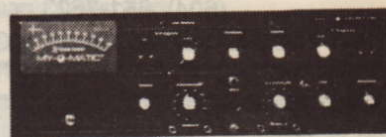
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## Self-Esteem & Business

Nathaniel Branden



We have reached a moment in history when self-esteem, which has always been a supremely important psychological need, has become a supremely important economic need -- the attribute imperative for adaptation to an increasingly challenging and competitive global economy.

We have shifted from being a manufacturing society to being an information society. We have witnessed the transition from physical labour to mind-work as the dominant employee activity. We now live in a global economy characterized by rapid change, accelerating scientific and technological breakthroughs, and an unprecedented level of competitiveness. These developments create demands for higher levels of education and training than were required of previous generations. Everyone knows this. What is not understood is that these developments also create new demands on our psychological resources. Specifically, these developments ask for a greater capacity for innovation, self-management, personal responsibility, and self-direction. This is not just at the top. It is asked at every level of a business enterprise, from senior management to first-line supervisors and even to entry-level personnel.

A modern business can no longer be run by a few people who think and many people who do what they are told (the traditional military, command-and-control model). Today, organizations need not only an unprecedentedly higher level of knowledge and skill among all those who participate, but also a higher level of personal autonomy, self-reliance, self-trust, and the capacity to exercise initiative--in a word, self-esteem. This means that persons possessing a decent level of self-esteem are now needed economically in large numbers. Historically, this is a new phenomenon. Self-esteem is an idea whose time has come.

Author of 11 books, including "The Psychology of Self-Esteem," "The Psychology of Romantic Love," "Honoring the Self," and "How to Raise Your Self-Esteem," Dr. Nathaniel Branden is a psychologist in private practice in Los Angeles.



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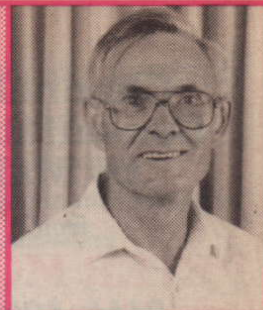
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by Hank Pelser

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## Towards Human Perfection

The average human being of today gives a great deal of thought, and applies a great amount of energy, to attain high levels of material welfare. But notwithstanding even success in this endeavor, there is yet much unhappiness, discontent and misery pervading the lives of people. Why is this? It is the result of unbalanced application of effort. The human existence consists of two planes of existence, the material and the spiritual, and both of these are important and essential for the harmonious well-being of the individual. A bird needs two wings to fly with, so a human being needs two wings of existence, the spiritual and the material, if either is neglected for the other, such a life becomes unnatural. Neglect of the material existence results in poverty and in sickness, and neglect of the spiritual, which is the case with most of us, results in the horrors of man-made diseases and sufferings. To correct this we need to bring back balance into our lives.

According to the teachings of The Shri Ram Chandra Mission.... God is simple and therefore the way to reach Him must be simple. The mind is the key instrument and with proper meditation and practical guidance and support of a Spiritual Master, one can evolve to the Highest.

It is generally believed that meditation requires a lot of preparation. Sahaj Marg on the contrary says that meditation is a simple thing and it does not require any preparation. In fact meditation alone can prepare the mind. In meditation, mind is not controlled but regulated. The mind is brought to bear upon a single subject, and disturbing and intruding thoughts are allowed to drop off by non-attention. Non-attention is the greatest weapon to avoid thoughts, as thoughts without human attention have no power. The mind, there-

## New Age Services

Born in Salzburg, Austria, Claire came to Canada in 1956. She started her adult life as a teacher of French with a B.A. from U.B.C. and a certificate in French acquired at the Institute Catholique in Paris, France.

In 1986 she concluded an M.A. degree in linguistics at Simon Fraser University.

In 1980 however she realized that her great sensitivity to people's energies and vibrations made it increasingly more difficult to teach in a traditional school system setting. There was too much mixed energy released in a classroom.

Psychics told her that she was clairsentient and could develop that God given gift to help others. She began to research deeper into the field in parapsychology. She took courses in astrology, reading the tarot, psychometry, and mediumship.

She began using her gifts to help friends become more aware of who they are and how they respond to life, also what type of situations they would likely have to respond to in the future. Her success among her friends and their encouragement to offer her gifts to others made her decide to found New Age Services.

In the fall of 1990, Claire began to explore the possibility of developing her gifts further by using them to do readings in Psychic Fairs. This spring, she spent 14 weeks on tour with the Psychic Fairs that moved through Western Canada and the Western USA. Her astrological, tarot and rune readings were very well received.

At the Fairs Claire also promoted the health foods that helped strengthen her physically. She strongly recommends an integration of spiritual and emotional well being with good physical health in her wholistic approach to helping people. The name of her new business: New Age Services, tries to capture the essence of her own open approach to giving people service. It is in that spirit that we present yet another profile of one of the many people who are already working in the true humanitarian spirit of people caring for people.

*Claire lives in Kelowna. To contact her please see her ad below or her listing in the Natural Yellow Pages.*



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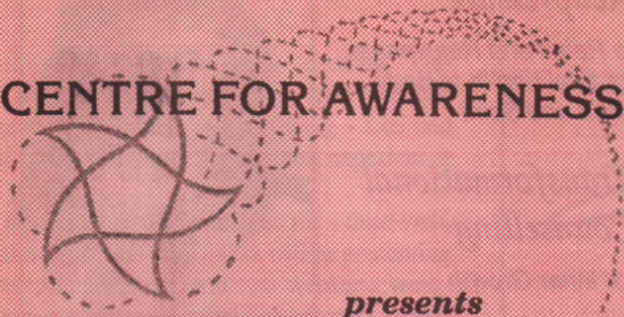
fore, is not being destroyed, but it gently diverted to communicate with the Ultimate.

Once a state of spirituality elevated consciousness pervades the individual self, normal worldly life goes on while spiritual progress also follows hand-in-hand, thus bringing into play harmonious and balanced development of the human being in the twin fields of existence, finally culminating in our achieving the goal of human perfection.

*If you are interested ...the president and spiritual master  
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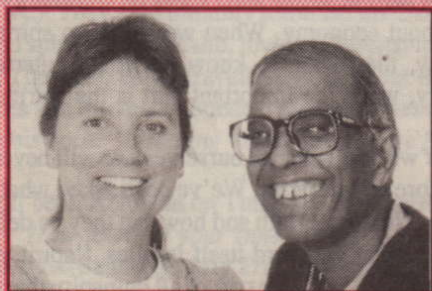
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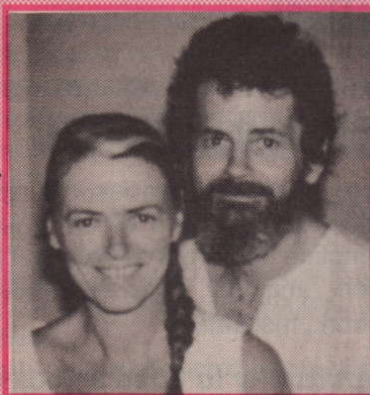
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*for Inner Growth*



Photograph by Steve Tomlinson

*Arlene Lamarche, R.N. Penticton 492-0580*

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# Spirituality.. Universal Truth

It's such a wonderful and confusing time we live in. We meet hundreds of people who say that they realize the state of things and how, if they had the opportunity, would make a difference in life. But would you really? Or rather is it one of those things that is left unsaid such as, "I would make a difference so long as I didn't have to do anything". The reason you say this is because you can make a difference if you really want to, you need only to decide now that you really are going to try.

Oh, God, here they go again, "spirituality I suppose". The Himalayan masters say that if we would only apply one tenth of our lives to serious thought about our own spiritual search we would make major changes in society and turn it around from living below survival to becoming in light of. We all know that our souls are screaming to be released but we'll wait for when the time is right, that way we can wait forever (maybe).

When Geraldine and I speak on spirituality and economy, most ask about economy. When we speak on spirituality and our new society, they want to know about the internal workings of the society, when the important part is the spirituality and Universal truths.

If we don't change ourselves, we will never change a thing and therefore self-destruct. We've been asked what exactly is spirituality and Universal truth and how can they be defined? Spirituality is exactly what the word itself implies, "spirit you", as opposed to "mortal you". It's the part of all humanity that no matter what your character, can define the difference between right and wrong and gives some of the us the courage to live that right and seek answers as to LIVING it against all adversity. In essence, spirituality is bringing forth the spirit in you to overcome the mortal programming from others.

Universal truths are laws of the spiritual universe which, unlike mortal laws, are never changing. They always have been, they always are, and they always will be. One of the laws is reaping what you sow. Sow hatred and it is returned tenfold. Sow LOVE and we can change the world.

*Thomas and Geraldine do ongoing workshops throughout Canada and USA. Please see ad for details.*



# Listening

a way of life

with Lee & Vikki Coit

If you are searching for a "missing" element in your life or wondering how you can increase your feeling of well being - Lee and Vikki Coit would like to share their experiences with you.

Returning to the Okanagan for a third visit, Lee along with his wife Vikki will be presenting a lecture in Kelowna and two weekend workshops at the tranquil Idabel Lake Resort in July and August.

A typical American businessman over ten years ago, Lee experienced a deep yet vague dissatisfaction with his life. As a result, he embarked on a search and what he discovered has truly revolutionized his outlook in the world and his own personal beliefs and experiences. Vikki, a social worker and psychotherapist, was an addictive eater for 23 years and also discovered a way "out" and freedom from overeating.

Central to their lectures and seminars is the subject of inner listening--that ability within each of us which, when developed, enables us to hear our spiritual inner voice. Our inner voice, Lee says, provides a natural knowing which can be depended on for guidance each moment of our daily life. Quite apart from intellect, reasoning and personal judgement in which we believe we have to do or figure something out, inner listening simply asks that we release these beliefs of personal responsibility and allow our mind to become quiet. In this silence, the wisdom of our inner guide is heard.

Lee and Vikki depend completely on inner listening in their daily lives. They both live and work at Las Brisas, a spiritual community and retreat center located in Rancho, California (south of L.A.). They give monthly seminars on Listening to Inner Guidance as it applies to daily and spiritual life, health, loving relationships and compulsive eating and other addictions. They also enjoy travelling throughout the world and share with others their experiences and interest in oneness and wholeness. Many of Lee's experiences can be found in his book "Listening - How to Increase Awareness of Your Inner Guide."

Lee and Vikki will be in Kelowna on Thursday, July 26th for an introductory talk on "Listening" and "How to Hear your Inner Voice" 7:30 p.m. at the Okanagan Mission Activity Centre. On Saturday, July 27th they will facilitate a seminar on "Loving Relationships" at the beautiful Lake Idabel Resort Conference Centre, just a half hour drive from Kelowna on Hwy 33. Participants will explore the secret of having fulfilling relationships without losing, compromising or giving up themselves! Camping accommodation and dining facilities are available for a weekend away or people can just drive up for the day if desired. A catered buffet lunch is included in the fee.

The next day, Sunday, July 28th, Vikki Coit, MSW will conduct a special one day workshop called "Be Your Perfect Weight Forever!". Again this will be held at Idabel Lake Resort with lunch included in the fee. This is a unique approach to eating addictions that will teach people how to achieve and maintain an ideal weight without dieting, deprivation or exercise! In fact participants are asked to bring with them their favorite addictive foods. In this workshop, you can have your cake and eat it too!

For information on these events and to pre-register, please call Tammie O'Rielly in Kelowna at 764-4032.

# Listening

a Way of Life

with Lee & Vikki Coit  
from California



*How to Hear Your Inner Voice* Evening Talk

**Thursday July 25<sup>th</sup>, 7:30 pm \$10.00**

Okanagan Mission Activity Centre, Kelowna (4398 Hobson Rd, next to Sarsons Beach)

*Loving Relationships Without Compromise* Mountain Retreat Seminar

**Saturday July 27<sup>th</sup>, 10 - 4 pm \$75.00 before July 15<sup>th</sup> \$85.00 after**

Idabel Lake Resort Conference Centre (49 km from Kelowna, East on Hwy 33)

*Be Your Perfect Weight Forever!* Day Workshop with Vikki Coit, MSW

**Sunday July 28<sup>th</sup>, 10 - 4 pm \$75.00 before July 15<sup>th</sup> \$85.00 after**

Idabel Lake Resort Conference Centre (1/2 hr drive from Kelowna)

Your fee for a day-away includes a catered buffet lunch! Or make it a weekend affair - serviced campsites, cottage, lodge and dining facilities available.

**For more information and to pre-register, call Tammie O'Rielly, 764-4032**

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### Discover Polarity Therapy August 22, 23 & 24th

A packed weekend intensive that introduces you to the comprehensive role of Polarity Therapy in healing the whole person. You'll learn the theory and hands-on techniques that give you the complete skills of the "General Session." This includes cranial-sacral balancing, the importance of therapeutic breathing, chakra work and much, much more. For practitioner and beginners alike. Discover the energy laws that govern your health.

Tuition: \$220      Previous Students: Half Tuition  
Thursday 7-10 pm ....Friday 10-6 pm ....Saturday 10-5.

**Pre-registration required. Limited enrollment.**  
**Call coordinator Linda Vanderlinde at 764-8762.**  
**Limited sessions available.**

## OKANAGAN CENTRE FOR POSITIVE LIVING

### Summer Schedule

Services are held every Sunday at 11:00 am  
at the Village Green Hotel, 4801-27th St., Vernon.

### July Theme.....Discover Religious Science

- Sunday 7th    What do You want
- Sunday 14th    Science of Mind & Me.
- Thurs. 18th    Back to Basics (7:30 - 10 pm)
- Sunday 21st    Ernest Homes - Genius!
- Thurs 25th    Living with the Law (7:30 - 10 pm)
- Sunday 28    Spiritual Mind Treatment

### August Theme.....Happiness Now

- Sunday 4th    One means All
- Sunday 11th    Live your Bliss
- Thurs. 15th    Value of Risking
- \*\*\*    Guest Speaker from Calgary CPL  
          **Dr. Arleen Bump (7:30 - 10:00)**
- Sunday 18th    Love beyond Love
- Sunday 25th    Here we Grow again

**IT IS WITH GREAT PLEASURE THAT THIS WORK BEGINS!!!**

For more information call:

Leader & Licensed Practitioner **Lloyd Everett Klein**  
OK Centre for Positive Living...Box 1556, Vernon, V1T 8C2  
or phone.....549-4399.



## Polarity Therapy

with Margaret Lambert

As with many healers, Margaret's path began with her own wounds. She suffered from pervasive migraine headaches with all the physical and emotional symptoms. For years she couldn't find appropriate treatment. In 1977 she received a Polarity Treatment from a woman from Boston. "She fixed me quite handily," said Margaret. The migraines were gone, but so was she, back to Boston.

I wanted more treatments and discovered the Eden Seminars. So I went for treatments and ended up training in Polarity Therapy.

"We usually understand body as bones, muscles, and nerves, etc.," Margaret said. "This gives us a certain level of competency. But if we understand the energetics of the person, then we can have far better results."

It was the sense of energetics that led her to study DR. Randolph Stone, a chiropractor, osteopath and naturopath who travelled the world studying all the meridian, reflex point and energetic sciences, and who lived in India for 30 years studying Ayurveda. She claims Ayurveda is the oldest and most encompassing system of health practice in the world. And Polarity Therapy is one of its manifestations.

When Margaret puts her hands on a client's body, she can sense their past and what it will take to bring them back to a balanced point. For her dis-ease is the impediment of the free flow of the energy.

"The symptoms appear in the physical body, but their point of origin is far more subtle and invisible." And while Polarity Therapy balances the skeletal structure, there are no cracking or manipulations. "We work with Marma pressure points derived from Ayurveda."

The points and pathways are activated by "still holds", the touching of two specific parts with the fingers. The still hold frees an energy channel that has become diminished.

Healing for her is an art; is love intelligently expressed. That is why her process is based on self education.

*Margaret will be in Kelowna August 22, 23 & 24th. Limited private sessions available. Please see her ad. To the left.*



## The Okanagan Centre for Positive Living

(OK CPL) is an outreach program of the Calgary Centre for Positive Living - Church of Religious Science. **The time has come** for a full service **NEW THOUGHT** Church of Religious Science in the Okanagan.

Our intention is to provide full Church services, teaching the principles of "The Science of Mind" by Dr. Ernest Holmes. We want to support and nurture core groups throughout the Okanagan starting in Vernon, then Kelowna. This truly is "A DIVINE IDEA WHOSE TIME HAS COME!"

Our church is of particular interest in the New Thought, Truth and Metaphysical students throughout this beautiful valley. Services are held every Sunday at 11 am at the Village Green Hotel, 4801-27th St.

Lloyd is a licensed practitioner of Science of Mind through Religion Science International. He had completed all ministerial courses and is qualified to be the minister of a RSI church. He has been actively involved for ten years at the Calgary Ctr. for Positive Living.

Prior to making this commitment Lloyd spent 25 years in the financial consulting industry in various capacities. He has moved to Vernon with his wife Wendy (also a practitioner of RSI) to fulfill a 10 year dream to create an Okanagan Centre for Positive Living. Lloyd and Wendy cordially invite everyone to contact them for more information. 549-4399. Please see their ad to the left.



# Neuro Linguistic Programming

by Anja Vestergaard



- .....is an explicit and powerful model of human experience and communication
- .....it is not a theory nor is it concerned with ultimate truth about human behavior
- .....if what you are doing isn't working, do something different.

Using the principles of N.L.P. it is possible to describe any human activity in a detailed way that allows you to make many deep and lasting changes quickly and easily. In other words N.L.P. is: using the language of the mind to consistently achieve our specific and desired outcomes.

Neuro-Linguistic Programming was named by John Grinder and Richard Bandler. Together they watched and listened and mirrored experts in various fields to see if they could find out in detail how these people got their great results. They observed all the actions of the experts, even things they thought were not important and by reconstructing all the movements, words and thoughts displayed by the experts, they found then that they could do far better in the field than before. Some of the benefits you can accomplish through the knowledge of N.L.P. are:

- 1) Dealing with phobias and other unpleasant feelings, quickly and easily.
- 2) Helping "learning disabilities". Spelling and reading problems.
- 3) Eliminate unwanted habits like overeating, insomnia, smoking and drinking.
- 4) Make changes in the interactions of relationships.

I was introduced to N.L.P. by a friend in 1987 and attended the Practitioner Course at the University of Santa Cruz in California taught by John Grinder himself. A year later my husband and I went to Hawaii and together we achieved the status of Master Practitioner taught by Tad James.

N.L.P. has helped me:

- Achieve goals in my life
- Make changes in my behavior I had and did not like
- Become more aware of who I am
- To understand other peoples' behavior better
- Communicate clearly with people

It has been an interesting journey..by all means not done yet. I learn something new every day. N.L.P. knowledge has made my life more interesting and my relationship more fulfilling.

There is an old story of a boiler maker who was hired to fix a huge steamships boiler system. After listening to the engineers description of the problem and asking a few questions he went to the boiler room. He looked at the maze of twisting pipes, listened to the whirr of the boiler, the hiss of escaping steam and felt a few pipes with his hands. He then hummed softly to himself, reached into his overalls and took out a small hammer and tapped a bright red valve once. Immediately the entire system began working perfectly and the boiler maker went home. When the steamship owner received a bill for \$1,000.00 he complained that the boilermaker had only been in the engine room for 15 minutes and requested an itemized bill. This is what the boiler-maker sent him.

For tapping with hammer	\$ .50
For knowing where to tap	\$999.50
Total	\$1,000.00

What is so exciting in N.L.P. is knowing exactly what to do and how to do it.

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....Or improve knowledge of: behavior styles, relaxation techniques and problem solving.

....Or learn to eliminate guilt, anxiety and phobias.

ANJA .....sharing her knowledge  
with the people of the Okanagan.

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# Spring



## Festival of Awareness '91

This year's 13th Spring Festival of Awareness was a great success, in part because of the natural setting of Naramata Center, in part because of the wonderful volunteers who did a great job organizing and in part because of the quality workshops led by experienced leaders. With the addition of impromptu meditations, video presentations and jam sessions, ..... the magic of synergy occurred proving that "The whole is greater than the sum of the parts".

For the 500 adult participants and 100 children who attended this joyful event combined a full moon, the Wesak Festival, commemorating the Enlightenment of the Buddha, and the Number 13 which symbolizes the positive expression of the divine feminine energy. Women instructors outnumbered men by two to one.

Pandemonium and loads of fun...attending the Childrens' Festival was a real experience for the kids, parents and volunteer supervisors as well.

After the ground rules were established the children had a rare experience of creative freedom because this year's registration process enabled us to direct more of the older children into the workshops. There was lots of room for spontaneous choice and lots of craft supplies for budding artists of all ages. Participating in a program, 3 to 5 year olds discovered many wonderful uses for large cardboard boxes and paint. Babysitting for those under 3 years made the Spring Festival an event that included all the family members.

There really was something for everyone. The teenagers had their own series of workshops or were free to join adults in over seventy workshops. The most popular was "Deeper Down into the Earth" a workshop based on Native American Spiritual practices with Yellow Bear from Winlaw.

Yellow Bear brought his treasured ceremonial drum and had us weaving our way through traditional dances at the closing ceremonies and during the evening entertainment, which was almost of professional caliber. Each year the talents of those who present skits, songs and dances amazes us organizers and we send our appreciation to those who offered their time so freely.

Although the nights were cool for tenters, the weather was very co-operative. Most people stayed at Naramata Center which offers



a wide variety of accommodation at affordable prices. The Vegetarian Cuisine was wonderful as usual, with a choice of two menus.

Everyone who visited the Healing House experienced an atmosphere of healing the planet, the body and the soul/spirit. Twenty Reiki Masters and Healers gave continuous free sessions both days as did a wide variety of spiritual healers who showed up to offer their services.

The instructors, participants, volunteers and healers came from all over B.C., Alberta and the States.

Volunteers were the key to our keeping the prices affordable for families.

The Festival Store was larger than ever, crafts and crystals and drums and homemade candles, bath salts and salves, as well as books and tapes produced by local talent.

As the Spirit of the Festival continues to flourish it will need your support. Why not consider.....volunteering - especially for the Children's Festival? Be a part of Canada's oldest and largest wholistic festival. If you have skills, talents or ideas to share, please write to .....Angele Rowe, #304-973 Forestbrook Dr., Penticton, B.C. V2A 2E9 or phone 492-0987.





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## The Power of Love

by Diana Holland

In preparing this article, I'm leafing through a previous copy of ISSUES, one with the photos of workshop leaders who graced the 13th Annual Festival of Awareness in Naramata this spring.

I can't help but smile and say "hello" as I look at these pictures, and remember the many other faces that made an impression on me.

At the various ceremonies, in the Healing House, under the food tarps, at the Transmission Meditation in the evenings, everywhere I went - there was that same welcome, that same buoyancy, that same quiet sparkle.

To me, the Spring Festival was an example of Love in Action.

Not that I'm quite clear on what that means. I could make specific tribute to the cooks or the storytellers or the healing hands and voices. But there was an organic seamless quality to the event, where every single person was bringing respect, openness and the will to be positive, no matter how rough or scarred the background!

There was a lot of building going on and that's where, for me, the power of love clicks in. The energy of love is constructive, inclusive and creative. It nurtures and sustains.

According to esoteric philosophy the energy of Love is also called the Christ Principle, the Second Ray of Love- Wisdom, streaming daily throughout all of creation. That love is impersonal, but it guards, stimulates and protects all who work with it. It does not seek to induce comfort at being cared for but rather, it stimulates to better serve.

In groups, the energy can be likened to "Rainbow Bridge" - a strong cable composed of many individual threads of living light, consciousness and life - which gradually links the human and spiritual kingdoms as we each transform matter in our daily lives.

According to esotericist Benjamin Creme, author of *The Reappearance of the Christ and Master of Wisdom*, love is "the very cement which binds the atoms of the universe."

At the Spring Festival, that building of Love was well in place! Everyone was volunteering something - time, skill, elbow grease - and everyone came away richer for having lived hands on, heart in. That's the Power of Love.

*Diana Holland taught Transmission Meditation at the Festival. For free information on the Emergence of Maitreya, the Christ and World Teacher, on Transmission Meditation or on the works of Benjamin Creme, please contact:*

Tara Canada, Box 15270, Vancouver, B.C., V6B 5B1  
or phone 736-TARA (24 hours)



## SPRING FESTIVAL OF AWARENESS CONTEST

**WE ARE LOOKING FOR A DESIGN SUITABLE  
FOR POSTERS, T-SHIRTS, ETC.**

It can be a Scene, a Collage...Abstract or Realistic.

Our theme for Next Year is "Community"

We would like the Joker incorporated  
into the Drawing. (either the face or the whole image)

The Sketch can be with or without the Title Lettering.

**WINNER OF THE CONTEST....WILL RECEIVE TWO  
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FOR MORE DETAILS PHONE ANGELE 492-0987 PLEASE MAIL TO:  
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## MANY WILL HEAR AND SEE MAITREYA!

Within weeks, many for themselves will hear and see Maitreya. News of their experience will travel far and wide and awaken humanity to the miracle in their midst. In their own tongue, Maitreya will outline His proposals and views and seek their co-operation and help. In this way, a new climate of expectancy will be created by Maitreya Himself. This will lead directly to the "Day of Declaration" and the beginning of His open mission.

As Teacher and Guide  
*The World Teacher,*  
*Maitreya the Christ is Here.*

Humanity will find in Him a Counsellor and Guide Who will take them into the understanding of their own divine origin and nature. He will free them from the fear which blinds them now, and enable them to savour the reality of Being untrammelled by doctrine and dogma.

For free information about Maitreya, contact:

TARA CANADA, Box 15270, Van. BC V6B 5B1  
Telephone: (604) 736-TARA



# PENTICTON'S UPCOMING EVENTS

## SUMMER SCHEDULE

### July 19th

Handwriting Analysis  
with Angele Rowe  
Friday ..7:30 pm \$2.00  
at the Leir House

### July 20th

Explore the Realm of Gemstones  
One Day Workshop...Sat...9 -4 pm  
please see ad to right for details.

### July 31st

Patti Burns & Lisa Johansen  
**FREE presentation**  
on the value of breath in healing.  
Leir House...7-9 pm... Wed.

### August 8 to 10th

Larry Wayne & Grace Johnston  
from Calgary  
Thursday - Aug 8th.....8- 9 pm  
Phone-in T.V. Show  
Friday - Aug. 9th...  
Private Consults all day  
Evening Talk....7:30 to 10 pm  
\$5.00...followed by refreshments.  
Saturday Workshop 10 - 5 pm  
*more details to the right.....*

**REGULAR FRIDAY MEETINGS**  
of the  
**METAPHYSICAL SOCIETY...Resume**

### September 6th

#### Rebirthing with William Peters

from Holland now living in the Okanagan.  
William studied with Leonard Orr, the  
Founder of the Rebirthing Technique plus  
many master including Babaji. He had his  
own Yoga and Rebirthing Center in  
Holland for 7 years. An expert Rebirther.

### September 20th

Educational Kinesiology  
with Claire Kneepkins of Banff

*Please clip and post on your calendar.*

The next ISSUES is available Sept 1st  
Pick it up at your local  
Health Food Store.  
Find out who's coming to town.

## Explore the Realm of Gemstones

with ....Joyce Egolf & Maureen Blaine-White

Learn which gemstones are useful to you.  
Learn how to use certain gemstones for Physical, Mental and Spiritual Wellbeing.  
"Have fun while satisfying your curiosity."  
Receive a gemstone to begin working with.

One Day Workshop...Sat...9 -4 pm.....**July 20th**

location to be announced \$30.00

To register phone Maureen 493-3755 or Joyce at 499-5522

## BRAIN WRITING

The hand is only an instrument: the brain gives directions for moving the pen across the page, making "up" or "down" strokes, dotting "i's", crossings "t's" and controlling pressure, spacing and speed.

Graphology or Handwriting Analysis allows the trained practitioner to interpret the mind on paper. The paper represents space...the world the writer lives in. And how the writer fills his space represents how his brain functions. The writer creates an abstract diagram of his strengths and the direction of his vital energies, a clue to his degree of balance, harmony, rhythm, control, inhibition, spontaneity, etc.

Writing is gesturing, every movement expresses meaning. Every deviation from the writing model you were taught to write in school both deliberate and unconscious provides rich clues for understanding you as an adult. For example, the space you use or choose not to use is very significant in terms of your orientation in life. The three zones are middle, lower and upper.

**The Middle Zone** reflects how you feel about yourself in relationship to your daily world and people you contact. It is the meeting zone of the upper and lower forces, the total expression of your day-to-day functioning.

**The Lower Zone** reflects the biological urges and drives, encompassing your feelings toward money, sustenance, sex and the formative years.

**The Upper Zone** reflects the intellectual, philosophical, abstract and intangible aspects of life including your aspirations toward spiritual or cosmic self-realization. The upper zone can express flight from reality and even illusion or delusion when strongly pronounced.

As we orient ourselves in the abstract, mundane and material worlds, we must also orient ourselves in time. The slant of the writing identifies where one places importance - on the future, in the present or in the past. The various stroke formations - rounded, sharp wedges, threadlike or retracing - demonstrate how you react to situations. The spaces between your letters, words and lines contribute to understanding how much space you need in your life. Your capital letters and your signature demonstrate how you project yourself to others. How you start and end each letter describes how you like to start and end projects in your life.

Handwriting discloses intelligence, compatibility, judgment, motivation, ambition, social effectiveness, leadership potential, communication skills, economic efficiency and a great deal more. In Europe and in the United States, Graphology is a well-established science. In Germany alone there are 2000 full-time graphologists. In France, it is hard to get a job without having your handwriting interpreted. In Canada hand writing analysis is gaining momentum as a sophisticated tool for screening and evaluating personnel. It helps employers save money by hiring compatible staff....training the right person for the job. It can also be used in counselling, for persons wishing to know their job potential.

*Angele Rowe is a Certified Graphologist a member of the Canadian Graphology Association having completed a two-year certification program. She will be at the Leir House in Penticton on Friday July 19 at 7:30 pm to present an informal talk about this amazing science. The cost is \$2.00...if interest is shown, a follow-up workshop will be scheduled.*



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**August 11 to 17th**

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**Phone in T.V. Show**

Thursday - August 8th.....8 - 9 pm  
on Shaw Cable 11...Penticton

with Larry Wayne and Grace Johnston  
topic: Teaching from the Spirit Side

Larry & Grace of Calgary, Alberta bring the opportunity for insight and understanding of the nature of spiritual healing and an experience of that energy. Wayne is a remarkable healer and Johnston a superb spiritual artist. Anchoring their philosophy is a deep reverence for the creator, the divine laws, and the spark of divinity in everyone. Theirs is a working philosophy of life, steeped in the wisdom of Spirit Guide Dr. Bernadt and shared in a beautiful book "Songs from Spirit." Also to their credit is a second publication "The Gentle Counsel of White Cloud", soothing counsel as given through their mentor, the late Dr. Elsa Lund.

Please join Larry & Grace as they share their healing gifts of spirit, in this one day seminar. You'll learn:

- \* The Fundamental Issues raised by Spiritual Teachings.
- \* The Practice of contact and absent healings.
- \* How to draw inspiration and support from your guides in the spirit world and from the divine source.
- \* You too can unlock the mystery about life after death, and know what you may expect when you reach the other world.
- \* Discover the truth of this remarkable power of spiritual healing that reaches beyond medicine and faith into the lives of everyone.
- \* See actual sketches of spirit people.
- \* Spiritual healing and messages from spirit will also be given at the end of the seminar.

Evening Presentation

August 9th.....7:30 pm...\$5.00

Workshop Saturday

August 10th....10 to 5 pm...\$55.00

Both at the Leir House.

**The Holistic Networker**

Shaw Cable 11.....Penticton & Area

**Summer Schedule**

Friday 8:00 pm  
Saturday 9:30 pm  
Sunday 10:30 am & 7:30 pm  
Tuesday 6:30 pm  
Wednesday 10:30 am  
Thursday 10:00 pm

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- \* through auric field, chakras and cells.
- \* brings in Light-energy for man, animals & plants

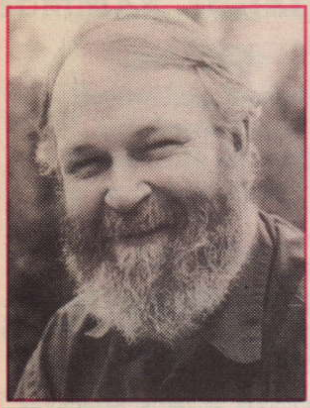
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# Networking

## for Change



**Dave Cursons**  
Editor

Cowboys ring the alarms! North Americans, Canadians included, are eating less beef.

And we all know whose responsible, don't we? It's those nasty vegetarians. Not to mention those ungrateful valley dwellers tired of cattle poop in the spring water.

The **British Columbia Cattlemen's Association** is doing something about it.

They are going to bring primary students an educational unit on the cattle industry.

Introducing **Molly The Cow, Your Friend and a Friend of the Environment** and the take-home for Mum and Dad is called **Munching the Myths** designed to put the likes of John Robbins and his Diet for a Small Planet rabble on the run..

**Molly The Cow** is coming to a primary school classroom in your neighborhoods soon.

### Contact Molly's creator,

Lorne Peach, P.Ag., Sec. Manager  
B. C. Cattlemen's Association,  
10145 East Trans Canada Hwy.,  
RR#2 Kamloops, B.C. V2C 2J3.  
Phone: 573-3611 Fax: 573-5155.

### Also contact :

- \* **Your local School Board** to ask for a preview of the "Molly The Cow" unit the kids will get.
- \* **Canada Earthsave** (the John Robbins people)  
Box 34277, Stn. D,  
Vancouver, B.C. V6J 4N8  
Tel: 731-5885.

If you are interested in starting a local branch of Earthsave, write...ISSUES.

Maybe if your local school will have the B.C. Cattlemen's Association tell their story they will want Canada Earthsave to tell its story.

## HOME ON THE RANGE

by Tom Anderson

Once upon a time the grasslands across North America supported huge herds of buffalo, millions and millions of them.

Because the buffalo were born and died on these grasslands all of the solar energy collected by the grass was cycled into the soil without losses of any kind. Thus the grasslands became more fertile as the buffalo grazed, assuring a bountiful food supply each year.

Today we see that the buffalo has been replaced by cattle and that the grasslands are now used for growing grains.

Because so little of the grassland is left for grazing, cattle are now allowed to graze the forest lands, nearly all of which have been logged and are struggling to recover.

The consequences of these changes all involve losses:

*-the grasslands now used for growing grains are depleted each year when the crops are removed; very little collected energy is left on the land.*

*-the small amount of energy which is left by the cattle often becomes a hazard rather than a benefit, polluting water instead of enriching soil, because of the damage from logging combined with the damage from grazing.*

The animals which belong on the forest lands - deer, elk and moose - are beneficial to the lands they graze.

They assist with forest regeneration and development by gently forming terraces on every slope. These terraces hold moisture and seeds. By contrast, cattle tend to move up and down the slopes, destroying terraces and cutting gullies in the hillsides.

## A Call To Tax Resistance

Having exhausted all legal remedies in Canada, **Dr. Jerilynn Prior**, conscientious objector to military taxation, is now appealing the **United Nations Human Rights Commission** in Geneva, Switzerland. **Thomas L. Berger**, legal counsel, asserts that under Article 18 of the **International Covenant of Civil and Political Rights** which became binding on Canada in 1976, Dr. Prior is granted freedom "to manifest..religion or belief in worship, observance, practice or teaching".

The foregoing is from the Spring 1991 Conscience Canada newsletter and they along with another group called Taxes for Peace want you to withhold that portion of your income tax payable which is proportional to that portion of the government's budget applied to the military. Contact:

**Taxes for Peace,** 3091 West Broadway #203,  
Vancouver, B.C. V6K 2G9, Telephone 737-0691

**Conscience Canada Incorporated** #505 620 View Street,  
Mail to: P.O. Box 601, Station E, Victoria, B.C. V8W 2P3  
Tel: 384-5532

If you have complaint about the term "Environmentally Friendly" contact the Bureau of Competition Policy, 50 Victoria Street, Hull, Quebec, K1A 0C9

And remember: "Environmentally friendly motor oil is an oxymoron"

## MEET MOLLY



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a Friend of the  
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## Food Coops and Buyers Clubs

There are lots of ways to organize our lives to buy locally whenever we can.

As the global economy gets more and more woozy with depleting soils, less and less diverse seed strains and fossil fueled transportation systems we might well take stock of resources in our own bioregions and wherever we can, buy locally to promote local food self-sufficiency.

Given that much of what we eat is imported we might want to get together with neighbours to buy in bulk. In fact people have been doing it for years.

Buyers Clubs are a great way to learn about nutrition, about world agriculture and about cooperation at the grass roots level. It's not as convenient as plucking Wheaties off the shelf but it's a lot better for you.

Contact:

Horizon Distributors, a Division of CRS Workers Co-Op  
3450 Vanness, Vancouver, B.C. V5R 5A9 Tel: 1-800-663-1838.

## Modern Agriculture and Loss of Diversity

In the Fall 1990 Volunteer Newsletter of the Unitarian Service Committee in Canada was titled "Seeds and Our Survival"

Comments included were:

For centuries farmers have been carefully selecting by trial and error the seeds that will produce the abundant harvests on the land they cultivate. Each harvest produces seeds that contain our food for today and our children's and grandchildren's food for tomorrow.

Jack Harlan, one of the true heroes of genetic diversity said that in the end, if diversity is to be saved, it may have to be saved by amateurs: people who love their seeds.

Contact: Heritage Seed Program RR#3 Uxbridge,  
Ontario LOC 1K0

Sharon Rempel c/o The Grist Mill,  
Upper Bench Road, RR#1 Keremeos, B.C. V0X 1N0

Unitarian Service Committee  
201 - 4381 Fraser Street, Vancouver, B.C., V5V 4G4

## Federation of B.C. Naturalists

The North Okanagan Naturalists Club in co-operation with the Oliver-Osoyoos Naturalists and the South Okanagan Naturalists Club and the Central Okanagan Naturalists Club and with the co-operation of the Ministry of the Environment, and the Nature Trust of British Columbia, are embarking on an ambitious plan to inventory and to ultimately survey all areas of natural significance worthy of preservation within the North Okanagan. This project will complement similar efforts completed for the South Okanagan.

Contacts: Federation of B.C. Naturalists  
321-1367 West Broadway, Vancouver, B.C.  
V6H 4A9 - Tel. 737-3057

Thompson Okanagan Peter Legg 542-9031

Kootenay Hazel Street 359-7426

## Minding the Store or Minding the Forest

This editorial comment in the West Coast Environmental Law Research Foundation is a tidy summary of the Report to Claude Richmond from the B.C. Forest Resources Commission.

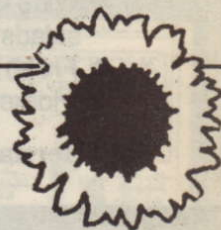
"All sides will find something to cheer and something to jeer about in this report. The Commission's recognition of the importance of non-timber values such as water, fish, wildlife and wilderness is the report's biggest strength.

"Its biggest weakness is that it calls for a massive shift to area-based timber harvesting tenures after only two years of land use planning, despite its recognition that information on forest resources is totally inadequate and will take five to ten years to assemble.

"This, combined with its call for requiring the government to pay compensations for future reductions in area-based tenures, would mean that the planning options that don't produce bigger cash flows than timber harvesting would be seriously constrained."

WCELRF's mission is to provide legal services to protect the environment and to foster public participation in environmental decision making. They are at 1001 - 207 West Hastings, Vancouver, B.C. V6B 1H7 Tel. 684-7378 Fax. 684-1312. ♦

## The Green Party of British Columbia



### Policy Principles of the Okanagan Greens

There is an interdependence among all things and our lives are part of an evolutionary process. This knowledge leads us to a political responsibility to exist within the biosphere by preserving its ecological integrity. We hold that economic activity must be sustainable.

We accept personal responsibility for improving social attitudes and favour holistic medicine, non-violent resolution of conflict and a broader concept of education.

We seek societal acceptance of bioregionalism in order to encourage a sense of place and social community. In this we include economic co-operation and the development of appropriate regional food production and self sufficiency.

Communities so organized, where economic activity and social life are merged in appropriate scale, are called conservator societies or steady state economies, and are communities where all are ensured equal access to open and democratic process.

### Green Contacts

North Okanagan  
Connie Harris 832-8729

Kelowna  
Robert Miles 860-8200

Penticton  
Harry Naegel 492-3881

Similkameen  
Lauren Sellars 499-5715

Kamloops  
Trudy Frisk 573-5196

Shuswap  
Connie Harris 832-8729

Rosland-Trail  
Angela Price 362-7790

West Kootenay  
Jane Lewis 359-7880

The Okanagan Greens, Box 563, Penticton, B.C., V2A 6K9



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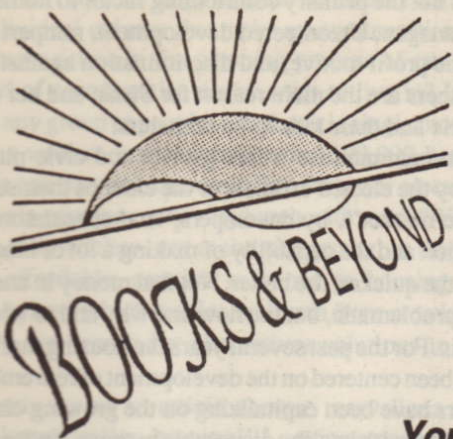
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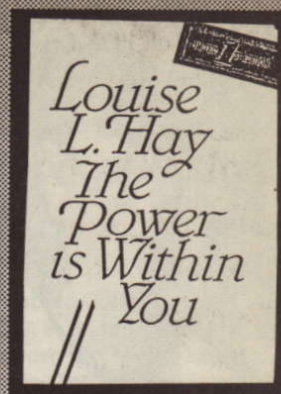


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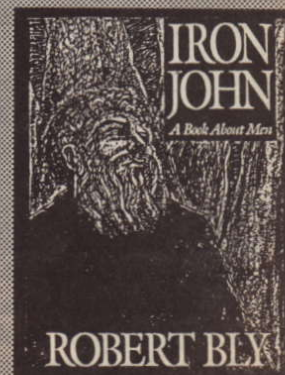
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## Focus on Women

Editor  
Laurel Burnham

There's no place like home.....

It's hard work, raising three kids, especially on your own. And she certainly hadn't planned to be a single mom. The smiling bride in the picture on the dresser had bought the "happily ever after" fairy tale without a single qualm. She certainly never planned to be living the way she is now...in a one bedroom motel unit with her three kids, faced with the prospect of homelessness at the end of the month...right here, in the sunny Okanagan.

We've just moved. I'm still sorting boxes, finding new homes for household objects, still getting used to the new sounds, the luxurious quiet, the way the light travels through the rooms, the corners of our new home. And as I write, I look out over an extravagant vista of green hills, grapevines, orchards, horses, lake and sky.

We're the fortunate ones, living in peace, surrounded by natural beauty and serenity. Living where the upper middle class does, by our own minimalist standards, renting a beautiful old farmhouse. We're just on the margins of being able to afford our own home, still looking for the Canadian Dream...a place of our own. We're the fortunate ones. I never know when my phone is going to ring, and it will be somebody else, looking for a place to live. Not just anybody, but somebody with kids, with the normal expectations that they will have someplace decent to live, someplace warm and secure and theirs. HOME. There is a growing phenomenon that is a result of a number of complex socio-economic factors (not the least of which is our free enterprise system) and that unfortunate trend is towards greater numbers of people being homeless.

Our collective concept of homelessness is a very urban one for the most part. We all are familiar with images of the back alleys of our large inner cities, derelicts sleeping on sidewalks and benches, soup kitchens and welfare lines. But homelessness is also a growing part of every community's experience. I've been a housing activist for several years now, first it was working for older people, disabled people, and now it's families with kids. All of those groups have their own particular housing problems and some are more difficult to deal with, because they are a result of our particular socio-economic system.

Here in the Okanagan, as well as our large urban centers, housing for low to middle income families is becoming more and more of a problem. There is a growing number of people for instance, that cannot afford to purchase their own home. Many of these are young couples, and families with small children. And a particularly large percentage of these people are single-parent families headed by women. I have a long waiting list of Penticton families who qualify to live in a proposed family housing development. 75% of them are families headed by single women, spending on average, from a third to one half their income on rent. The other 25% of my

list are two-parent families living in inadequate or substandard accommodations, or in motels...or in a tent in a campground.

If the thought of raising a family in a campground is difficult and scary, the reality is much worse. Until you meet somebody doing it, you'll never think that it could happen to you.

Poverty is not the primary contributing factor to homelessness here in the Okanagan. Untempered development, rampant speculation on land, the profit motive, and discrimination against children and single mothers are the main reason for Susan and her children, Brian and Marie and their kids to be homeless.

We live in communities where growth and civic planning is governed not by the elected officials or the citizens themselves, but driven "by the market", by developers, land speculators, people with the intention and the capability of making a lot of money...and the more of it, the quicker, the better. Not that money in and of itself is necessarily problematic, but the how and why and to what end of its generation is. For the past several years the housing market in the Okanagan has been centered on the development of retirement housing. Developers have been capitalizing on the growing class of active retired seniors with healthy disposable incomes. Indeed, if I had finished raising my family in Saskatchewan, the prospect of selling the homestead and heading to Penticton for several years of golf might not be so unattractive. Given land and building costs, a developer would much rather build to sell at a substantial profit, to a market of buyers with ready cash and extremely stable and predictable lifestyles. Hence the "luxury adult-oriented condominium" syndrome, the "gated community". In our "bottom line" oriented system, building rental accommodation for families does not compute. Down come the older homes, the fields and orchards vanish, and there is Cheryl, and Tammy(9), Mark(4) and Kimberly(2) living in the Ranch Motel, Room 210.

Another element of the housing shortage faced by families is a social one, based on the attitudes and prejudices subtly cultivated by our society that somehow homelessness is your fault and not anyone else's problem. If you are a single parent and a woman and most likely on welfare (if children are small) chances are that you are considered a high risk as a renter. Many people still cling to a concept of "family" as being a two-parent household...mommy, daddy and kiddies. I have talked to women who have been told that because they don't "have a husband" they are not considered a family. Somewhere in the background of our collective psyches lurks the attitude of "fallen women" and the idea that if she is a single parent, she obviously is too lazy to keep a husband happy. Also, as a society, we have a tendency to look down on people less economically advantaged.

Somehow poverty is seen to be a result of choices a person makes. The mentality that suggests that all a "welfare bum" needs to do is to "pick up a shovel" in order to succeed in this heavily weighted social order is rather antiquated thinking. I believe that homelessness is also perceived in this fashion...that somehow because of laziness or bad planning or transient behavior a family will find themselves in dire straits.

The unstated expectation of every Canadian adult is that one day, in the not so distant future, they will own their own home, preferably a detached single family dwelling.

This is part of the myth we have grown up with, along with Prince Charming and happily ever after. Well, Prince Charming fell off his horse some time ago. Happily ever after is just for fairy tales, and the day and age of every Canadian adult or at least every Canadian family of average means owning their own home has passed. Land costs, building costs and the usurious rates of interest charged



by banks for mortgages have priced single family dwellings beyond the reach of many, and this trend will continue. The gap between the "haves" and the "have nots" is going to continue to grow. And more and more of the "have nots" will be women, and their children. Homelessness is not going to go away. It is going to get worse.

There are remedial steps that can be taken. First and foremost, we, as individual citizens that make up communities can and must become more active in the planning process of our communities. What kind of communities do we want to live in? Is it healthy to ghettoize any group or people, whether it is single mothers and their children on welfare or retired seniors in \$100,000 houses in walled cities? We can demand accountability from our elected representatives. Who is your mayor having lunch with today? You can bet it's not at the soup kitchen, nor at the playground in the park. We can seek out affordable, creative solutions to housing problems by changing bylaws which restrict landlords from creating and renting suites. We can search for alternatives solutions to conventional dwellings.

Recently I saw an article about a marvellous concept from Denmark known as "co-housing". Looking somewhat like a condominium complex with much more garden space, the people living in a "co-housing" complex have their own separate homes, but have communal gardens and daycare/play spaces for the children, as well as picnic and dining area. The social structure is different, neighbours share meals and childminding. And it works. Looks like a possible, positive solution which we desperately need.

We also need to insist that our federal government reinstate funding for co-operative housing projects, low-interest loans for home improvements and single-parent families. We need to insist that all levels of government continue to fund and to increase funding for social housing, particularly for low-income families and the disabled. We need this provincial government to serve the interests of the tenant, by providing services which protect us against outrageous rent hikes and unscrupulous landlords. And we need more than punitive legislation to ensure that the discrimination against children does not continue. Unless we make our politicians and government bureaucrats accountable they will continue to listen to those faceless power brokers over lunch and dinner and on the golf course. And Cheryl and her family will continue to have no place to call home.

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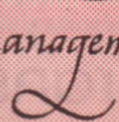
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# 1991 Alberta Medicine Wheel Gathering

A modern Medicine Wheel Gathering, born in the vision dream of Sun Bear comes to Alberta the weekend of Sept. 13 - 15, 1991 at Nakoda Lodge.

Sun Bear, sacred teacher of the Bear Tribe Medicine Society had a vision several years ago that told him **NOW** is the time for Medicine Wheels to return to this land as places of healing, sharing and teachings for Native and non-Native alike. A gathering will give you the opportunity to experience the teachings of Native people - their traditions, their ways of living and their prophecies through lectures, workshops and participation in ceremonies.

Medicine Wheels, made of stones, constructed by the original Native inhabitants once spread all across the land. These wheels were the ceremonial centers for the Native people, a place where their sacred teachers would share their

teachings and conduct ceremonies. The traditional people of this land and all other lands knew that no one could be truly healthy if their environment was out of balance. They recognized their connection to the circle of life, the elements, the plants, the animals and the spirit keepers - and in doing so lived healthy and balanced lives.

A Gathering is a time to consciously join in spirit to channel love and healing energy back to the Earth and all of our relations. It is your opportunity to give back to creation through honor, respect and ceremony in a wonderful atmosphere with like minded people.

There will be many lectures and workshops given on subjects ranging from healing to movement to starlore. There will also be entertainment, dance and plenty of time for quiet reflection under a tree or sitting in groups

networking new ideas. Children ages 2 - 11 will have their own special program conducted during the workshop periods. They will be seeking knowledge of the Earth Mother and of themselves through play, crafts, songs and stories and will be prepared for a special child blessing.

Many of our participants tell us how important the sense of community, built during a Medicine Wheel gathering is to them. "How wonderful it is to find other people of like mind and spirit!" They leave knowing they are not alone in their quest for a better life.

This Gathering is more than a symposium of great teachers - it is an event that brings together hundreds of people from many walks of life to share, nurture, dance, laugh and love for two and a half wonderful days. Please join us.



## Medicine Wheel Gathering

September 13 - 15, 1991

At Nakoda Lodge, Morley, Alberta on the Stoney Reserve (Hwy 1A)

*A gathering born in the vision dream of Sun Bear, sacred teacher of the Bear Tribe Medicine Society.*

Join hundreds of others for a weekend of ceremonies, workshops, fellowship and crafts.

**With: Sun Bear, Brant Secunda, Vince and Edna Stogan, Connor Sauer, Charles Lawrence and Susan O'Shea**

ADULTS: FULL WEEKEND BEFORE AUGUST 18	\$155.00
FULL WEEKEND AFTER AUGUST 18	\$170.00
SATURDAY ONLY	\$100.00
SUNDAY ONLY	\$ 95.00
CHILDREN: 5 YEARS AND UNDER	FREE
5 - 11 YEARS OLD	\$ 50.00
CHILDREN'S PROGRAM (2 TO 11 YEARS)	\$ 25.00

ACCOMMODATIONS	
CAMPING PER TENT EACH NIGHT	\$ 12.50
ROOMS (NAKODA LODGE)	
SINGLE OCCUPANCY	\$ 65.00
DOUBLE OCCUPANCY	\$ 83.00
MEALS MUST BE RESERVED	
PLEASE ADD GST	

**For More Information or to Register Contact: Doug Gillespie,  
General Delivery, Bragg Creek, Alberta TOL OKO (403) 949-2143**



**Issues** is published bi-monthly by Visions....unlimited, #304, 973 Forestbrook Drive., Penticton, B.C. V2A 2E9. Publisher is Angele Rowe. Second Class mail # 8651.

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.

The next Issues will be available for pick-up.....September 1st.

If you would like it mailed to you please send \$10.70 to

ISSUES

#304, 973 Forestbrook Drive  
Penticton, B.C. V2A 2E9  
or  
phone 492-0987

# HEALTH FOOD STORES

## Kamloops

**Be Prepared Centre....Aberdeen Mall**  
Phone: 374-0922

Vitamins / Natural foods/ Books / Cosmetics  
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