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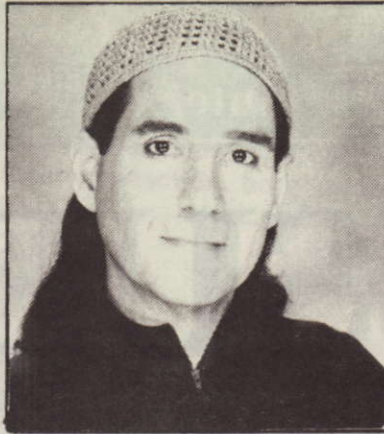
"The Natural Yellow Pages"



Making Root Beer
to find out more...
Read Musing.....page 4

September / October 1991

Volume 2 - Number 5



Brother Charles



SYNCHRONICITY®

CONTEMPORARY HIGH-TECH MEDITATION

America's "High-Tech Guru" Brother Charles will be in Vancouver, Kelowna & Kamloops ..Sept. 16 to 22.

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Actress Ally Sheedy (The Breakfast Club & Short Circuit) has practiced this brand of Walkman meditations for two years and claims it has completely changed her life for the better. She likes to tell people that these tapes, created by an American Master, Brother Charles, 'You don't meditate, these tapes sort of meditate you!'

New York psychotherapist Steven Levin calls the tapes "a spiritual Roto-Rooter." "what these tapes do," he said. "is allow people who could never get into meditation to be rewarded rather quickly. People who didn't have the discipline to meditate in the traditional ways can quickly experience the benefits of long-term meditation."

Synchronicity is a not-for-profit, non-sectarian organization that is run by a board of directors and guided by Brother Charles. He spent 12 years as a disciple of Paramahansa Muktananda and was extensively trained in meditation. He carries the tradition of the Siddhas, a lineage that is highly regarded and recognized throughout the world. His demonstrated action is mastership.

October 1991
Kelowna

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Musing

with
Angele

Publisher of ISSUES



Photograph by Steve Tomlinson

Making Root Beer

In the good ol' days when everyone recycled everything....beer bottles were used for making Root Beer. All that was needed was a bottle capper gadget and a box of new caps plus a package of Root Beer Malt and water.

As children we waited anxiously for the day when it was ready to drink...sometimes the batch starting fizzing early and the bottles blew their caps, making a mess of the storage room. When the big day was announced we would cart the bottles down to the creek so they could be immersed and get cold. Drinking Root Beer was usually part of a planned celebration such as a birthday.

Living in the boonies with no corner store, T.V. or fast food joints offering quick satisfaction, we learned to appreciate a certain quality of life. Any spare time was spent reading, visiting with friends (the closest was one hour away if I had a bike) or checking out the barn. Haystacks are a great place to play, even by yourself.

How many kids today have the pleasure of coming home to the aroma of fresh baked bread or the adventure of helping make apple juice from scratch? How many kids today know Betsy the cow and understand why cows sometimes can't give milk for a month or two? My favorite chore was feeding the chickens and collecting the eggs...I liked the feel of warm eggs. Sometimes the hens would still be sitting on them. Better yet, if a hen was brooding we would leave her alone, keeping a watchful eye that she sat enough days to hatch the baby chicks. You always knew when hens were broody because they weren't their usual good-natured selves, and they would peck at us and cluck loudly to defend their eggs.

I still remember Sunday morning and my Dad's greatest thrillmaking designer pancakes that looked like animals. Each of us kids got the shape we wanted and we took great patience cutting up the pancake ever so carefully and eating it with love and care.

Mom taught us how to make Do-dods (fresh bread dough that is fried on the top of the stove) without burning our fingers and sprinkle on just enough butter and sugar to make them tasty. We all loved being involved in the ritual of preparing our own food.

The picture on the front cover is of me pouring the Root Beer into bottles, with help from my brother Paul and Uncle Chuck. When we moved from Michigan to Rosswood, B.C. to homestead, we stopped in at Grimshaw, Alberta ...at my mother's grandfather's home. Grandad and Chuck had heard we were moving west and volunteered to help. Giving up their way of living to help our family was a true gift of love. Chuck stayed for many years, till the hardest of the back-breaking work was done and Grandad...well he became part of the family.

Grandad was a quiet soul who never complained about work, us kids or anything else. His greatest thrill was finding some useless piece of scrap metal and making something useful out of it. He had

lived in the Arctic for many years and knew what it was like to not have something you thought you needed. For us kids...well we always knew where to find some string or nails...in Grandad's room.

Having been brought up so far from nowhere, where nothing was ever wasted, I became an environmentalist at a very early age; recycling and re-using was a way of life then and it still has a strong influence on me. I always take my canvas bags shopping. I buy locally as much as possible and I purchase in bulk.

I hear the Earth's plea for sanity and I have come to realize that to solve the big issues, we must work on our own individual selves. We each need to become healthy and whole, physically, spiritually, mentally and emotionally. We need to get acquainted with our bodies on an intimate level, listening to the small voice within. For the earth is only a reflection of our inner wants... Sam Keen explains it well in his book "The Passionate Life: Stages of Loving"

"No number of products, money, or abstract goods satisfy us. This is the fundamental mistake we make in substituting the economic for the familiar as the root of identity. Economic man is driven by insatiability because, as Anne Valley Fox says, "You can never get enough of what you didn't need in the first place." Beyond the level of comfortable survival, goods become a substitute for the primal goodness we were denied--familiarity, intimacy, kindness. Freud reminded us that money does not satisfy us because it was not an infantile need. To the degree that we do not create families in which children are welcomed, cherished, touched, we will create a social order in which we produce more and more substitutes for absent kindness. And it will be ruled by distant authorities who keep the masses in control either by a glut of consumer goods or by repressive police-state tactics. In such a world, we will never have a feeling that we are known for who we are."

Our desire to buy, buy, buy whether we need things or not, has created demons without us realizing it. We are trying to fill a void in our lives, an emptiness we can't explain. The easy accessibility of pop, candy and chips has tempted many. Now....today, we need to get in touch with the feelings which cause us to buy unnecessarily and to become aware of the possibilities for change. Holistic health, which teaches us self-responsibility, is the best way I know to save ourselves and our planet.

My latest quote, "There are 3000 ways to get well...take your pick," introduces the idea that once you are ready, anything or anyone can help facilitate the process of change. So to reach as many people as possible, I started a weekly T.V. series in February 1989, interviewing people involved in Holistic Health. The show topics were so popular that I decided to start this magazine in February, 1990...to help the people that are searching for answers. Networking and meeting people who are involved at a grassroots level in building awareness has made me realize...that no one has the answer. All teachers are right...it all depends on what you are willing to receive.

Perhaps we need to consider Teilhard de Chardin's quote "Some day, after we have mastered the winds, the waves, the tides and gravity, we shall harness...the energies of love. Then, for the second time in the history of the world, man will have discovered fire."

Many thanks to my Mom who took the time to bond with me, to love me and to encourage me to "be" ...who I am.

Love, E. Smiles Angele ☺

GOOD NEWS: My T.V. series "The Holistic Networker" is now showing in the Kootenays, if you would like it aired in your town phone Shaw Cable or me.

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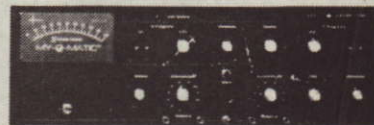
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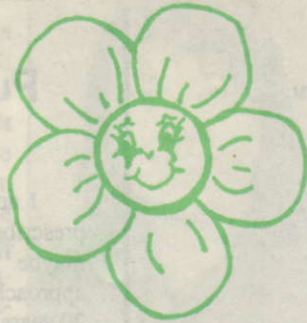
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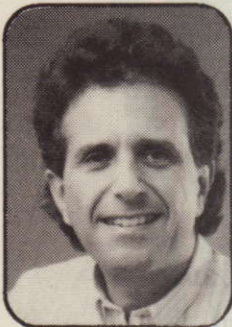


no-nonsense shoes made by a French Company called Mephisto are possibly the homeliest shoes in the world. What they lack in looks, they make up for in comfort, fit and durability. Natural materials and craftsmanlike details - a shock absorbing heel, padded tongue, a roomy toe box and a speed lacing system, are some of the secrets of these shoes' success. Mephistos are available in working, walking, hiking and trekking styles. No jogging

shoes in this line. These are not throwaway shoes, they last up to 10 years. Mephisto starts where Rockport leaves off. If you are looking for the type of shoe that you can comfortably work and walk in all day drop in at Wright Shoes, Main Street, Summerland and try a pair. They are carrying Mephisto mens and ladies shoes, boots and sandals. Prices from \$110.00 to \$230.00 with medium and extra wide fittings.

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Author: SEEING BEYOND 20/20

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RECLAIM YOUR VISION & PURPOSE FOR LIVING

by Dr. Robert Kaplan

I am a former optometrist. I used to prescribe eyeglasses and was trained (or maybe "brainwashed") to believe that this approach would help my patients. That was 20 years ago. Since then, I have learned that strong eyeglasses make eye conditions worse, and like thousands of others, you can learn new visual habits which include vision games and exercises for increasing your vision fitness. No longer do you have to believe the sentence of doom given by your eye doctor that there is nothing that can be done to prevent your eyes from getting worse.

The profession of dentistry has modelled how the whole concept of prevention can replace what used to be "pull them out, they're bad!" A group of Optometrists who practice what is known as Vision Therapy have successfully employed scientifically proven methods for enhancing vision. Twelve years ago I chose the best of vision therapy and combined it with nutrition, the Bates system, colour and light healing, weaker lens prescription, iris interpretation, whole brain processing, acupressure, affirmations, patching and other healing modalities.

I wish to share the Kaplan Integrated Method called **Seeing Beyond 20/20™** with you. It is a scientifically, medically-endorsed self-help program where you can develop your eye-brain relationship even if you do not wear glasses. The facts speak for themselves. You, like others have the potential to use your eyes to discover more of who you are, thus empowering you to be more effective in your work, dealing with money, recreation and relationships. I am committed to you finding out everything you can do to help your eyes, vision and improve the quality of your life.

Dr. Kaplan is available by phone in Vancouver 737-2043 for questions regarding his upcoming workshop in Penticton...the only one in the valley...this December. Perhaps you should consider an early Christmas present for yourself or loved one. He will also be available for private consults and an introductory evening. Phone Angele in Penticton..492-0987 to register or if you have any questions.

The Value of Breath

What we all have in common is the air we breathe. The Chinese call it Chi, the Hindus call it Prana, the Greeks call it Spiritus, we call it Oxygen. It is the invisible life force that provides energy to our bodies. Without it we would die. When we suppress our breath we suppress this life energy. Open, full breathing fills our cells with oxygen, rejuvenating and purifying our bodies.



Unfortunately, most of us use only a small portion of our lung capacity. We try to minimize our pain by breathing shallowly and numbing our self to the stress in our life. In very traumatic situations such as car accidents or being yelled at we even hold our breath in an attempt to block the fear. Over a period of time we breath less and less, gradually closing down to the world and experience life less fully. We move from being spontaneous, alive, emotional children to reserved, controlled, logical adults. A lot of us are now trying to reverse this process.

Connected Breathing, also known as Rebirthing, is a unique and wonderful technique, which increase our awareness of our innermost thoughts and feelings allowing for change and personal growth. This subtly powerful breathing experience takes us through our unresolved anger, the underlying sadness and the basic fear of surrender that blocks our acceptance of love. In the presence of a professionally trained practitioner, clients lie down and just breath for about an hour. First their body begins to awaken and tingle with the increase of oxygen in their bloodstream, then they examine and work through information that has been stored at a cellular level until they feel an enormous emotional release and finally total relaxation. The result is an internal harmony and peace that is reflected in their world and relationships.

Connected Breathing is an accumulative process, the more sessions one has the greater and more lasting the results. Breath practitioners guide and support clients through this self discovery process by drawing on their own experiences of personal transformation, the principles of A Course in Miracles and from their intensive training. Clients come to realize that as we remove limitations we have placed on ourselves it is possible to hear an inner voice. As we listen to this intuitive voice we are able to access the love and power of our spirit. When we learn to give and receive greater and greater amounts of love is all areas of our life, anything is possible.

Cheryl Hart is founder and director of the Inner Directions Consultants Inc.

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PENTICTON'S METAPHYSICAL SOCIETY

REBIRTHING

WHAT IS REBIRTHING

by William Pujari Peters

Rebirthing, or conscious connected breathing, is primarily a way of breathing which can be learned in a few sessions and which can be practiced constantly with an aim to reducing stress and dis-ease and generally encouraging wellness of mind, body and spirit.

Most people, instead of breathing in a connected and complete manner, tend to take their inhale as a short gasp which is held for a while, followed by a long exhale, which is then followed by a long period where the lungs stay collapsed before starting the next gasp. As such, the amount of time spent inhaling and exhaling is shorter than the time spent doing neither.

By practising connective breathing, whether in an extended session or an ongoing basis, you can release stress and when tired, revitalize your body. Ultimately, once this method of natural breathing is learnt and integrated, it becomes an invaluable tool for the user to apply in his or her everyday living.

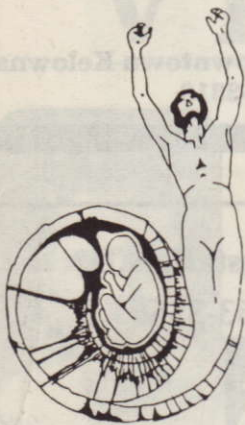
About the Rebirther

William Peters has studied Raja and Hatha Yoga with well known teachers in India and in Europe including meeting with the great spiritual master, Babaji. He has had his own Yoga and Rebirthing Center in Holland for over 7 years and has gained his expertise as a rebirther by studying, among others, under Leonard Orr, the founder of the Rebirthing Technique.

William also is knowledgeable about underwater birthing. As a prenatal Yoga Teacher, he has attended prenatal classes in water birthing in Ostend, Belgium where, since 1983, over 500 couples have experienced underwater birthing with Dr. Herman Ponette.

William has recently made Canada his home and is available to share his experiences with those who are interested. He conducts seminars, single and group Rebirthing Sessions as well as sessions in Yoga.

For more information William (Pujari) Peters can be reached by writing, 1260 Lakeshore Drive, NE, Salmon Arm, B.C. V1E 2V7.....or phone him at 832-1124.



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Sept. 20, 21 & 22

with Claire Huyghe

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Sat. 6-9 pm & Sun. 9 am - 6 pm
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Prerequisite: Brain Gym 1

To register or for information
please phone Jan 492-6442

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PENTICTON'S METAPHYSICAL SOCIETY

SWITCHED-ON AT 66

I am a farmer's wife, mother of 6 daughters, grandmother and great-grandmother. In 1981, I was diagnosed as "manic depressive"; with my irrational behavior I spent many weeks in and out of hospitals over a period of 5 years. I was on lithium and several other medications, But I wasn't convinced they had the answer as I was depressed most of the time. By June 1989 my weight had ballooned to 270 pounds, my blood pressure was at risk, I was miserable and had no enthusiasm or energy. The doctor told me the weight had to come off or my health was at risk. I began a weight loss program.

November 1989 I attended Brain Gym I and II classes. My daughter told me "just go and watch, you don't have to participate if you don't want to." What really impressed me the most was the simple exercises and how it was so effective, so fast.

After seeing the results with the other class members, I started doing the Brain Gym® exercises every day. I felt for the first time "the fog lifted" in my head. I had energy, I looked forward to each day, my life was turning around in a positive direction.

I am now doing all the activities I hadn't done for 10 years, have lost 70 pounds and no longer take any blood pressure medications as my pressure is normal.

The classes are excellent, I truly feel if I had had this class years ago, I would not have had to take all the tranquilizers and anti-depressants that I did. I also credit my continued weight loss to my better state of mind.

The exercises are simple and "I could actually do them," in spite of being overweight. Believe me it works. I actually believe I might not be here had it not been for Edu-K.

Thank your entire staff and Debera and Alan Jensen for bringing Edu-K to me.

Mae Krajewski, Ogallala, Nebraska.

Claire Huyghe will be offering Edu-K...Brain Gym I & II right here in Penticton, she travelled to Europe to get her teachers certificate in Edu-K and is living in the Kootenays.

For further information see ad on other page or phone Jan at 492-6442.

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October 4th
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with Taron Puri from Vancouver

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All life is energy and energy awareness refers to a state of being in which the participant, by achieving increasing levels of awareness, takes charge of their life processes.

This workshop provides an effective and enjoyable learning experience which helps the participant, through the use of specific energy tools, to become more aware of their growth process. Accordingly, increased awareness enables one to see how body, mind and spirit interconnect to form the unique instrument which is you. This workshop is ideal for those who are interested in spiritual growth through the use of practical techniques which validate spiritual as well as physical reality.

The format for the workshop is based on learning through "doing". It involves learning meditation techniques, working with fellow participants in order to experience the concepts discussed and the sharing of experiences and observations. Some of the areas which will be covered during the workshop include:

- * Learning about your energy system (aura, chakras);
- * Learning to ground, center and be in present time;
- * Learning how to become aware of and own your own space.

About the Instructor

Taron Puri has worked in and with metaphysics for many years. He works with the aura and related energy systems which serve as maps or storehouses of information and which, when accessed, aid in seeing where an individual is in his or her current growth. He has considerable experience as a healer and works on all levels of the body, including the emotional, mental and physical. The primary intent underlying his work has been to help the participant access their own information, rather than give advice. It is his belief that through the process of becoming aware, one can consciously take charge of their energy creations.



Introduction: Friday, October 4,
7:30 pm at the Leir House...\$5.00
Workshop: Saturday - October 5th
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SO WHAT IS YOGA ANYWAY?

I've been asking myself that a lot lately. From the summer of '87 until the summer of '89. I was asked that repeatedly, by teachers mostly. I had taken that proverbial leap (without really knowing what I was doing) by, with a gentle nudge from my wife, enrolling in the Advanced Studies Program at the Iyengar Yoga Institute in San Francisco.

Mostly what I did in the beginning was, with a blank expression on my face, hope the teacher would look else where for a response. By the end of the two years's however I had mustered up enough courage to at least voice that all I really knew was what it wasn't.

That's because when I first enrolled, even though I was excited and loved it, I had an old tape still playing which was push hard...push harder, etc. So I did. I pushed hard for six weeks and I still loved it. "This is just what I need," I thought to myself. Well the inner universe thought otherwise.

On the morning I was to return home to my family triumphantly. I woke to an excruciating pain in my right side, neck and shoulder. The pain was so intense that I look back on it and search for the words to describe it the only thing I can think of is what my wife Ana must have gone through giving birth to our daughter Jessie.

It was a ten day labor. During that time I realized now I learned a lot about the power of breath. However at the time I thought I was going to go mad. I didn't though. The pain eventually subsided and I slowly resumed my practice and my life.

My shoulder was not the same however and to this day the strength I once had has not returned. I felt bitter and looked for someone to blame my discomfort on. That was easy to do. What was much more difficult was to look inside myself for answers. Yet once I began that process in earnest answers came. Change is so gradual that sometimes it is difficult to recognize anything happening. Change for me began when I accepted responsibility for my injury. Now I see that it was a blessing because even though my shoulder is not physically strong as it was I have begun discovering inner strengths I never knew I had. The courage to write this article and share a piece of my life with others is part of this new discovery.

The old tape would say; "When you are perfect, then you will be ready to teach Yoga." The new tape says; "Yoga is not about being perfect, its about recognizing where perfection lies. Once you can do that then you can allow it, even with all your short comings, to fill you up with a richness and a fullness you never dreamed was possible."

I like the new tape much more. However it is scary. The old tape was always familiar and predictable. The new one is totally unpredictable and requires the ability to trust and respond in the moment to make it a reality. And as I surrender to this process I notice my willingness to do so grows each day. I'm also noticing that it just keeps getting better. Each time I face a newly discovered fear there is with it the realization that "Well if God is showing me this then he/she has also provided me with the strength to get past it.

So now when someone asks me what yoga is I still feel a bit of that old nervousness and discomfort yet when I look a little deeper into myself what I see makes me respond "For me its about liking and loving myself where I am in the moment no matter what's happening on the surface." And that's good enough! This morning while doing some asanas under the shade of a tree is came to me what had changed about the way I practice. Before I was motivated by the desire to do the perfect pose, one that everyone would admire, now I practice to receive, to replenish my body, mind and spirit.

Prabhakar (Ken Stevens)

My wife and I are co-founders of MANO CREATIONS, manufactures and distributors of Yoga Props and multi-purpose furniture. (ad on page 5) I also teach Yoga at our mountain side studio as well as a cable T.V. weekly series. We can reached at Silver Star Yoga Centre, R.R. 3, Site 11, Comp 183, Vernon, B.C. V1T 6L6Phone 542-7688

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Retreat and Enjoy

by Andy Schneider

The most special times of my spiritual life have always been the retreats - one day, three days, one week, even a month long. They are times of slowing down, changing focus, reflecting on the past and planning the next steps to take. But mostly they are just a quiet space in an otherwise noisy life filled with endless preoccupations.

I attended my first retreat when I was 14 years old and have participated or conducted retreats virtually every year since that wonderful introduction 35 years ago. I can think of no better way to remain sane (healthy) and on track spiritually than to spend a few days a year focusing on the meaning and purpose of one's life, nurturing one's inner life and cultivating the virtuous qualities that will stand one in good stead when facing the challenges of life.

Since progress and beneficial change requires a departure from old patterns and conditioning, it is most helpful to remove yourself physically from the usual surroundings when going on retreat.

Recognizing the immense value of a beautiful centre where retreats can be held regularly, we have created "The Centre" near Salmon Arm. It is available almost anytime for personal retreats and is the location for group retreats as well. We just completed our annual 5-day summer retreat there to rave reviews. The annual New Year's Eve Retreat is another special occasion, specifically focused on the qualities and energies of the year ahead.

We learned many years ago that if we took people out of their homes but also out of their country to a retreat the experience would be even richer. As a result, we have been taking groups on retreats to such places as Hawaii, Mexico and Greece where participants combine the experience of the retreat with a unique experience of another culture, climate and environment. The combination is unsurpassable. Not only is the retreat enhanced, but from another perspective there is no better way to take a vacation than with like-minded people sharing a meaningful and joyfully from the heart. Our next holiday retreat will be held in Hawaii, January 15-28. We will spend one week on Molokai and one week in Maui. The retreat theme, FROM CONFLICT TO CARING, is one everyone will be able to relate to.

I like to think that leading groups is a way I can give to humanity something deeply valued in gratitude for all the blessings I have received during my short but interesting life. Perhaps we will meet in person at one of these retreats. I would like that.

Hawaiian Holiday Retreat

with Andy and Bonnie Schneider

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creating a state of total
fitness and well being.

"Studies show that
Olympic, professional and
amateur athletes who use

body/mind techniques have a winning edge and get fewer in-
juries," says Suzy Prudden, creator and director of MetaFit-
ness Programs headquartered in California. She bases her
innovative teaching on the scientific principles of psycho-
neuro immunology.

Prudden will come to Kelowna this fall to conduct a workshop
October 17, 19 and 20th through the sponsorship of Joan Ca-
sorso, a local fitness director of Strong, Stretched and Centred
therapeutic exercise programs.

As an author, lecturer, TV personality, syndicated newspaper
columnist, workshop leader and former clinician to the
President's Council on Physical Fitness and Sports, Prudden
has created innovative ways to help people heal their relation-
ship with their bodies. Her favorite motto is "love your body
-- it's yours for life".

Using the tools of applied kinesiology, positive affirmation,
visualizations, mirror work, diads, journal work and other
techniques, Kelowna workshop participants will learn how to
identify the subconscious beliefs that block successful change.
They will have an opportunity to rediscover the body/mind
communication they had as infants before the "civilizing
process of overriding the body began".

Prudden advises that her workshop is designed for anyone
who wishes to increase athletic performance, create better
health, deal positively with personal issues of underweight
and overweight, enhance their level of fitness and "accept the
body they have while developing the body they want".
Fitness professionals, high school P.E. teachers and clinical
counselors will find this workshop especially informative and
useful.

It will be held at St. Joseph's Hall
on Sutherland Avenue in Kelowna.

Introduction class - Thurs. evening Oct. 17, - cost \$10.00.
Two full day of classes - Oct. 19&20th - 10:00am to 6:00pm
cost \$160.00/140.00 if registered before October 11,1991.

Space is limited so early registration is advised.

For registration & information call
Joan Casorso at 769-7424.

Spiritual Connection hosting in Kelowna

Jose Stevens

Author & Channel
of

"Michael"

Oct. 18.....Friday....7 to 9 pm...Introduction
at Ricky's Restaurant

\$20.00

Oct. 19.....Saturday....9 to 4 pm...Workshop
at Ricky's Restaurant

\$65.00

TOPICS

UNDERSTANDING THE SIGNS OF TODAY

MICHAEL'S HANDBOOK

SECRETS OF SHAMANISM

SPIRITUAL AWARENESS

For further information contact Connie... **764-2744.**

***Jose was involved with the original "Michael's Group."*

SAHAJ MARG

Is there a Difference?

Sahaj Marg means the natural path in English. It is a form of Raja Yoga (yoga of the mind) that had been remodeled and simplified to suit the needs of modern day life. Its goal is to attain complete oneness with God or the Ultimate. The unique feature of this system that is different from other practices is that of "Pranahuri" or Transmission. This is transmission of Divine Energy that is available through the Master. The Master is one who has 'mastered' the spiritual journey and offers his services to others to help them along the way of their own spiritual path. Through transmission of this Divine Energy the aspirants dormant spiritual longings become awakened from their heart and transformation begins. The heart has always been said to be the seat of the spirituality and where we seek the Divine within ourselves.

How Does One Start Sahaj Marg?

There are hundreds of training centers around the world, including Russia, Africa, Europe and North America. There are also several Meditation Centers or Ashrams in India, France and North America. At present a center is in the process of being established in Nelson, B.C.

Sahaj Marg is free and open to all regardless of race, sex, religion, or social standing. The only requirement is real interest in one's spiritual development. Most persons practicing this system come from all walks of life. Our emphasis is leading a moral life, trying to put into practice high spiritual ideals and at the same time fulfilling duties to family, community and all humanity.

Preceptors. What are they?

A preceptor is someone who is also adhering to the practice of Sahaj Marg and has been given permission by the Spiritual Master to impart training to others. Preceptors are like conductors or conduits in which transmission flows thru and a cleaning process takes place for the benefit of the meditators. They are there to serve anyone who is wanting to take up this practice of meditation.

Who is the Master?

The present Master is Shri P. Rajagopalachari. He met his Master Shri Ram Chandra early in his life and started his spiritual training which has brought him to the stage of spiritual evolution that he now can help humanity to spirituality grow. He will be visiting the Nelson Center from the 2nd December to the 9th December. If you would like more information or have further questions, please contact the following Preceptors. Judith Polston 352-3162, Nelson, B.C. or Don Sabourin 420-3020, Burnaby, B.C.

"God is not to be found within the fold of a particular religion or sect. He is not confined within certain forms nor is He to be traced out from within the scriptures. We have to seek Him in the innermost core of our heart."

Shri Ram Chandra, Founding President
Shri Ram Chandra Mission.

dpe international

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Please do something **positive** to remove your **negatives** and don't stay in **neutral** any longer.

Call for appointment, more information or just a chat on how I can help you.

Carole Ann Glockling
CERTIFIED POLARITY THERAPIST
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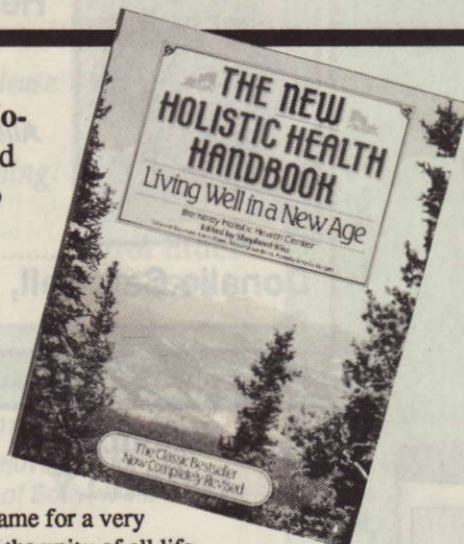


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Book Review

.....by Angele

Many people ask me what is "Holistic Health"? so....I consulted the experts....a book that *no home should be without*.titled *The New Health Holistic Handbook*the following are quotes taken from the book.



▲▲▲▲ *Holistic Health* is a new name for a very old concept of being. It is a reminder of the unity of all life and the essential oneness of all systems

▲▲▲▲ *Holistic Health* is many things: a body of knowledge and practices; attitudes and approaches to life; a movement and a community.

▲▲▲▲ The number-one health issue for us at this time is the survival of the human race. Understanding what is happening in the world helps us see the role of *holistic health*. Health begins with personal responsibility and includes social responsibility. One's own health is influenced not only by what happens inside at the level of atoms and cells but what happens outside in the general environment.

▲▲▲▲ In the last decade, the word '*holistic*', and its Anglicized cousin, '*wholistic*' has been revived and applied---and misapplied---to almost every human endeavor, from primary education to jogging and home building. Perhaps its most fertile ground has been in medicine and health care---in part because its principles have always been integral to healing. Hippocrates, for example, emphasized the environmental causes and treatment of illness, and the importance of emotional factors and nutrition.

▲▲▲▲ The Native American system, while "foreign" to many of us, is utterly indigenous to this country. In its sacred appreciation for the environment, it views medicine not a "specialty" but as a way of life: the earth in not a material to support concrete that leads to the doctor's waiting room, but the healer itself. The round drum beat by the circle of drummers, the prayer circles, the sun, the earth-wholes characterize this way of being, as cubicles and insularity characterize the ills of modern life. In the Native American system, healing is not an action, but a *relationship* of person to environment -of part to whole.

▲▲▲▲ The Oriental system says that we are already whole, and that what causes our ills is the lie that we are not. Our ills first appear in our minds, as thoughts of separation from our larger self. By clearing the mind of illusion that we are anything other than already whole, we bring our entire beings---body, mind, emotions, and spirit---into harmonious alignment. And one way to clear the mind is to move the body in a particular way, which is the path of yoga.

Have YOU discovered....

CARAVAN BOOKS in Penticton,
BOOKS & BEYOND in Kelowna,
SPIRIT DANCER BOOKS in Kamloops,
OLIVERS BOOKS in Nelson,
or the new Health Food Store in Princeton
VERMILION AVENUE HEALTH FOODS
they all have many inspirational books on
Awareness, Body/Mind/Spirit Connections
and
Alternative Therapies for Wellness.

Which is the "right" system? To answer to this question, ask yourself another: "Which is better, your heart or your lungs?" You quickly see that there is a proper place and function for everything. It all depends on what you need and what you are able to accept.

To be made whole we must learn to integrate the multifaceted nature of our being. If different aspects of our personality are in conflict, we cannot expect to find harmony in our environment. This internal battle will be constantly projected onto the external world.

During the 1960s and the 1970s holistic health was an alternative movement associated with the "counter culture;" during the 1980s it moved mainstream. A growing number of health practitioners and laypersons look to holistic health for healing. No longer relegated to small centers, holistic health is now practiced in major hospitals, taught in Universities, and used in businesses and corporations. It represents an increasing number of M.D.s acknowledging the limitations or purely scientific methods and turning to the more subtle and intuitive teachings, and combining them with their traditional training. Respect within the traditional medical community for holistic health practices is growing. Whereas, some M.D.s fail to consider wisdom from holistic health, some practitioners who describe themselves as holistic make an equally serious error of dismissing valuable insights from traditional allopathic medicine. The paths to wholeness and health are multiple.

I hope that in reading "The New Holistic Health Handbook" it will open your heart to discover more of yourself and the world you live in. "The intent of the book is to nourish you" and I must agree with the authors who wrote "This principle underlies holistic thought: we are all sentient beings who are continually creating our own realities. We are responsible for creating those relationships and situations in which we find ourselves; our choice is whether we create them consciously or unconsciously."

Angele

P.S. Write me if you have a wellness story to share.
If you need help...check out the Natural Yellow Pages.

ADDICTION AND THE TRANSFORMATION OF DESIRE

If there is a single question that is the guiding star of the outlaw's quest, it is: "What do I really desire?" I awoken from a trance that culture has cast over me with the realization that I have been chronically dissatisfied. My life as an adult netted me the standard satisfactions, and yet I lack a sense of fulfillment. Still empty. The culture promises me that if I do, buy, eat, consume, strive, work, my desires will be satiated and I will be happy. But I notice that the carrot of happiness has been dangled in front of me, just beyond my reach for as long as I can remember, and I have never gained on it. It is always still just a step beyond me. And, what's worse, I have been hypnotized by the promise so that I keep going for it, stay in the harness. The moment I turn my eyes from the carrot and ask the radical question about my true desires, I step out of the harness and begin to wander freely in search of what will satisfy my hungers.

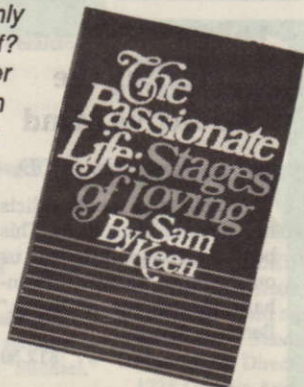
The path that leads from the persona to the self, from the adult to the outlaw, consists of learning to distinguish between false desire and true desire, or superficial desire and profound desire, or obsessive desire and free passion, or addiction and the hunger for Being-becoming-itself, or illusory needs and real needs.

One of the easiest ways to pierce through the confusion that surrounds the problem of desire and see how far culture separates us from our deepest desires is to look at addiction. However, it won't help us to pull the usual trick and study those bad people who are drug addicts. The polite majority regularly deludes itself and hides its own erotic crippledness by focusing attention not on the phenomenon of addiction, but upon the officially disapproved substances-the "bad" drugs. If we limit the problem to chemical dependency upon heroin or alcohol, we can ghettoize the addicts and comfort ourselves with the illusion that the rest of us are normal.

The greatest addiction of all is to our personality-our routines, roles, rigidities. If we were to list the addictions of those who live in modern society in order of popularity, the lineup would be: competition, striving, stress, work, violence, status, food, sex, romance, cigarettes, alcohol, marijuana, hard drugs. If we add the propensity to suffer whether we need to or not, the list is broad enough for us all to find our favorite addictions.

Addiction destroys love as well as freedom. The more it disorients us, brings us pain, the tighter we grasp it - or, more accurately, the more it holds us in its grip. It always promises a satisfaction it does not deliver - love, adventure, self-esteem. (Notice the implicit promises of sex, adventure, and status that are contained in the advertisements for tobacco, liquor, and automobiles). The cure for the addiction lies in developing the witness of self.

Have you realized the only one you can change is yourself? Would you like to peer deeper into self? Sam Keen has written many excellent books. The above paragraphs were taken from "The Passionate Life: Stages of Loving". But I understand "Fire in the Belly" is just as powerful at reaching our innate cores to understanding ourselves, so that we may change willingly, gratefully.



Book Review



In the past few years, Ayurveda, the traditional natural healing system of India, has become better known in the West. Ayurvedic books tell us what food items are good for different constitutions, but without the knowledge of how to cook Ayurvedically, and with specific recipes, such information remains limited.

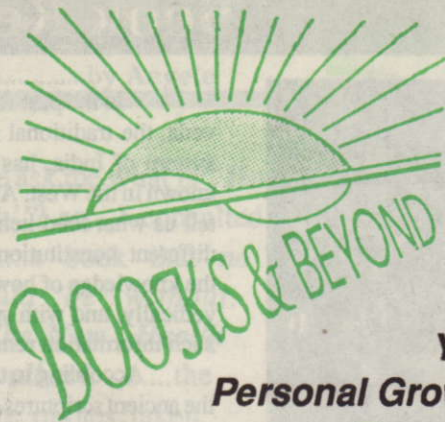
According to the Upanishads, the ancient scriptures of India, food is Brahman, the Divine reality. The unity of all life is demonstrated by the process of eating in which we participate in the movement of creation in the material world. The physical body itself is born of and lives by food. Most disease is traceable ultimately to incorrect diet. The cure for such wrong eating is not in better drugs, nor necessarily in better restaurants, but in reclaiming our oldest right and duty, to cook for ourselves, and those we love. Though right diet may not always be enough to correct diseases, few diseases can really be alleviated without it. Moreover, right diet is the essence of disease prevention and the foundation of a healthy and happy life.

Indian cooking is based on the therapeutic principles of the ancient Ayurvedic science of life. It is a rich tradition that makes American diet and cooking methods appear impoverished. While Indian cooking uses dozens of spices from cardamom to cayenne, American cooking uses only a few. It has been said that the art of cooking is diminishing in American culture and that addictions to sugar, coffee, and artificial stimulants may occur because of lack of freshly cooked food and spices that offer real nourishment.

While "fast food" meets the need for convenience, much is lost in the process. The life-force, which cannot be measured in terms of vitamins, minerals or calories, is destroyed or reduced by artificial preparations. Nothing can substitute for Nature, either in living or cooking. The more we depart from Nature in our living habits, the more we must suffer in the long run. Ayurveda teaches that the more removed we are from the preparation of the food we take in, (and the more removed that food is from its natural state) the less likely it is to satisfy us.

THE AYURVEDIC COOKBOOK shows us a rich and tasty vegetarian diet. Much of vegetarianism in this country has been identified with raw foods and salads or macrobiotic cooking, and hence many people consider vegetarian cooking to be tasteless. Such raw food diets may also be found to be light and not nourishing enough for long term consumption, though they are very useful for short term detoxification. However, Indian and Ayurvedic cooking, with its wealth of spices, oils, and cooking methods, offers a greater variety of food than would be possible through a heavy meat diet. It also shows us how to prepare vegetarian food that is nourishing and invigorating that can impart the strength we usually associate with eating meat along with the sense of clarity that a vegetarian diet gives.

P.S. In my search for understanding digestion and assimilation ...Ayurvedic Cooking from India and the 5 Element Theory from China both put us back in touch with nature and understanding how these elemental forces affect us.



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author of *THE PROCESS OF THE INNER CHILD*
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by Lucia Capacchione

A program of healing that utilizes the power of writing and drawing with non-dominant hand. The author shares scores of activities that help the reader embrace his/her vulnerable and angry inner child.

\$16.25

REFLECTIONS
...for touching HEARTS

by Brock Tully

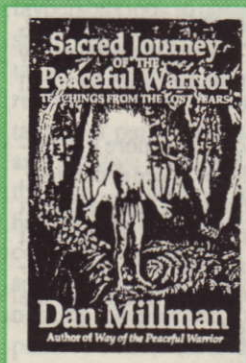
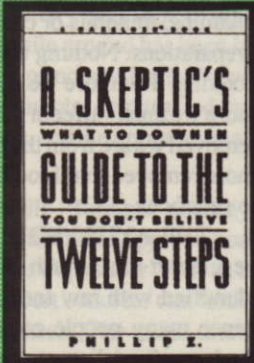
We have all of Brock's books and cards in stock, now!

\$7.95



A Skeptic's Guide to the Twelve Steps
by Phillip Z.

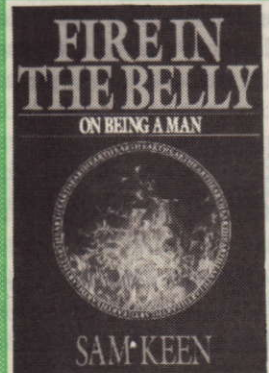
In this intellectual and spiritual journey through the Twelve Steps, a skeptic, convinced that a Twelve-Step program is the lasting answer to his compulsive eating, confronts the dilemma of working within a spiritual program as a nonbeliever. **\$12.95**



Sacred Journey of the Peaceful Warrior
by Dan Millman

The inspiring sequel to the international best-seller "Way of the Peaceful Warrior". This is the sacred journey we all share - the journey to the Light that shines at the heart of all our lives.

\$14.95



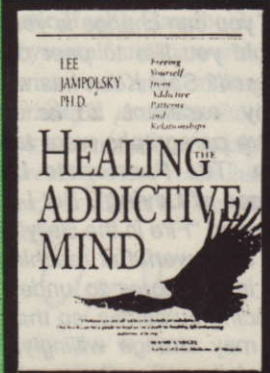
Fire in the Belly
by Sam Keen

Explores the cultural definition of what it means to be a man in today's society, revealing the illusions and myths which propel us onward toward sickness and despair. At no time in history have there been so many restless, questioning men looking for new roles, ways of being, and healing for woundedness. It offers a new "hero's journey" that will enable men to integrate themselves wholly into life. **\$24.95**

Healing the Addictive Mind
by Lee Jampolsky, Ph. D.

"I believe we are all addicts to beliefs or substances. This book can be a guide to lead us on a path to healthy, life-enhancing patterns of living."
Bernie S. Siegel

\$12.50



Calender of Events

September 6 & 7

REBIRTHING WORKSHOP with William Peters of Holland, in Penticton details on page 10

September 9 -13

METAPHYSICAL BIBLE STUDY COURSE with Reverend Phil Smedstad. In an informative and easy going manner learn to interpret the symbols and stories of the bible. Discover how this beautiful and empowering book fits into your reality. Be inspired again by the Bible and its story of forgiveness.

DATES: Mon. to Fri. Sept 9-13, 7-10 pm
PLACE: Inner Directions Training Ctr. Kelowna
COST: \$100.00 G.S.T. included

For more information call 763-8588

Rev. Phil Smedstad is a Unity Minister living in Washington State. He is author of "How Tithing Prospers You." He conducts workshops and classes for students and other ministers in the field of personal transformation.

September 10

FOOD, FEELING & ADDICTIONS...IT'S ALL IN THE FAMILY with Terry Kellogg and Marvel Harrison in Vernon.....details to the right.

September 13-15

MEDICINE WHEEL GATHERING in Alberta...see last ISSUES for details.

September 12, 13, 14 & 15

CHRISTOPHER MOON will be in Kelowna for an evening seminar. Titled "Can we Talk?" ..page 38

Time: 7:30 - 10 pm...Thurs....Sept. 12.

Place: Sandman Inn Okanagan A Room

Cost: \$10.00

Week-end Workshop ..Sept 13, 14 & 15

"Playing in the Spotlight"

Friday 7 pm to Sunday 6 pm.

for more info. ...Jeannette Brummund 769-7228

September 18, & 20

FREE EVENING WITH BROTHER CHARLES
Sept 18 Kelowna & Sept. 20 Kamloops.
see ad on page 2 for details.

September 20, 21 & 22

EDU-K WITH CLAIRE HUYGHE in Penticton.
See page 10 & 11 for details.

September 20, 21 & 22

PSYCHIC FAIR in Kelowna..details page37

September 25

KELOWNA PARAPSYCHOLOGY ASSOC. presents Connie Scott.

"Seeing and Understanding the Universal Signs".

She will also speak about the upcoming seminar with Jose Stevens, author and channel of "Michael." Sandman Inn. 7:30 pm \$6

October 4 & 5

ENERGY AWARENESS...CHAKRAS & AURA with Taron from Vancouver in Pent..details page 11.

October 4, 5 & 6th

RELATIONSHIPS - THE CHALLENGE OF LOVE by Cheryl Hart and Bill Urquhart . This dynamic three-day format will encourage you to dissolve the negative illusions of yourself while the synergy of the group will magnify the Truth and the Love within.

- *Make Positive Changes
- *Have more Fun with Love
- *Express Yourself
- *Give and Receive more
- * Breath Session included

Join us for this **HEART OPENING EXPERIENCE**

Date: Friday, October 4, 7-10pm

Sat. & Sun. Oct. 5 & 6..10 to 6 pm

Place: Inner Directions Training Ctr. Kelowna

Cost: \$250.00 G.S.T. included

Phone: 763-8588 for more info. 1725 Dolphin Ave.

October 5

ANDREW M. DAVIE OF SCOTLAND

Medical Consultant to the Institute of Complementary Medicine (UK) in Edmonton, AB.

His only appearance in Canada.. Details page 39.

October 11 - 20

CHRISTOPHER MOON

5 and/or 10 day retreat at Lac le Jeune..details p. 38.

October 17-20

"MAKE PEACE WITH YOUR BODY"

Joan Casorso presents Suzy Prudden, American Fitness Expert....details on page 14

October 18, 19 & 20

"MOUNTAIN HIGH" with **PETER MORRIS** at Silver Star Mtn. near Vernon...details on page 6

October 18 & 19

JOSE STEVENS..AUTHOR AND CHANNEL OF "MICHAEL" in Kelowna....details page 14.

December 2-9

MASTER SHRI P. RAJAGOPALACHARI visiting Nelson...details p. 15.

ONGOING

SUNDAY CELEBRATION is a gathering for family and friends to share love, joy, singing and an inspirational talk based on the principles from "A C I M".

Dates: Every Sunday.... 11 am to Noon

Place: Inner Directions Consultants Training Centre, 1725 Dolphin Ave., Kelowna, B.C.763-8588

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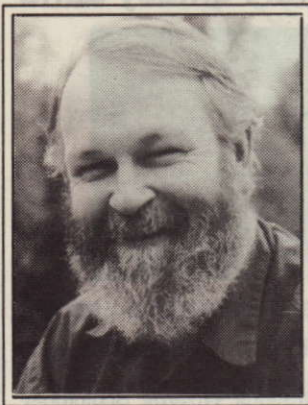
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Dave Cursons
Editor

FOREST RESOURCES COMMISSION A BUST

Forests Minister Claude Richmond no sooner had the report of the Forest Resources Commission than he was assailed from all quarters over some of the Commission's recommendations.

Organizations such as the Council of Forest Industries of B.C. and the Interior Lumber Manufacturers Association called the Commission to task for recommending higher stumpage fees.

The West Coast Environmental Law Research Foundation pointed out that recommending the buy back of forest tenure from companies in order to turn them to other uses would appear to demand that the "other uses" have a better cash return than logging.

J.P. Wienard, formerly with the B.C. Forest Ministry produced an analysis in which he says that the Commission's report "contains little that is new but concentrates on reinforcement and extension of the strife-ridden regime that has prevailed since 1978, when U.S. National Forest management methods were introduced in B.C."

"The principle of 'integrated use' is basic to the U.S. system. It is a lopsided statement of 'rights' which says that all uses are valid upon every acre of publicly-owned land," says Wienard, "and gives a timber company the right to demolish a tract of forest which non-consumptive users have enjoyed for years."

"This 'integrated use' concept has decimated the National Forests in the U.S. ... The B.C. Forest Resource Commission's obsession with 'integrated use' is evidence that the report is heavily biased in favor of the corporate timber interest's," Wienard concludes.

Meanwhile on the heels of his Ministry's gross expenditures on slick propaganda and travelling "Dog and Pony Shows" to tell us all how well we are all doing with our forests Claude Richmond is whining about bad press from Time Magazine. Mr. Richmond has even written to the Hearst Corporation to complain that Time journalists are being unduly influenced by the wrong kinds of ideas from the wrong kinds of people when they report that we are not doing a very good job of looking after our forests in B.C.

Mr. Richmond has appointed a special team of people to review the Forest Resources Commission's recommendations for higher stumpage fees. Another case of getting the very best opinions that money can buy.

But not to worry folks. There's a new round of public input underway which Claude Richmond prefaces by declaring that "Today in B.C., we undertake integrated resource management practices." What follows is the question of "how to," not "whether" to manage forests on that model.

Public input is a variation on the old Outer Limits model of "Do not adjust your set. We will control the vertical. We will control the horizontal."



The Forest Minister is interested in public input as a P.R. gimmick and nothing else. How often do we see an analysis of public input anyway? Whatever analysis is done is buried and forgotten.

However if you are disposed to playing, or better yet, exposing the M.O.F.'s little game

Contact: "Forest Practices Code, c/o Minister of Forests, Parliament Buildings, Victoria, B.C. V8V 1X4

Fred Baxter, Regional Manager, Kamloops Forest District, 515 Columbia Street, Kamloops, B.C. V2C 2T7

Ross Tozer, Regional Manager, Nelson Forest District 518 Lake Street, Nelson, B.C. V1L 4C8

and on the non-governmental side

B.C. Public Interest Advocacy Centre, #701-744 West Hastings St., Vancouver, B.C. V6G 1A5

Greenpeace, 1726 Commercial Drive, Vancouver, B.C. V5N 5A3 Phone (604) 253-7701

Greater Ecosystem Alliance, Box 2813, 120 Prospect St, Suite #9, Bellingham Wa 98227 USA

Framework for Watershed Stewardship, a publication of the Village of Hazelton, B.C. is a 21 page booklet for \$2.00 from P.O. Box 40, Hazelton, B.C. V0J 1Y0

TREE PLANNING, a guide to Public Involvement in Forest Stewardship, by Joan E. Vance

BOUNDARY RESOURCE PLANNING COMMITTEE.....

is turning the tables on the Ministry of Forests in the Boundary Region of B.C. if we read Chairman David Simms' letter to G.H. Nichols, District Manager M.O.F. at Grand Forks correctly.

Mr. Simms and the Boundary Resource Planning Committee are inviting the Ministry of Forests and other government agencies to give their input to a model for planning in the watershed affected by logging by Pope and Talbot and Weyerhaeuser.

In a letter copied to Claude Richmond, John Cuthbert (Chief Forester), Pope and Talbot, Weyerhaeuser and other "interested parties" they invite "comments and support"

District Manager Nichols has responded by suggesting that the Boundary Resources Planning Committee submit a request that they be allowed to participate in the M.O.F. Planning Process.

The Boundary Resource Planning Committee people say that

"the terms of reference of the M.O.F. Planning Group condescendingly refer only to "government agencies, licensed resource users and special interest groups," seeming to single out the general public, public interest groups and interested individuals helping to perpetuate the bias that local governments, community groups and individual residents only have self-interest in mind while government, public servants and big business are completely impartial"

Contact: Boundary Resource Planning Committee
Box 1802, Grand Forks, B.C. V0H 1H0 (604)442-3325

KNAPWEED NOTE:

In the Southern Interior of British Columbia, the climate is quite different and so are the major problems. In this region the major problems are overgrazing of rangelands and salinization. Overgrazing has resulted in infestations of knapweed, which is not only unpalatable to livestock, it is not as effective in preventing erosion as are the native grasses.

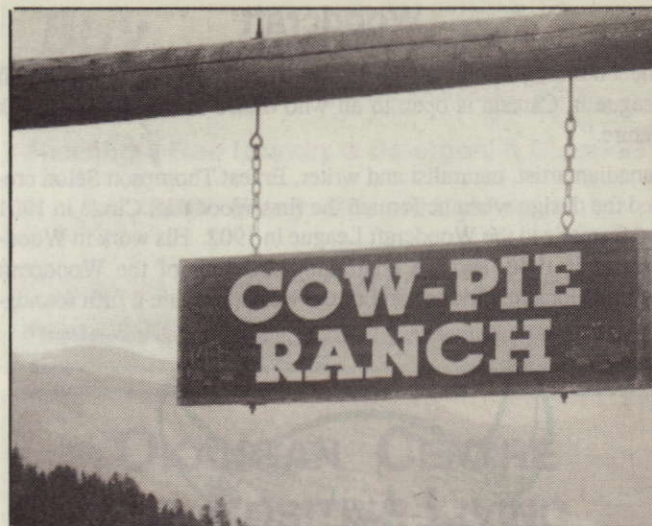
.....from the Senate Standing Committee on Agriculture, Fisheries and Forestry "Soil At Risk" June 1984.

THE TRUMPETER

Victoria, B.C.

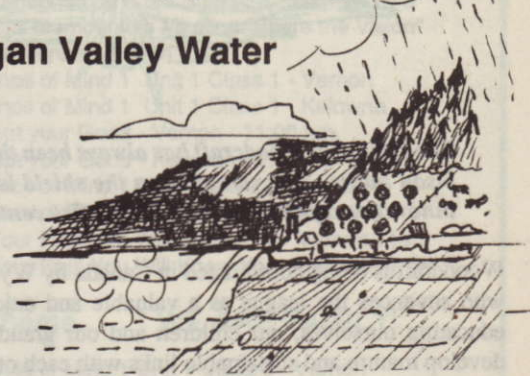
The aim of The Trumpeter is to provide a diversity of perspective on environmental relationships and Nature. The purpose is to investigate deep ecological philosophy as this manifests itself in the activities and the lives of people working in different ways to come to a deeper and more harmonious relationship between self, community and Nature.

Published quarterly by Lightstar Press
P.O. Box 5853, Station B, Victoria, B.C. V8R 6S8
\$20.00 annually.



On the gate up the hill from the Greyback Reservoir which holds Penticton's drinking water hangs this bold statement by a local cattle rancher. Down the road Naramata Citizens' Association is fighting to get cattle out of the creeks that supply their drinking water.

Okanagan Valley Water



Settlements in the Okanagan are on the valley bottom and water comes from the slopes, through streams used by free range cattle, into irrigated orchards that spray chemicals, and settles into the lake. Because of the depth of Okanagan Lake it is slow to exchange it's water - in fact it takes about 80 years.

Today "the bottom line" is that valley dwellers have no control over the watersheds in the Okanagan because they are in the jurisdiction of provincial ministries, particularly the Ministry of Forests. In the settlement and at the municipal level of government we are forced into greater and greater expense to "fix" our water by technical means (more chlorine).

We have ignored the natural systems of our watershed and continually "put the cart before the horse" - devising technological means to clean up a mess that was ill-advised in it's creation.

Unless we change our attitudes and our behavior around care of the watershed we will become enslaved to "techno-fixes" and bankruptcy in the long run.

If we want to clean up our act around water in the Okanagan we will have to literally "ease up" in respect to our activity in the watershed, including roadbuilding, cattle grazing, logging and even recreation.

At the same time stringent water conservation measures will need to become the norm.

And perhaps most difficult of all, we will have to ask our local leadership to consider setting limits to population growth in the valley.

Woodcraft

The Founding Circle of the Ernest Thompson Seton Woodcraft League in Canada is open to all who desire to live as "one with Nature."

Canadian artist, naturalist and writer, Ernest Thompson Seton created the design when he formed the first Woodcraft Circle in 1901 and formalized the Woodcraft League in 1902. His work in Woodcraft until 1946, and the continuing activities of the Woodcraft organizations in various parts of the world, provide a firm foundation.



The symbol of Woodcraft has always been the shield with bison horns. The campfire on the shield is a Canadian innovation, symbolizing the "campfire centred circle".

Woodcraft is being coordinated in Canada by Wylie Simmonds who advances the league as a valuable and enjoyable means of educating ourselves, our children and our grandchildren how to develop mature and sustainable links with each other, and with all other life-forms and elements on Mother Earth.

Contact: Grey Wolf Box 423 Christina Lake, B.C.
Phone (604)447-6699.

and

The Founding Circle at P.O. Box 5062, Saskatoon,
Saskatchewan, S7K 4E4

Bill 10 and Environmental Crimes

..... this is a letter from Calvin Sandborn of the West Coast Environmental Law Research Foundation to the Editor of the Vancouver Sun (June 21, 1991)

Cynics have claimed that this session of the B.C. Legislature isn't accomplishing anything. Piffle. It just managed to dramatically weaken environmental protection in the province ... and hardly anyone noticed.

Bill 10 ... which has passed third reading apparently strips citizens of the right to conduct private prosecutions against environmental offenders.

When governments are unwilling to prosecute environmental offenders, private prosecution is often the only way that environmental justice can be assured.

For example, when the government wouldn't prosecute the GVRD for illegal discharges from its Iona Island sewage plant, the Union of B.C. Indian Chiefs successfully brought a private prosecution against the GVRD. This led to a cleanup of the Iona Plant.

When the government wouldn't prosecute the municipality of North Vancouver for improperly operating its landfill, two private citizens successfully prosecuted the municipality. Again this led to a cleanup.

The right to conduct private prosecutions against environmental offenders is a vital part of any comprehensive environmental protection program. This right becomes particularly critical in those eras when government refuses to enforce its own environmental laws, because of public apathy and/or industry pressure.

The legislature should do the environment a favor, and reverse it's approval of Bill 10.

Contact: The West Coast Environmental Law Research Foundation
1001-207 West Hastings Street, Vancouver, B.C. V6B 1H7 Phone
(604)684-7378.

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 cooperation 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 conserver 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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Religious Science presents a message of hope, help, and inspiration, for its practice and use extend into every form of human experience. Greater health, abundance, harmonious relationships, success, creative activity, joy, and peace become accessible. You need no longer feel a hopeless human being tossed about by the currents of life, for you will learn that as a Divine being you are the master of your destiny.

Religious Science is something intelligent to think about, and something satisfying to believe in, as well as something practical to use. It can be for you the ways and means to a fuller, richer life.

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AS A PHILOSOPHY Religious Science presents a practical, down-to-earth way of thinking about the nature of the universe and man's relationship to it. It considers man's place in the scheme of things and how he can better live up to and express the potentialities within him.

AS A RELIGION Religious Science presents specific and definite ideas which you can demonstrate for yourself in your life and experience. It offers proven methods, techniques, and procedures which, when properly used, enable you to discover and experience a better way of life.

AS SCIENCE Religious Science presents specific and definite ideas which you can demonstrate for yourself in your life and experience. It offers proven techniques, and procedures which, when properly used, enable you to discover and experience a better way of life.

Kind of a Circular Thing

Once upon a time, not too long ago
Farmers used Nature to make things grow
Manure from the barn, chop them weeds
Squish them bugs, save them seeds.

*(Kind of a circular thing - you reap what you
sow you reap what you sow...)*

But to be a modern farmer today
First you gotta get Nature out of the way
Poison the bugs, poison the weeds,
Buy yourself some hybrid seeds.

*(That's so you can buy them next year and year after
and the year after that...., kind of a circular thing)*

Land grant colleges throughout the nation
Get funding from the big chemical corporations
Advice given farmers from extension stations
Puts money in the pockets of these same corporations.

*(Kind of a circular thing -
Yessiree, buddy, farming costs money)*

No, we should not throw science away
Just ought to let Nature have her say
Earth's been God's garden for millions of years
Without huge petrochemical bills.

*(Earth, kind of a circular thing. An island of
blue in the vastness of space...)*

-Toni Menk, from Community Farm
Alliance in Liberty Kentucky

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OKANGAN CENTRE FOR POSITIVE LIVING

September Theme.....**THE HARVEST BEGINS**

- Sun. 1 A Labor of Love
- Sat. 7 Planting the Seeds - Salmon Arm 10 am - 1:30 pm
- Sun. 8 The Shepherd and the Sheep.....followed by a
Special Membership Meeting "Share the Vision"
- Sun. 15 Vision Versus Version
- Tues 17 Science of Mind 1 Unit 1 Class 1 - Vernon
- Thur 19 Science of Mind 1 Unit 1 Class 1 - Kelowna
- Sun. 22 Accept your Good - Vernon - 11:00 am
Accept your Good - Kelowna - 7:00 pm
- Tues 24 Science of Mind 1 Unit 1 Class 2 - Vernon
- Thur 26 Science of Mind 1 Unit 1 Class 2 - Kelowna
- Sun. 29 By Your Fruit You Will Know You - Vernon 11am
By Your Fruit You Will Know You - Kelowna 7 pm

October Theme..... **" WE ARE FAMILY"**

- Tues 1 Science of Mind 1 Unit 1 Class 3 - Vernon
- Thur 3 Science of Mind 1 Unit 1 Class 3 - Kelowna
- Sun. 6 Appreciation..The Key to the Good Life - Vernon 11 am
Appreciation..The Key to the Good Life - Kelowna 7 pm
- Tues. 8 Science of Mind 1 Unit 1 Class 4 - Vernon
- Thur 10 Science of Mind 1 Unit 1 Class 4 - Kelowna
- Sat. 12 Youth Symposium - Chrysta Bourne Facilitator
Vernon 10:00 am - 2:30 pm
- Sun. 13 Thanksgiving - **Chrysta Bourne Guest Speaker**
Vernon 11 am or Kelowna 7:00 pm
- Sun. 20 The Mastermind Principle - Vernon 11:00 am
The Mastermind Principle - Kelowna 7:00 pm
- Tues 22 Science of Mind 1 Unit 1 Class 5 - Vernon
- Thur 24 Science of Mind 1 Unit 1 Class 5 - Kelowna
- Sat. 26 Masterminding Plus - 10:00 am - 1:30 pm - Vernon
- Sun. 27 Forgiving Becomes Receiving - Vernon 11:00 am
Forgiving Becomes Receiving - Kelowna 7:00 pm
- Tues 29 Science of Mind 1 Unit 1 Class 6 - Vernon
- Thur 31 Science of Mind 1 Unit 1 Class 6 - Kelowna

Services in Vernon are at the Village Green Hotel, 27th St.
**...we are hoping to find a place in Kelowna very soon...please
phone to find out where that is.

Okanagan Centre for Positive Living is an outreach of the
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549-4399

OK Centre for Positive Living
Box 1556, Vernon B.C. V1T 8C2
Lloyd Everett Klein



Focus on Women

Editor
Laurel Burnham

On July 3rd, 1991, Galen Pdraig Burnham O'Neill was one year old. His existence still (if you'll pardon the expression) blows my mind. But this column is not about the delight and wonder of babies, it's about another aspect of childhood and our relationship as adults to it...adolescence. About a week after my son was born I suddenly found myself mother to a twelve year old...stepmother to be precise. Virtually overnight my beloved partner and myself embarked on that somewhat rocky road of life, parenting a teenager. When discussing my joy in Galen frequently people would warn me...just wait till he's a teenager! There seems to be virtually unanimous agreement among "adults" that "teenagers" are difficult people to be with. Rebellious, moody, subject to a five year hormonal roller coaster ride, in love with extremes of behaviour, narcissistic, self-absorbed, self conscious. Not to mention addicted to the phone, obsessed with their appearance and desperately needing to fit in.

If there is one thing that I can remember about my own teen-age years, it is that it didn't feel very good at all. As a child I once made a list of all the things that as an adult I would not do to children. I wish I still had that list. It was amazing how quickly we can become isolated from our own memories, especially the painful ones, and yet how much those painful experiences color our lives. I see so many adults insist that the young are foreign to us, that we don't understand what they are feeling or thinking or why they behave the way they do but it seems to me that once upon a time my parents and my parent's generation were lamenting the same things about us. Patterns you say? History repeating itself perhaps? Time to look a little deeper, a little closer at the phenomenon.

Adolescent is an ugly word. It comes from the Latin root *adolescere*...to grow up. And teenager is too cute, and if there is anything at all we know about being teenaged, it certainly doesn't feel cute. Too often as adults, and particularly as parents, we have a tendency to dismiss our young people's feelings, minimize their troubles and have to be dealing with their uncompromising rage on an almost continual basis. Life literally did feel like it was falling apart for me as a teenager and adults particularly did not seem to understand that pain. You would think that having gone through our own private teenage hell, as adults we would remember the confusion and the pain and try to be a little more compassionate towards our own children, who are living through dark times indeed. Unfortunately, relationships between parents and their teenaged children do not seem to be noted for their tolerance and compassion. There are many times with my stepdaughter that my tolerance is tested and my ability to be compassionate and understanding is stretched. Often the most useful thing that I can find to do is to take deep breaths and try not to automatically react to the present crisis.

Part of my dilemma is because as a step parent I often feel as if I am dealing with a room full of ghosts. Her mother. Her grandmother. Her mother and her father's relationship. Her past, and all of the issues and unresolved stuff, magnified by the angst of adolescence a thousand fold. By the time someone reaches adolescence, the groundwork for their character and personality has already been well established. They have already gained or not accomplished many of the skills needed for relating effectively. To pick up this work in midstream is not an easy task, especially since the parenting she has already experienced is quite different from our own. Another aspect of my ability to deal with Rachel has to do with my own unresolved issues of adolescence. Unexpressed anger (I was too busy being a "nice" girl), power and control issues, self esteem. Trying to find one's way along the tightrope of the precarious balance between freedom and responsibility. I have found that those parenting skills that I absorbed being raised are the same ones I have an unconscious tendency to resort to. This, of course, is a mixed blessing. Where my parents, for the most part, provided a loving, stable and nurturing environment for myself and my four brothers, they were also operating under a number of assumptions about children/teenagers and child rearing techniques that were in turn adopted from the preceding generation...along with all the unresolved guilt and pain and shame that seems to be part of the human condition.

"Children should be seen but not heard." "Spare the rod and spoil the child." "What are little girls made of? Sugar and spice and..." "When I was your age..." "Because I said so!" "Just wait till your father gets home!" All of these commandments have been engraved on the collective human psyche for some time, along with the stereotypes and prejudices that are part and parcel of an authoritarian, patriarchal, hierarchical, dominator model of civilization. Fortunately for us all, none of this works any longer. And the people to most profoundly revolt against these dictums are teens.

One of the most significant influences on society is what can be called the democratic revolution. Over the past decades we have seen, and continue to see a great uprising of various peoples demanding to be treated as equals, demanding freedom and dignity and respect, peace and justice. Different races, ethnic and religious groups, women older people and the young. Values and traditional concepts of authority and power have and are being challenged and often changed. This uprising of the human spirit will not cease or fade. Thankfully it will continue to move us all, sweeping away old prejudices and stereotypes, patriarchal, authoritarian power structures, making room for truth and justice, dignity, peace and freedom. Families have not escaped these changes, because the family itself is a social structure.

In looking at the present state of the world, it would appear that for some time, we have individually and collectively abdicated our personal responsibility to the expert, the institution, the politician. But unfortunately, father (the state, the lawyer, the multinational corporate empire, the church) does not know best, and mother has never been consulted.

Projecting ahead to the time our children will be adults, it is a very safe bet to assume that the world will be even more complex, difficult and challenging a place to live than even now. All indicators point to massive change, collapse of social and economic systems, not to mention impending environmental disaster of the first magnitude. Nothing is going to get easier or simpler. Nothing is going to get cheaper. Nothing is going to get safer or cleaner. I wish I could say with confidence that there is light at the end of the tunnel.

but the only light I see is my little son's eyes...and that is one thing that keeps me going.

It is our incredible responsibility as parents to equip our children with the skills necessary not only to survive, but to be happy, to be able to partake in the blessing of this amazing planet and their magnificent human birthright. Our children must be able to connect unshakably with all that is fine and wise and wonderful of the human spirit. They need to be able to participate in this democratic revolution, to make wise choices, and not to give up the responsibility for the consequences of their actions. They have to be intimately aware of their connectedness, their interrelatedness to the whole....nature and all its wonders. How do we apply our limited skills and our often even more limited time to the needs of our children today? I sincerely believe that we need help to acquire the appropriate skills necessary to raise our children in an intelligent and responsive way. We especially need help in dealing with teenagers and the children that come into our lives midstream, such as step-children, blended families, etc.... I think we can accomplish this by making peace with the ghosts from our own pasts, dealing with the pain that continues to haunt most of us. And the other thing we need to do is to reeducate ourselves in how to parent effectively. I recently had the good fortune to participate in a parenting course Systematic Training for Effective Parenting (or S.T.E.P.) for teens. There is a STEP course for parenting younger children as well. Great stuff, I highly recommend seizing the opportunity should you ever have the chance. Based on the understanding that this democratic revolution is taking place within the family, we had a chance to learn simple communication skills such as reflective listening, using I messages, natural and logical consequences, exploring alternatives, something called "whose problem is this?" Many of these techniques can go

a long way to at least mitigating some of the tensions that exist between parents and teens. Highly rated is the "family meeting" where every family member, to the extent that they are capable, gets to participate in the decision making process, in the processes of ongoing family life as an equal. We can learn to empower our children to make appropriate choices, to recognize the need to accept responsibility for their own actions, and to use every single experience of life to grow, and become stronger, more loving and compassionate human beings. Kids need to know that all things can be faced and lived through and handled with grace. And I believe that we also have to recognize that every single one of us has their own life to lead, their own destiny to fulfill. Even baby Galen.

I think that we need to find ways of assisting the passage from childhood to adulthood for all our young people. If we look at tribal life, we find that the transition to womanhood or manhood is made by various coming of age ceremonies. I think that it can successfully be argued that in some ways, our culture goes through a prolonged state of adolescence...our culture has in fact become adolescent. We worship youth, extremes of behavior. Our movies and radio waves reflect an obsession with chaos, violence and extremes. And it is true that we need to move beyond this. Tribal peoples took all of that angst, all of that adolescent darkness and rage and extremism, and focused it, ritualized it, celebrated it in ceremonies and rites of passage. In doing so, they clearly marked and celebrated a young person's entry into adulthood. In our culture there are many of us who never really grow up, or feel, in our heart of hearts, adult. Unless we are prepared to help our young people make this stage in their lives by welcoming them to adulthood, they will not want to leave childhood. And this world needs all the sane and loving grown-ups it can get.

PARENTHOOD

1. Children are not pets.
2. Don't take what your children do too personally.
3. Don't keep scorecards on them--a short memory is useful.
4. The life they actually live and the life you perceive them to be living is not the same life.
5. Dirt and mess are a breeding ground for well-being.



6. Stay out of their rooms after they reach puberty.
7. Stay out of their friendships and love-lives unless invited in.
8. Don't worry that they never listen to you; worry that they are always watching you.
9. Learn from them; they have much to teach you.
10. Love them long, but let them go early.

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THE 'NATURAL' YELLOW PAGES

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Issues is published bi-monthly by **Visions....unlimited**, #304, 973 Forestbrook Drive., Penticton, B.C. V2A 2E9. Publisher is Angele Rowe. Publications Mail Registration # 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.....November 1st.

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

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Continued from page 38... "Can We Talk?"

stay with whatever you can relate to, physical or emotional. I want you to know that I think you're the most wonderful man in the world. You're always so thoughtful and caring and you're always there when I need you. I feel so grateful." (# 6 & 8)

J: "I wish I could believe that about me, but I seem to always feel so ...worthless."

M: "I know the feeling; I can feel it in myself right now."

J: "I've never told you this, honey, but sometimes I resent how much I need you - it makes me feel this worthlessness so much that I almost want to die. I feel like such downer for you." (# 9)

M: "I feel like I don't deserve you. I'm always worried that someone better will come along and show you what a loser I am."

J: "You're the best friend and lover I could ever want. No, it looks like you're stuck with me for life!" (# 8)

M: "I can handle that!"

Does this resolution seem too easy? Too idealistic? Why not experiment with these principles and compare the results?!

- 1) What goal am I willing to commit in this communication?
- 2) I take complete responsibility for my behaviour and emotions.
- 3) I begin the communication with what is not working for me.
- 4) I own that what is not working is being generated from my own emotions and life experiences.
- 5) I clarify what I was feeling and thinking, and what happened as I saw and experienced it. I invite my partner to do the same, but I do not expect or demand it.
- 6) I request my partner's help in the healing process, but I am willing to support them first, if they are more upset than me. Whoever is in the most pain gets supported first.
- 7) I recognize my Partner's feeling as mine, feeling that feeling inside me as best I can. I keep feeling the feelings on deeper and deeper levels as I get in touch with them. I can share whatever experiences in my life that cause(d) these feelings, but I stay focused on the feeling. If stuck, I focus on the physical sensations, going deeper with these, knowing that they will eventually hook me up with the emotions again.
- 8) In any situation, appreciation creates flow; I share my appreciation.
- 9) I share my withholds - what I'm thinking; but hesitate to say. I am honest, but not with the intent to attack.
- 10) If I do not reach complete resolution, I return to my original intention, and ask myself what I am holding onto that I value more than a harmonious result with my Partner. I am solely responsible for the outcome of any communication; how I perceive my partner determines the extent of success in my communication. ♦

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Salmon Arm...Sept. 17...Tues..... 7:30 to 10 pm
 Vernon.....Sept. 20...Friday...7:30 to 10 pm
 Sicamous.....Sept. 26.....Thurs...7:30 to 10 pm
 Nelson.....Oct. 10.....Thurs...7:30 to 10 pm
 Penticton.....Oct. 17.....Thurs...7:30 to 10 pm
 Kelowna.....Oct. 24.....Thurs...7:30 to 10 pm

please see below for location

1st Degree Reiki Workshop always follows the
FREE lectures for anyone wishing to study it further.
The Scheduled Times are...

Salmon Arm...Sept. 18 & 19...Wed...9-4 & Thur...9-Noon
 Vernon.....Sept. 21 & 22...Sat.....9-4 & Sun...10 - 1 pm
 Sicamous.....Sept. 27 & 28...Fri...7- 10 pm & Sat...9-5 pm
 Nelson.....Oct. 11 & 12.....Fri...7- 10 pm & Sat...9-5 pm
 Penticton.....Oct. 17 & 18.....Fri...7-10 pm & Sat...9-5 pm
 Kelowna.....Oct. 25 & 26.....Fri...7-10 pm & Sat...9-5 pm

2nd Degree Reiki Workshops are as follows...

Vernon..... Sept. 19, 23 & 24...Thur, Mon & Tues...7-10 pm
 Sicamous...Sept. 25 & 29...Wed...7-10 pm & Sun 9-5 pm
 Nelson.....Oct. 9 & 13.....Wed. 7-10 pm & Sun 9-5 pm
 Penticton....Oct. 16 & 20...Wed. 7-10 pm & Sun. 9-5 pm
 Kelowna.....Oct. 23 & 27...Wed. 7-10 pm & Sun. 9-5 pm

Locations...

Salmon Arm at the Community Center...Room #2
Contact...Lea Henry 838-7686

Vernon at the Wholistic Living Centre
Contact...Lea Henry 838-7686

Sicamous...at 425 Main St
Contact...Chris 836-4477

Nelson...at 201 Nelson Avenue
Contact...Edna Reti 354-1156

Penticton...at the Leir House...220 Manor Park Ave.
Contact...Jan Stickney 492-6442

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Vancouver M.E.N.

Is a network of volunteers whose goal is to provide information and services for men's activities in the lower mainland. We have found drumming, storytelling, poetry, ritual, dance, shared work and the study of mythology to be effective tools to bring men into community. This creation of community enables men to delve into deeper issues that exist for men today.

Vancouver M.E.N. offers the following workshops:

Sept 28 & 29 - Gods in Bodies Venus and Mars: for men and women with James Hillman and Debra McCall.

November 16 & 17 - Men's only Workshop with Michael Meade and Robert Moore.

Plus they have regular events like the Men's Wisdom Council and Myths after Midnight and offer ongoing support for any group of men wishing to start their own men's groups and encourages them to write for their free booklet "*Handbook for Starting a Men's Group.*"

A big bold step in the right direction was a quarterly magazine on men's issues titled *Thunder Stick*, distributed free of charge. If you would like more information please write Vancouver M.E.N., 3392 West 34th Ave., Vancouver, B.C. Ph. 290-9988.



Sterling Men's Weekend

is being offered in Vancouver this Nov.

One of the pioneers of men's work in North America is Justin Sterling from the Bay Area in Calif. Justin got his start in New York counselling successful executive women who were failures in their relationships with men. His success in helping women understand men and their issues led to the development of the Sterling Women's Weekend.

Soon, his women graduates began to ask, "Where are these real men you keep talking about?" So, in 1980, he started a weekend for men. Since 1981 nearly 1500 men from Vancouver have attended.

The Sterling Men's Weekend brings together over 200 men for an intensive, 48 hour experience to begin a lifelong process to discover and overcome their personal barriers with the support of other men. It gives them the opportunity to transform their relationships with each other, their fathers and sons, as well as women in their lives.

Interested in attending? contact Rick Russell 731-9221 or 875-4007 (work).

Celebrating the Spirit of Men

DAD

by Randy Thompson

I wish you were still here today
There's lots of things I'd like to say

Like gosh-darn shucks...I love you, Dad
Your absence truly makes me sad

I never really got to see
The real you...He was kept from me

Your image was to just be strong
Don't cry and don't admit you're wrong

Don't show your feelings, most of all
For that is weak..Be tough..Stand tall

But I know that deep down inside
There was a child you used to hide

Sometimes he'd come out...want to play
But all too soon be locked away

Dad, I know that you've been hurt
I know you've been dragged thru the dirt

You did the best that you could do
You passed on what was done to you

But I wish you were here today
So you and I could go and play

Taken from the book "Serious Thoughts About the Search for Life Before Death: Words of a Recovering Human Being".

Randy describes his writing as "emotional and experiential philosophizations put to rhyme" If you would like his book...send \$9.95 plus \$1.40 postage to Randy Thompson, Richmond Square Postal Outlet, Box 26095, Richmond, B.C. V6Y 2E0 or you can phone him at 278-5946 as he would love to share words with your group.

Wingspan:

Journal of the Male Spirit is published in Massachusetts and is available free Bob Frenier is dedicated to the cause and distributes 120,000 copies internationally. Contributions are encouraged but the magazine will be sent to any group asking to distribute them.

Write: Wingspan, Box 1491, Manchester, MA 01944 or phone (617) 526-8485.

This page was compiled by Samaya of Shared Vision in Vancouver and allowed to Network to the Interior with her permission. My hope in publishing this page is to inspire a man or a group of men who are interested in writing a regular column on what is happening in the Interior. If someone does go to a workshop...please keep ISSUES in mind for a short story. This is your good news journal.....please keep submitting stories of what you are doing.

The Canadian Men's Council was recently formed by Peter Dimitrov and Al Ross and have organized a "Wildman Retreat" in Pemberton.. Labour Day Weekend

Six goals of the council are:

- 1) We must advocate the progressive demilitarization of the planet so that monies, talents and natural resources can be redirected to life-affirming projects.
- 2) We must provide more positive mentorship to youth, many of whom have little contact with men, and who are truly bereft.
- 3) We must become more involved in ecological and wildlife restoration, as much of the earth's wilderness is in grievous straits.
- 4) We must connect with men of other races and ethnic origins within our own country to dismantle institutional and interpersonal racism.
- 5) We must compile a database which clarifies the deteriorating living conditions of men's lives and we must use such information to advocate political and legal perestroika-like restructuring.

6) Finally, we suggest that Canadian men must free themselves from the disempowering disease of "outsideritis". Rather than looking to American men for leadership and direction we need to look confidently to our own latent response-abilities. As Canadians we need to search for, support and recognize Canadian men whose wealth of life experience can enable the germination and growth of a uniquely Canadian men's movement, one that will play a vitalizing role in the affairs of our country and planet. To be leaders rather than followers, we need to listen inwardly to the sound of a different drum and then to act skillfully, with boldness, generosity and immense compassion.

Sound interesting?

Please phone Peter Dimitrov 597-6990 or Al Ross - 525-9236. in Vancouver.

ARE THEY MIRACLES ...OR ARE THEY SIGNS?

by Diana Holland

A recent cover of *Life* magazine features women and children devoutly praying to an alabaster statue of the Virgin Mary and the caption, "Do You Believe in Miracles?" The article within describes the apparitions which have been taking place nightly in Medjugorje, Yugoslavia for the past ten years. As similar appearances have been occurring unreported in Africa, Korea and the Ukraine since the early 1980's, part of the miracle is that such a topic finally made the cover of a major American publication. But *Life* magazine can spot a trend: from weeping statues of the Virgin to apparitions of Jesus in the clouds -- snapped in-flight on Polaroid! -- miraculous events have been occurring more and more frequently of late, and the media has begun to take note.

Both local and national coverage occurred when beautiful Crosses of Light began appearing in El Monte, California, in May, 1988. (The Crosses have since spread as far as British Columbia). The Crosses are even-armed, with a smaller diamond linking the four arms. They appear full-formed as holograms, usually in the frosted glass of bathroom windows. They radiate a golden, healing light and they have touched the lives of hundreds who have come to witness them. Curiously, the manifestation and proliferation of these Crosses was announced -- several weeks before they began to occur -- by Maitreya, a great spiritual teacher living in London, England.

Another "miracle" report concerns a "mysterious hitch-hiker" who has been picked up in the United States, Europe, New Zealand and elsewhere, often by fundamentalist Christian couples. The conversation gets round to the Second Coming, which the hitch-hiker states will occur very soon. Then he promptly disappears from the car... Miraculous enough, but the story doesn't end there. When the astounded occupants of the car try to report the incident to a highway patrolman, he shrugs and says, "You're the eighth (or tenth, or eighteenth...) such report this month."

Benjamin Creme, a British esotericist and the author of *The Reappearance of the Christ and the Masters of Wisdom*, states that the mysterious hitch-hiker is none other than Maitreya, the great teacher now living in London, who "foretold" the apparition of the Crosses. In fact, states Creme, Maitreya

is the World Teacher for the Age of Aquarius as well as the One awaited by all the major religions under various names: the Christ, the Messiah, the Imam Mahdi, Krishna, the 5th Buddha.

Living now as an ordinary man in Pakistani community of London, speaking of justice and sharing as the solution to our current social and economic ills, Maitreya is appearing under various guises to world leaders and common folk alike and He is preparing journalists and influential people worldwide for their roles in His emergence. He is also manifesting the Crosses of Light and other such phenomena to help create the climate of expectancy which will allow Him to emerge onto the world scene.

Creme's pronouncements might be dismissed, except that the "miracles" curiously begin to add up in favour of his claim. On June 11th, 1988, for example, Creme states that Maitreya appeared to 6,000 people at a prayer meeting in Nairobi, Kenya, where He was immediately recognized as the Christ. As it happens, the story was carried in the *Kenya Times* and a major Japanese publication, complete with picture. In essence, the Christ-figure spoke to the crowd in perfect Swahili for about ten minutes. At the end, He promised He would return "bearing a pitcherful of blessings," and then He disappeared...like the mysterious hitch-hiker.

Could Maitreya be, as Creme states, the World Teacher for the Age of Aquarius? A man carrying a pitcher of water is the age-old symbol for the sign of Aquarius. Also, in esoteric iconography, the Aquarian cross "just happens" to be even armed...like those Crosses of Light which have begun to spread into Canada and elsewhere...and which Maitreya announced that He would manifest.

Benjamin Creme states that Maitreya is planning a series of large-scale appearances in several countries, which will be further proof of His presence in the world. As more people call upon the media to investigate these occurrences, the stage will be set for Maitreya to appear on television, world-wide.

If Creme is right, the last in the series of miracles is the best: Maitreya does not come as a religious figure, seeking worshippers or followers. Nor does He come as a wrathful judge. He comes as Friend and Counsel, to aid and inspire all of Humanity. His simple message is: "Share and save the world." If we heed His call, we will begin to create new structures -- political, economic, social and religious -- whereby we can all live in dignity, freed from hunger, want and ignorance. Now there's a miracle!

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CAN WE TALK?

by Christopher Moon

What is the difference between merely exchanging words and true communication? Perhaps the best way to answer this question is by showing a graphic example, so that the readers can decide for themselves. Two imaginary characters, Joe and Mary, have volunteered their services. We begin the scenario with an all too common type of interaction between partners in a relationship, reacting and blaming, when something goes wrong. At a certain point we will add the almost magical qualities of the principles of communication to Mary and Joe's conflict and see the result of this type of accountable interaction. (The 10 principles are presented at the end of the dialogue).

To set this scene for the readers: it is 10:15 pm, and Joe has spent much of the evening flicking through television programs and pacing through the house in a state of growing agitation. Mary enters, and Joe rushes to confront her; they stand some five feet apart.

Joe: "Do you realize what time it is? Why the hell didn't you call?"

Mary: "It's only ten fifteen - I told you I'd be a little late."

J: "A little late? You're a lot late. You could've at least called!"

M: "I'm sorry. I went out with some friends after work - I didn't even notice the time."

J: "Are you kidding? You're over four hours late! I didn't know whether to cook us dinner or to go out looking for you in case something happened. I wasted a whole night worrying about you."

M: "Okay, I'm sorry; I won't do it again."

J: "You're not sorry; if you were sorry you would have called."

M: "Don't be ridiculous! You're the one who said we shouldn't put each other on a leash. You're the one who said we should be free to follow our feelings. I don't bother you about staying out late with your golf buddies."

J: "I call you when that happens. I'm asking you to have some consideration for other people's feelings. Dammit, I was worried!"

M: "Geeze, I said I was sorry! I won't do it again."

J: "Yes you will - you're not sorry!"

M: "Okay, You're right, I'm not sorry. Satisfied?" (*she rolls her eyes and shakes her head*)

J: "Don't give me that look! I wasted a whole night because of you."

M: "So who asked you? If you're such a worrier, maybe we shouldn't live together. If I have to face your Spanish Inquisition every time I go out and have some fun, I'd rather live alone!"

J: "Yeah, well maybe you should! (*Joe stomps over to the closet, grabs his coat and brushes by Mary, grabbing the doorknob.*)

From this point on, both Joe and Mary will use the 10 principles of communication in their interaction. The numbers (#) in brackets at the end of a quote refer to the specific principle(s) used in that statement.

(*Joe stops, realizing that leaving will solve nothing, turns to his partner*) "Look, is this what we want? I would rather talk about this and see what's really behind it. I just started this fight because I don't like what I'm feeling" (# 1 & 2)

M: "Well it just seems that you always get upset whenever I'm out having fun without you."

J: "I'm real sorry; that's not the way I want to be. I want you to be happy, but every time you're late like this and I don't know where you are, I freak out, and I can't seem to do anything except worry. I know, I know this is my trip. It wouldn't be a problem if it wasn't for this emotional crap inside me. It seems like I've been this way all my life. When you act like that, it just pushes these old buttons. It's really not your fault in the least." (# 2, 3 & 4)

M: "But we go through this every time, Joe. I'm starting to hate coming home when I know you're going to be like this."

Christopher Moon international lecturer, workshop leader and author



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J: "Yeah, I know it's not pleasant for you. When you didn't call, I thought that you were having a great time and that you figured it would be ruined by talking to me. Then when it got even later, I started to think that you didn't give a damn what I felt - like you were mad at me or hated me or something like that." (# 5)

M: "I don't hate you, Joe. It's just that I felt so guilty that I was having fun without you - I couldn't bring myself to call. The later it got, the guiltier I felt, and the less fun I was having. Then, I started... I don't know... resenting you for it." (# 5)

J: "I even started thinking you were having an affair. You're not, are you?" (# 5)

M: "I promise you I'm not. I want you to trust me; to know that when I'm out enjoying myself, I'm still with you. I just get so guilty whenever I have fun in my life...like I'm not allowed to enjoy myself without paying for it big time, later. I guess I've made you my creditor, I apologize." (# 2 & 5)

J: "I feel like I'm listening to myself! I thought I had to worry about you tonight; that if I enjoyed myself, I'd be betraying you. I feel like I'm joined to this guilt and anxiety at the hip, they've been with me so long! I think I need... I hate to bother you, Mary, but could you...I don't know... help me?" (# 6)

M: "What is it? What are you feeling?" (# 7)

J: "I just feel...BAD inside...like I did something really wrong. It's the same as when I was a kid and Mom was upset about something - her whole life probably. But I was sure I had something to with it, so I stopped whatever I was doing, and just sort of watched her. That must have been where I stopped having fun and started being a worry-wart. Or maybe..." (# 6)

M: "Just stay with that feeling, Honey. I know exactly how you feel. Just stay with it." (# 6 & 7)

J: "Thanks. But I feel stuck here, like nothing's moving..."

M: "That's okay; maybe you can feel something more physical - just

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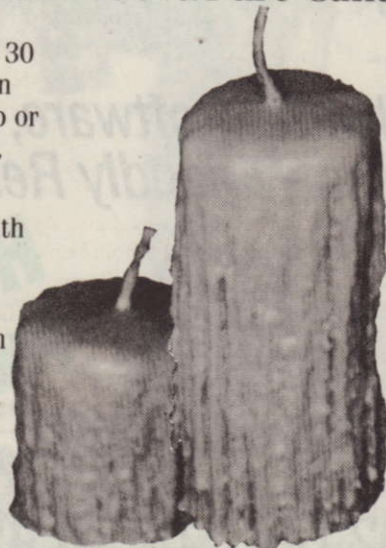
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