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# ISSUES

MAGAZINE

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**January / February 1992**

Volume 3 - Number 1



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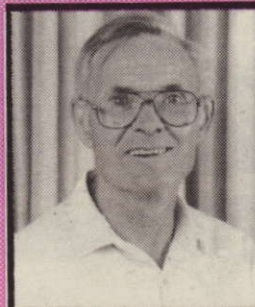


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10:15 - 10:30 AM **PRAYER MEDITATION**  
11:00 - 12:15 PM **CELEBRATION OF LIFE**

**January Theme: ON YOUR MARK--GET SET--GO!**

**Make 1992 your BEST YEAR YET !**

Ideas for **SPIRITUAL PLANNING** discussed this month to help create the new experiences we deserve.

**Jan 11 In the Beginning--the Word**

Special Program ... More than a goal setting program. Ideas using the written word as your **BLUE PRINT** to **SUCCESS**. Journal Writing, Goal Setting, Creative Self Expression are Keys.

**Jan 25 Masterminding Plus** ..... Salmon Arm  
One of the most valuable programs presented is called Masterminding. Ideas to help develop a spiritual support group using Science of Mind Principles. Call for details.

**February Theme: JESUS--THE GREAT EXAMPLE**

Programs presented this month include a new look at the Teachings of the Master Teacher. The Metaphysics of the Gospel - Put on that Mind that was in Christ Jesus. Two Seminars will be presented in Feb. Call for details.

On going **SCIENCE OF MIND** classes  
are presented every

**Tuesday in Vernon**  
and

**Thursday in Kelowna**  
at 7:30 pm.

Unit 11 Begins Jan 7 & 9.

**Everyone Welcome ! Drop ins Encouraged!**

Vernon classes at office classroom ... 3113 - 32 St  
Kelowna classes at #105 - 1735 Dolphin Ave.  
For more information on this and many programs.

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**Cheryl Grismer**

presents

**January 31 - February 16  
Spiritual Intensive**

This 3-weekend training provides a uniquely graduated program in the development of your paranormal skills and applications.

**March 6 - 8  
60 Hour Refresher**

Due to numerous requests from those having completed the 60 Hour training, Cheryl will be offering a weekend refresher.

**April 4  
Introduction to Psychic Development**

This experiential workshop is an introduction to psychic development. You will experience techniques and learn to develop your intuitive skills for practical use in your everyday life and spiritual development.

**May 2  
1 Day Stress Reduction**

Learn to ease anxiety, reduce frustration, deal with anger and fear, and find new inner peace.

**May 10  
Past Life Regressions**

Gain a new understanding of your spiritual evolvement and your daily life by experiencing past lives.

**May 17  
Introduction to Meditation**

In this class you will learn how to ease anxiety, reduce frustration, deal with anger and fear, find inner peace and much more!

**June 13 - 14  
Intermediate Meditation Experience**

This is a practical workshop for those who wish to upgrade their meditation skills. You will experience ways to use meditation to get answers for use in your day-to-day life, and learn to identify the various levels you can experience in your meditations.

**June 19  
Advanced Meditation Retreat**

If you have been meditating for some time, this class is for you. It is a live-in retreat. The purpose of the class is to expand and deepen your meditation experience. During this process you will release blocks and come to know your own Godship.

**For more information or to register ... phone**

**Cheryl Grismer ... 868-8252  
Betty Grummett ... 762-6586.**



# Musing

with  
Angele

Publisher of ISSUES



Photograph by Steve Tomlinson

## Never enough Snow!

Memories of the glorious days of winter, when it never seemed to snow enough. There was nothing quite as enjoyable or thrilling as a perfect run down the hill. I can still hear David or Phillip, my two oldest brothers, alternately yelling the phrase "Stay off the middle of the hill."

It was much easier to climb to the top if you didn't have to crunch through the deeper, unpacked snow on the edge of the hill, with every step, especially if it was your turn to tow the sled up. As the hill became more packed the run would last longer, with the sled cutting fresh snow into our faces as we zoomed just a little bit farther. Falling off the sleigh or detouring off the main track and hitting the boonies was not a tragedy. It gave us stories to tell and for days afterwards, we repeated them with excitement to family and friends. Living in the moment is what children do best, enjoying even the pitfalls to the max.

I'm told by many how much they enjoy hearing about my early life as it reminds them so much of their own. I also find that taking the time to reminisce and pick out the next cover photo is a very healing process. So once again I'll introduce you. Mikey is sharing my speedy toboggan. Donnie, Billy and Paul are first in line for the next trip down and Phillip and David are the ones trusting their lives to a homemade sleigh.

If only we could grow up and take on the responsibilities of adulthood without losing any of the spontaneity of childhood. Enjoying life without any worries, being present in the moment... that's what many of the new teachings are all about. Being creative... getting in touch with the Inner Child and learning to trust your instincts, that knowingness that comes from deep within and is so important to enjoying life.

We also need to believe in miracles and know that there are powers beyond our limited comprehension and reality that love us.

If I had listened to the voice of reason...ISSUES wouldn't have happened. When I started I could barely type, I knew very little about computers, and I had been told by several professionals that my writing skills are the pits. Dealing with money has always made me sweat and asking people for help did not give me a comfortable feeling. So, when that voice in my head said, "The valley needs a networking paper and we know you can do it," I didn't stop to question it or to think that launching the magazine was not possible. I just started trying to figure out a way to make it happen. And now I get to celebrate ISSUES' second birthday this February. And I invite everyone who reads ISSUES to come and join with me. Besides it my 40th birthday and I've always liked birthday parties. (See details at the end.)

I believe in miracles. They happen so often to me that I've learned to expect them and I always remember to say my thank-yous.

I'm sure that my positive attitude and my self-esteem are rooted in my upbringing, I was seldom told I couldn't do something. With seven children and a farm, my parents had little time for explanations. So we kids just figured things out for ourselves and did them. I remember the exhilaration of flying down a hill on a toboggan without holding on and landing in the tullies (as Grandad called the side of the road) and laughing so hard that I almost peed my snowsuit. As a child, I learned that life can be fun as well as hard work ...and climbing to the top of the hill just to have one more fast ride down seemed well worth it.

Besides, I was never programmed to expect anything, so I was seldom disappointed. As an adult, I take much the same attitude. I enjoy the tumbles that life gives me and I seldom take anything personally. For it is only expectations that create disappointment ... with the job, the kids, the mate or life itself. I trust the universe to support me and I let my common sense and intuition guide me. I'm beginning to realize that my trust comes from having lived a worry-free childhood.

In closing, I would like to repeat a story told to me by Diane Patten at the Centre of Awareness Retreat last summer. There I lived seven glorious days of being in the moment, with like-minded friends, vegetarian cooking and non-stop activities.

It's the story which explains, *Why Geese Honk When They Fly*. I'm sure you have all noticed that geese fly in a V shape, basically because geese are smart and maintaining that flight pattern is the most efficient way of conserving energy for the long haul South or North. And I'm sure you have all looked into the sky as the geese pass overhead, honking noisily. I have never questioned why they honk. I just love to hear the sound, for it reminds me to stop and watch as the birds fly over effortlessly above. Well folks, according to Diane's research...they honk to encourage the lead goose to keep flapping. The lead goose has to do the hardest work, breaking the wind for the flock, making it easier for the others to follow. When he or she tires, the lead goose falls back and another moves into place.

I loved this story because it spoke to me ... Mother Nature and her animals can teach us so much. I would like to thank all the "honkers" out there for their encouragement, for they inspire me to "play" harder. Learning about the publishing business by doing it is a fun way of going to school, and I figure I just passed the fourth grade. I also hope to inspire many of you to follow your dream, so that life doesn't suffocate you. Trust in your intuition and when your inner voice speaks acknowledge it, for it can easily be driven away by reason, logic and criticism. Take time to smell the roses, to run in the rain or to get down on the floor and play with kids, for they can also teach us much about ourselves.

I hope you get a chance to make some snow angels this winter. For those of you that don't know how ... it's very easy and best done just after a fresh snowfall. Sit down in the snow, lie back, put your arms by your sides and your feet together, move your hands and feet apart, several times, keeping them flat in the snow. While you're at it be sure to check out the clouds drifting by or the stars twinkling above. When it feels complete get up very carefully, step back, and marvel at your snow angel.

I hope you had fun over the Christmas holidays.

*Love & Smiles Angele*

P.S. ... My birthday bash will be at the Leir House in Penticton .. on Friday, February 21st starting at 6:00 pm. Bring a vegetarian dish and come share a few moments with like-minded souls.



# Finally, a sneaker for grown-ups

Remember that favorite pair of shoes you put on the first day of summer? And didn't take off until school started again? Sturdily built of leather or canvas, these were the simple, no-nonsense "sneakers" you wore everywhere.

But somehow in the 1980's, sneakers began to disappear - and were replaced by fancy "running" or "tennis" shoes with celebrity sports endorsements and glossy ad campaigns. Truth is, most of us don't end up wearing those athletic shoes for sprinting or jumping. And for just hanging out, they're a poor substitute for the comfortable shoes we wore as kids.

Especially when you consider how those modern shoes are made. In factories in the Far East, they are stamped out by the thousands--using chemical polymers, squishy synthetic rubbers, and cheap leather painted to appear white or black. These man-made materials not only turn the shoes into mini-greenhouses of moisture, heat and odor. They also wear out quickly. The \$100 athletic shoe--tossed into the landfill once a year--has become a symbol of our throwaway culture.



## Step Into something real

Now Mephisto makes a sneaker for adults. As with other Mephistos, manufactured by hand in France, these Run-offs begin with 99.9% natural materials. The leather isn't painted this handsome off-white colour--it's drum-dyed throughout. It doesn't show scratches, and it breathes naturally. Plus the exclusive Air-Jet™ pumps in cool, fresh air with every step.

Run-offs are available in full and half sizes 5 1/2 to 13 for men and 5 to 11 for women.

If you run marathons or play half-court basketball, by all means buy shoes specifically for those sports. (Run-offs aren't made for sprinting, twisting or leaping.) But for a day of sightseeing, raking leaves or walking down to the drug store for a malted, these are the shoes you should wear. Call today to be reacquainted with your next--and most comfortable--pair of sneakers.

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**Angele Rowe 492-0987**

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**Rock Creek: March 6th**

Vernon Workshop Dates

**February 28, 29 & March 1st**

Rock Creek Workshop Dates

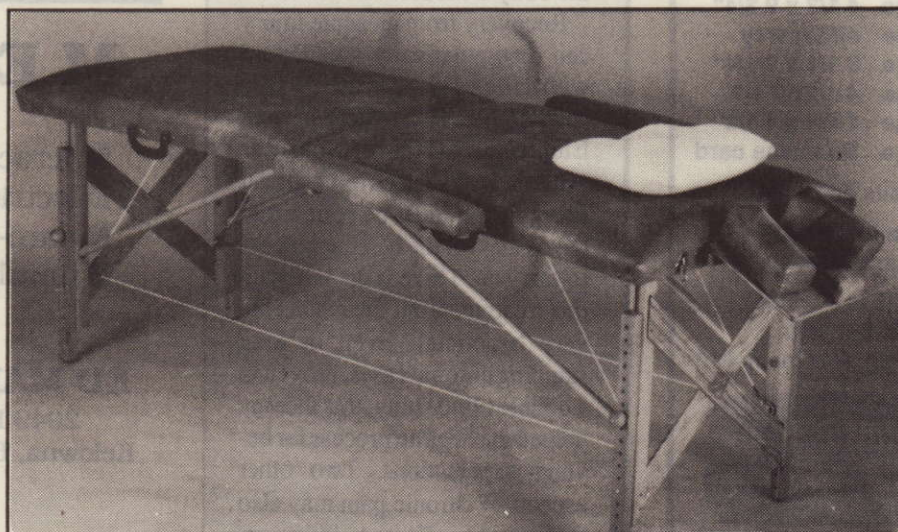
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# The Art of Healing

The founder of Reiki as natural healing is Dr. Mikao Usui. At the turn of the century, late 1800's Dr. Usui was the president of a Christian University in Kyoto, Japan, and also a Christian minister.

An interchange with a student at the beginning of a Sunday service changed the focus of Dr. Usui's life. A senior student about to graduate raised his hand and asked Dr. Usui: "Do you accept the contents of the Bible literally?" Dr. Usui answered that indeed he did. The student went on: "In the Bible it says that Jesus cured the sick, that he healed, and that he walked on water. You accept this as written, have you ever seen this happen?" Dr. Usui agreed that he believed and answered that no, he had never seen a healing or walking on water.

A seed had been sown. Shortly after Dr. Usui resigned and came to the US to the University of Chicago where he received a doctorate degree in scripture trying to uncover the secret of how Jesus and his disciples healed the sick. He did not find what he sought. Realizing that in the Buddhist tradition it is held that the Buddha had the power to heal, he decided to return to Japan. He began to visit the Buddhist monasteries searching for someone who had an interest in and some knowledge of physical healing. He always received the same answer to his inquiries: "We are too busy healing the spirit to worry about healing the body."

At long last he found someone who was at least interested in the problem of physical healing, an elderly abbot of a Zen monastery. Dr. Usui requested that he be admitted to the monastery so that he could study the Buddhist scriptures, the sutras, in search of the key to healing. He studied the Japanese translations of the Buddhist scriptures but did not find the explanation he sought. He learned Chinese so that a wider range of Buddhist writings were available to him, still without success. He then learned Sanskrit, the ancient language, so that he could read the original Buddhist writings and have access to those writings that had never been translated into another language. Finally, he found what he had been looking for, the formula, the symbols, the description of how Buddha healed.

And so at the end of a seven year search, Dr. Usui had found what he sought—but not quite. Although he had uncovered the knowledge, he did not have the power to heal so he decided to go to the mountains and meditate.

Dr. Usui climbed one of the sacred mountains of Japan and mediated for twenty-one days. On the last day he became aware of a beam of light from the heavens that came shooting towards him. He was struck by the light and knocked over. Then in rapid succession he saw before him like bubbles of light the symbols that he had discovered in his study, the key to the healing of Buddha and Jesus. The symbols burned themselves into his memory. When the trance was over, Dr. Usui no longer felt exhausted, stiff, or hungry as he had moments before on the last day of his meditation.

He got up and began to walk down the mountain. On the way he stubbed his big toe, tearing back the toenail. He jumped with pain and grabbed his toe with his hand. In minutes the pain left, the bleeding stopped and his toe was well on the way to healing.

When he got off the mountain he stopped at an outside vendor's stall and ordered breakfast. Soon the daughter of the man came with his breakfast. As he looked at her he saw that she had been crying and that her face was swollen. He asked her what was wrong and she replied that she had had a toothache. He touched her face, and within minutes the pain left her and the swelling began to recede.

A Gentle Approach to Healing

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### Free Introduction with Vicki Allen

January 23 ... Thurs. 7:30 pm  
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1st Degree ... Jan 24 & 25 ... Fri. 7-10 pm & Sat. 9-5 pm  
2nd Degree ... Jan. 16 & 19 ... Thurs. 7-10 & Sun. 9-5 pm  
Contact... Lea Henry 838-7686

February 20 ... Thurs. 7:30 pm  
at the Leir House... 220 Manor Park in Penticton

1st Degree ... Feb. 21 & 22 ... Fri. 7-10 pm & Sat. 9-5 pm  
2nd Degree ... Feb. 19 & 23 ... Wed. 7-10 pm & Sun. 9-5 pm  
Contact... Jan Stickney 492-6442

### Reiki Master ... Vicki Allen

from Silverton... 358-7786

For the next seven years Dr. Usui worked in a beggar camp in Japan healing the sick. Those that were young and able he sent off to find work. After seven years he began to see those that he had helped returning to the beggar camp in the same condition that he had found them. He asked the people why they had returned to the camp and they answered that they preferred their old way of life. Dr. Usui realized that he had healed the physical body of symptoms but had not taught appreciation for life of a new way of living. He left the beggar camp and began to teach others who wished to know more. He taught them how to heal themselves and gave them the Principles of Reiki to help heal their thoughts.

#### The Principles of Reiki

Just for today  
do not worry  
Just for today  
do not anger

Honor your parents  
teachers and elders

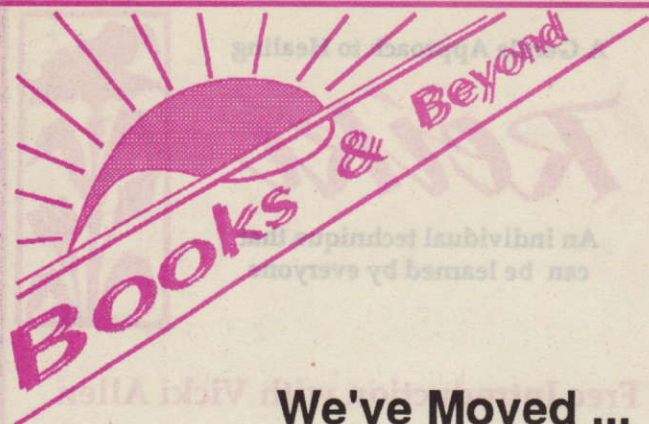
Earn your living honestly

Show gratitude to  
every living thing



The story of Reiki has been an oral history, that is passed on from teacher to student by word of mouth. This is but part of the story that is told by Reiki Masters ... for the lineage continues with Dr. Hayashi and Mrs. Takata. To find out more attend a FREE Introduction to Reiki, held regularly in most towns. If you would like to experience a session give the Reiki practitioners a call... listed in the Natural Yellow Pages, or attend the Spring Festival of Awareness at Naramata





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**Absence  
From  
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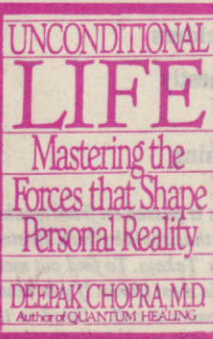
The story of Helen Schucman  
and her scribing of  
A Course In Miracles



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**Following your Heart or Living your Dreams**

"Miracles occur naturally an expression of love" says ACIM  
I have discovered that when I follow my heart or follow my dreams, many seeming miracles do occur. Following your heart can become a powerful journey into healing and wholeness. It brings up all our fears so we can see them for the illusions they are and let them go.

Since moving to the Okanagan nine years ago my life has been a wonderful adventure of self discovery and transformation. Firstly in discovering the miracles of "A Course in Miracles," then in opening and owning Books and Beyond, where I met the most wonderful people ... You! I thought for years that owning and running the store was my life work and had no intention to sell. I also progressively got busier with counselling, teaching workshops, which I love. I could see I was too busy, almost into workaholism.

Changes in my life are often preceded by a metaphysical experience. These experiences often include hearing a distant, loving, inner voice of guidance. Before moving to B.C. I heard that voice gently and lovingly say "Now is the time to move." I heard it again early last year say "Sell the store."

I resisted this guidance for some time as I truly loved the store and I do find it usually more difficult, though just as necessary, to let go of the good to move into something better. I have also often experienced that when I choose to act on my inner guidance, everything falls into place easily, joyfully and smoothly. The store sold easily within a month, to a friend, Sandra Bonar.

Soon after deciding to sell a vision of a Center for offices, therapists and workshops began to unfold and again I heard my inner voice repeatedly say "Find a space, the people will come." So I began looking but not finding so I let it go knowing the vision was okay but the timing was premature. When Sandra decided to move I knew this was the space I had been looking for. Our new name is the **Dolphin Centre**. I'm renovating and redecorating and hope to see you at our Grand Opening on Jan. 10 or anytime during open hrs.

Myself, along with a Board of Directors are presently defining and refining our vision for the Centre, knowing that all manifestations require vision, commitment, loving leadership and joining with others. Our main focus is to provide a space to lovingly support, inspire and share with one another in fulfilling our dreams.

My personal goals are to continue my counselling practice here and to expand my workshops. To offer again the Transformational Therapy Courses, a "Miracles & Mastery Workshop" based on ACIM, plus a couples workshop "Conscious Loving & Co-commitment." It is my vision that the Dolphin Centre be of service to the community as a place of joining, healing and celebration.

I believe that the essence of all our so called problems stems from the erroneous belief that we are separate from our Source and from each other. As we re-connect with ourselves and with each other we dissolve these problems into the nothingness from which they arose. If you have any ideas you would like to share or if you require a space for yourself or your group please contact us.

I would like to express my gratitude to all those who supported me in the bookstore, with my workshops and as my friend and to my husband, Coney, for his loving support. Also a BIG thanks to the newly formed Board of Directors for the **Dolphin Centre**.

The New Year is a good time to dream, to dance, to love, to celebrate, to follow your heart and to reflect on your blessings.

May your 1992 be filled with love, light and laughter.

*Jaye D'Amico*



# Dolphin

## CENTRE

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### Event Schedule

- Jan. 10** Grand Opening 2-5 & 7-9 pm
- Jan 17, 18 & 19** Chris Moon Workshop  
"Walking Through Walls"  
Contact: Jeannette @ 769-7228
- Jan. 24** FREE "Introduction to Reiki" with Holly Biggar ... Contact: Sealia 766-5526
- Jan. 29** Transformational Therapy Course (Phase I)  
Contact: Faye @ 868-8088 or 764-7548
- Jan. 31** Talk on "A Course in Miracles"  
Contact: Faye 868-8088
- Feb. 1** ACIM Workshop 10 am to 4 pm  
Contact: Faye 868-8088
- Feb. 15** Playshop  
Contact Jeannette 769-7228
- Feb. 29-30** Transformational Therapy Course  
(Phase II) Contact: Faye 868-8088.

For more information on Workshops,  
Counselling, Therapists and Workshop Space for Rent  
Drop in or phone 868-8088 Mon. to Fri. 1 to 5 pm.

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## ART THERAPY:

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Doing therapy with paints, brushes, oil pastels, clay and collage pictures? "Yes, when you're an art therapist," says Christine Lind, a certified Art Psychotherapist and a Marriage, Family and Child Therapist, who opened a private practice in Penticton in September.

Christine, who received her Master's degree in counselling and art therapy from Loyola - Marymount University in Los Angeles, California, brings a wide variety of skills in indi-

vidual, group and family therapy to her community. A resident of the Okanagan since 1983, she has been involved in many different experiences including teaching, workshops on Right Brain/Left Brain drawing, and head bush cook for tree planting camps in the wilderness of BC before returning to school to complete her lifelong interest in psychology and art.

Her previous experience as a public school art instructor for ten years, and personal experience as an artist and gallery owner have helped Christine gain expertise in the various art media for therapeutic growth and awareness.

"Art therapy is symbolic communication," she states. Through the use of various media, Christine offers clients an opportunity to explore personal problems and potentials through nonverbal expression. For many people, this provides a non-threatening environment for self-expression and self exploration. Drawing becomes metaphors for patients'/clients' problems, and by changing negative elements in the drawing to positive ones, many people can discover ways to change themselves.

"Art therapy is not as simple as it may appear," states Christine. There is great power in therapeutic art because it illuminates the unconscious and can be used for both diagnosis and psychotherapy, using insight and interpretation from the clients' own world viewpoint. There are many factors involved in the process of the artwork, and the finished product is not always the most important factor.

Christine stresses that "you do not have to be 'artistic' to become involved in art therapy." People of all ages, individuals, groups, families, in clinical, educational and rehabilitative settings can benefit from art psychology. Art therapy can provide an immediate visual focus to interpret problematic life crises and encourages expression of feelings nonverbally to provide a course of action and healing.

Because of her background in Marriage, Family and Child Counselling, Christine offers her knowledge in the areas of individual, relationship, family and group psychotherapy. She has a special interest in women's and children's issues, crisis intervention, sexual abuse therapy, and chronic illness.

Christine will be offering workshops on art therapy for those in the healing fields in the spring through Okanagan College. She is available for seminars, workshops or lectures on request. Her phone number is to the left.



## AN AWARENESS OF COLOUR

by Vera Marchant

Why should we be aware of colour? Colour affects health, happiness, comfort and safety. It has a psycho/physiological influence that can be stimulating, relaxing, inspirational or depressing and irritating. Often we are unconsciously affected by colour .. feeling cold in a blue room, warm in a red room. We even use descriptive colour in our language: feeling blue, seeing red, in the pink, green with envy. Blue has a soothing quality, but too much can become depressing ..red is vitality and strength, yet too much may cause irritability..orange is friendly and cheerful, but too much is repellent.

We live in a sea of energy ... colour, light and sound are all forms of energy that differ only in vibrational frequency and medium of conduction. Colour is light vibrating at different frequencies, produced by the differentiation of primal light as it passes through our atmosphere. Colour energy is from the same source as electricity or magnetism.

Our body chemistry has 84 trace elements that break down to colour at a molecular level. e.g. Hydrogen-red, oxygen-blue, iron-lemon. Colour results from a particular kind of electro-magnetic energy and each cell in the human body is electro-magnetic.

Colour dynamics are used in industry, offices, restaurants, hotels, schools and hospitals. Colour has been tested in many fields with uniformly beneficial results. Suitable light and colour improve muscular activity, reduce eye fatigue and accidents, improve quantity and quality of production, uplift spirits, help concentration and energy, add friendliness, comfort and good cheer. Blind children respond to colour in a classroom, as well as sighted children. A hospital in California treats emotionally disturbed patients with 20 minutes of lavender light. During an outbreak of smallpox in Bulgaria, patients wrapped in red blankets healed without pock marks. When red is placed on the skin, it penetrates 5/8" into the circulation. Soft pastels calm violent behaviour. Orange and coral stimulate the appetite.

Since ancient times, and from all over the world, colour has been used to promote health and alleviate sickness. Francis Bacon, one of the world's greatest thinkers and scientists, said that "colour is life." Master painter and inventor, Leonardo da Vinci, considered violet highly inspirational and found that he could think with a higher degree of clarity while sitting under violet light.

You cannot separate colour and sound .. in physics every colour has a matching sound. The tone of your voice holds colour that can be measured and displayed electronically. A rasping, complaining voice registers red - a sign of upset. Science is able to film the colours of music. Rock music shows sharp, jagged patterns in deep colours and soft classical music flows in pastels. We constantly perceive colour through all of our five senses.

When we mentally visualize colours, there is a stronger effect than merely seeing colour with the physical eye. Visualization combines a focus of mind and body working together. During meditation, colour provides an unbiased support system. You are automatically drawn to a specific colour or colours individually required. When we say colour use is unbiased, it means we add colours that are missing without a necessity to wade through psychological factors. If a car overheats, you don't ask the engine or the radiator what's wrong .. you give back what is needed. An awareness of colour presents a far-reaching spectrum of beneficial results.

*Vera has a Colour Meditation Tape available at many of the Book Stores listed in Issues. Her ad is at the top of the page.*

*Vera  
Marchant*



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**Feb. 15 Sat. Kelowna** Hotel Eldorado 1-5 pm  
**Feb. 29 Sat. Kamloops** Main Library 1-5 pm

For more info., to register and to order your Workshop Kit  
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## Flower Essences

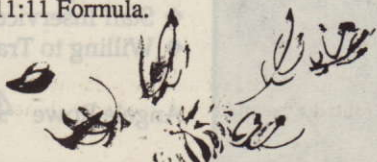
are the vital life force energy  
of flowers that has been transferred to a water medium. This  
energized water is then greatly diluted to a dosage level.

Throughout history man has looked to the garden of nature to  
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a specific situation. Chamomile restores calm. Peppermint promotes  
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the 4th has to do with surrogate work in the case of someone who  
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light after a treatment, this gives the body a chance to cleanse,  
nourish and rebuild.

For further information read *Healing for the Age of Enlightenment*, written  
by Stanley Burroughs, the developer of Vita Flex.

## A Brand New Year

The longest night of the year has passed. It is a natural bio-  
logical response to feel low at the end of the year.

On the 21st of December we entered Winter. From this day  
on the days get longer, as the sun climbs high in the sky and the  
rays touch the earth at a more direct angle. All these natural  
changes bring with them a feeling of joy, hope and energy.

The return of the light heralds a brand new year of opportu-  
nity. Plants are not the only life forms which need light to grow -  
we too can benefit from this pure form of energy. An integral  
part of light is colour which can be demonstrated by placing a  
prism in sunlight. By using colours in the form of coloured light  
bulbs, filters, drinking glasses or the easiest way of all ... wearing  
or decorating with it ... you too can grow!

<b>Purple</b>	Awareness, Mental Well-being
<b>Blue</b>	Communication, Peace
<b>Green</b>	Health, Financial Opportunity
<b>Pink</b>	Pure love, Open Heartedness
<b>Yellow</b>	Joy, Opportunity, Positive Thinking
<b>Orange</b>	Confidence, Assertiveness
<b>Red</b>	Energy, Drive, Power

Each one of us that smiles, laughs and sings changes the  
vibrations of the planet. One heart filled with Love, Joy and  
Peace outweighs 10,000 hearts filled with hate.

*Sealia*

Sealia is a Colour & Crystal worker in the Okanagan Valley and is  
available to hold seminars in your area. See her ad: Crystals in the NYP.



# 11:11

## The Opening of the Doorway

"So, what is all this 11:11 stuff, anyway?" you ask. "What does it have to do with me?"

Quite simply, to quote Solara, "11:11 is a pre-coded trigger placed within our cellular memory banks prior to our descent into matter which, when activated, signifies that our time of completion is near."

No doubt many of you have seen or heard of 11:11 by now for this innocuous little symbol has been doing some heavy-duty God-work ... awakening you to your total self ... a **Vast Angelic Starry Being of Golden Light!!!**

We've been packing our sealed orders hidden away in our DNA for millennia, feeling cut off or unworthy for some intangible reason. But, guess what? The time to open these orders and get on with the reason you came here is **now!!!**

For me it's as if everything I've ever read or learned, from Alice Bailey, Andy Schneider, Tuella. Rainbow Bridge, Course in Miracles ... anything to do embodying the light ...all the great global spiritual gatherings such as World Peace Meditation, Harmonic Convergence, Earth Day, etc. have been a preparation, a training ground for "the biggie" which is the rebirthing of our beloved Earth Mother into a new Octave of Oneness.

We, the awakened humanity of Earth, as midwives for our planet will also birth ourselves onto a new spiral of evolution.

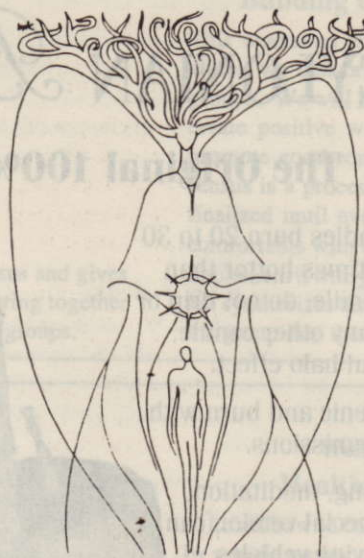
However, a minimum critical number of awakened beings are required to open the Doorway, so please unseal your orders and take your rightful place. Awaken! Awaken! Awaken! The time is **Now!** No more procrastination! **Choose yourself** and complete your assignment!

On January 11, 1992 a Doorway will be opened. This Doorway of the 11:11 is the bridge between two spirals. **This bridge is channel for our mass ascension.** We will be leaving the old patterning containing Dimensions 1-6, which was the boundary of our old dimensional universe and crossing onto a new spiral containing Octaves 7-11, which is free of the dimensional experiences and contains new levels of consciousness. This is where the Earth shall reside. This is where the prophecized "Thousand Years of Peace" will take place.

The Doorway can only be opened through a global network of unified movements and focussed intent. It is important that everyone goes inside to their "special place" while participating, or the Doorway will not open. Also, this Door will open only once, and only One will pass through. That One is our unified presence ... one being, one heartbeat, one will ... which is God. All of us have the opportunity to move onto a new spiral of consciousness leaving duality, doubt and separation behind. With all uniting, a tidal wave of Oneness will be set in motion as each time zone picks up the momentum, builds and passes it onto the next.

But first, we must first awaken and embody our participation in the One. Individual units of consciousness cannot pass through, so you must choose whether or not you will serve this call with the fullness of your being and with unshakeable commitment to serving your Higher Purpose. The Doorway will be open only twenty years: it will take that long for our vast unified presence to pass through: and will close Dec 31, 2011. Once the door has closed, the opportunity will not come again for eons.

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January 12 and 13 are High Holy days and should be spent in silence and receptivity as much as possible, for much information will be coming in for those able to receive.

"Okay, I get the message, but how do I do this? How do I get in touch with what I need to awaken?" you ask.

Read Solara's books, especially "Star-Borne." It will answer most of your questions. Her book "Invoking Your Celestial Guardian" is another good one for contacting, anchoring embodying and channeling your angelic being. Other books are "Legend of Atlantar" which is a true partial history of Lemuria/Atlantis, and "El\*An\*Ra The Healing of Orion" is a love story about the ending of duality. All these books have triggers to help you awaken, plus Solara also has six guided meditation tapes to aid in this process.

Hopefully, many light bulbs went off in those reading these words. But remember ... do what is right for you! You may choose not to awaken at this time, and that is perfectly all right, too.

If you have questions, contact **Pat Zierler at 545-9877** in Vernon.

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*with Love, Joy and Laughter*

*I am N'kylwa Amen Ra (Angel of Joy and Playfulness)*

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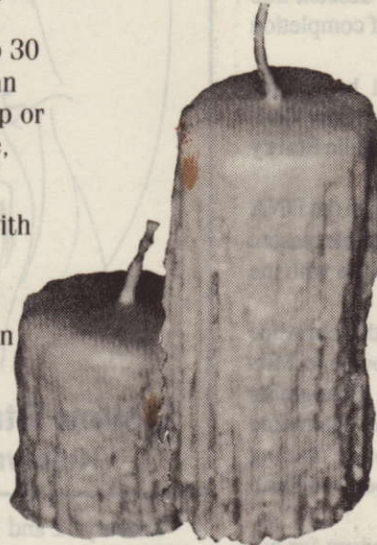
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## CROSSES OF LIGHT

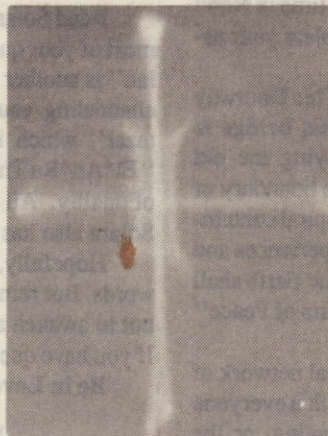
by Raymond Shaw

In early 1988, I read in Share International magazine that the World Teacher, the Christ, Maitreya, would begin manifesting Crosses of Light as one of the many signs of His presence in the world. In May 1988, rumours started to circulate of the sudden appearance of mysterious crosses in the frosted glass of certain bathroom windows in the Hispanic community of El Monte, a poor suburb of east Los Angeles, California. The crosses all looked much the same: brilliant, even-armed, within a diamond shape, and seeming to float in mid-air between the light source and the frosted glass, giving the effect of a hologram. People shared stories of spiritual experiences and miraculous healings directly related to the crosses. Soon, the US media carried stories about them. At the same time, large crowds started to gather daily to view them and many declared they were a sign from God.

Other Crosses of Light were reported in different parts of the US. Those in whose homes they appeared experienced positive, profound changes in their lives, just as those in El Monte had. Share International published a number of detailed accounts with accompanying pictures of the crosses, and an independent video producer made a 30 minute video for commercial release.

Then, in mid-June 1989, a friend called me to say she had found a Cross of Light in the bathroom window of her daughter's home on Vancouver Island. She was positive it had never been there before. Her description sounded exactly like one of Maitreya's Crosses, so, intrigued, my partner and I arranged to meet her the next day.

When we got to her daughter's house, we went outside to the back,



to look at the bathroom window. When she turned on the light, not one, but two crosses were clearly visible — one in each pane of frosted glass! It was quite remarkable. The crosses seemed to be actually in the bathroom, hanging in the air, and not in the glass at all. As one was a sliding window, we decided to remove it to see what would happen. We took it into the living room and viewed it with different light sources, which all produced the same effect: a beautiful, perfectly formed cross of light. Now, we were noticing a calm, gentle energy that seemed to be emanating from the cross. We were so excited about it that we decided to try some further experiments.

We took the glass outside and held it up to the sun. An enormous, blazing white cross with sparkles that danced along the edges of the diamond filled the clear blue sky. That night, we repeated this experiment with the full moon, and now the cross was an electric milky-white.

The next day, our friend announced she wanted to take this pane of glass back home with her to Vancouver. She was sure her daughter wouldn't mind, since there was still another cross in the other window. So she went off in search of a glass shop.

She returned a short time later and began searching frantically for some printed material on Maitreya. The man she had found to change the glass had told her he'd never seen anything like it in his 20 years in the business and was curious about who Maitreya was, after she'd explained to him that it was Maitreya who was considered responsible for manifesting these crosses. She told us how the man had rushed around his shop holding up a lighter to piece after piece of identical frosted glass, only to have the typical, squarish pattern appear. He was perplexed and amazed.

.....continued on Page 18



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*Lynne's conferences are supported by Three Mountain Foundation, a tax-exempt society serving a more conscious evolution.*

## USHERING IN THE AGE OF ENLIGHTENMENT

The techniques and therapies we use do not create healing. When we make ourselves available to it, there is an energy that moves through us like a river that, when allowed, follows its natural course bringing about a more grounded alignment of the psychic patterns through which it flows. This Current has its own intelligence. What we think we know about healing only impedes the stream.

Whether the doctor is administering an injection, the body worker giving massage, or the music teacher coaching a child with their piano or voice lessons, if the attention is on the mechanics of their art rather than with their relationship with the human being in their presence, possible benefit to the patient, the client, the student, is greatly diminished.

The great teachers, the great healers, are not the ones who have perfected their techniques down to the last detail. Those are the great technicians. The artistry of teaching or healing demands something more; it demands availability to the energetic currents that move between and amongst us. In this dimension a magical quality intervenes, a quality fully spontaneous and unpredictable, a quality that asks of the 'therapist' that they let go of their role as 'the one who should know something' and simply be available to their client as a co-wonderer in the complex labyrinth of the human condition.

This seems a simple enough realization to anyone who recognizes the reality of the spiritual dimensions of consciousness; but it is easy to forget all about it when we discover the next wonderful remedy, the next miraculous way to fix the problem. If we are truly to usher in a new age of enlightenment we must remain aware that no matter how well a technique or treatment seems to work, it is but the shaman's trick confusing the conditioned mind for moments and so allowing the deeper healer to work.

Sickness is but the body's attempt to make a statement that is not being heard. Let us stop creating illness, in ourselves, in others. Instead, let us learn to listen and to love one another.

The gatherings we hold regularly at our home allow us to explore relationship in a multi-dimensional context, to let go, at least for a while, of roles and to allow the intervention of Grace. The weekends are available to anyone who truly wants to know themselves more deeply and to be of greater service to others and to our planet. You are more than welcome to call us at 579-9926 or 372-3341.

## Harmonize with Nature

Netta Zeberoff ... Pass Creek, near Castlegar

**February 18** Tuesday 10-5 pm... bring a lunch

Gather herbs in season, discussion on methods of harvesting, growing and storing. Learn how to make potassium broth, plus methods for oils, ointments & salves.

*Please pre-register ..\$35.00 kids included*

**Phone 365-3512**

**FREE .... SEED SAVING Workshop .... January 28**

## THIRD ANNUAL SEED SWAP

The third annual "Seedy Saturday" will be held on Feb.15, at VanDusen Botanical Garden in Vancouver, B.C.

"Seedy Saturday," you might ask? That's the day you'll find enthusiastic gardeners from all the Pacific Northwest trading diminishing and hard to find heritage and heirloom seeds with other gardeners in order to keep them propagated. It may be a favorite tender pole bean that grandmother brought from Italy at the turn of the century, carefully planting and saving the seeds each year. Or it may be a non-hybrid seed, juicy thin skinned tomato that has been all but lost among all the new hybrids.

Agronomist Sharon Remple, from Keremeos, who initiated the first seed swap three years ago, felt there was a need for backyard gardeners and small farmers to take an active role in helping to ensure that heritage and heirloom seed stocks do not continue to disappear at the current alarming rate. With the advent of agribusiness often plants are hybridized for such marketable qualities as abundant growth, ease of transportation and handling, uniformity of size, shape and maturity, and extended shelf life, many times to the exclusion of resistance to pests and disease, nutrient value and good taste. Thus, many genetically diverse non-hybrid varieties are pushed to the verge of extinction.

The seed swap isn't restricted to vegetables; many bring a favorite flower that's impossible to order through your seed catalogue or a variety of wheat that is all but forgotten. The day is filled with activity for avid gardeners and non gardeners alike. There will be exhibits ranging from scion wood from old varieties of fruit trees, dozens of varieties of beans, to displays of third world seeds and grains. Workshops on various aspects of gardening and seed saving will be ongoing throughout the day.

Sharon Remple, who sits on the Board of Canada's Heritage Seed Program feels there has never been a greater need for farmers and gardeners to keep the older varieties propagated, for it is a rich genetic diversity in agriculture that will help avoid the possibility of worldwide hunger.

The annual event is co-sponsored by VanDusen Botanical Garden, USC Canada, and the Health Action Network Society. For info. call VanDusen Garden:266-7194, or the Health Action Network : 435-0512..in Vancouver.





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**Call Books & Beyond in Kelowna: 762-6222**

**Dr. Lynn Sereda** is a well known adult educator, with his Ph.D. from the U. of C., Berkeley. For years he has offered self help courses throughout the Pacific North West. These have included, Self-Healing for Everyone, Meditation as Non-Avoidance of Self, Improving your Concentration, Memory & Work Study Habits, Getting What You Really Want Out of Your Life, & Living Your Life to the Fullest. He is best known for his series of Self Healing audio cassettes - which range from learning how to use the deep relaxative state to facilitate the generation of self healing images, various forms of breath opening and emotional release therapy, all the way to the leading vision quest method of our times, Vipassana or Insightful Meditation.

You will find that he has also published two books, *Inner Voyages & Outward to Ecstasy* and has nearly finished, *Heart: A Vision of the Farther Reaches of Human Loving*. This current workshop is based on his latest book in progress, *Wake Up!, Grow Up!, & Come Alive!* How you can overcome any form of compulsive addictive dependent behaviour. The whole point that he presents in this book is that if we had the sense to teach ourselves how to wake ourselves more fully up to our own whole brain potential, we would begin to feel so zip, zap, zest and zing alive, that drugs or other forms of addictively dependent behaviour would just fall away like so much useless excess baggage - no longer needed.

In his wife Trish, who has her Associate Arts Degree from Southern Illinois University, you will find both an accomplished clothing designer in charge of her increasingly successful company and an experienced emotional growth trainer. She certainly helps bring a sense of feminine balance to the inner development processes they both have to share over this highly intensive vital energy awakening weekend.

## IS THE BOTTOM FALLING OUT OF YOUR WORLD? . . .





# COUNTRY COMFORT CREATES THE DEFINITIVE NON-DISPOSABLE DIAPER

The softest, lightest and most comfortable one-piece cloth diaper available today.

*So you can help save the world  
your baby's bottom  
and a lot of money  
at the same time!*

Amazing adjustability comes from our simple velvet-like "loop and hook" closure. Breathable water-resistant 100% cotton layer is part of the construction. Leg gussets ensure baby won't feel cloth bunching and messes contained. We used soft seam binding rather than serged edges. The diaper is higher in back and gathered softly for snug fit, with super absorbent cotton flannel sewn-in pad. Extra heavy cotton pads available. At \$8 each, your diapers cost half the price of disposables, and last through several children.

Two Sizes: Small/Medium and Over 22 lbs.  
Order: Pink Hearts, Blue Stripes or Baby White  
Pkg. of 3 is \$24, Insert pads, 6 for \$8. No GST.  
Add 7% shipping; cheque or M.O. only from:



P.O. Box 817, Station "A"  
Kelowna, B.C. V1Y 7P5  
Telephone: (604) 861-6805



Liz Jarvos noticed the need for a better non-disposable diaper while gathering supplies for a New Baby Orphanage in Bangladesh.

Born and raised in Victoria, Liz received her diploma in nursing, where she worked extensively with newborns -- providing a very close first look at the world of diapering. Becoming a mother gave further insight, but she credits working at the orphanage as her real inspiration for the project.

As a volunteer with "Families For Children" her job was to help outfit the home, and she noticed that cloth diapers in the Orient were more workable than many others. She later became a stewardess, which enabled her to travel to Japan and Holland to research the best materials, techniques, and prices for her final product. Now, after two years of hard work, her efforts are complete, and Country Comfort has begun selling the diaper by mail order.

"Of course I considered distributing through stores first," says Liz, "but when I found how costly that would make the end product, this seemed a better way to go. Why put so much effort into making something that only a minority can afford?"

"The diapers had to be tough and washable, quick-drying, and at the same time especially soft and easy to use. The ones I tried lacked a gusset, and I was convinced this was the way to handle the problem of leakage. An extra pad was created that can be inserted for further protection."

Liz put a lot of technology into the fit, so that the diaper always contours the body perfectly, yet only two sizes are needed. As a finishing touch, they are made with a choice of tiny pink hearts, blue pinstripes or simple baby white.

After looking at thirteen other products on the market, Country Comfort's diaper won as the softest, lightest, and most adjustable available. ♦

Crosses of Light ... continued from page 14

She went back later to get the new window and the removed pane of glass with the cross in it. To show the framed piece of glass was new, the man held up his lighter to it, but to their amazement, a cross appeared! They were both dumbfounded. They knew they had checked all the frosted glass before and there hadn't been any crosses in them. The man was at a loss to explain it all and said he'd cut her a small pane so she could show her friends what an "ordinary" piece should look like. He came back with a small, rectangular piece and gave it to her. She looked at it and, just to make sure, she held a light to it .. it now had a cross! At this point the man just shook his head and walked away. Our friend said that as she left, she felt as if every piece of frosted glass in his shop probably now had a cross in it.

How many more crosses there are that people aren't talking about, is hard to say. But we do know that Maitreya said he was going to "flood" the world with these crosses. So, the next time you're in your bathroom, or anywhere near some frosted glass, take the time to check it out. Who knows, you may just find a Cross of Light!

*All the crosses mentioned in this article have been verified as manifestations of the World Teacher, the Christ, Maitreya by Benjamin Creme's Master with whom he is in constant telepathic contact. Mr. Creme is an artist and esotericist and chief co-editor of Share International magazine.*





# Focus on Women

Editor  
Laurel Burnham

## The Language you Speak

I love language. My love affair with words has gone on my entire life. By the power of language I have learned to communicate my thoughts and feelings with my human family, and to understand my place in the scheme of things. Through words I have travelled through time, back to the beginning of beginnings, and forward to the mystic end. I have travelled the entire world, and to worlds beyond. I have come to know people who lived here on earth through the ages, and many who exist only in the realms of possibility. I have met kings and queens, slaves and conquerors, wise women and fools. I have learned how people ate and dressed and lived in other time and places, and all the terrible, awesome, amazing things that make up the story of humankind. As a child I filled many lonely hours with the companionable magic of words, by telling and writing my own stories, of the worlds unfolding within my imagination.

I have learned that language is power. That words shape our societies, our thinking and our relationships to one another. Language is the vehicle which we use to transmit our knowledge. Dale Spender, a wise woman has this to say: "Language helps form the limits of our reality. It is our means of ordering, classifying and manipulating our world. It is through language that we become members of a human community, that the world becomes comprehensible and meaningful, that we bring into existence the world in which we live."

Anthropologists and linguists alike will tell you that language strongly influences the thought and behavior patterns of cultural groups. Language organizes and labels the social concepts, while giving shape to individual perceptions. Words shape and control our lives. The words we use have power. Another thing that I have learned is that the language I love, the English language, is profoundly sexist. The words I have used, the way I have used them have supported the patriarchal order. I, like every other woman and man, have colluded in my own oppression. And yes, I know that it is changing, and for that I am profoundly grateful. But it needs to be looked at, examined, pulled apart, and said again. The language we use is sexist. It relegates all women to an inferior role. And as long as we are unaware that it does, we will never see true gender equality blossom as it should. We must change our language as well in order to change our world.

One of the basic tenets of feminism is that the **personal is political**. What happens in our daily lives, in our relationships, our work, our common, ordinary everyday business, the people and the thoughts that move us, is important. Politics is not just the realm of the politician and the bureaucrat, politics is here, it is what happens to us every day. We live in a world which is essentially only half alive. A world whose history, culture, politics, economics, religion,

and social order is shaped, organized and controlled by one half of the population ... at everybody's expense. A world where language supports this inequality. One only need look at the staggering statistics to know how the pie is sliced.

One of the more important things that we can do to change the injustices that have dominated our world is to listen to the voices of the oppressed. That is why women's perceptions matter. That is why our voices are so important. So much of what has been discounted as trivial, as meaningless, is not. For instance: when I, as a woman, say that I bitterly resent being called a girl, I mean it. It makes me very sad, and it makes me angry. When I say that calling any female over the age of 19 is like calling a black man a "boy" I mean it. It matters. Every time a grown woman is called a girl, in a not so subtle, and extremely direct linguistic way, the system which is killing this planet is being supported. Is that too wild a leap to make? Too strange a track to follow? Stay with me. Remember, language is power. And usage of words that place women in a subordinate position to men is misuse of power.

Anything that blithely extolls the "rights of man" "mankind" "the brotherhood of man" "the history of man", I take literally to mean having to do with men. This I have been told, is hairsplitting. "Man" and "mankind" are generic terms (like no-name spaghetti or toilet paper) actually applicable to the entire human race. But it is a standard English linguistic rule that "man" "he" "him" and males are the standard of comparison for the entire species, and woman the beings who contrast with them. Tell me, does the phrase "the sisterhood of women" feel like it includes men to you? However, research studies consistently show that in fact the words "he" and "man" do not function generically, but instead produce strictly male images in the minds of both genders. For young children, when they are told inventions are "man-made" with "manpower" for the good of "man" how can they help but regard the male gender as more important and more competent? As the gender that **matters**. Using the term "man" or "mankind" for two different meanings is ambiguous and confusing to say the least. Take for example the phrase: **Man** is an animal who does not always suckle his young. Ambiguous, confusing, ridiculous ... and sexist as well. One of the ways in which patriarchy, and the unequal distribution of power is maintained is through sexism in language.

Bitch, Nag, Chick, Shrew, Cow, Vixen. Terms for animals ... and commonly used negative terms for women. Give me the male equivalent for slut. A teenager would tell you that it is **stud**. In one study alone, it was determined that there were 220 words for a sexually promiscuous female and only 20 for a sexually promiscuous male.

What do we call a querulous, temperamental person?? You've got it. An old woman. **Don't be an old woman** (half of us will have no choice). And yet, I've known a goodly number of older and younger people ... and old women ... they don't have a monopoly on querulous bad tempered behaviour. Yet an old man is the christian god. What does the word crone conjure up for you? Wrinkled old hag? Let it instead lead you to a wise woman, an elder, a person of wit and wisdom and power.

You are what is female  
You shall be called Eve  
and what is masculine shall be called God.  
And from your name Eve we shall take  
the word Evil  
and from God's the word good.  
now you understand patriarchal morality. *Judy Grahn* ♦♦



What is the female equivalent to fraternal? What seems like a more positive word to you? Bachelor or spinster? Master or mistress? Sir or Madam? Why do we have to say woman doctor? Woman lawyer? Woman architect?

How many times in how many ways have we designated that horse in the field "he" that bird in the tree, that dog running down the street, that rabbit in the picture book we are sharing with a child "he" "him" "his"? A child who hears "the little bird ... he" "the dinosaur .. he" and "each child ... his" grows up evaluating people and animals as male. Given no indication that they are equally likely to be female, the child comes to view the male as the standard representative of the species. Simultaneously, the child begins to internalize the implied value system, which designates to woman a place of less importance in our world.

It should not be an extraordinary occurrence to be reading a book where the generic terminology used is female. And yet, to see "her" "she" etc., is still the exception to the rule. Just as important as seeing pictures of woman as doctors and firefighters, as leaders, it is equally important for children to know that gender is not a limitation to worthwhile human endeavor. Yet we have grown up with masculine associations in all areas of human endeavor except mothering. As a result of this inequality, we have all suffered, and our children continue to be oppressed. Men and boys suffer because their world view does not embrace the equality of the genders. They grow up believing that women are incapable of many, many things. As women and girls we suffer, because we live in an ocean of sexist language and thought, and must continually dodge that generic "he" and try to assure ourselves that yes, it means us, too. It is important for a young girl to read about Sally the astronaut and Mary the physicist. It increases their self-esteem. It makes me feel better to read a chapter in a textbook and the gender used is female. It is refreshing to feel recognized. In order to change the sexist nature of our language, and therefore the patriarchal nature of our society, it requires that we pay attention not only to the way we speak, but the way we use language. If it means a rather painful examination of our patterns of speech, then we must do so. If it means requesting non-sexist and gender neutral, respectful language from our friends and co-workers and associates, we are not being difficult or temperamental nor are we splitting hairs. It is engaging in the work that we all must do, if we are to free ourselves and free our children from the past.

What else can we do?? Speak the truth. Don't assume that the bunny in the picture is a he. Use precise terminology .. has the mail carrier come yet? Where is the chairperson? Choose children's books with care. How does the book portray females? Is the generic "he" used exclusively? Remember, everything counts, especially when it comes to the development of a young child. Pay critical attention to television. (This is worthy of an entire column in itself). The predominant way in which women are portrayed is sexist and demeaning in the extreme. It is also a male and violence dominated world view. Think equality. Listen to the language people use. Don't be afraid to tactfully call people on their use of sexist language. Remember, you are not being querulous, nor are you splitting hairs. It matters.

*"There was a time when you were not a slave, remember that. You walked alone, full of laughter, you bathed bare-bellied. You say you have lost all recollection of it, remember. You say there are no words to describe this time, you say it does not exist, but remember. Make an effort to remember. Or failing that, invent."*

Monique Witting Les Guérillères.

## Joan Casorso

**STRONG, STRETCHED & CENTERED**

**Kelowna Classes**

**Mondays & Thursdays**

**7 - 9 pm, Feb. 3 - April 16**

**Mondays** - featuring locally renowned professionals demonstrating shiatsu, reflexology, massage, Tai Chi, dance and spinal health techniques.

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**For more information phone:**

**Joan Casorso 769-7424**

**Anita Moor 768-2178**

**Penticton Classes**

**Wednesdays**

**9:30 - 11, Feb. 5 - April 15**

Morning classes give a general overview of the Strong, Stretched & Centered innovative fitness program.

Co-facilitated by Margery Tyrrell.

**For more information phone:**

**Margery Tyrrell 493-8439**

## WOMEN'S TALK

what men dub tattle gossip women's talk  
is really revolutionary activity  
and would be taken seriously by men  
(and women too)  
if men were doing the talking

women's talk is women together  
probing the privatized  
pain isolation exclusion trivialisation  
in their everyday lives  
if the situation were reversed  
men would react with identical symptoms  
to what women feel in their gut...  
worthlessness self depreciation, depression

what men call prattle babbly chatter jabber blather  
gabbing hot air small talk rubbish gibberish verbosity  
clearly shows how language reflects  
the deep misogyny that's penetrated our lives  
and become common sport  
but from this day forward  
spare me

I'm sick of being bait

men denigrate our talk at their peril  
but that's because they're in ignorance  
of it's power  
our power  
those precious few of us who see ourselves  
as powerful  
serious  
and deadly. **Astra**

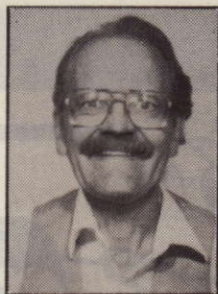


## UNDERSTANDING ASTROLOGY with Kolin Yardley



**PLUTO**

Healing of Mother Earth



On Dec. 11, 1978, the planet Pluto, in its orbit, moved closer to the Sun than the planet Neptune. It will remain closer to the Earth than Neptune. It will remain there until March 14, 1999. This passage of Pluto closer to the Earth than Neptune is a time of healing of the planet Earth. It can also be related to as the "Descent into Hell" by Christ before the resurrection. It signifies the overall and complete revolution of just about everything on the globe.

Pluto is in its own sign Scorpio from the mid 1980's to the mid 1990's. Humanity is being notified that it is time that we learned to share the resources of the planet Earth. The key meaning of Scorpio is the need to learn self-knowledge and self-mastery out of respect for the rights of others.

Winter is the natural time of the year when we regenerate and prepare ourselves to seed new fields in Spring. Winter may be used as an analogy for what Mother Earth is experiencing. We've polluted our Mother and now we must allow a cleansing to occur for new growth to happen. As Mother Earth shows its pollution because of the disrespect we've shown her - it also points to the disrespect and abuse we have shown to our personal part of the Earth - our physical bodies. Therefore, in this time of purification of Mother Earth, we must take responsibility for cleansing and purification of our physical bodies.

The planet Pluto rules Atomic energy, regeneration, transformation, and healing at the soul level. Its power, as seen in the atomic bomb, is beyond what our physical senses can perceive. In our individual Astrological make-up, Pluto rules the power our soul has gained from taking many births. It is this power that each of us must become aware of, in order to help Mother Earth's transformation.

Part of our collective spiritual growth, at this time, is the awakening of a new energy center within us. The Thymus chakra can be found between the heart and throat chakras. We usually think of seven major chakras but at this time in history, we are developing an eighth center. It is the center of global responsibility, peace, universal love and compassion. It is related to our capacity to be Peace Warriors. Because the Thymus chakra is just opening, it's rarely damaged but rather still non-functional. All addictive substances (sugar, coffee, alcohol, meat, pills) interfere with the awakening of this center. They tend to lock us into our own little world and our own little dramas which keep us distant from the capacity to awaken a Global Vision. Part of our healing is to awaken and balance this chakra. As this center awakens, our capacity to participate in global transformation will increase.

Physicists are now seeing the universe as a hologram. The hologram concept states that every piece is an exact representation of the whole and can be used to reconstruct the entire hologram. We are not just part of the pattern, we are the pattern. All experience is interconnected. From this point of view, each one of us must understand how important our own personal healing is to the healing of the Mother Earth.

Walk in balance on the Mother Earth. Aloha!

**Share Your Thoughts  
Feelings and Fears  
with a "Friend"**

**Call the Crisis Line .... 24 hrs, 7 days**

**493-6622** Penticton

**763-9191** Kelowna

**545-2339** Vernon



**Call for HELP: 493-6622**

THE PENTICTON CRISIS LINE

The Penticton Crisis Line is an effective tool for people to use to help sort out their emotions regarding relationships, family matters, health, drug and alcohol abuse and other life topics. This is proven over and over again as the dedicated Penticton Crisis Line Volunteers receive over 250 calls per month from Penticton, Kelowna, Summerland, Naramata, Okanagan Falls and Oliver.

The Penticton Crisis line is available 24 hours a day every day for people of all ages who need emotional support during difficult times, times of confusion or loneliness. Some callers use the Crisis Line during a crisis such as family violence or suicidal feelings and receive accurate information on community resources and support groups in addition to a friendly, caring response from the volunteer.

All of the volunteers on the Penticton Crisis line have completed 24 hours of basic training and are prepared to help callers clarify their feeling and to support callers in choosing their own alternatives to help themselves to feel better and cope with their personal situations. Since both the caller and volunteers remain anonymous, and the discussions are kept confidential, the "line" has an atmosphere of safety, mutual respect and trust.

The Penticton Crisis Line program is funded by the Ministry of Health through Mental Health Services, under contract with the Penticton Branch of the Canadian Mental Health Association.

The Penticton Crisis Line is looking for more volunteers to enter the next training session. Volunteers are selected for training based on their listening abilities, open mindedness, willingness to help people and available time to share. Once trained, volunteers work one 4-hour shift per week and one 8-hour overnight shift per month. People interested in participating can call the Penticton Crisis Line Office at 493-2598 and ask for Robyn Beckman.



Cycles

**KOLIN YARDLEY**

~~~~~  
Astrologer • Metaphysician • Healer  
~~~~~

**1-978-3477**



# Book Review

by Angele

## The Partnership Way

New Tools for Living and Learning, Healing Our Families, Our Communities, and Our World.



## The Chalice and The Blade

Our History, Our Future.

"The most important book since Darwin's Origin of Species"

Ours is a time of crisis, but also of opportunity. It is a time of great personal and social upheaval, a confusing and difficult time because we are realizing that many of the conventional ways of doing things are not good for us. But precisely because we are taking a fresh look at so many of the old givens—such as war, racism, sexism, wife battering, child beating, and rape—it is also a time of new hope and opportunity.

Many of us are reexamining ways of thinking and living that not so long ago were seen as "just the way things are." In the process, we are also beginning to see that we can create for ourselves more satisfying ways of living, that we can shift from dominator to a partnership society.

In his book *Global Mind Change*, Willis Harman states: "Throughout history, the really fundamental changes in societies have come about not from dictates of governments and the results of battles but through vast numbers of people changing their minds—sometimes only a little bit." He points out that economic, political, and even military institutions persist because they have legitimacy, and legitimacy comes from the perceptions of people. People give legitimacy and they can take it away. A challenge to legitimacy is probably the most powerful force for change to be found in history.

What we are now learning about the real possibility of constructing a partnership society powerfully challenges the assumptions that have given legitimacy to the dominator model. Even beyond that, by joining together to use this knowledge, we not only change our inner images of reality but also begin to change every aspect of our world.

The Chalice and the Blade and the Partnership Study Guide were designed to serve a wide variety of users, including many college professors and high school teachers. It is often a supplementary text for courses ranging from history, sociology, and women's studies to peace studies, futurism, and philosophy.

They were also designed to be used by all religious denominations, theological seminars, and other groups and individuals that share the concern for helping us to move from dominator to a partnership society.

The Partnership Way was designed to help women and men working in Twelve-Step and other recovery groups more effectively deconstruct not only the beliefs systems, but also the day-to-day practices, that have imprisoned us in unhealthy and painful ways of relating to ourselves and others. Most important, it is designed to help us move from deconstruction to reconstruction, to the creation for ourselves and our children of more satisfying and humane partnership alternatives.

Just as the dominator family is the training ground for living in a warlike, male-dominant, and basically authoritarian society, the partnership family is where we can learn to live in a more peaceful, just, and mutually satisfying way. Here neither women or men have to be imprisoned in the rigid straightjackets of roles that deny them part of their humanity. Here the bringing up of children is not mainly through fear or negative conditioning but primarily through positive conditioning that rewards helpful and responsible behaviours that make it possible for them to live with others in the mutually respectful and cooperative way required for a pluralistic and truly democratic, or partnership, world.

In her ground breaking bestseller, *The Chalice and the Blade*, Riane Eisler presented a reinterpretation of ancient history and modern archaeological findings that describe a way of life based on sexual and social equality, nonviolence, and harmony with nature—"a partnership way" that was the basis of Neolithic society and offers a model for the future. The Partnership Way further develops the ideas and information in *The Chalice and the Blade* and offers exercises for imagining and experiencing new ways of thinking and feeling and acting in all aspects of our lives.

The authors show how to develop partnership groups in settings ranging from churches to colleges to begin the work of personal and global transformation.

*Riane Eisler is cofounder, with David Loye, of the Center for Partnership Studies in Malibu, California.*



# Book Review

## KNIGHTS WITHOUT ARMOUR

by Aaron R. Kipnis

*A practical guide for men in quest of masculine soul.*

Something is stirring in the hearts of men. Many feel angry and trapped by restrictive roles and jobs that just don't fit. They long for more authenticity and meaningful, impassioned relationships. Others are beginning to speak about their grief, their confusion and their unrealized dreams. "All are seeking new ways to express what it means to be a man in our time. All of us in the new knights grew up with a lot of repressed emotional pain. We tried drinking, drugging, working and fucking ourselves numb, but all that did was ultimately make things worse." Kipnis has written a very supportive and in-depth book and offers to men the Twelve Tasks of Men as useful guidance in examining the major problems men have in opening up their lives.

## GREEN MAN

by William Anderson

*The Archetype of our Oneness with the Earth.*

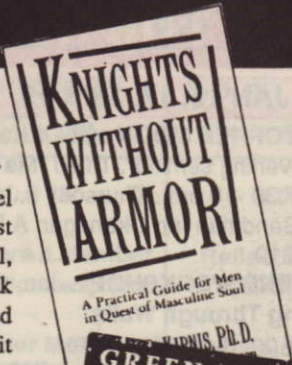
The Green Man signifies irrepressible life. Once he has come into your awareness, you will find him speaking to you wherever you go. He in an image from the depths of prehistory: he appears and seems to die and then comes again after long forgettings at many periods in the past two thousand years. In all his appearances he is an image of renewal and rebirth, and it is my aim in this book to show that his reappearance today in art, and as a symbol of environmental movements is of the profoundest significance for humanity. "Green Man is essential reading for those men who seek the mythic roots for a revitalized masculinity equal to the challenge of planetary culture." says Robert L. Moore.

## AT MY FATHER'S WEDDING

by John Lee

*Reclaiming our True Masculinity*

This is a ground breaking work about the Father Wound and the pain men bear because of it. For most men, Dad was lost to work, routine, drugs, alcohol, wars, T.V., or the pursuit of money and all it could buy. The legacy of the missing father is a life of troubled relationships, addictive behaviors, crisis and deep inner woundedness that leads to emotional numbness, rage and unhappiness. This painful legacy reaches out of men's pasts across countless generations, from grandfather to father to son in a tragic cycle of alienation and loss. In this compassionate book, John Lee shows how to break this cycle as he shares his own struggle to come to terms with his father and a troubled childhood. He tells how all men can let go of the past, of false and hurtful images of manhood, and reclaim themselves, their sense of identity, and their self esteem.



## THE NEW MALE

by Herb Goldberg

*From Macho to Sensitive but still all Male*

Today men are in the most destructive bind in history. On the one side, the macho mystique pressures them into the emotionally crippling, health-destroying mold of the tough, independent man. On the other hand, feminist women want them to be sensitive helpmates. Dr. Goldberg probes the inner workings of these impossible binds and provides a clear vision of how men can free themselves from hurtful stereotypes

## CHOIRS OF THE GOD

by John Matthews

*Revisioning and Redefining Masculinity*

This book is written by and for men who look beyond the rigid orthodoxies that have kept the West in a cultural and spiritual strait-jacket for two thousand years. The varied contributions acknowledge all that is virile, perceptive and spiritually aware within the masculine spirit, taking a broad view of God as the masculine image of Deity, beyond gender. Robert Bly, Robert Lawlor, John Matthews, Ean Begg and many others sing the myth, legend, psychological discovery, and the reintegration of the masculine in a holistic lifestyle which also embraces the feminine.

## CATCHING FIRE

by Merle Fossum

*Men Coming Alive in Recovery.*

In this illuminating new resource book for men, Merle examines the special problems men have in coming to terms with their lives. Detailing the psychological blocks (aggressiveness, self-hate, fear of intimacy or vulnerability) that keep men "asleep," Fossum describes the responses necessary for men to "awaken to life" in all its stressful and joyful dimensions. He conveys with enthusiasm and vitality the awakening experiences that enable men to become wiser, stronger persons. Throughout, practical exercises guide men through key life transitions along a path to continual masculine adult development.

## IN SEARCH OF THE WARRIOR SPIRIT

by Richard Strozzi

When the samurai put down his sword and was initiated into Zen, his Master said to him, "You must concentrate and consecrate yourself wholly to each day, as though a fire were raging in your hair." More than anything else this book is an adventure story, a personal odyssey, of one man's search for his own manhood, for a way to get it right in an age that offers few absolutes.

*This is just a small selection of Men's Books available at Caravan Books in Penticton, Books and Beyond in Kelowna, Spirit Dancer Books in Kamloops, The Wholistic Living Centre in Vernon and Oliver Books in Nelson. Do check them out! There are many men's groups springing up in every small town, why not use these stores as a way to get connected to men who are sharing and caring.*



**GRAPHIC ART, ILLUSTRATIONS  
SIGN PAINTING**



**Joy Whitley**

Kaleden 497-8497 (near Penticton)



**Maureen Blaine-White**

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*for information on private sessions  
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**Penticton 493-3755**

Certified in Neuro-Linguistic Programming  
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# The Valley Calendar

**JAN 16, 17, 18 & 19**

**CHRISTOPHER MOON** will be in Kelowna for an evening seminar. Titled **"Me First"**  
Time: 7:30 -10 pm...Thursday ...Jan. 16  
Place: Sandman Inn Okanagan A Room  
Cost: \$10

**WEEK-END WORKSHOP** ...Jan. 17-19  
**"Walking Through Walls"**  
Friday 7 pm to Sunday 6 pm  
for info.. Jeannette Brummund: 769-7228

**JAN 18 & 19**

**Magie & Healing** with Andy Schneider.  
Kelowna Ad on page 27.

**JAN 21**

Tues. - 7 to 9 pm - **FREE Presentation** for  
**Integrated Breath Techniques**  
Patti Burns & Lisa Johansen  
#124 - 246 Martin St, Penticton  
Optional Introductory Session \$30  
Phone 492-8761 or 492-3394

**JAN 23, 24 & 25**

**Reiki** with Vicki in Vernon ....ad on p. 7

**Jan 24**

**Reiki** with Holly ph. Sealia: 766-5526 Kelo.

**Jan. 24, 25 & 26**

**Transformation Conference** with Lynne  
Mündel in Kamloops, ad on page 16

**JAN 29**

**Chakra Therapy** with Barry Hunt  
KPA monthly meeting at the Sandman Inn  
7:30 pm. Phone Allen for details 762-0804

**JAN 31**

**Cheryl Grismer** 3 Week-end Spiritual  
Intensive starts. See page 3

**FEB 1, 15 & 29**

**Bring your Dreams to Life** with Barry  
Hunt in Pent., Kel., Kam. ...ad on page 12.

**FEB 21 & 22**

**THERAPIST TRAINING SEMINAR**  
With Terry Kellogg & Marvel Harrison  
Fri. Feb. 21 - 7-10 pm & Sat. Feb. 22 - 9 - 4 pm  
Cost: \$99 plus GST - Phone 768-0733  
An opportunity for therapists to learn and  
experience Terry & Marvel's therapy tech-  
niques and to look at issues affecting them  
personally and professionally.  
Further information available at:  
Vernon: K & K Bookstore: 542-8880  
Kelowna: Books & Beyond: 763-6222  
Penticton: Caravan Books: 493-1997  
Kamloops: Spirit Dancer Books: 828-8483

**FEB 28, 29 & MARCH 1**

**Reiki** Intro with Joeli Davies Vernon p. 6

**MARCH 6**

**Cheryl Grismer** 60 Hour Refresher  
Kelowna. page 3 for details.

**MARCH 6, 7 & 8**

**Reiki** with Joeli Rock Creek. page 6.

**MARCH 7 & 8**

**22 Steps of Healing** with Andy Schneider  
Kelowna. page 27 details

**March 14, 15 & 17**

**A SEMINAR WITH M. SCOTT PECK, MD.**  
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from his rich personal and clinical experi-  
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and Christian thought.

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**Tues. March 17, 1-10 pm Kelowna**

..... at the **Lodge Motor Inn**

Cost for each seminar: \$99 plus GST

For more information call **768-0733**

**Tickets will be limited.**

**March 24 & 26**

**Brother Charles Evening Dialogues**  
Kelowna & Kamloops ad on page 37.

**March 27, 28 & 29**

**Brother Charles** in Kamloops  
Week-end Intensive Empowerment

**Lynn & Trish Sereda** in Kelowna  
Wake Up! Grow Up! & Come Alive!  
ad on page 17

**COMING THIS SPRING**

**Touch for Health - Level 1- Vernon**  
ph. Bob at Peak Performance 545-4358

**Spring Festival of Awareness**  
April 24, 25 & 26

## T.V. Schedule

**SHAW CABLE 11**

**PENTICTON & SUMMERLAND**

**THE HOLISTIC NETWORKER**

**KELOWNA - NEW CONCEPTS**



## Ongoing

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

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

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

### A COURSE IN MIRACLES STUDY GROUP

Kelowna: Monday: 7:30 pm - 1735 Dolphin Ave.  
Phone: The Dolphin Centre: 868-8088 for info.

### A COURSE IN MIRACLES STUDY GROUP

Penticton: Tuesday: 7:30 pm #124-246 Martin St,

### A COURSE IN MIRACLES STUDY GROUP

ACIM is a written spiritual guide that enhances our perception of ourselves and our world. It's purpose is to help us change our minds about who we are and learn how to attain inner peace.  
Vernon: Tuesday: 7:30 - 9 pm - 3005-30th Ave.  
Kelowna: Monday: 7 - 9 pm - 1725 Dolphin Ave.  
for info. 542-3102: Vernon or 763-8588: Kelowna

### FREE HEALING CIRCLE

Every Sunday evening at 7:30 pm in Penticton.  
Phone Ted or Tyara at 492-2615 - suite 18

### BUDDHIST STUDY GROUP in Kelowna

meets Sun. 10:30 am, Tues. 7:30 pm - 868-0744

## THE METAPHYSICAL SOCIETY OF PENTICTON

meets every Second Friday at the Leir House - 7:30 pm

*Everyone is Welcome!*

### February 1st

Bring your Dreams to Life

Saturday 1 - 5 pm - \$39.95

see ad on page 12

### February 7th

Basic Huna

with Theodore Bromley

\$5.00

Huna is a powerful positive psychology from Hawaii. Kahunas walked on molten lava, altered the weather and performed healings. By understanding our breath we can build "mana" and by understanding our three selves we to can cause miracles to happen in our lives.

Theodore was active in the Alberta Huna Fellowship and has recently started a fellowship in Enderby. Join us for this basic introduction and healing circle.

### February 8th

Crystal Energy Workshop

Saturday 10 - 5 pm - \$30

Theodore will explain the basics of how the crystal relates to the chakras and colors. Participants will choose a crystal and use it to practice cleaning, charging, activating and programming. During the day there will be crystal meditations and other crystal energy work.

### February 20th

FREE Introduction to Reiki

with Vicki Allen. Starts at 7:30 pm

### February 21st

Angele's 40th Birthday Party

at the Leir House, starts at 6 pm, bring a Vegetarian Dish and celebrate with us.

### March 6th

Contemporary High-Tech Meditation

Synchronicity

with Larry Kofinoff

\$2.00

He will explain the contemporization of the ancient tradition of meditation and how it has enhanced his own experience. There will be a short meditation using this technique followed by a question and answer period plus a short video. Brother Charles will be in Kamloops in March for an Empowerment Intensive Week-end.

### March 20th

Mind, Music & Imagery

with Jan Pearce

\$5.00

For many people, music is merely the soundtrack to everyday life ... a random song on the radio, a television jingle, or the programmed music at the supermarket. These all affect our subconscious programming without us realizing it. Join us for a thoughtful and provocative evening with Jan as she shows us ways to use music as a deliberate tool to help us shape and enrich our lives.

Jan has been studying music all her life and is an accredited music therapist. Her recent studies have focussed on using music and imagery for healing and expression.

### April 5

MINI Health Fair

details in the next ISSUES

## NEW Location...

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Penticton: Angele Rowe 492-0987

Pent: Michel D'Estimauville 497-5658

Vernon: Bob King 545-4358

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Vancouver: David & Caroll 264-0406

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# THE KOOTENAY SCHOOL OF REBALANCING

offers its 6th course of integrated bodywork beginning October 1st in Nelson. The course focuses on touch, inner connection, body awareness and personal accountability. Course instructors are:



**Meniha Bruneau**, the main instructor of rebalancing bodywork.



**Brian Lynn**, certified Feldenkrais teacher will give 20 days of classes.



**David Bruneau**, experienced meditation practitioner will lead meditation daily and assist in bodywork session.



**Christopher Moon** will give workshops on personal accountability, inspiring people to experience self-fulfillment.

**THE PRICE IS \$4500 CDN. THIS INCLUDES APPROXIMATELY 750 HOURS OF TRAINING.**

"Taking the Rebalancing course was the best thing I've ever done for myself."

Maryanne Mayhew  
Brockville, Ont.

"The Rebalancing course opened a whole new dimension for me -the mystical magical body."

Ma Gyan Bhagvata (Bonnie Franklin)  
Castlegar, B.C.

For information, please contact  
**Relaxation Plus Clinic**

1016 Hall Mines Rd, Nelson, B.C. V1L 1G4  
or phone (604) 354-3811

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This six-month course supports participants in healing relationships and releasing the pain and fear from the past. A loving, safe atmosphere is created for the unfolding of the person you have always known you could be.

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- \* **WORKSHOPS** - Relationships, Sexuality, Prosperity, Compulsive Behavior
- \* **SPIRITUAL DEVELOPMENT** - Indian Sweat, Visualization Techniques, Vision

The next program starts on February 1, 1992. We invite you to find out more by attending a Free Preview Evening. They are held every Thursday evening.

**INNER DIRECTIONS CONSULTANTS, INC.**

1725 Dolphin Ave., Kelowna, B.C.  
763-8588



# MAGIC and HEALING

with

Andy Schneider

international lecturer and esoteric psychologist

## WHITE MAGIC

January 18-19

*Learn the rules and practices for manifesting your  
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Learn to follow the magician's path of great love,  
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## 22 STEPS OF HEALING

March 7-8

*A profound and revealing presentation of all the elements  
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healing produces integration and transformation.*

Place: Hotel Eldorado - Roundhouse, 500 Cook Road, Kelowna,  
Times: 9:30 - 5:00 pm each day  
Fee: \$135.75 (includes GST)

Registration/Information: Other Dimensions Services  
Box, 2269, Salmon Arm, V1E 4R3.  
Tel or Fax: 832-8483

## WE ARE OUR OWN ROADBLOCKS TO SUCCESS

Being successful is easy. We all have the necessary talent, power and qualifications to make our personal lives and careers work. What gets in the way is us. We were meant to win. We were given incredible potential and access to an unlimited power source. It is our fears that limit us. The flow of life is natural and easy. Struggling is not, it takes a lot of energy to struggle and put roadblocks in our way. How many times do we say "I'd like to but..." What we have to do is get our 'butt' out of the way.

Everything that happens to us is a product of our thoughts. What we believe will happen effects the outcome. Our thoughts plus our emotions (which is the energy to move a thought) equals the results  $T + E = R$ . Positive thoughts with loving energy create positive results. Negative thoughts plus anger or fear create negative results. We must change the thought and the emotion for the results to change. When we take responsibility for our results and stop blaming we move from being victims to beings masters of our life.

It's important to notice how we really feel when we are successful. Emotions don't always make sense. If getting what we want makes us feel guilty, angry or sad or fearful, we may avoid success to avoid these feelings.

It's also important to notice our negative thoughts about extremely successful people. If we see them as selfish, plastic, greedy and overburdened, we believe we have to choose between being liked and being successful.

Overcoming our self imposed fears and limitations is our greatest challenge. Our biggest block is being afraid of power and thinking of it as negative. Our best asset is remembering the greatest power is love and the more you claim the more you'll be given. Power is actually just receiving, so taking the time to receive our past successes and pat ourselves on the back is the best foundation for more success in our future.

Cheryl Hart is co-founder and director of Inner Directions Consultants, Inc.



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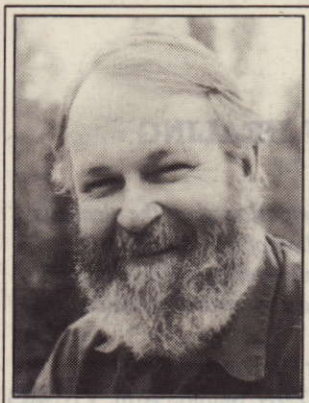
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# Networking for Change



**Dave Cursons**  
Editor

## 1992-DON'T PANIC.

The year past carried us through Operation Desert Storm and the oil-field fires, the arrest of 87 of our fellow citizens fighting for good water at Hasty Creek, the swan song of the B.C. Soeds (Rita says it stinks!) and Federal Government fudging in mega-projects like Kemano 2, Old Man River, Rafferty Dam and, of course, James Bay.

Where was the leadership in 1991? Nowhere that it should have been, like in the legislatures of the provinces, the nations or even in the United Nations. The politicians have been hanging on so hard to an economic and geo-political horse run wild that they've scarce considered how to slow it down, let alone stop it or even consider turning it around.

We know about apathy. We know about panic. There is ample room between such extremes to find the spirit to make common cause with others, to organize with care and intelligence and to act with love and with resolve.

Lest we panic, let us consider the calm determination on the faces of the Hasty Creek folks. Let's draw on their example as we look for ways to act locally in preserving the basic life-sustainers of good air, good water and good soil.

This year Networking for Change invites your input. Contribute information and ideas as briefly, plainly and crisply as you can. We're happy to include you.

*Law never made anyone a whit more just -*

Henry David Thoreau

*The reason that so few people consult  
their conscience these days is that they  
refuse to take advice from a stranger.*

Anon

## MAYBE WE SHOULD HAVE HAD A STRATEGY?

On November 21, 1991 the WCELR presented new B.C. Environment Minister, John Cashore, with its 195 page Preventing Toxic Pollution: Towards a B.C. Strategy. It's well-researched, as usual with WCELR and contains 30 recommendations, along with other highlights. Here's a highlight:

- a deposit/refund system to ensure the return of products containing toxic materials
- a significant expansion of the civil liability of toxic polluters
- mandatory insurance and/or security requirements for polluters, sufficient to compensate for potential "worst case scenario" pollution damages
- a government purchasing policy which gives routine preference to products produced with clean technology, over products associated with toxic pollution; and
- a review of all government subsidy programs and elimination of non-environmental subsidies for industries that create toxic pollution.

## UPPER COLUMBIA BIOREGIONAL CONFERENCE

April 3, 4 and 5, 1992

at the Selkirk College Building in Grand Forks, B.C.

Involved are, Daystar of the Slocan Valley Watershed Alliance, David Kliegman of Tonasket Forest Watch and Jeri Peyton and Rick Gillespie of the Columbiana Magazine.

Presenters are, so far, Herb Hammond who with Susan Hammond produced the British Columbia Watershed Protection Handbook and Tom Powers of the Economics Department at the University of Montana who speaks on Quality of Life Economics.

Want input to the Conference? Go for it! The organizers want to hear from you. If you or your group have something to offer or a suggestion to make, do it.

Contact: Daystar RR#1 Winlaw, B.C., V0G 2J0



## THE DAVID SUZUKI FOUNDATION IS BEGUN.

It's an official non-profit with charitable status and it will fund research and network alternatives to the destructive path we are on and define the ways that we can make the needed changes without a complete upheaval in our lives.

Contact:

**The David Suzuki Foundation** How about a loonie a day for  
2075 West 12th Avenue the Suzuki Foundation?  
Vancouver, B.C. V6J 2G3



## PREPARING PUBLIC RELATIONS MESSAGES THAT WORK

I recently sat down with a non-profit organization to talk with a leading west coast public relations firm about the non-profits image with the public. Key points about public relations messages can advance the cause of air, water and soil:

-Raise the key, day-to-day life concerns or needs you have identified in your target audience. If you can do this in a way that people can relate to, you will get their attention. (a recent survey reveals that 100% of the population drink water-and they prefer it clean)

-Clearly and concisely offer a solution to the concern you have identified or satisfy the need you have raised. (Don't just whine, have a better plan!)

-Point out the negative consequences of failing to act to resolve the need or concern in the manner you suggest. (*Moving from 'we don't inherit the earth from our parents, we borrow it from our children'*)

-Walk the audience through the action you would like them to take or the argument you would like them to accept. (Like what if we all put our junk mail in old envelopes and sent them every week POSTAGE FREE to Harvey Andres, Minister Responsible for Canada Post, Parliament Building, Ottawa, Ontario!)

*Nature's Polluted,  
There's Man in every secret corner of her  
Doing damned wicket deeds.*

Thomas Beddoes

## WHERE DID WE GO ASTRAY?

Although no one knows, the process probably began in Asia Minor, a scant 10,000 years ago - a mere 375 human generations - during the Neolithic, also called the New Stone Age because improved stone tools were then being used. The pre-Neolithic people lived entirely by hunting, fishing and gathering wild plants (like the Interior Salish or Kootenai).

The onset of Neolithic was the time of agriculture and domestication of animals. It was then that humans emerged as the only animal that set out to subdue his environment instead of adapting to it.

Neolithic peoples interfered with nature by growing crops and turning animals to their use - thus inevitably destroying the forests, causing soil to wash away, and polluting rivers with sediment.

To prepare the fields and harvest the crops, to care for animals and produce the foodstuff required the communal life of villages rather than nomadic wandering. It was only the extension of these tendencies that resulted in today's complex of metropolises, our stress-causing social patterns - and a modern view of nature as something to be subjugated, not as an abundance with which to live in harmony.

"Neolithic culture is much more than a subject of inquiry by prehistorians, states the anthropologist, Carlton S. Coon, "Moving out of it may be the world's most difficult problem"

*from an article by Peter Farb (circa 1963)*

## THE NEW CATALYST BIOREGIONAL SERIES PUTTING POWER IN IT'S PLACE. CREATE COMMUNITY CONTROL

Edited by Judith Plant and Christopher Plant

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## THE MEDIATION DEVELOPMENT ASSOCIATION OF BRITISH COLUMBIA

is a non-profit organization open to anyone interested in promoting mediation as a method of conflict resolution in British Columbia. The Association was formed in 1984 to:

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- to establish standards of practice for mediators in British Columbia.
- to provide a forum for mediators to meet, communicate and discuss mediation issues.
- to communicate with other provincial and national mediation organizations.
- to promote affordable and accessible mediation services.

Contact

P.O. Box 2309, Vancouver, B.C. V6B 3Y4



## FLUORIDE; WHEN IS ENOUGH ENOUGH?

By Tom Anderson



The B.C. Ministry of Health puts out an information flyer four times a year called **Your Better Health Magazine**. Many people throw it away with all the advertising flyers, but much of the information it contains is of interest and value to just about everyone. The issues dealt with are usually presented fairly, but an exception was the item about fluoridation published in the Fall '91 issue. The article was by Jim Lyon, a writer who, I suggest, is either very biased on this topic or very poorly informed.

I am personally and professionally opposed to water fluoridation, first because it does **NOT** offer protection from the effects of a junk diet. Parents are led to believe that it does, however, and are therefore more likely to permit consumption of the great many products offered to children which erode health and contribute to many illnesses. It's commonly believed that sweets are a threat to dental health only, therefore that dietary concern is really not warranted so long as the children's teeth are looked after.

Nearly all "sweets" consist of highly-processed and artificial substances which have no place in a healthy diet. Gum disease is just one of many serious conditions that can result from the regular consumption of worthless products that replace or cause a loss of needed nutrients. Fluoride does not prevent or cure gum disease; fluoridation may even increase it.

There are a great many questions about fluorides and fluoridation which have never been answered. Fluoridation is not some sort of water treatment; it is either a medication or dietary supplement, delivered to all consumers in a community. If the fluoride is a medication, should it not be prescribed by a physician? If it's meant to be a dietary supplement, is it not absolutely essential that a deficiency in **THE CONSUMER** be demonstrated? It matters not that a "deficiency" of fluoride might be found in the water; the water is not the target.

Health and Welfare Canada confirms that no fluoride deficiency has ever been found in any population anywhere, regardless of the amount of fluoride present in the water supply. In fact, it's virtually impossible to induce a deficiency in lab animals because of the levels of fluoride in the food supply - **OUR** food supply - and because of other unavoidable exposures to fluorides which continue to build in our environment as pollutants.

Adding fluoride to the diets of those lacking adequate intake of the major minerals, or where abnormal losses may regularly occur, can have serious consequences. Bones and developing teeth will become **BRITTLE** rather than strong. Whereas young children might show a delay in the onset of caries as a result of high fluoride ingestion (producing the "65% fewer cavities" claim we've been hearing for decades), these children will suffer poorer dental health in later years, untreatable in many cases because their teeth so easily crumble.

Fluorosis is a growing problem, but often not taken seriously. It's not a mere cosmetic problem. It should be looked upon as an indication that saturation levels have been exceeded and therefore that

further exposure to this very powerful enzyme poison should be avoided in every way possible.

Referring back to the item by Jim Lyon, he begins his article by claiming that "the scientific findings are beyond dispute: fluoride in drinking water helps to prevent cavities." This statement is technically correct, but misleading with respect to fluoridation. It **HAS** been clearly established that fluoride contributes to strong bones and teeth in combination with other minerals. It has **NOT** been demonstrated that adding fluoride to drinking water prevents or reduces tooth decay in any age group. One conclusion does not lead to the other.

Dental health surveys, including the recent one in B.C., have shown an improvement in dental health in all communities, large and small, fluoridated and unfluoridated. No survey anywhere has produced any evidence suggesting that water fluoridation contributed to the lower caries rate. In fact, the healthiest teeth turned up in **UNFLUORIDATED** communities. Lack of access to treatment is cited as the reason for the poorer dental health found in some rural and remote communities.

I suspect that cost is more a factor that distance when kids don't get the care they need. I think that **EVERY** child should have access to dental care regardless of the family's financial situation.

Fluoridated toothpaste may build stronger enamel in a child's permanent teeth, but it also causes mouth sores and of course it's a hazard. I feel that very young children should **NOT** use fluoridated toothpaste, and neither should adults. Fluoride treatments likewise are of no benefit to adults and may cause dental erosion as well as tissue damage. Whether or not the treatments benefit children has yet to be established.

Jim Lyon asks why some communities are wary of fluoridation when others have had it for decades. I think "promotion" is the answer. Fluoridation was not simply offered to U.S. and Canadian cities, it was promoted with all the intensity and outrageous deception one would expect in a political campaign. When the Americans promote something in this fashion, one can be certain that profit is the motive, not public health. U.S. politicians have always been hostage to special interests, so it's almost to be expected that industry-government collusion would be involved in the introduction and promotion of water fluoridation, and long before any studies had been completed. This sort of thing could not have happened in Canada, yet the product of that deceit continues to be foisted on millions of Canadians as well as Americans. Fluoridation is still being promoted in communities all across Canada.

Many U.S. cities that "bought" fluoridation 30 or 40 years ago have since discontinued it, mainly because of the discovery that fluoridation causes the deposits that build up in water mains to become highly toxic and therefore extremely dangerous when they break loose. Cost is another reason for quitting. Kids drink mostly pop and milk, not water, so it actually goes into fluoridating lawns, it's easy to understand why so many cities have dropped fluoridation and now look upon it as a bad mistake.

*Toothpaste without fluoride is available at Health Food Stores. If you would like to know the facts **HANS** (Health Action Network Society) has a lot more information: Burnaby ... 435-0512.*



# THE 'NATURAL' YELLOW PAGES

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Gardom Lake, between Salmon Arm & Vernon. Workshops, Vacations, Retreats, Meetings A Nature Lover's Paradise....Year-Round Cosy Lodge, Cabins & Camping Hosts: Sarah & Clive.....For schedule of events write: Box 7, Salmon Arm, B.C., V1E 4N2

### WHOLISTIC LIVING CENTRE.....Vernon

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### Terry's Natural Foods 3100 - 32nd Street

549-3992 ... One of the largest selections of natural products in the Interior of B.C.. Low prices on bulk foods and environmentally safe products and natural footwear.

## Summerland

### Summerland Food Emporium

Kelly & Main: 494-1353

Health - Bulk - Gourmet - Natural Supplements  
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## Penticton

### Judy's Health Food & Deli

129 West Nanaimo: 492-7029

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### Bulk Food Emporium

1515 Main St.: 493-2855 - Open 7 days

Quality Vitamin & Herbal Supplements  
Natural & Organic Produce & Dry Goods  
Natural Cosmetics & Cleaning Supplies

### Edible Dried Goods

407 Main St.: 492-4080

Okanagan Gift Baskets

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Vitamins - Supplements

## Princeton

### Vermillion Avenue Health Foods

117 Vermillion Ave.: 295-7090

Fresh squeezed carrot juice, quality sandwiches  
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## Kelowna

### Lifestyle Natural Foods

Orchard Park North Mall: 762-9711

Vitamins, Cosmetics, Herbs & Books  
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Open Sundays for your convenience.

### Kelowna Health Products

547 Bernard Ave.: 762-3153

Vitamins, Bulk foods, Books, Herbalist on Staff.

### Winds of Change Health Products, Inc.

300 Dilworth Cntr: 861-3699

Athletic Supplements, Gym Wear, Accessories,  
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Open 7 days a week, late Thursday & Friday

### Long Life Health Foods: 860-5666

Capri Centre Mall: #114 - 1835 Gordon Drive,  
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Friendly, knowledgeable staff. Wide variety of  
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## Nelson

### Kootenay Country Store Co-op

354-4077 - 702 Baker St. Open 6 days a week.

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meats, Avalon dairy in returnable bottles, cruelty-  
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### Nature's Health Products - 461 Josephine

St., Downtown Nelson: 352-7557

Vitamins, Organic Produce, Cheese, Bulk  
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## Grand Forks

### New West Trading Co.....442-5342

278 Market Ave. A Natural Foods Market  
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## Sorrento

### Nature's Bounty

Sorrento Plaza, Trans C. Hwy: 675-4323

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8511 B Main Street: 495-6313 Vitamins, Herbs,  
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# Tomlinson Photography

1240 Main Street, Penticton - 493-6426

## 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 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

#### Rossland-Trail

Angela Price 362-7790

#### West Kootenay

Jane Lewis 359-7880

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



# BROTHER CHARLES

## MARCH 23-30

### EVENING DIALOGUES

March 23 ... Vancouver

March 24 ... Kelowna

March 26 ... Kamloops

### EMPOWERMENT INTENSIVE WEEK-END

March 27, 28 & 29 ...Kamloops

For more information phone **Larry ...878-7930**  
or read March/April ISSUES. Accommodation will be available.

*“The contemporary  
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growth: Synchronicity  
High-Tech Meditation”*

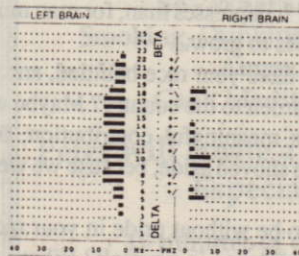
**"Meditation is an allowing ... Allow yourself to be the way you are. Celebrate yourself. This is the real meditation: ongoing in every moment... spontaneous... just happening. The more you celebrate, the more you will bring upon yourself the God that you are."**

**Brother Charles returns to Canada in March 1992.**

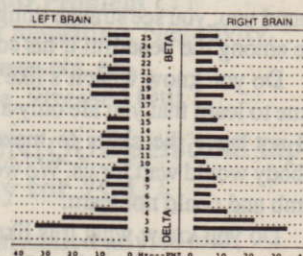
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***The Scientific evidence is in: experience it for yourself.***



Brain scan of a typical non-meditator.  
Note pronounced hemispheric imbalance and fragmented, limited brain function.

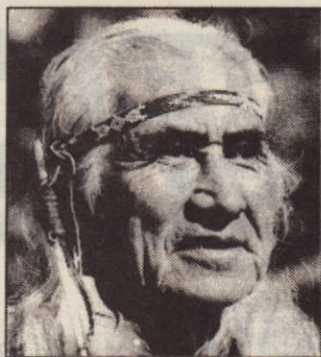


Brain scan of a regular user of Synchronicity Technology. Note high degree of synchronization indicating whole brain function.



# "My People"

## Chief Dan George



My very good dear friends, was it only yesterday that men sailed around the moon and it is today they stand upon its barren surface? You and I marvel that men should travel so far and so fast, but if they have travelled far, then I farther. If they have travelled fast, then I faster. For I was born a thousand years ago, born in a culture of bows and arrows. Yet within the space of half a lifetime I was flown across the ages to the culture of the atom bomb; and from bows and arrows to atom bomb is a distance far beyond a flight to the moon.

I was born in an age that loved the things of nature and called it beautiful names like: "Teslelwhat" instead of dried up names like "Burrard Inlet." I was born in an age when people loved the things of nature and spoke to it as though it has a soul. I can remember going up the north arm to Indian river with my Dad when I very small. I can remember him watching the sun light fires on Mt. Penany as it rose to its peak. I can remember him saying his thanks to it as he often did, saying the Indian word, "hey-mus-hey-snocum." And then the people came. More and more people came. Like a crushing, rushing wave they came, hurling the years aside and suddenly I found myself a young man in the midst of the 20th century.

I found myself and my people adrift in this new age, but not a part of it. Engulfed by its rushing tide but only as a captive eddy, round and round. On little reserves, on plots of land we floated in a kind of gray unreality, unsure of who we were or where we were going, uncertain of our grip on the present, weak in our hope for the future. And that is where we pretty well stand today.

I had a glimpse of something better than this. I knew my people when they lived the old way. I knew them when there was still dignity in our lives, and a feeling of worth in our outlook. I knew them when there was unspoken confidence in the home, a certain knowledge of the path we walked upon. But we were living on the dying energy of a dying culture—a culture which was slowly losing its forward thrust.

I think it was the suddenness of it all that hurt us so. We did not have time to adjust to the startling upheaval around us. We seemed to have lost what we had without a replacement of it. We did not have time to take this 20th-century progress and eat it little by little and digest it. It was forced feeding from the start and our stomach turned sick.

Do you know what it is like to be without moorings? Do you know what it is like to be in a surrounding that is strange, and all around you, you see strange things? It depresses man, for man must live among the beautiful if his soul is to grow.

Do you know what it's like to have your race belittled, and to come to learn that you are only a burden to the country? Maybe we did not have the skills to make a meaningful contribution, but nobody would wait for us. We were shoved aside, because we were dumb and could not learn.

Do you know what it is like to be without pride in your race, pride in your family, pride and confidence in yourself? What is it like? You do not know. You have never tasted its bitterness.

I shall tell you what it is like. It is like not caring for tomorrow,

because what does tomorrow matter? It is like having a reserve that looks like a junk yard, because the beauty of the soul is dead and why should the soul express an external beauty that does not match it? It is like getting drunk, and for a few brief moments escaping from the ugly reality and feeling a sense of importance. It is most of all like awakening the next morning to the guilt of betrayal because the alcohol did not fill the emptiness, but only dug it deeper.

And now you hold out your hand and you beckon to me to come across the street. But how can

I come? I am naked and ashamed. How can I come in dignity? I have no treasures, I have no gifts. What is there in my culture that you value? My poor treasures you can only scorn. Am I then to come as a beggar and receive all from your omnipotent hand?

No! Somehow I must wait. I must delay. I must find myself, I must find my treasure. Then I can say to my wife and to my family, "Listen: they are calling me; they need me. I must come." Then I can walk across the street and I will hold my head high for I can meet you as an equal. I will not scorn you for your demon gifts and you will not receive me in pity. Pity I can do without. My manhood I cannot do without. I can only come as Chief Capilano came to Captain Vancouver: one sure of his authority, certain of his worth, master of his house, leader of his people.

I shall not come as a cringing object of your pity. I shall come in dignity, or I shall not at all. And now you talk big words of integration. Does it really exist? Can we talk of integration until there is social integration? Unless there is integration in hearts and minds, you only have a physical presence and the walls are as high as the mountain tops. Come with me to the playgrounds of an integrated high school. See how ugly and flat the blacktop is. Now listen. The bell rings; it is recess time. The doors open, and the students pour out of the doors. Soon over there is a group of white students, and over there by the fence a group of native students. But now look; the blacktop is no longer there.

Mountains ranges rising, valleys falling and a great chasm is opening up between the two groups: yours and mine. And no one seems to be capable of crossing over. Why? God in heaven, why?

I know what you must be saying, "Tell us, what do you want?" Yes, what do we want? We want first of all to be respected and to feel that we are a people of worth. We want equal job opportunities for our students. We want guidance and counseling. We want to feel we are a people of worth.

Let no one forget this: we are a people with special rights guaranteed to us by promises and treaties. We do not beg for these rights, nor do we thank you. We do not thank you because we paid for them. God help us, the price we paid was exorbitant. We paid for them with our culture, pride, and self respect. We paid, we paid, and we paid until we became a beaten race, poverty stricken and conquered. But you have been kind to listen to me, and I know that in your hearts you wish you could help.

I wonder if there is much you can do, and yet there is a lot you can do. When you meet my children in your classrooms, respect each one for what he is: a child of our Father in heaven and your brother. Maybe it boils down to just that.

*Reprinted from No. 10 of "The Mother Earth News" July 1971*

From a presentation made at Western Washington State College, May 5, 1971. His books are available at Bookstores.



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### **Bad headache averts poisoning.**

Canadian Press, Calgary --

A horrible headache saved a Calgary family from deadly carbon monoxide poisoning on the weekend.

"I had such a bad headache it woke me up at about 5 in the morning" said the mother, who asked that the family name not be used.

"I got up to get her a Tylenol," her husband added. "I stood up and it was just a great big spin."

"When he fell over, I called the paramedics," she said.

"The fireplace fumes were coming back down the chimney from the furnace and the water heater."

Globe & Mail December 31, 1991

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