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**'Harvesting Hay
the Old Way'**
to find out more...
Read Musing.....page 4

October / December 1991

Volume 2 - Number 6

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This is part of a World Tour to mark "The Year of Tibet". The monies from this event are used to support orphaned children who have escaped from Tibet, as well as children who have been taken to the monastery by their families so that they can live in safety and receive an education.

The group is performing in over 40 major centers across North and South America including Los Angeles, San Francisco, Seattle, Toronto, Montreal, Calgary and Vancouver. The program is a rich and colourful display descending from an ancient culture that has been recognized by Christian and Eastern disciplines throughout the ages.

The choir uses a deep modulated bass tone with fine upper harmonics, and the music grows in waves to produce a sound that you can feel as much as hear. Each singer can produce three notes simultaneously, and begins his training for this rigorous performing as a young child. Bone and wooden horns over twelve feet long are used, and the Monks wear their traditional orange and maroon robes with extravagant feather hats.

This is a unique concert, with special prices for students. Tickets are available at all Towne Ticket Centre Outlets and at the door. Sponsors are the Canada Tibet Committee, and locally the Kelowna Buddhist Study Group; telephone 868-0744 ♦

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Guided Imagery and Music (GIM)

Guided Imagery and Music (GIM) as developed by Dr. Helen Bonny is a music centered transformational therapy which uses specifically programmed classical music to stimulate and support a dynamic unfolding of inner experiences. These inner experiences unfold in service of physical, psychological and spiritual wholeness. The method includes listening to classical music in a relaxed state, allowing the imagination to come to conscious awareness, sharing these awarenesses with a guide and utilizing these awarenesses for personal growth.

The music used in GIM is from the western classical tradition which offers structures to which the mind and body respond. The rhythms, melodies and timbres of this music are capable of engaging a person's whole being and evoking a broad range of images. It attracts and focus attention. It furthers relaxation and can also energize. Through its tensions and resolutions, it can be a means for catharsis. Through its continuous movement, it can promote change. The music can be a pathway to religious experience or a bridge to the symbolic and archetypal realms. The GIM guide chooses the music tape which most closely matches the needs of the person having the session.

The phenomena experienced by the person while listening to the music are referred to as images. They may include physical sensations, emotions, thoughts, waking dreams, visual images, memories or inspirations. These musically evoked images comprise the content of the GIM session and provide both the person and guide with much material to contemplate. The imagery experience is reflective of one's self, personal relationships and life journey. The material that surfaces may be creative, awesome, amusing, fearful or ordinary. Through sensitive and intuitive interventions, the guide can assist in deepening and clarifying the person's relationship to his/her imagination.

After experiencing several GIM music tapes and a variety of imaging sequences, a person senses a new and deeper connection with music and the imagination. She/he may gain insight into interpersonal relationships. Old behaviors may fade and new ways of being emerge. Interactions with the guide allow these possibilities to come more clearly to consciousness and to be integrated. A heightened awareness of the sacred may occur. One's inherent wholeness is sensed as she/he explores parts of the self previously unknown. Changes occur as a person moves beyond prior limitations. New pathways may appear as one experiences in a new way the aesthetic order of growth, life and transformation.

Jan Pearce is a certified GIM practitioner and invites you to try this gentle method of releasing tension ♦

Intensive Weekend Workshop

in Penticton

Touch Polarity

November 1st, 2nd & 3rd

Sid and Linda's style of teaching makes "Energy Work" easy for all of us to learn and use. The premise of polarity work is that disease is caused by obstruction of energy flow. When the energy imbalance persists on a long term basis, the unbalanced pattern of energy reflects in physical structure, physiological functions of the body, this brings out the symptoms of disease as pain, stress and degeneration. Touch Polarity addresses this imbalance. By working with the energy fields of the body, you can restore a sense of ease in the body.

This weekend intensive offers a way to balance, harmonize and heal the seven bodies of individual expression. Plus....Polarity restores physical, emotional, mental and energy wellness of practitioner and client. The course includes 20 hours of class instruction and 6 hours of individual practicum.

Friday - 6:30 - 10:30 pm at the Leir House

Introduction to Polarity, Self-help Aura Work, Basic Principles, Origin of Disease, & Energy Games

Saturday - 9 am to 8 pm & Sunday - 9 am to 6 pm

History of Polarity, Trade Demonstration, Middle Cone Balancing, Self Help Treatment, Review of Touch Polarity, Polarity of Individual Circuits.

Tuition \$125.00 for the week-end
pre-registration is appreciated
or \$10.00 for the Friday Evening Talk.



Sid Tayal has been involved with holistic health for thirty years. Having taught Yoga, Acupressure, Nutrition, the Chinese Five Element Theory of Health and NMT or Orthobionomy. He integrates all his studies to create a unique way of understanding the elemental forces of healing.

For more Information or a Private Session... please
phone Angele 492-0987 or Marion 493-3697

K P A

Kelowna Parapsychology Association

Fall Series

Jassandra Carter

Formerly Susan Peachey, Jassandra is well known locally for her incredible expertise in nutrition, herbs, and body functions. But more recently, she has expanded the concept of what she brings to people, focussing on the Chinese concepts of Chi and Chinese Herbal Formulas.

Jassandra will be speaking on "Integrating Body, Mind and Spirit" She will explore the need to have your physical body be nurtured in a way that supports your Spiritual Growth.

Cheryl Grismer

Cheryl leads intensive workshops that assist people to open to their own psychic abilities, with phenomenal results! Currently, Cheryl has a private practice in Kelowna and will spend the evening answering questions on any topic, so come prepared!

October 30th

Nov. 27th

Meetings start at 7:30 pm at Kelowna's Sandman Inn
Members \$3.50 - Non-members \$6 - Membership \$20 yr.
For more information, contact Allen Gibson at 762-0804

Meetings are always the Last Wednesday of each month.

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Musing

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Publisher of ISSUES

Photograph by Steve Tomlinson



"Harvesting Hay
the Ol' Way"

Just recently, I had the opportunity to travel north and spent several days in Rosswood, the community where I grew up. I visited all the old homestead sites... lingering a few minutes at each... starting at the state of decay that most were in. Many were demolished, including the old homesite where most of my Mom's pictures were taken. The main highway going to the Nass Valley cuts right through our old homestead and all that remains is a fragrant lilac bush.

As I toured Rosswood... I remembered the faces of the folks who had chosen to live there without the modern comforts that electricity makes possible and I marvelled at their physical endurance in raising a family naturally. Today, many of the settlers have generators, propane fridges and dryers and even indoor toilets. Plus... a small general store with a radio phone... so that important messages can be relayed to the appropriate family.

This month's front cover has two photos... as I felt one didn't capture the staggering amount of work it took to store our winter allotment of hay. The larger photo shows Grandad hand-scything the hay on a hot summer day with Ol' Goatie in all her splendor in the background. The hay would then be taken down the hillside to the side of the lake and loaded into our canoe. The smaller inset photo is one of Kalum Lake and my Dad with his canoe fully loaded. Once we landed, the hay was loaded onto a small trailer/tractor to be transported to the ramp leading to our barn and then pitchforked once again into the top level of our barn.

It boggles my mind to think of the time and effort it took just to get hay every summer to feed a few animals over the winter. I can understand why society plants hay on flat land and invented machines to save time and labour.

In addition to hauling hay, growing a garden, chopping wood, arranging for a continuous supply of water (by well, gravity feed system, or hauling it to the homestead in 100-gallon barrels) building outhouses and barns, canning moose meat or salmon, or sun drying the winter's preserves... most Dads also worked for the local timber company, logging the land during the day. The Moms had their hands full with an average of five to seven kids... baking bread and peeling potatoes must have felt like a full-time job, not to mention doing laundry in an old wringer washer. Did they have time to enjoy the sunshine while hanging up the clothes?

Family outings were usually a trip to the lake, where we kids splashed ourselves in the ice-cold water or, if we sat real still a canoe ride. Sometimes we even got to fish from the canoe but too many kids in one canoe makes too much noise for any serious fishing so we generally fished from the side of the lake. Most Saturdays our family split... Mom, myself and the three younger boys would go to town to buy supplies... gas, propane, clothes, food, etc... or to get things repaired while Dad and the three older boys would go hunting up Ol'

Goatie or down the Beaver River, looking for moose.

Some days I wonder who has it harder... the people who choose to "live off the land naturally" or the modern family with all the pressures of city living. Today, more and more families have both parents "working", often in sealed buildings with the constant whirr of fans, computers and phones calls. Mental work seems to go on non-stop and people have to schedule time to keep fit. As for the children, TV has become the central focus since there are few chores.

As for me... I enjoy city life and I am very grateful for the modern conveniences because I have more time to meditate. The latest statistic is that over fifty percent of Americans are now meditating. I feel people are drawn to this activity because of high mental stress at work, with limited time for physical exercise (due to the involvement of modern time-saving devices).

Meditation is something we do, but in reality it is a state of being; once a person attains enlightenment, that feeling of bliss stays with that person every moment of time. Meditation is similar to the relaxation and visualization exercises one can do for stress management... and more.

I find meditation quietens my mind so that I can enjoy the wonders of me... living in this beautiful universe, knowing I am connected with God... at a heart level. Once I had felt that bliss... the desire for more came from deep within me... and I began my search for self-realization. My journey started five years ago, slowly at first, as I took an occasional evening or week-end seminar. As my family grew less dependent and I had more time in my life I found regular meditation to be very beneficial. I continued reading and searching for ways to understand my life, why I was doing what I was doing, what made me happy. I wanted to become more aware of my subconscious programing.

Now that our boys are in college, and I have a job that supports my way of thinking and friends that have the same thoughts and ideals as me, and a knowingness of possibilities. I expect my growth to accelerate and my path to enlightenment to become clearer.

I would like to thank Larry for organizing Brother Charles' visit... for he is definitely an illumed being... you can read more about his visit to the Okanagan on page 10. I thank Annie Holtby for introducing me to the latest tapes of Deepak Chopra, M.D., "Magical Mind, Magical Body"... If you have read and enjoyed any of Chopra's books, his cassette tapes will inspire and heal you. And finally, I thank William Peters for reminding me how important the breath is in our healing process and his teachers, Leonard Orr and Babaji.

A parting word of wisdom from Leonard Orr's book *Physical Immortality, The Science of Everlasting Life*. "The idea of physical immortality gives people an opportunity to unravel their death urge and free themselves from the tyranny of deathist mentality. The ignorance of physical immortality leaves people in the prison of misery, self-destructiveness, fear, failure, and insecurity that causes illness and pain, violence and war, power struggles, impotence and cruelty, human degradation and death itself. The philosophy of physical immortality unshackles the human imagination, gives access to enormous reserves of energy and creativity, creates a motive for patience and simplicity and is itself a test of love and intelligence".

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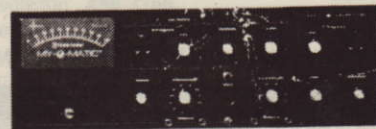
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Little time remains to wait before people will see the World Teacher, Maitreya, and when they do they will come to understand the reasons for their existence, the purpose of their lives. They will renew their faith in life and create around themselves the fabric of a new and better civilization whose keynotes will be *justice and sharing, harmony and love*. They will look to the future with hope rather than despair.

**As Teacher and Guide
*The World Teacher,
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A start will soon be made to shine the light of knowledge and understanding upon the many problems which beset the world and, with tolerance and good faith, much will quickly be achieved.

For free information about Maitreya, contact:

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Footsteps to Freedom

**with
Mohntari**

The answers provided are the opinions of the author only. We don't want you to believe a word you read unless they feel right to you. Each individual is unique in his/her awareness of spiritual information and there are many levels of awareness.

Our intention is to activate your thinking process about your spirituality. Should you desire to send in a question, it would be most welcome and answered from Mohntari's view point.

Question. *Hello Mohntari: I've heard about channeling would you please explain it?*

Answer. Channeling has come down thru history, since the beginning of man's spiritual awakening. It is the universe's way of giving mankind guidance in the search for truth. The prophets of the Bible, at times, were communicated with this way. True psychics contact the Akashic Records of an individual thru channeling. Each and every individual receives messages from an inner voice, helping them in their daily choices. (This is a form of channeling) Auto writers get their words that come thru by channeled avenues.

The universe uses these methods and others to help and teach mankind in their spiritual advancement. All channeling is done in an altered state. Yet even with that we have been warned that there could be up to a 15% chance of misinterpretation or error.

Be prepared to consider this chance of misunderstanding or mistake when working with or listening to a channel.

Question. *Dear M... How am I supposed to find my life's work?*

Answer. If you love what you are doing, all doors necessary are opening for you, help comes from all angles, those around you compliment you on your happy personality, you have no time for negative thoughts or actions, things in that field come naturally to you, people are ready to help you, then you are doing your life's task.

Should this scenario not fit you, it is time to look around and find what does. Ask the universe for assistance and you'll soon find things happening for you, to place you in this position.

Question. *Dear M.... What is a Guide?*

Answer. They are universal spokespersons! Each person (fragment) has one or more appointed, volunteered guide(s). The plan has been set into action to give all the universal help needed to see you through this lifetime.

Their appointment to you is conditional to the task you chose, your desire for spiritual advancement, as well as how many others you will be helping on your way through this incarnation.

Guides are invaluable especially when you make contact with them through an open communication.

*If you would like your question answered write to
ISSUES, #304 - 973 Forest brook Ave, Penticton, B.C. V2A 2E9*

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presents

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Don't Miss Out on these Exciting Workshops

Grace Dodds moved to the Okanagan from Calgary in the summer of 1990. She brings ten years of teaching experience and has held seminars, workshops and given lectures on a variety of subjects.

She began in the Further Education Program in Central Alberta, teaching a course she put together called "Living Positively", primarily to help adults improve their self-esteem.

The program was well received and she expanded her teaching activity to three separate areas each week. From fall to spring for more than three years, she taught this ever expanding course, and included a new one called "Prosperity as a Choice."

Because so many young people have problems claiming the prosperity that is everyone's right, she put together this workshop on the subject.

Grace feels uniquely qualified to teach this course, since she uses the principles to create her own prosperity. Because she proved that they work, she is happy to pass along these principles to others.

Several years ago she became interested in the work of Robert Bly, author of Iron John. Robert is assisting men to recover that elusive quality called "masculinity". He discovered that modern



men are unsure of their role as males in modern society. This led to his holding seminars and workshops all over North America.

In 1988 Grace participated in a workshop with Robert and Ruth Bly at Hollyhock Farm on Cortes Island. She studied his writings as well. Later that year, she was asked by a woman in Calgary to lead a women's group, with the object of defining femininity. For the next 19 months she led this group and left it only to move to Kelowna.

Her workshop called "Discovery," defining the masculine and the feminine, uses the ideas of such people as psychologists Robert Johnson, Jean Shinoda Bolen and Jean Houston. It is an exciting journey of discovery for both men and women.

Her lifelong interest in Indians and Shamanism led to her newest workshop called "Shamanism Demystified." It deals with the spiritual life path of the prereservation Indian. Grace had participated in a number of seminars with Indian Shamans and has a high respect for their loving and gentle approach, their deep level spirituality.

All of these workshops will serve to introduce Grace and her areas of expertise to the Okanagan.



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*from Vibrational Medicine,
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Our bodies have energy centers or chakras that receive, transform and distribute energy within our environment. The free flow of energy through these centers promotes Well-Being and Fullness in Life. A blockage or constriction in the natural flow of energy is the root cause of all suffering.

Vibrational therapies dissolve blockages by resonating with the natural frequency of each chakra enabling the chakra to once again absorb new vital energy.

In our workshop we'll look at the function and purpose of the seven major energy centers in our bodies and the vibrational therapies to maintain their proper functioning. These therapies will include: yogic breathing and postures; sound; color; gemstones; flower essences and aromatherapy.

Nelson: November 9th.. Sat. 9:30 - 4:30 pm
Chamber of Commerce Building ..Seminar Room

Penticton: November 16th.. Sat. 9:30 - 4:30 pm
Leir House .. 220 Manor Park Avenue

Vernon: November 23rd.. Sat. 9:30 - 4:30 pm
Sandman Inn

Kelowna: November 30th.. Sat. 9:30 - 4:30 pm
The Roundhouse, Hotel Eldorado

Kamloops: December 7th.. Sat. 9:30 - 4:30 pm
Kamloops Public Library

Course Fee: \$55.00

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Vibrational Therapies

by Barry Hunt

Therapy comes from the Greek word "therapeia" which literally means "assisting someone on his way". We all have gifts and fields of interest that may be of help to others along their way. I've been involved with consciousness raising programs for over twenty years and as I continue along my way, I see more clearly that what I'm working with is Energy and Vibrations of Energy.

Energy fuels all aspects of life: spiritual, mental, emotional and physical. Energy naturally flowing promotes Health, Happiness and Harmony. When we inhibit our connection to the source of all energy, when we're not open to receive, we experience suffering in life.

Happily there are a number of therapies available to assist us through our blockages and enliven our connection with the source of all energy. My particular interest and area of focus is with respect to Vibrational Therapies as they work with clearing and enlivening our energy centers or chakras.

In our bodies there are seven major chakras and each has a specific function and purpose. For example, the first chakra or root chakra, located between the anus and the genitals, oversees the functioning of the anus, rectum, colon, blood and building of cells. It's also associated with the suprarenal glands which regulate blood distribution and the balance of temperature in our bodies.

The root chakra connects us to the physical world. It gives us the "solid ground" upon which we build our lives. Harmonious functioning of the root chakra promotes a feeling of connectedness and support in life endeavors. Disharmonious functioning may be experienced in terms of a lack of trust and thoughts and actions overly concerned with personal welfare, material possessions and security. On the level of the body the desire to maintain possession may manifest as constipation and overweight.

Yogic breathing and postures, sound therapy, color, gemstones and elixirs, flower essences and aromatherapy assist us through blockages and enliven our connectedness. For example, the vowel "u" (spoken as 'ooh') is assigned to the root chakra and sets off a downward movement and vitalizes the original earthly power of the root chakras. The bloodstone teaches selflessness, strengthens the blood and promotes strength, stability and patience. The tangy fragrance of cedarwood oil connects us with earthly forces.

In my consulting practice, "Hollow Stalk Vibrational Therapies", I see people on an individual basis and I am now offering workshops throughout the province. In our workshops we'll look at the function and purpose of the seven major chakras and Vibrational Therapies to maintain their proper functioning. ♦

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An Illumined Master Appears in the Okanagan

by Angele Rowe

Once upon a time, long, long ago there lived a Monk in a Tibetan village, begging for his food, as was custom of the time. One day as the Monk wandered through the streets of this town, he happened upon a gathering of people, where he could hear loud shouting. On getting closer, found out that it was a landlord and tenant dispute (you see some things never change!) After a time, words turned to blows and the tenant was knocked unconscious ...the monk decided to continue the argument and he too was knocked unconscious. That sent his fellow monks scurrying for the stretcher. They soon had their illumined brother loaded up and carried back to the monastery. They were slapping him in the face trying to revive him when one monk suggested they get a glass of milk. As he opened his eyes and started drinking the milk, one of the monks asked "Do you recognize us Brother?" "Ah, yes, the hand that feed me is the same one that knocked me unconscious." For through his eyes, ALL ARE ONE. He understood the same God to be looking through everyone's eyes ... it is just that every set of eyes has a different form.

This was the opening story at one of the recent seminars with Brothers Charles. Some 200 folks attended in Kelowna and Kamloops. What a delightful way to spend an evening...meditating in the presence of an enlightened Master. I was in seventh heaven feeling the energies around and within me. Meditating in a group is always more powerful than meditating alone and to me, the sensation is one of true bliss...a feeling of connectedness with God, at a Heart level.

Just before the storytelling ... Brother Charles played his special brand of music called Synchronicity and we took a little time to allow the brain to quieten. Throughout the seminar while he talked we listened to the roar of the ocean, a sound that he specially developed to entrain the brain and get both sides working together. Brother Charles left for India when he was 20 years old, seeking direction, trying to understand the paranormal activities that he felt and saw...searching to find his true purpose in life ... then he met Muktananada, and stayed with him for eleven years. During that time he was told on more than one occasion that he was to use sound and his musical background to develop a meditation program for Westerners.

After three years of contemplation, processing of information and a great deal of meditation...Synchronicity was born. It was an instant success. More than fifty percent of the audience signed up for his Recognitions Program... a number unheard of at that time and many are still with him today, organizing events at his centre in Virginia.

Synchronicity impressed me with its simplicity: you put on headphones twice a day and let the reverberating cave walls meditate you, the sounds synchronizing the right and left hemispheres of the brain, so that your thinking becomes clearer and you can concentrate better. You can do it sitting up or even lying down ...the lotus posture is not a requirement. There are no ties to any of the Eastern religions and no rituals to follow other than tuning in to your own body regularly.

At the seminar, people had a chance to ask questions and Brother Charles answered each one as if it were the most important question ever asked. My two questions were: 1) Why, when I meditate, do

I feel as if mice are running through my hair? 2) Why does my chin drop forward at a certain time in my meditation?

Answer #1...That is one of the physical sensations the body feels when the chakras are being activated. So I mentioned that it had started immediately ...almost the first time I tried to meditate I felt a variety of sensations. When I trade stories of experiences with some of my friends, many tell me they don't feel anything when they meditate. He then explained that whatever level of meditation you achieved in your previous life is retained by your soul, and once reactivated, you return to that same level. So I shall suppose that I was a good meditator once upon a time.

Answer #2...As for the weakness in my neck, he explained that it was not a weakness but a way the body protects against electrical burnout ... too much energy being forced through a chakra at any given time can cause damage to the body so a block is created. The voltage needs to slow down in passing through to clear the blocked site but once the blocks are cleared, the neck will remain upright. Each time one meditates the chakras have a chance to whirl, cleaning out old debris and old patterning passed down from generations and lifetimes.

Whenever people mentioned information to him...his favorite quote was "Tis appropriate" ...for he considers each and every one of us as equals. Whatever path we choose is just perfect for whatever we need to know at any given moment.

To me the sign of good teacher is simplicity. Having spent years processing information the good teacher then can simplify it and teach it back to students in half the time it took him to understand it. Brother Charles has done his research on brain patterning and his tapes are a very precise way of reaching that state time after time.

After the question and answer period we meditated again...this time his music was composed to allow the brain to drift into Theta and Delta while still being aware of this dense carbon body we live inside.

Brother Charles' message was one of truth, simplicity and love and he shone with those ideals...he was also an excellent storyteller so I shall leave you with one last story of his. Once upon a time, not too long ago in a land we all know...there lived a very wise man. As he and God strolled through a beautiful city, he said to God, "I don't understand the difference between Heaven and Hell." So God took him to a spacious room in a Holiday Inn, at the centre of which was a large bowl of fragrant vegetarian soup...people there were thin, hungry and depressed. He noticed they had spoons that were twice as long as their arms, whenever they tried to eat a spoonful of soup, they missed and the soup spilt on the floor. The Lord said, "This is Hell". They then crossed the hallway... to an identical room, for this was the Holiday Inn. It too had a large bowl of fragrant vegetarian soup set up in the middle but here the people were full-bellied, laughing and quite content. The wise man noticed that they also had spoons twice as long as their arms and wondered aloud at the difference. Why should one room of people be starving while the other had people with full bellies. The Lord said, "This is Heaven, for they have learned to feed each other." ♦

Larry, the Canadian Representative for Synchronicity, has promised me that Brother Charles will be returning to the Okanagan sometime in the June, so stay tuned to ISSUES. If you are interested in listening to Synchronicity tapes, they are available at Caravan Books in Penticton, Books & Beyond in Kelowna, Spirit Dancer Books and Gifts in Kamloops and, of course at the Wholistic Living Center in Vernon. You can also call Larry at home in Kamloops, at 828-7930, if you have a particular question you would like answered.

UNDERSTANDING ASTROLOGY

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SATURN

The 29 year Career Cycle



Astrology's greatest potential lies in its use as a tool for human development. The Astrological map and its cycles gives a clear indication where our focus should be at a particular time in our personal history. The planet Saturn and its 28 year cycle around the chart is one of the most important cycles to follow. Saturn represents the way you experience the universe as you have structured it. The movement of Saturn in your chart indicates the part of your life that is being examined and tested. For example, Saturn moving through the House of Marriages coincides, in most cases, with either a marriage or a martial breakup. Relationships are being tested.

The Career cycle may be compared to the four seasons of the year. Each of our careers has a Winter, Spring, Summer and Fall. Each season lasting approximately seven years. To arrive at where we are personally in the cycle, we must go to our time of birth. The time of birth sets up a picture called the astrological chart, which portrays the symbolic position of the planets at the moment of birth. The Astrological circle is set up by the position of the sun in the sky, so if you were born at noon, the sun would be at the top of the chart and if you were born at midnight, the sun would be at the bottom of the chart. Saturn's movement around this circle is your career cycle. When it makes its 14 year movement through the bottom of the circle, you experience Winter and Spring in your career. When it moves through the top half of your circle, you experience Summer and Fall in your career.

There are from history some powerful examples of how individuals have experienced the career cycle. The theory in Astrology is that when Saturn reaches the top of your chart mathematically, you experience the zenith of your career in reality. Richard Nixon was ousted from office when Saturn reached the zenith of his career cycle. Stalin acquired control of Russia when his career cycle was at its peak. For each of us the career high may not be so socially dramatic or historic but one will experience the harvest of one's career at this time.

It is important to understand where Saturn is in our own career cycle. Is it Winter or Summer? Should we sow or reap at this particular time? Astrology may be used in many ways to bring more self-awareness to individuals, but perhaps one of its greatest uses is the career cycle. Since most of us spend most of our waking hours dedicated to work and our career, this should be one of the first areas of life we examine for greater self-awareness.

Saturn is now at 1 degree of Aquarius and will be in Aquarius until November of 1993. As Saturn passes through a sign, it tests individuals with the sun in that sign. It forces individuals to take a serious look at their lives and mature. All Aquarius sun signs will have their purposes in life redefined in some way in the next two years. Leos will feel the opposition pattern, which means that most of their redefinition will occur in relationships. As Saturn passes through a sign, it also tests reality of the social spheres ruled by that sign. For example, when it passed through Sagittarius (which rules religious leaders) T.V. Evangelists experienced many scandals.

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It's Possible !!

by Harry Naegel

Fruit farming is many centuries old. The Newtown apple for instance has been a commercial variety for over seven hundred years! No doubt the Mayflower had an ample supply on her voyages across the Atlantic.

It has only been in the last few decades of fruit production that chemical sprays have been used. Some of the sprays have now been banned while others are under review. With concerns about insect resistance to sprays and the increased demand for toxin-free food production there has been a dramatic increase in the research into organic fruit production.

One project conducted by Dr. Gary Judd of the Summerland Research Station is the pheromone disruption of the codling moth. By flooding the air with the scent (pheromone) of the female codling moth (with the use of pheromone wicks tied onto trees) male moths cannot easily find the female moth. No mating...No codling moth damage. This program has worked well for most growers involved.

We were fortunate enough to be included in the experimentation with the pheromone disruption program. The four acres that we took on was a pleasure to work without any any sprays and produced tons of good high quality fruit. ♦



Cycles

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When Saturn passed through Capricorn (Which rules politicians and government), the B.C. Government certainly experienced many scandals and even ousted a Premier. Saturn in Aquarius (which rules Computer and the new technology) should bring some redefinition of the Computer Industry. Alas, Aquarius also rules Astrologers and "New Age" Healers and Teachers. Therefore, the "New Age" field will go through some redefinition and perhaps, even some scandals. Although when it's all over, we should all be a little wiser -- and that's what Saturn is all about. Aloha! ♦

Dr. Craig Wagstaff, N.D.

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Chelation Therapy a Witch?

Ted Dickson, president of the EDTA Chelation Lobby Association of BC, says, "The witch hunt has begun."

In April, two BC physicians using chelation therapy in their practices had their medical records "summarily investigated" under Section 50 (4) of the Medical Practitioner's Act, on the authority of Resolution 91-39, passed by the College of Physicians and Surgeons January 17, 1991.

Ethylene-diamine-tetra-acetic acid (EDTA) chelation therapy is recognized in the United States as a safe, non-violent alternative to heart by-pass surgery, but Canadian doctors don't agree. The province of Ontario has outlawed it, and the official body of BC doctors will not support chelation. While the College 'does not preclude' physicians from utilizing chelation therapy they have stated "on the basis of expert opinion we do not support its use in the management of arteriosclerotic vascular disease." (Letter from the Registrar to BC Chelation Lobby Association June 1987.) Consequently, despite the endorsement of hundreds of physicians and patients almost worldwide, the provincial government refuses to include chelation therapy in its medicare system.

Now the College has decided to take more aggressive action.

EDTA is a chelation agent that binds to, and increases the excretion of minerals such as calcium, lead, and mercury, and has been used for years to treat people with heavy metal poisoning. The Whitaker Wellness Institute (Newport CA) says in its newsletter (1990) that as far back as the 1950s it was noted that patients who received intravenous infusions of EDTA reported improvements in memory, vision, sense of smell, and even clearer thinking. The newsletter says, "Chelation Therapy may be just what the doctor ordered to safely clean out your arteries."

However, in BC the controlling body of physicians and surgeons quotes the 'expert opinion' of the Canadian Cardiovascular Society in its crackdown: "The Society...has found no scientific evidence of benefit. Furthermore, there is reason to be concerned about toxicity from this treatment..."

While not replacing food nutrition, exercise, and a diet free of harmful trans-fatty acids, chelation therapy has saved many from radical heart surgery. The EDTA Chelation Lobby Association is asking members and friends to "flood the College with letters of protest" regarding the investigation. Address the Registrar, Dr. Thomas Handley, College of Physicians and Surgeons, 1807 West 10th Avenue, Vancouver, BC V6J 2A9.

THERAPEUTIC REGRESSION

by Vera Merchant

The therapeutic value of regression is to bring forward past-life information relevant to the present life, to recall an experience that is helpful or healing in the present. Although regression does not fit within the confining mold of science, as an unorthodox form of therapy, it often provides healing results.

Reincarnation is based on the theory that our life force, or essence, does not die with the physical body, but moves on and returns to earth, requiring many cycles of experience. We need not believe in the theory of past lives in order to benefit. If a person is willing to co-operate and allow their story to unfold, similar benefits reveal themselves via the subconscious mind.

Mind has many levels and we are only beginning to explore these realms of consciousness. Regression techniques activate our subconscious memory bank through slowing down brain wave activity, achieving a level close to Theta. This is a relaxed meditative state where there is no perception of physical time and space. Our awareness functions from a subconscious level. After a regression experience, most people feel they were looking at a past life for 5 or 10 minutes, when in fact, the session is usually 45 to 60 minutes.

A small percentage of people are unable to receive any impression due to resistance, or a high intensity of expectation. Sometimes we pre-program ourselves with "I can't do it", as we are not comfortable with the idea of letting go. In fact, approximately 90 percent of participants prove themselves highly capable of recalling events from previous lives.

While we don't have a final answer to the question of reincarnation, our exploration of past-life experience provides surprising insights, connections to situations and people in our present life, and in many cases a means of dissolving chronic phobia. Most people also report a sense of euphoric wellbeing following regression therapy. Whether this state of balance is achieved through "relax/release" techniques is not the issue. A natural "high" is a bonus dividend. ♦

*Vera
Marchant*



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If you would more information about EDTA Chelation Therapy as a alternative to bypass surgery or would like to know what doctors in your area are offering this service please write: EDTA Chelation Lobby Association, Box 67514, Station 0, Vanc., BC, V5W 3T9.

They are a registered non-profit society lobbying our physicians to provide us with this alternative therapy as a matter of personal choice. *Reprinted from the Alive Magazine* ♦

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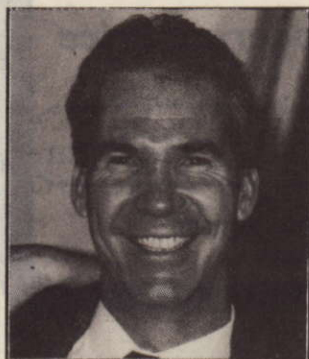
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ALL OF MY HEROES HAVE BEEN GOOD GUYS



My father was a big, strong, hard-working, happy-go-lucky kind of guy. He was seldom angry and I thought he was perfect. Everyone, including me, loved him and this cemented even more my belief that being just like him would earn me the love and respect I was seeking. In the small coastal town of Powell River, during the fifties and sixties, men were supposed to be tough and not just physically. Male role models from television shows, such as Bonanza, taught me that men were good providers, reliable, stoic and never complained. Men that lost their tempers wore black.

I spent most of my life working hard, proving I was strong and trying to be jovial. Unfortunately this wasn't enough, I wanted more love and joy in my life. I often felt angry, confused, guilty and fearful. I wasn't sure what to do with these feelings so I spent a lot of time denying and pretending I was happy.

It wasn't until the end of my second marriage that I had to change. The stress of living a lie had become unbearable. I felt like a pressure cooker about to blow. A lifetime of suppressing my emotions was no longer working for me. I could no longer use my father's model of dealing with life to get me through this crisis.

During the last four years I have grown and realized some of the mistakes I have made, I have become aware of my emotions and how they move through me. I no longer believe it is possible to live without feeling. Anger is no longer the monster I once thought it was. I now see my father in a different light, I know it was impossible for him to live his life without feeling some other emotions beside joy. He must have been denying a part of himself just as I did. Not to make him wrong, my father was a wonderful man, and I love him dearly. It's just, now I realize he wasn't perfect and he

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made some mistakes. By always having to be the good guy, he forced my mother into the role of disciplinarian. By not ever expressing his anger it manifested as disease in his body. The habits and patterns I formed through growing-up created the same patterns my parents experienced.

I am so grateful to be living at a time when men are respected and supported emotionally. My heroes have become men and women who use their emotions to empower themselves and the causes they believe in: Jesus in the Temple; Grace McCarthy in politics; and John Bradshaw in recovery. Telling our emotional "truths" isn't always easy, but it works. The future and evolution of the planet depends upon men, and not just women, using their hearts as well as their minds to make decisions.

Bill Urquhart is a Breath Practitioner and Personal Growth Consultant with Inner Directions Consultants

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In the past few months, whenever I have talked about Neurolinguistic Programming (NLP) and the impact it has had in my life, I have found people are intensely interested in knowing more. Many have been intrigued when I describe certain adventures I have had and the experiences of being in a heightened state of total resourcefulness. Others have recognized the value of developing communication skills on a conscious and unconscious level that result in a powerful loving state of rapport. Most people are surprised that we can learn so quickly and elegantly to reprogram our emotions and behaviors to eliminate old patterns, expand our skills and design the life we wish to lead.

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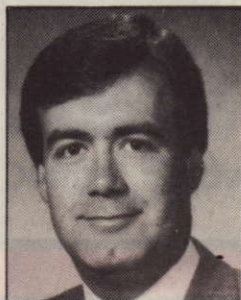
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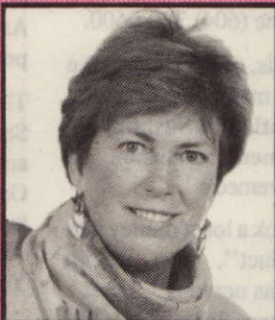
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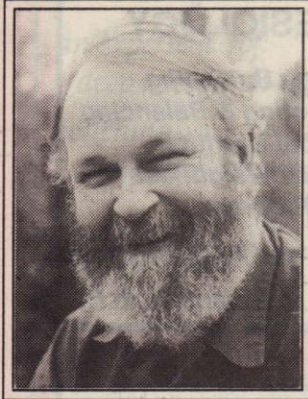
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Networking for Change



Dave Cursons
Editor

At time of writing your editor is hot on the campaign trail bringing the message of the Green Party of B.C. to constituents in Okanagan-Penticton. By the time you read this we'll have a new government. Whatever the outcome of the Provincial Election there will be work to do in all of our communities to carry on the struggle for Good Air, Good Water and Good Soil.

For openers, here's a little publication for those of you who are tired of being baffled by clever forestry terms used by technicians from industry and Government.

Do you know what a *hypsonometer* is? Did you know that *NSR* means not satisfactorily restocked. Or how about a *seral stage*?

A Glossary of Forestry Terms has been produced by Forestry Canada, Pacific Yukon Region, Pacific Forestry Centre 506 West Burnside Road, Victoria, B.C. V8Z 1M5 Phone (604) 388-0600.

F.O.O.L. and Green Party activist, David Lewis, of Krestova in the Slocan Valley has a product that will interest many. David was at Globe '90 last year flogging bottles of **Dr. Bruntland's Sustainable**

Development Delusion, a bottled "remedy".

"I had sunk a lot of money into my product", says David, "and I was nervous". I met a guy who was flogging oil spill cleanup technology and showed him my brochure which blared: "*Does impending ecological collapse appear all too clear to you? Are you suffering? Do you need immediate relief?*" This is *Snake Oil* designed for political relief, to be spread liberally on the population at the first sign that they are waking up to the fact that the planet is dying.

The oil spill cleanup salesman laughed. "This is good", he said. "All the people in this

'environment' business know we aren't going to save the planet...we're just making a buck".



For the less cynical and actively involved a consignment of these bottles of **Sustainable Development** can make a great fundraiser for The Cause. At a dollar a bottle you can order a case of the stuff from David Lewis at Site 7 Comp 11 RR#1, Crescent Valley, B.C. VOG 1H0 or phone 359-7880.

Here's a piece pulled from my old collection of *Wildlife Review* magazines published by the B.C. Wildlife Branch for 15 years and making a case for an ecological view long before such views became fashionable.

It is disturbing to a person to find that they are out of step with the parade of the times, even if one suspects that others feel the beat of that different drum. I often wish that I could join in with the elation of the real estate developer, building the suburbs for tomorrow's masses, confident that the masses will come and that his products will be in demand. Or the secure and comfortable feeling that must envelop the engineer, who with full public support and approval channels yet one more river towards the ever thirsty southlands, or builds one more power station on some previously unvanquished headland. To be in the organized army, even under an idiot commander, brings feelings of comradeship and security lacking to the guerrilla sniping from the rocks. But if the army is marching to the wrong place, to fight the wrong battle, for the wrong cause, what can you do?

from the **Destruction of California** by Dr. R. F. Drummond
(appearing in the *Wildlife Review* in March 1966)

TIMBER SUPPLY AND ANALYSIS

Get your copy of a very interesting and telling document of the offices of the Chief Forester's (J.R. Cuthbert) office called **Review of the Timber Supply Analysis Process** for B.C. Timber Supply Area (March 1991) and the follow up document called **The Proposed Action Plan**.

The March '91 document says among other things that "the Forest Service has lost its leadership in the field of timber supply analysis...due in part to the MOF giving this function a low priority." Get your copies by contacting Dene Ferguson, Planning and Inventory Officer, Ministry of Forests, 515 Columbia Street, Kamloops or Phone 828-4172.

You might get a copy from you own District Office of MOF.

BACKCOUNTRY RECREATION

The Ministry of Crown Lands has released a **Public Discussion Paper on Commercial Backcountry Recreation on Crown Land in British Columbia**.

People in the Wilderness Recreation and Resort Business, Guides and Outfitters, Lodge Owners have a special interest in their "rights" over the "backcountry". The public at large have been used to having access to and the enjoyment of wilderness (backcountry).

In general the policy proposed by Crown Lands would see "exclusive" rights sold to provincial, national and international bidders. The rights acquired by purchase of leases etc. could exclude hikers, cross-country skiers, naturalists etc. from using the leased areas.

You can get the first volley of responses to the Discussion paper mentioned above by dropping by your local B.C. Government agent or by writing **Ministry of Crown Lands, Land Policy Branch, 3rd Floor 4000 Seymour Place, Victoria, B.C. V8V 1X5**.

FORESTRY ACCORD SANS M.O.F.

The South Island Forest Accord executed on September 6, 1991 is a bridgehead in the effort to find commonality of principles around management and stewardship in B.C. forests.

The Accord opens by stating that "a crisis in our forests is causing intense and unacceptable land use conflicts."

The Accord calls for "more jobs per cubic meter of wood cut", immediate stop to export of raw logs, local control must be balanced with Provincial public interest and a "complete socio/biophysical inventory of all forest lands".

The IWA Canada Local 1-80 CLC, The Carmanah Forestry Society, The Environmental Youth Alliance (S. Van. Isle), Friends of the Carmanah/Walbran, The Sierra Club of Western Canada and the Western Canada Wilderness Committee publicly declared their "common ground and unity of purpose" through the Accord.

GREATER ECOSYSTEM ALLIANCE

Mitch Friedman of the Greater Ecosystem Alliance toured the Southern Interior in September and visited with Environmentalists and Green Partisans to talk about this non-profit organization promoting conservation biology and the Greater Ecosystem approach to protect wildness and diversity in the Northwest (include Columbia and Cascades in B.C.).

The Greater Ecosystem Alliance wants to network with naturalists, biologists, foresters, wildlife people and community action groups. If you are interested in finding out more contact:

P.O. Box 2813 Bellingham Washington 98227
(206) 671-9950 Fax (206) 671-8429.

GENDER EQUITY MOVEMENT

The M.E.R.G.E. Newsletter is published by the Movement for the Establishment of Real Gender Equity, Suite #501 10011 - 116th Street, Edmonton, Alberta T5K 1V4. Co-editors are Fred Ledoux and Patricia Postey. President of M.E.R.G.E. is Dr. Ferrel Christensen of the Department of Social Ethics, Faculty of Philosophy, University of Alberta at Edmonton.

East Palm Beach, Fla. - a teenage boy was ordered to send a cheque for \$81.28 to a girl who took him to small claims court for standing her up on a high school prom date. The sum represented \$49.53 for shoes, a hairdo and flowers, \$19.50 to file the suit and \$12.25 to serve the suit.

The M.E.R.G.E. Newsletter exists for the purpose of providing a wide range of information about gender equality issues. For that reason, not everything contained therein represents official MERGE policy. But it's darned interesting reading for anybody interested in a free-spoken, wide-ranging, not always politically correct view of the male/female dilemma in this culture at this time.

APPROPRIATE SCALE ENERGY

The Real Goods Alternative Energy Sourcebook 1991 is a 400 page compendium with a cover picture of the closed Rancho Seco Nuclear Power Plant flanked by Arco Solar's 1 megawatt Photo Voltaic generating station.

It features Power Generating Devices, Power Storage and Management, Alternative Power Loads, Conservation and Purification, Tools and Appliances, Education and Consumer Products and

Electric Vehicles. Real Goods says

"Today, the best technologies on the market can save about three quarters of all the electricity now used" Get it for \$15.00 (US) from Real Goods Trading Corporation 966 Mazzoni Street, Ukiah, California 95482 USA.

THE BEST OF IDEAS

The Best of Ideas, an hour long week-night feature on CBC Radio can be heard practically anywhere in B.C. includes for example on November 14th a documentary called "High Tech Caring." In the midst of growing technology, words such as caring, compassion and intuition are being forgotten in the health care system. Kathy Lesage asks if the loss of the human touch is actually making us sick. There's a five part series on Mozart between November 25th and December 23rd. Also, much more,

Get your CBC Best of Ideas schedule free from Ideas CBC radio, Box 500 Station A, Toronto, Ontario M5W 1E6.

NATIVE LAND

Indian Land Claims in British Columbia is a booklet available for \$5.00 from The First Nations Congress at #403 990 Homer Street, Vancouver, B.C. V6B 2W7.

It's an account of the European Incursion in British Columbia and it's effects over the years on the lives of the aboriginal peoples who inhabited the province for thousands of years. The document is an historical perspective not found in the public schools or in the common understanding of white people.

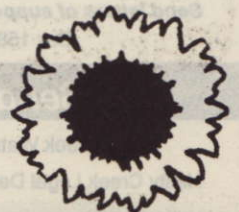
WHO ARE THE GREEN PARTY ANYWAY?

The most succinct description I have found of the Green Party internationally appeared in the March 1986 issue of the New Internationalist in which the various political hues, from Communist to New Right, from Socialist to Conservative were discussed in brief. Of the Greens the piece said:

"The Greens represent a political force which has grown out of single issue environmentalism. They have a political program which attacks the politics of Left and Right.

The Greens argue that the interests of people and planet are not served by economic systems obsessed with industrial growth. They consider that an ecologically-based economy would bring an increase in the quality of life for those in the already affluent countries. They argue that wealth in the North is often created at the expense of the South, that each percentage point increase in the Gross National Product quickens our consumption of finite and irreplaceable resources and that this is an injury to the rest of humanity and to the generations of the future.

'Think Globally and Act Locally' is the Green's slogan, stressing the international connections between the arms race and the famine in Africa, and the importance of self-determination locally. ♦



OKANGAN CENTRE FOR POSITIVE LIVING

November Theme.....ISSUES from the HEART

Focus on relationships will continue from October to November. We will pay particular attention to important Spiritual concepts we can use to create a higher relationship with ourselves that becomes reflected as relationships with others.

Sun. 3 FORGIVING BECOMES RECEIVING
 Tue. 5 Science of Mind 1 Unit 1 Class 7 - Vernon
 Thur. 7 Science of Mind 1 Unit 1 Class 7 - Kelowna
 Sun. 10 LEST WE FORGET - Vernon - 11:00 am
 Tue. 12 Science of Mind 1 Unit 1 Class 8 - Vernon
 Thur. 14 Science of Mind 1 Unit 1 Class 8 - Kelowna
 Fri. 15 Religious Science International Charter Night
 Sat. 16 SURPRISE ! ? !
 Sun. 17 LET YOUR LOVE FLOW
 Tue. 19 Science of Mind 1 Unit 1 Class 9 - Vernon
 Thur. 21 Science of Mind 1 Unit 1 Class 9 - Kelowna
 Sat. 23 LIVING WITH MONEY - Irene McDougal .. Facilitator
 All day Workshop .. "Our relationship expressed financially"
 Sun. 24 GUEST SPEAKER - Irene McDougal from Calgary
 Tue. 26 Science of Mind 1 Unit 1 Class 10 - Vernon
 Thur. 28 Science of Mind 1 Unit 1 Class 10 - Kelowna

Dec. Theme... It's Christmas Time in the Valley

Christmas is truly one of the most important experiences in the lives of everyone - regardless of our feelings - it is important. Understanding the "Metaphysics of Christmas" is a valuable package - maybe the best Christmas Gift ever.

Sun. 1 THE GIFTS OF THE MAGI
 Tue. 3 Science of Mind 1 Unit 1 Class 11 - Vernon
 Thur. 5 Science of Mind 1 Unit 1 Class 11 - Kelowna
 Sun. 8 WHAT IS CHRISTMAS ANYWAY - THE TRUTH
 Tue. 10 Science of Mind 1 Unit 1 Class 12 - Vernon
 Thur. 12 Science of Mind 1 Unit 1 Class 12 - Kelowna
 Sun. 15 THE GREATEST CHRISTMAS OF ALL
 Special Christmas Midweek Service - The Metaphysical Interpretation of Christmas - Date & Place TBA
 Sun. 22 SILENT NIGHT - HOLY NIGHT
 Sun. 29 PEACE ON EARTH, GOODWILL TO ALL MEN
 Tue. 31 WORLD HEALING MEDITATION ... 4:00 AM

*Sunday Services at the Village Green Hotel,
 4802 - 27th St. Vernon
 Prayer Meditation at 10:15 - 10:30 am ... Service at 11:00 am*

Science of Mind Classes at various locations call for details.

OK Centre for Positive Living, Box 1556, Vernon B.C. V1T 8C2 - Lloyd Everett Klein - 549-4399

Hasty Creek Call For Support

The Hasty Creek Watershed Committee wishes to acknowledge and give heartfelt thanks to all those who supported us in our efforts to protect our watershed. We are committed to ensuring that water is protected for our children and their grandchildren, and that there is a fair process for resolving disputes in watersheds. Eight years of conscientious involvement with the Ministry of Forests and the Slocan Forest Products has proved fruitless.

We encourage our supporters to express their concerns to their elected representatives and through letters to the editor. Our goal is to create effective watershed management planning that is community based.

On behalf of the 84 residents arrested on September 6th, we solicit donations to the Legal Defense Fund. Those wishing to support the ongoing efforts of the Watershed Committee may send donations to the Watershed account.

Thanks to the Okanagan, Nelson-Creston, and Rossland-Trail Green Party for their support.

Send letters of support to: Red Mountain Residents Assoc.
 Box 158, Silverton, BC V0G 2B0

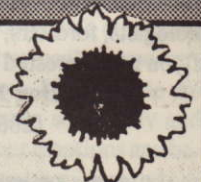
Send donations to:

Hasty Creek Watershed - Account # 2250-9 Max 3

Hasty Creek Legal Defense Fund - Account # 2250-9 Max 2

c/o Kootenay Savings Credit Union, Box 128, New Denver, B.C. V0G 1S0

The Green Party of British Columbia



Policy Principles of the Okanagan Greens

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

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

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

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

Green Contacts

North Okanagan

Connie Harris 832-8729

Kelowna

Robert Miles 860-8200

Penticton

Harry Naegel 492-3881

Similkameen

Lauren Sellars 499-5715

Kamloops

Trudy Frisk 573-5196

Shuswap

Connie Harris 832-8729

Rossland-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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Astrologer Kolin Yardley

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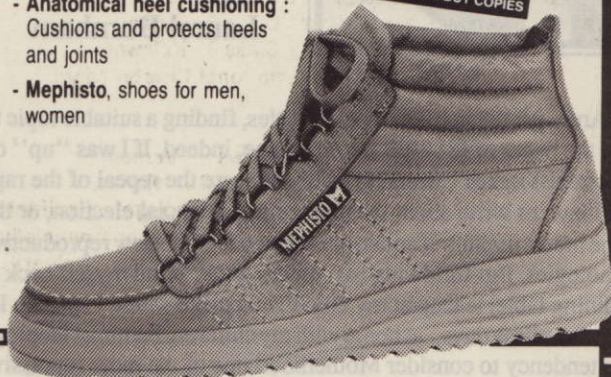
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Focus on Women

Editor
Laurel Burnham

Amongst the myriad of possibilities, finding a suitable topic to grace the pages of ISSUES is a challenge, indeed. If I was "up" on my feminist issues I would possibly analyze the repeal of the rape shield law, or write about the upcoming provincial election, or the Meme breast implant scandal, or the impact of the new reproductive technologies. But following my mind's track, I find myself back at my dining table, teacup at my elbow, to a place where I spend a lot of my time these days...at home with my children. Feminist ideology has a tendency to consider Motherhood one of the more repressive conditions that a woman can find herself in, and has sought for ways to lessen the burden for women by encouraging them to enter the labour force, etc. But the further down the path of parenthood I travel, the more I am convinced that we should not be running away from the state of Motherhood, but acknowledging the ultimate importance of raising a child. Perhaps we need to look no further than our homes, for the opportunity to redress the major problems facing our world today. So if you will bear with me, gentle reader, I will attempt to explore in hopefully a relatively meaningful way, my experiences as a Mom, in hopes that we can all come to a greater understanding of our place and purpose in the great circle of all things.

Before I became a Mother, my life was obviously very different. People used to ask me "Where do you get all your energy?" and I used to answer them ... It's simple. I don't have children." Even then, in my childless state, I believed that I was aware of the demands of parenting. But nothing can prepare you for Motherhood. Life is never, ever the same. As a single person, I felt a certain sense of invulnerability. I was myself, intact and solitary. But from the very first time I held Galen in my arms, I experienced the incredible defencelessness of a small child. Life is awesomely fierce, terrifyingly wonderful, especially when you realize your responsibilities as a parent. We are living in a society where those responsibilities are becoming increasingly difficult to carry out, partially because of the overwhelming social complexity, but also in part because our society has no real vested interest in the health and wellbeing of our children. In the free enterprise system, children have no place. They cannot produce, they cannot even really participate in the flow of money, goods and services. Children are viewed in economic terms as a burden, and only have any consequences as statistical fodder for the ten and twenty year projections and future labour market analysis. Even our educational system is primarily geared to producing these labour market units, those numbers of consumers. Unfortunately, it is becoming increasingly apparent that this particular system is morally and spiritually void, and that it is endangering not just our children, but the entire planet. How do we, as thinking, caring people come to terms with this system, and begin the

terrifying wonderful process of dismantling it, and creating something new, something truly human in it's place? More than ever, we need to hear the Mother's voice.

In a discussion about why daddy had to go "to work" five days a week, my five year old stepson turns to me, a stay-at-home mother of three and says "You don't work." At five years old he has already received a major cultural message about Mother's role. It is not "work". It has no monetary value, and therefore no meaning. I, as a Mother, am a nonentity. My friend Judy, an elementary school teacher tells me that children whose mothers stay at home report that their Moms "do nothing." Even my well-meaning conscious friends ask me "Well, what are you doing these days, Laurel?" Implicit is that question, that same total discounting of the amazing demands of Motherhood. Having come to that realization, I no longer search for something else to say to give myself credibility and stature in this society. Who wants or needs such in a world that places so little value on the nurturing of life itself? I am doing the most important work that I have ever done, or will ever do in my entire life. I am a Mother.

The economic principles upon which our society is based are completely skewed towards the production of goods and the exchange of information. Even in the latest census taken here in Canada, there was no account taken of the number of hours of labour that is necessary to maintain a home or raise your own children. And yet it is generally acknowledged that the maintenance of a household and the raising of children is more than a full time occupation. The entire framework of our society rests upon the unwaged and unrecognized labour primarily of woman. Parenting is undoubtedly the most important task of all, and the effects of the lack of parenting have enormous longterm social costs and untold ramifications to the health of our entire world.

Once a radical, always a radical. My partner and myself are in the less than 16% of all Canadian families..the father going to waged work outside the home, and the mother staying in the home as primary care giver. I consider myself exceptionally fortunate, that we have been able to order our lives in such a way that I can be a "Stay at Home" Mom. To think of going back to work to pay someone else to raise my child is absurd. And yet, that is now the "norm". For my partner, our situation is not satisfactory. As he says "I feel like I am being paid to stay away from my children." And in a curious sense he is. The society in which we live has utterly devalued fatherhood and the male role in parenting, as well. The average North American male spends 10 minutes per day with his children. Our little boys literally hurl themselves into Daryl's arms when he arrives home from "work". They need what I call "man juice", and I grieve for the children who are estranged from their fathers and the men who will never know their children. And yet, it is what is "normal" in this day and age. The "nuclear" family, the "Mommy/Daddy/Baby" game is hard work for even the happiest people. It is synthetic, unhealthy, economically very difficult and unrealistic setting for optimum health. It isn't really working for many, hasn't really worked at all for years and yet we persist with the illusion that it does and can and is working!

The more I become aware of the various aspects of our society, the more profound the dysfunction appears to me. In coping with the various aspects of my own life as a parent, I become aware of my relationship to and as part of the greater picture. I write about mothering and children to validate my own experiences and to acknowledge all the incredible effort and energy, devotion and love that it takes to raise a child. Starting with the actual growth of a baby within one's

own body, to the birthing, raising, care and feeding of children, to the teaching of language and social skills, these incredible responsibilities have long been the primary province of women. And except for the maudlin sentimental slop expressed one day a year this culture gives nothing in the way of support, recognition or aid to women in this process.

Beginning with pregnancy, the birth process turned into an illness by the medical profession, the woman is deemed usually incapable of doing it without continued intervention. The presence of small children is regarded with annoyance, children generally are not welcomed by our society at large. Next, we as women have to cope with a "hurry up and get back into the labour force" (the real world) attitude instituted by our unemployment insurance agency, and at the same time there is no accessible childcare. Instead it is up to the woman to use a rather patchwork semi-underground system of grandmothers and others moms, preschools and tired playgrounds and limited daycare spaces ... all too often, ending up with latch key kids. And we wonder why our teenagers are acting out, dropping out of school in record numbers, getting pregnant, running away from home and generally feeling worthless and angry and confused. And so as a society we are facing massive problems. Alcoholism. Substance abuse. Violence against women. Child abuse. Rampant addiction--nicotine, caffeine, work and denial. The schools, the social service systems, the courts, the hospitals, the community service organizations are all overloaded with the problems that have been generated by letting the principles of free enterprise economics rule unchecked and the oppression and denial of true human value continue unabated.

And yet, the concept of family, the wanting/needing to be "home" is sacred, is an essential part of our own make up as human beings. Again and again we hear that the family is the basic building block of our social order. But as far as legislation goes, or truly progressive government, these are just platitudes. So where to from here?? Given that we recognize that our society is profoundly dysfunctional, using the health of the family as a barometer .. that poor little ship of "family" is floundering badly in the seas of heavy weather, these turbulent times. I think we all need to search for signs, for tools and ideas that will see us safely to calmer waters.

One of the more positive "instruction manuals" for parenting that I have come across to date is a humble publication known as "The Virtues Guide": A Handbook for Parents Teaching Virtues". It is in binder form and available from Wellspring International Educational Foundation, R.R. #1, McGill Rd, C-16, Ganges, B.C. V0S 1E0, Tel & Fax 537-9561. Cost is \$34.44. In the preface to the guide it states: "There is a growing concern among conscientious parents that our children are caught in the 20th century materialism to the detriment of character, that they are picking up values which place personal gain before ethics, integrity or love. Many of them have little or no sense of faith or spirituality in their lives... We are awakening to a new awareness of how we have unconsciously blighted our home, the Earth. There is an urgent willingness to take personal responsibility to do our part to reverse the damage, to heal our relationship with the planet and each other, before it's too late. The Virtues Guide as a tool to help us as parents teach specific positive human attributes in a clear and loving way." There are 52 virtues one for each week of the year. In a simple format, it explains what Courage is, why it is important, and how you (the child) can be courageous. It gives examples of what courage is, and how you know if you are or are not practising the virtue of courage. It is a great exercise to even try and identify 52 virtues!! I am enjoying this guide

immensely, because it is helping me to become a finer, wiser, kinder human being, too.

So I thank you, gentle reader, for your patience, and tolerance as I come to the end of yet another column for ISSUES. Happy Trails until next time!! There is one more thing that I would like to share with you:

Little Guru from Outer Space



You arrived at the party
In a perfect blue
astral body
Now you awaken,
wet and hungry,
In a helpless pile.
You could just start
to cry
But then you open
one eye,
And peer, and pout,
and pause--
Then suddenly smile.
You were dreaming
of another place
Where magic babies rule
the human race
Your Chubby Majesty,
Your Toothless Grace,
Little guru from
outer space.

Your buddy the Buddha
Must have taught you
those mudras
The endless elegant
movement
Of your hands.
A river of milk,
A pillow of silk
For you, my little lord,
All the love in the land.

And if the greedy goons who run this place
Had half the wisdom in your face
There'd be an end to greed and war and waste,
Little guru from outer space

Marion Winik



PENTICTON'S MINI HEALTH FAIR



Sunday * Nov. 17 * 10:30 - 7pm
at the Leir House, 220 Manor Park Ave ● Cost \$7.00

Guest Speakers are:

Time	Room 1	Lounge	Room 2
11 am to 1 pm	<p>NATURALLY "STONED" Joyce Egolf & Maureen Blaine-White</p> <p>An overview of the history of the therapeutic use of gem stones and how it relates to today. Learn which gem stones help Physical, Spiritual and Mental well-being. Gem Stones will be displayed. Both live in Penticton.</p>	<p>THE AWAKENING AND YOU with Sharie</p> <p>Time as an essence is changing: the result is emotional, physical and financial turmoil and a greater feeling of peace, love and awareness. It is necessary to take steps to come into alignment with your Super-Self now!</p>	<p>THE EYE IS NATURE'S WINDOW with Cecile Begin</p> <p>The iris reveals bodily conditions, inherent weaknesses, levels of health and the transistion in a person's body according to how she/he lives. Cecile is a Nutripathic Health Counsellor, Iridologist, Colonic Therapist & more.</p>
2 pm to 4 pm	<p>THE ESSENCE OF HEALING with Arlene Lamarche</p> <p>"To Heal is to make Happy"</p> <p>The process of healing can be defined simply as forgiveness, for no healing can be anything else. Arlene is 'A Course in Miracles' student and Bodyworker living in Penticton..</p>	<p>LISTEN TO MY HANDS with Carole Ann Glockling</p> <p>The foundation of all bodywork stems from 'touch' as a significant therapeutic device. Polarity Therapy accesses and allows for a healing transformation on physical, emotional, spiritual and mental levels.</p>	<p>LET LIFE BE YOUR REWARD! with Grace Dodds</p> <p>Learn to claim your rightful prosperity, understand your masculinity or femininity and to use your innate powers to do this. To find out more about Vera please read the story on page 10.</p>
5 pm to 7 pm	<p>DEATH STARTS IN THE COLON with Hank Pelsner</p> <p>The age old saying still rings true even more so today. Hank will discuss the dangers of toxemia & constipation and the benefits of colonic irrigation so that optimum health can be yours. A local Nutripath and Wellness Expert.</p>	<p>WORLDS WITHIN with Vera Marchant</p> <p>An opportunity to personally experience the benefits of color frequency. Come and find out why color has an active influence on our lives, feelings and sense of well-being. Vera has just released a cassette for healing.</p>	<p>FIRE, AIR, EARTH & WATER with Kolin Yardley</p> <p>The basic energies of life as understood by Astrologer Kolin. A seminar about discovering and balancing the elemental energies for greater Health, Love and Power. The article on page 7 provides more insight.</p>

Plus...Great Tasting Vegetarian Soup, Sandwiches & Muffins..... made by Alice & John Dyck

THE METAPHYSICAL SOCIETY

meets every Second Friday
at the Leir House - 7:30 pm
Everyone is Welcome!

November 1st

Touch Polarity
with Sid Tayal

*starts at 6:30 - 10:30 *costs \$10.00
see page 2 for details

November 15th

Enlivening Energies
with Barry Hunt

He has an article and ad on page 8
starts 7:30 pm - \$5.00

November 17th

Sunday - 10:30 am to 7 pm

Penticton 3rd Annual

Mini Health Fair

Everyone is Welcome
Come and Enjoy the Day!
Discover Alternative Health Care
Practitioners who live in the Valley.
see Ad to the left for Details.

November 29th

Question & Answer Time
with Cheryl Grismer

Anything you have ever wanted to know
about Parapsychology, Tarot Cards,
Dreams, Aura Cleansing. Healing on all
Levels, Past Lives, Astral Travelling. \$5

★ No Meetings...Dec. or Jan.

3rd Annual

CHRISTMAS VEGETARIAN POTLUCK

Friday - Nov. 29th
5:30 - to 7 pm

Join us after for
Cheryls' Talk!

Everyone Welcome

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Calendar

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Date: Saturday, Jan. 11th, 1992

Time: 10:00 am to 6 pm

Place: Inner Directions Training Center, 1725
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ELEANOR QUIRK.....358-2559 New Denver.....Reiki Master, nurse, birth consultant, homeschooler. Treatments and classes is 1st & 2nd degree Reiki.

HOLLY BIGGAR...Silverton.....358-7757 Reiki Classes and Self Assessment. Workshops. Vita Forum, healing with flowers.

JOAN SMITH.....Salmo.....357-2475 Reiki Master, classes, treatments Gestalt, Dreamwork, Counseling, Individuals or groups.

NETTA ZEBEROFF.....Castlegar: 365-3512 Chartered Herbalist, Herbal Nutrition, Private Counselling, Reiki, Corolla of the Sun, Crystals.

VICKI ALLEN - Reiki Master & Gestalt Therapist - Silverton: 358-7786 Pent: 492-0987, Vernon / Enderby 838-7686. 1st and 2nd Degree Reiki classes and treatments.

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THREE MOUNTAIN FOUNDATION OF B.C.

Kamloops: 579-9926 Transformational conferences & counselling based on work of Richard Moss.

THE ROSICRUCIAN ORDER ...AMORC

A world wide educational organization with a chapter in Kelowna, meetings on the 2nd & 4th Thursday every month. Write Okanagan Pro-naos AMORC, Box 81, Stn. A, Kelowna, V1Y 7N3

TEACHING CENTRES

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Yarrow Alpine in Salmon Arm. Long and short courses on the spirit & therapeutic use of herbs. Lively, hands-on approach. Register early!

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INNER DIRECTION CONSULTANTS - Kelowna: 763-8588 - Offering Breath Integration sessions, six month personal empowerment program and training for Breath practitioners. Plus, Sunday Celebration and "A Course in Miracles".

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Nelson: 354-3811-308 Victoria St. A six month course in deep tissue bodywork with many facets for Career and/or Self Transformation.

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NIRVANA - Modern Metaphysics

Terrace: 635-7776 - Laurel Courses, open channel readings, Metaphysical books and items. 3611 Cottonwood Cres.

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

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

Readers are invited to share their knowl-
edge & opinions about wholistic practices
happenings in their community.

We do indeed create our own reality,
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dollar you spend is a vote for what you
believe in."

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

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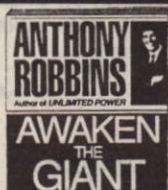
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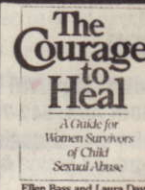
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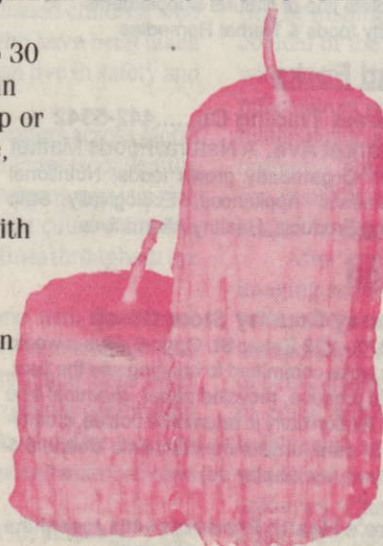
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