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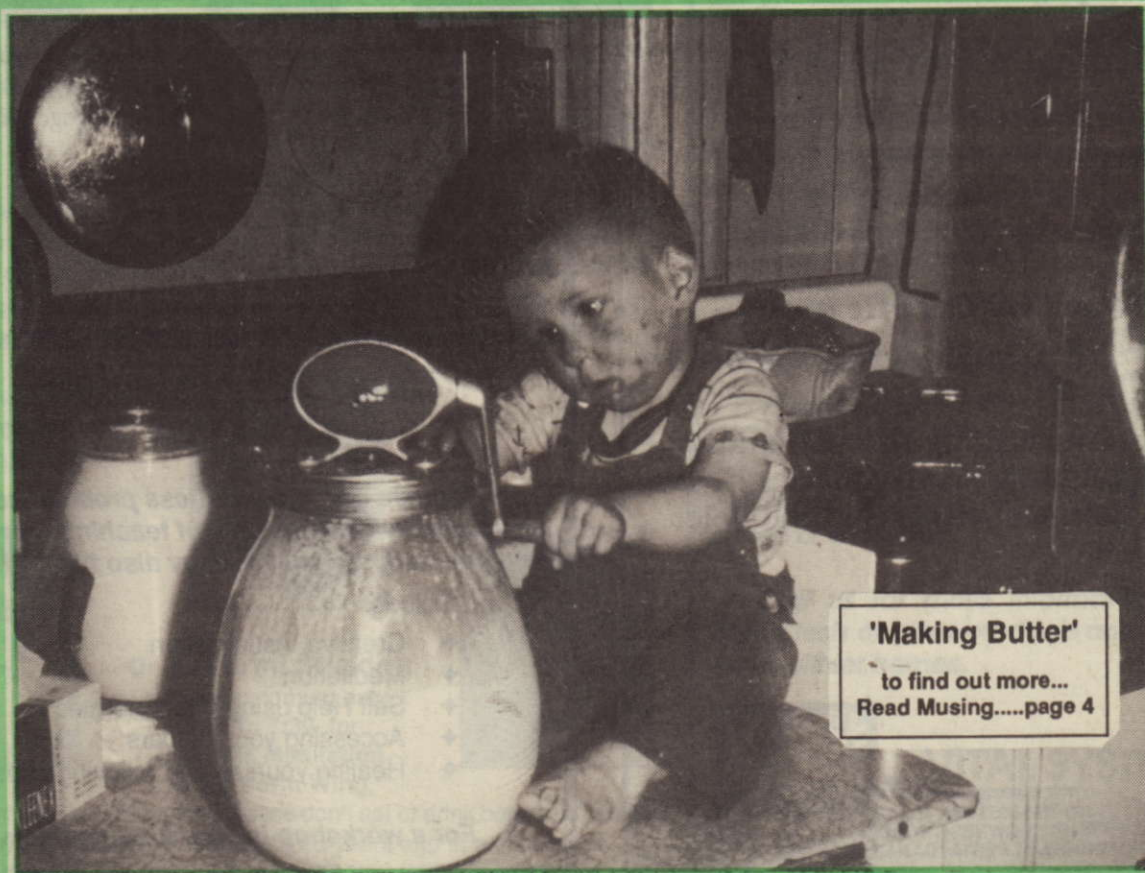
ISSUES

M A G A Z I N E

FOR PEOPLE WANTING ANSWERS

Wholistic Practitioners
Consciousness Raising
Environmental Concerns

"The Spring Festival of Awareness"



'Making Butter'
to find out more...
Read Musing.....page 4

March / April 1992

Volume 3 - Number 2

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VERNON

Village Green Motel - 4801 - 27th Street

10:15 - 10:30 AM **PRAYER MEDITATION**

11:00 - 12:15 PM **CELEBRATION OF LIFE**

KELOWNA

Park Lake Motel - 1675 Abbott

6:15 - 6:30 AM **PRAYER MEDITATION**

7:00 - 8:15 PM **CELEBRATION OF LIFE**

March Theme: **SPRING INTO ACTION**

Life Responds to our initiative - and responses bountifully. Programs this month examine our responsibilities as contributors to this wonderful life.

March 22 **A DREAM COME TRUE**

One of the most exciting events yet! The first Sunday Service in KELOWNA - Special Program hosted by members of the Vernon Church as we **SPRING INTO ACTION** with our first **OUTREACH** program. Doors open at 6:15. Service begins at 7:00 pm in our new home - The **REGATTA ROOM** at the **PARK LAKE MOTEL**, 1675 Abbott - Across from City Park.

April Theme: **EASTER - THE GREATEST SHOW ON EARTH**

The Easter message is so much more than a three day event. April examines the metaphysics of the Easter experience and focuses on the Greatest teacher ever - Jesus the Christ.

Special Events for "Holy Week" and Good Friday. Call for details.

Ongoing **SCIENCE OF MIND** classes
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Tuesday in Vernon
Thursday in Kelowna
7:30 - 9:30 pm.

PUBLIC MASTERMIND MEETINGS 6:00 - 7:00 pm
Before each class

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

Phone 549-4399

Cheryl Grismer

presents

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 evolution 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 6 & 7
Blind Workshop

Participants will be blindfolded for 24 hours as part of their journey inward.

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

Making Butter

Ol' Betsy was the sweetest, gentlest animal on the farm. She would often wander up to the front door and poke her head in, just to say "hi." I enjoyed taking twilight walks with Dad or Grandpa to walk Betsy home from the neighbours', several miles away. I marvelled at how she, a cow, knew the quickest route home better than I, a human, did. I remember when we first got her, how I marvelled at her horns and how huge she seemed to me, as an eight-year-old. Our parents took the time to show us how to feed her food from our hand by showing us how gentle Ol' Betsy was. As children we discovered how much animals enjoy being petted and how lovable they are, for they wish only to be of service.

On the front cover is my youngest brother, Donnie, taking his turn at churning the cream by hand. Usually we all got a turn, as making butter without electricity is very time-consuming. Today, with my electric mix master, I can turn one gallon of cream into two quarts of ghee and two quarts of the sweetest buttermilk in about two hours. I am learning to cook the Ayurvedic way and ghee is one of the main ingredients. Ghee is cooked butter which is regarded as one of the most valuable foods and medicines known. Ghee does not cause an increase in cholesterol and keeps without refrigeration. It is also easy to make. If you want to try it out the recipe is on p. 30.

After 25 years of city living I still enjoy and need the freshness of food that country living produces. So I take the time to find various farms and to visit them, which is much more fun than the supermarket. As I have said in many of the Musing columns, my health is very fragile, which started me on my eternal search to understand my body. People with relatively good health seldom appreciate what a precious commodity they have, till it is lost through neglect and ignorance. I spend a lot of my time finding quality food sources, reading books on health and experimenting with my own body since I do not have a strong digestive system.

I am now beginning to understand how the body obtains energy from food. I have been exploring the Science of Ayurveda for the past four years and I think I have finally found a system that makes sense and is relatively easy to understand. So often I have felt intuitively that some food theory or other didn't make sense when I read it, but it was written by some expert who has done enormous amounts of research, so I figured I should try it. I would experiment with various food combinations, or eat brown rice instead of converted rice because it's healthier, only to find out that my body couldn't digest it. What was so frustrating was not being able to understand why I had problems. Why me? How could people around me eat burgers and french fries and feel just fine, while I would eat much healthier foods and feel just wasted. I tried drinking a cup of coffee once and my stomach protested for most of the day. Pain is a good teacher. But I still wanted to know WHY my system needed such care. Ayurveda finally provided an answer.

Ayurveda means Science of Life, and its 5,000-year-old recipes

for health and well-being have helped me to understand my constitution and keep my insides happy by following the advice of Ayurvedic practitioners, I can even eat a few unbalanced meals and not lose all my energy. Ayurveda has helped me to understand the controversy around so many of the food products we eat, including milk, and provided me with the understanding I need to choose my food by learning what is really true rather than following what has been programmed into us because society wants cheap food.

Ayurveda understands the laws of nature and its five elements, earth, water, air, fire and ether. The various combinations of these elements give each person a particular constitution: Vata, Pitta or Kapha.

Vata, which consists mainly of the element air, is basically cold, dry, light and mobile in attribute. Therefore, it is treated by a therapy which is warming, moistening and promotes weight gain.

Pitta, which consists mainly of the element of fire, is primarily hot in attribute. Therefore, it is treated with a cooling or heat-dispelling therapy.

Kapha, in which the element of water predominates, is cold, moist, slow and heavy in attribute. Therefore, it is treated by therapy which is warming, drying, lightening and stimulating.

Ayurveda views the health of the body as fluctuations with the functioning of a biological fire which governs metabolism. This fire is called Agni. Agni is not simply a symbol for the power of digestion. In a broader sense, it is the creative flame that works behind all life. Agni is present not only in human beings but in all nature. It has a special abode in plants, which contain the agni of photosynthesis.

When agni is strong, food is digested properly. When it is weakened, toxins of various kinds, largely from undigested food particles (called ama in Ayurveda), accumulate and breed disease. Ama and Agni, are opposite in properties. Ama is cold, wet, heavy, cloudy, malodorous, and impure. Agni is hot, dry, light, clear, fragrant and pure. To treat Ama, it is necessary to increase Agni.

Food plants contain agni, through which they digest sunlight and produce life. Medicinal and culinary herbs can also transmit their agni to us, their capacity to digest and transform, which may augment our own power of digestion and regeneration. The agni of plants can feed our agni. Through this interconnection, we join ourselves with the cosmic agni, the creative force of life and healing.

The agni from plants is magnetically attracted by its opposite, the negative life-force of the ama, or the various toxic accumulations in our body. The result is their neutralization and a restoration of harmony. Herbs can be used to supplement agni and thereby restore our auto-immune system. In turn this restores the power of our aura, which is nothing more than the glow of our agni.

By their very nature the right herbs and spices can feed agni, directly strengthening the basic energy of body-mind, allowing for the right digestion, not only of food but also of experience.

I know my constitution is Vata and since I've begun to eat accordingly, I sense that my agni is increasing in strength. Recently I purchased a new publication, *The Ayurvedic Cookbook*, it contains simple recipes based on the Ayurvedic principles. I use this cookbook every day and I recommend it as a good way to start understanding the principles and workings of Ayurveda.

If the "Science of Life" intrigues you attend one of the upcoming seminars on Ayurveda.

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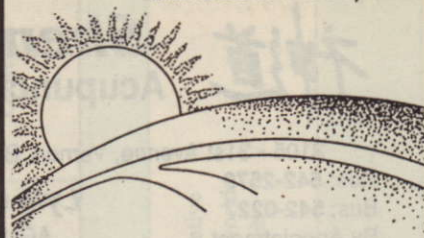
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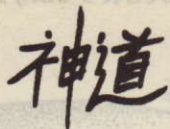
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STRESS AND DISEASE

by Condren Berry, B.Sc., D.C.

For the first time in history the major causes of death and disease are stress-related disorders. By definition this means if we acquire the ability to control our stress we can control our "wellness".

Hans Selye, the "Father of Stress" defines stress as the wear and tear on our bodies. A life devoid of stress is impossible, nor is it desirable. Creative tension helps to bring out the best. It causes us to meet a challenge, grow, gain confidence, and mature. The stress that causes us problems is the stress that leads to distress, possible disease and eventually death.

There are three kinds of stressors; physical, psychological, and social. Physical stressors include chemicals, pollutants, drugs and some foods. Social examples are existence factors as death, job changes, marriage, divorce and retirement.

The most common cause of emotional stress and tension is a little thing called an incomplete cycle. This occurs when you have five things to do but time for only four. So when you lay your head down on the pillow at night you have one thing on your mind that you have not been able to complete, and there is a loose end in your brain circuits all night using up a unit of mental energy. This is an incomplete cycle for the brain. A decision needs to be made: either complete the incomplete cycle by a specified date, or throw the project out and forget it. Don't hang onto it.

We all have problems. The only time we don't have a problem is when we are dead. So, while you are basking in the sunlight of your problems let me ask you when is the only time you can be happy. Can you be happy yesterday? Can you be happy tomorrow? The only time you can be happy is now, right now, at this minute, regardless of where you are. When you feel yourself losing that sense of humor, it is the first step down into the spiral of worry and despair. Stop, take a deep breath, take a step back, look at the situation and gain perspective. Be amongst the confusion but not a part of it.

Coping is different things to different people, but there are guidelines to help us become a better prepared person. Relaxation, exercise, proper diet, short and long term goals, a good support network, the ability to play (have fun) and a value system. Self-awareness and deciding what kind of person you want to be helps too.

While we cannot always control events or situations, we can control ourselves. We grow or decay not by what happens to us but by how we respond. We choose what we think, feel, say and do. Managing stress means exactly that, instead of stress managing us.

Con is a recent graduate of the Canadian Memorial Chiropractic College in Toronto. He is new to Penticton and is available for questions on Health and Chiropractic Care. His card is to the left.

Tomlinson Photography

1240 Main Street, Penticton - 493-6426

The official photographer for ISSUES

GOOD-BYE PMS !

by Colleen Nicklassen

With the stress, fast pace, and time limitations of society today a majority of women suffer from Pre Menstrual Syndrome. We all have heard of PMS, but what is it really and what are the symptoms?



PMS is an imbalance in female hormones which is brought about by many factors such as: diet, high levels of animal fat, fried foods, stress, viral infections, etc. There seems to be no one cause of PMS, therefore it is referred to as a syndrome not a disease. Symptoms of PMS occur usually 1 to 14 days prior to menstruation. **Physical symptoms:** Breast swelling, bloating, weight gain, constipation/diarrhea, headache, acne, eye problems, joint/muscle pain, cravings, fatigue, elevated heart rate, clumsiness, queasy, chills/sweats, dizzy, sex drive changes, restlessness, insomnia, and noise sensitivity. **Emotional symptoms:** Anxiety, mood swings, anger, loose control, depression, suicidal thoughts, nightmares, forgetful, crying jags, withdrawn, inner anger, aggressiveness with others.

How do you control or overcome PMS? Nature fortunately has provided us with herbs to help our body to heal itself in order to overcome PMS. One of the most beneficial herbs is Dong Quai (Angelica Sinesis) a Chinese herb for all types of female hormone imbalances from menstruation to menopause. Dong Quai has a tranquilizing effect on the nervous system, dissolves blood clots, loosens contracted muscles and purifies blood to help circulation which balances the menstrual cycle and flow. Dong Quai has a tonic effect on the female generative glands and nourishes brain cells to help alleviate stress, anxiety and increase energy levels.

Another excellent herb for PMS is Evening Primrose Oil (EPO). This oil contains Gammalinolenic Acid (GLA) which is required by the body to produce Prostaglandin E1 (a hormone compound connected to PMS). There is very little if any GLA present in our diet or produced by our bodies, which causes an imbalance in Prostaglandin. This in turn causes PMS. The little bit of GLA we get from our food is interfered with (during the conversion process in our bodies) by stress, dietary fat, cholesterol, viruses, allergies, etc. EPO has the unique ability to bypass interference and be converted into Prostaglandin E1. EPO is effective in alleviating Mastalgia (Breast Pain) as well as depression during PMS. It also helps balance hormones by supplying GLA which in turn produces Prostaglandin. It usually takes 3 to 6 months for EPO to make a noted difference, but it can work sooner depending on the individual. Since we are all unique the results will differ for each woman. These are only two of many herbs which can help you to say good-bye to PMS.

Colleen is a Chartered Herbalist at Kelowna Health Products., see below.



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HEALING IS LOVING

by Anya Marani Elohim



The first thing you will notice are his eyes. They are blue, kind, gentle, understanding and bottomless. You can see forever when you look into them. And next you'll notice his deep, soothing voice as he greets you warmly. Perhaps the next thing you'll notice is that his attention is centered on you. He is completely absorbed in interacting with you. Your concerns are what concern him. And suddenly you'll realize that Peter approaches your counselling session with a most healing attitude ...he thinks you are wonderful!

Does this sound too good to be true? Many people will testify that this extraordinary man has helped them heal themselves and their lives with his love and caring and expertise.

Peter began studying over twenty-five years ago as he sought answers to the deepest questions of life - who am I truly? Why am I here? What do I need to do to best serve myself and others?

As he sought answers to these questions Peter studied most of the philosophies and inner teachings of the world. Knowing that all philosophies have gems of wisdom to offer, he did not restrict himself to one path.

As more people sought Peter's advice, he began to realize that he had come into this lifetime with a gift, the gift of inner and outer healing.

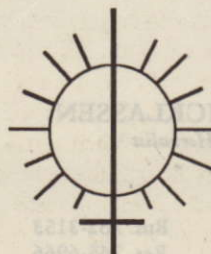
To sharpen his skills and hone them to perfection he began to study alternative methods of healing such as acupuncture, energy balancing, polarity, Reiki and spiritual counselling.

When this author asked some of the people Peter has counseled just what it is that they find so comforting and healing about him, the answers were varied... "He is so strong himself. He is so sure of the place he holds in God's light...and he is willing to share that strength and light with me", "When Peter stands before you, you know all his attention and energy is centered right there with you. You'd better be ready to give him your full attention right back", "He gave me the greatest gift...he helped me to know who I am, where I have been, who my true family is. He helped me to see love from all the universe."

Peter Rakers now lives in Peachland, and is available for sessions in Reiki healing and spiritual counselling. He is a Reiki Master and a graduate of several disciplines of healing. He still participates in Team Healing at The Center in Spokane, Washington and leads Team Healing groups that are open to the public.

He is listed in the Natural Yellow Pages and his business card is below.

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LIVING IN A WORLD OF DUALITY

by Marilyn Evans



Have you noticed that the world is made up of opposites--birth/death, love/hate, health/sickness? And have you noticed that the things you value are one part of the opposites? Our habitual way of trying to deal with this is to try to eradicate one of the opposites. The ironical part about this is, that were we successful at eliminating the negative, we

would also eliminate the positive. How can there be day without night, light without dark, how would we recognize joy without pain?

Some of the current trends of "positive thinking" and "transcendence" can add to this attempt to eliminate parts of ourselves. That is not to say that they cannot be useful tools; but used to an extreme, they can add to one's suffering instead of alleviating it.

I heard a joke once that epitomized this: There were three ministers in hell discussing the reasons they got there. The first minister said, "I'm here because I had an affair with the church secretary." The second minister said "I'm here because I embezzled money from the church coffers". The third minister (who just happened to be a new age minister) said, "It's not hot and I'm not here."

The point is that we can misuse affirmations to avoid or deny reality. You've probably heard the saying, "What you resist, persists." As long as we continue to bury or leave buried things in our subconsciousness, they will continue to run our lives. And it can be a very disheartening experience to do affirmations and have them fail. You can feel like you are doing your best and its not good enough. When we bring a hidden part of ourselves to the surface for healing, we can create a space for the things we truly want. Until this occurs there sometimes simply is not room for something new.

We all have feelings such as anger, fear, sadness and guilt. These are simple energies that pass through us that are a part of the natural flow of life; they are neither right or wrong. Yet many of us have been taught that they are wrong and learned to suppress these feelings, not realizing consciously that they are still directly affecting our lives.

The good news is that the universe is a very loving place that continues to lead us to what we need to learn next in order to become whole. If you are experiencing pain right now, it is not because you have done something wrong. It is because you are ready to learn - you are ready to remove a block that stands in your way of the light. Shadows are mere areas of resistance, that when brought to the light, dissolve at its presence. They are only a tiny fragment of our true nature that we empower by our fear or denial.

This is summarized well in Pat Rodegast's book, *Emmanuel's Book*, he is a great guide from another dimension. "Emmanuel is not the least bit put off by darkness, negativity, evil or sin .. the bugaboos of humanity. These he points to as necessary components of the curriculum of incarnation. They are not errors nor do they reflect any lack of compassion of spirit. He encourages us to see life not as prison but as a schoolhouse, not as a battle but rather as a dance."

When we are willing to embrace and integrate these hidden parts of ourselves we not only impact our own lives. When we own the "shadows" inside us and no longer project them on the world in the form of wars and poverty, we can profoundly change the face of the planet so that peace and prosperity can become realities for all beings. The Masters have talked about the "oneness" of all things for centuries; and Quantum physics now proves that this is not

Explorations in Consciousness



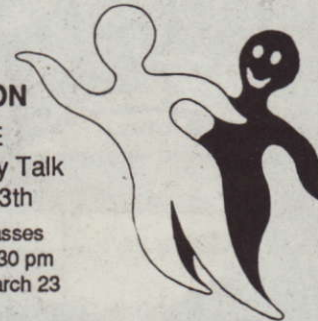
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Introductory Talk
March 13th
Weekly Classes
Mon. - 7 - 9:30 pm
beginning March 23



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Weekly Classes
Wed. - 7 - 9:30 pm
beginning March 25

*For more information and location please
phone Marilyn Evans at Okanagan Center: 766-0531.
Individual Counselling or Healing Sessions by Appointment.*

simply metaphysical conjecture, that all animate and inanimate objects are interrelated and are constantly affecting one another. Know that your courage to face your personal "demons" will impact all of life in ways that you cannot even begin to imagine.

"God gave the Holy Spirit to you and gave Him the mission to remove all doubt and every trace of guilt that His dear Son has laid upon himself. It is impossible that this mission fail."

..... Course in Miracles

A recent immigrant to the Okanagan area, Marilyn hails from Edmonton via Calgary and was attracted by the beauty of the Okanagan to settle here. She has a degree in Education and has worked in the Social Services field for sixteen years. She has been studying personal development and metaphysics for several years including studies in self-esteem, assertiveness training, visualization, ACIM, quantum physics, multi-dimensional consciousness, etc. Marilyn has also studied with Judy Young, author of "Miracles and Masters" tapes, Vols. I and II and Quantum Leap Seminars for five years.

BROTHER CHARLES

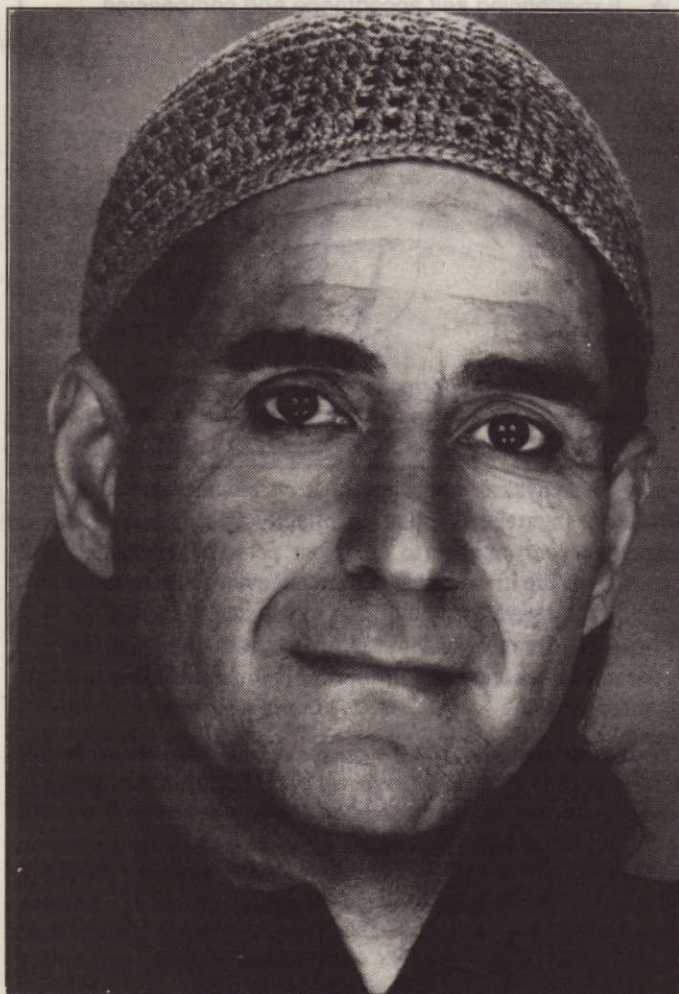
EVENING DIALOGUES

March 23 Vancouver
VanDusen Botanical Gardens

March 24 Kelowna
Okanagan College Lecture Theatre

March 26 Kamloops
McArthur Park Lecture Theatre

EVENING DIALOGUES start at 8 pm • \$10



EMPOWERMENT INTENSIVE WEEK-END March 27, 28 & 29

Kamloops

Brother Charles challenges us to journey to the centre of our own being and develop an ever expanding awareness of the oneness of all. He elucidates the **Synchronicity Experience**, a technology of equilibrium and synthesis, through balance there is transcendence. Based on ancient wisdom, experiences are validated, with this contemporary, scientific understanding of the brain/mind.

The week-end begins with the **Sacred Initiation Ceremony** combining traditional/orthodox and contemporary techniques for an elevating and expansive experience. Brother Charles lectures, answers questions and catalyzes each individual through dialogue and meditation.

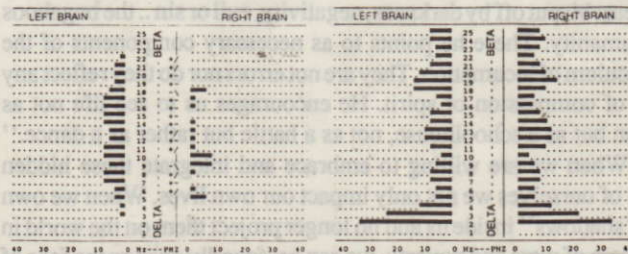
For more information phone

Larry: 828-7930 Kamloops

Limited Billetting will be Available.

Larry will also be in
Penticton, March 6 & Kelowna, March 20,
for a FREE Introductory Talk about
SYNCHRONICITY: High-Tech Meditation
please see ad to the right.

The Scientific evidence is in: experience it for yourself.



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

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

Life in Balance

According to classical systems, the true state of meditation is characterized by a sustained awareness free of all thoughts, which is developed over years of practice under the guidance of one who is a master of such meditation. This state is often termed "no-mind" and all the high-tech brain machines in the universe cannot instantly induce, entrain, boost or supercharge one's brain into such a state. Claims to the contrary are superficial and demonstrate a lack of understanding of both the meditative journey and the human brain and the totality of its functioning.

Throughout all recorded human history, the enlightened experience has been journeyed in association with the principle of mastership. The test of the masters was not what they said or even what they did, but what they were.. the energy dynamic of their enlightening and liberating "no-mind" presence. The constancy of such a presence was not, and cannot be created in twenty minutes with any machine, for it involves the intricate journey of multidimensional brain-mind levels far too subtle for any gross machine to affect.

While the principle of mastership is little understood in the West, technology is not. And the recent proliferation of brain machines and high-tech mind toys is a clear indication that, like their Eastern bothers, Westerners also wish to expand their awareness and go about it in the best way they know now - through science and technology.

In a contemporary, Western context, meditation can be understood as the precision entrainment of the hemispheric synchrony within the brain. Whenever one meditates the brain waves decelerate and the data banks are accessed.

From its inception in 1983 it has been the aim of the Synchronicity Foundation to increase the scientific understanding of the nature of the meditative experience, as well to empirically validate, as fully as possible, the subtle levels of brain-mind function. For example numerous studies have shown that during deep states of meditation, brain waves exhibit both synchrony and symmetry. One of the goals of The Synchronicity Foundation is to develop evaluative techniques to quantify, measure and capture the elusive quality of transcendental experience. During the testing, averaged scans of brain wave patterns were taken from a Brain Monitor linked directly to an IBM/286AT. (See graph to the right).

"Invariably a regular and precise pattern would emerge for the Synchronicity user, indicating balanced right and left brain activity. A fragmented and imbalanced pattern was seen in the average human being. The difference between the two is undeniable proof that precision High-Tech Meditation balances the brain, allowing one to access expanded states of consciousness and a more fulfilling experience of life," said Brother Charles, originator of the Synchronicity High-Tech Meditation technology.

Brother Charles created this unique form of audio technology to make the art of meditation much easier for Westerners. Everyone from experienced meditators to those just looking for an efficient way to relax can benefit from the soothing sounds contained in the tapes: wind rustling through chimes, synthesizers, guitar and soft vocals. Many programs are available that offer the initial stages of meditative brain synchronization at home.

Synchronicity tapes are available at the book stores that advertise in ISSUES or attend an evening seminar with Larry or Brother Charles

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Penticton - March 6 - 7:30 pm
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Kelowna - March 20 - 8:00 pm
Dolphin Centre, 1735 Dolphin Ave ☎ 868-8088



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The Valley Calendar

MARCH 6, 7 & 8

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

Reiki with Joel , Rock Creek. 446-2502

MARCH 7 & 8

Touch for Health - Level 1- Vernon
phone Bob for details 545-4358

22 Steps of Healing with Andy Schneider
Kelowna. Phone 832-8483

MARCH 8

Worlds Within, Vera Marchant , page 20

MARCH 13, 14 & 15

Permaculture Weekend Workshop
with Simon Henderson in the Slocan Valley.
Phone Kootenay Permaculture 226-7302

MARCH 14

"Sexuality" Workshop An opportunity to
learn how to achieve and maintain balance of
masculine and female sexual energy.
Kelowna, Saturday: 10-6 pm.
Inner Directions Consultants: 763-8588

ACIM Workshop with Faye Stroo. pg. 25

MARCH 17

A seminar with SCOTT PECK, MD.
1-10 pm Kelowna - Lodge Motor Inn
\$99, phone 768-0733, details on page 5

MARCH 20, 21 & 22

Miracles & Mastery with Faye Stroo
Kelowna, page 25 for details.

MARCH 24 & 26

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

MARCH 27

An Evening with Aurora, 7:30 -10 pm
Kelowna, see ad on page 36

MARCH 27, 28 & 29

Brother Charles in Kamloops,
Week-end Intensive, details p. 10 & 11

Lynn & Trish Sereda in Kelowna
Wake Up! Grow Up! & Come Alive! page 25

APRIL 4

Cheryl Grismer Introduction to Psychic
Development. Details on page 3.

APRIL 5

Mini Health Fair in Penticton,
10:30 - 5 pm, Sunday, details on page 13.

APRIL 7

Re-evaluation Counselling Workshop
Tuesday 7-10 pm in Penticton, see p. 36
Leir House, NO CHARGE. For more info: Jan
497-8049 or David 496-5435

APRIL 11

'Understanding Compulsive Behavior'
if you are tired of over-spending, over-eating,
over-working or being dependent come
discover new ways of resolving your compul-
sions. In Kelowna
Saturday: April 11 - 10-6, \$80.00
Inner Directions Consultants: 763-8588

ACIM Workshop with Faye Stroo
Kelowna. see page 25 for details.

APRIL 22 - 26

Kellogg's LIFEWORKS. This intensive
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childhoods and themselves: and in doing so,
acquire emotional and cognitive tools to begin
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APRIL 24, 25 & 26

Spring Festival of Awareness, p 37-48

MAY 8-11

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tor School.** A one day course focussing on the
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2852.

Ongoing

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Vernon: Tuesday: 7:30 - 9 pm - 3005-30th Ave
Phone Linda Poole 542-3102 in Vernon

Kelowna: Monday: 7 - 9 pm - 1725 Dolphin Ave.
Phone Inner Directions: 763-8588 in Kelowna.

Penticton: Tuesday: 7:30 pm 124-246 Martin St,
Phone Lisa: 492-8761 in Penticton

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

BUDDHIST STUDY GROUP in Kelowna
meets Sun: 10:30 am, Tues. 7:30 pm - 868-0744

MARCH SPEAKERS for the METAPHYSICAL SOCIETY - Leir House - 7:30

MARCH 6 - LARRY KOFTINOFF - CONTEMPORARY HIGH-TECH MEDITATION: SYNCHRONICITY NO CHARGE. Join us for a meditation plus a short video of Brother Charles and time for questions. See pages 10 & 11 for details.

MARCH 20 - JAN PEARCE - MIND, MUSIC & IMAGERY WITH GIM, GUIDED IMAGERY & MUSIC \$2.00. Join us for an experiential evening as she focusses on the uses of music for healing and a tool to help us enrich our lives.

PENTICTON'S MINI HEALTH FAIR

Sunday * April 5 * 10:30 - 5:30 pm

at the Leir House, 220 Manor Park Ave • Cost \$7.00 •



**Vera
Marchant**

A SMORGASBORD OF THE HEALING ARTS TO SAMPLE. This is a time to network, enjoy the energy, meet some of our local spiritual healers, receive a Reiki treatment, or listen to these scheduled speakers, of which many will be in attendance giving private MINI sessions, as well.

10:45 - 11:30 Aditi with Melinda & Bobby
A new technique from Sweden for balancing the energy/aura light fields. Designed to transform and remove blockages so we can see more clearly why we choose certain experiences.

11:45 - 12:30 Worlds Within with Vera
Discover your personal reaction to colour dynamics, the related meaning and the influence at both physical and psychological levels.

12:45 - 1:30 Mind, Music & Imagery with Jan
Join us for a short experiential meditation using classical music to stimulate awareness of our subconscious programming so that we may use it as a tool to enrich our lives.

1:45 - 2:30 Brainwriting with Angele
Handwriting should be called Brainwriting for everything you have ever learned is stored in that computer. Handwriting graphically depicts where you are putting your energy.

2:45 - 3:30 Opening to Love with Barry
Flower essences and essential oils emit specific patterns for healing and help us to restore balance. They increase our awareness and transform blocks gently, unfolding our full potential.

3:45 - 4:30 Earth, Air, Water, Fire with Kolin
These four elements are the foundation of Astrology. Each planet manifests these vibrations and affects our weaknesses and strengths. Used as a tool they can help us with self-understanding.

4:45 - 5:30 Energy Balancing with Donalie
Learn how to communicate with the body by muscle testing. Learn specific reflex points that help to heal all the bodies; Physical, mental and spiritual.



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HERBS AND THE DIGESTIVE PROCESS

by David Frawley - Reprinted from *Ayurveda Today*, a publication of the Ayurvedic Institute, Executive Director, Dr. Vasant Lad

Ayurveda aims at treating the root of disease, not merely at alleviating symptoms. Its treatment methods involve the main factors of our daily living, as it is what we do every day that determines who we are and how we feel. The most basic of these daily factors is our diet.

The physical body is built up by the food we eat, which is divided into three portions. The gross part becomes feces, the middle part becomes the bodily tissues, and the subtle portion becomes the mind. Hence most physical or even mental disorders are caused by or accompanied with digestive disorders. While such digestive disorders may appear mild relative to the other disease symptoms we may experience, even mild digestive system disorders can, over a period of time, cause severe health problems to arise.

For example, if we eat excess Kapha-forming food as in the case of too much dairy, sugar, oils, or animal fats, Kapha will accumulate in the system eventually causing such problems as atherosclerosis and heart disease. The digestive tract symptoms that underlie this condition may be no more than a feeling of heaviness and occasional nausea after meals, yet the disease caused by dietary indiscretion can prove fatal in time even without any major digestive system symptoms.

If even a small fraction of the food we take in daily is not converted properly into bodily tissues but instead accumulates as toxins, over a period of time a large toxic mass can be formed. If, for example, only one drop of food we eat daily is not digested properly, this amount will accumulate in a month to thirty drops - quite enough to damage the organs or clog the channels. This is just the way in which a small hole in the roof can damage the entire ceiling of a house. Hence we should not overlook the role of apparently minor but ongoing digestive dysfunctions to cause severe diseases.

In the same way, correcting wrong eating habits can cut off the root of many other health disorders and even cure severe disease over a period of time. However, several months to a year or two may be required for diet alone to cure manifest diseases, as its curative factors work by the same gradual method as produced the condition in the first place. Similarly if dietary therapy does not accompany our healing methods, their efficacy may be undermined in a major way. If our diet is contrary to our herbs or medicines, we cannot expect them to work.

According to Ayurveda the biological humors accumulate at their respective sites in the body, which are located in the digestive system. These sites are the large intestine for Vata, the small intestine for Pitta; and the stomach for Kapha. These are the places in the gastrointestinal tract where the biological humors (Doshas) are predominant and where their main activity occurs during the process of digestion. The earth and water elements are digested in the stomach at the Kapha or sweet phase of digestion. The fire elements are digested in the small intestine at the Pitta or sour phase. The air and ether elements are digested in the large intestine at the Vata or pungent phase.

If digestion at these stages is not correct, then the Doshas accumulate as disease-causing factors. The aggravated Doshas suppress or derange the digestive fire or Agni and cause malabsorption to occur. From these sites in the digestive system the Doshas then move via the blood and lymph into other parts of the body and cause disease. They often deposit themselves at weak sites in the body, like

places previously damaged by disease, injury and misuse. Accumulated Kapha will move from the stomach into the lymphatic system and lungs causing diseases like colds, asthma, pneumonia or heart disease. Accumulated Pitta in the small intestine can move into the blood and liver causing fevers, infections, toxic blood conditions or liver disorders like hepatitis or jaundice. Accumulated Vata moves from the large intestine via the blood primarily into the bone tissue where it causes various nervous or arthritic disorders.

Essentially wrong diet is the causative factor behind this Doshic accumulation. While emotional, environmental, and life-style factors contribute to and accentuate this process, there is usually some reflection of these imbalances on a dietary level also. For example, high Vata creates anxiety in the mind which in turn deranges the appetite and causes Vata to accumulate in the digestive system from light or irregular eating habits.

Each of us has no doubt experienced the symptoms of the aggravated Doshas at their sites. If we have not already done so in the course of our own daily activities, we can experience them by trying the following dietary indiscretions (which we only recommend out of a spirit of humor, we might add, for the more literal minded of our readers!):

To experience the effect of aggravated Kapha at its site, we need only eat as much milk or ice cream and cookies as we can stand. The resultant feelings of heaviness, congestion, nausea, lethargy, stomach ache, and so on are typical symptoms of Kapha accumulating at its site.

For Pitta, we only need eat an inordinate amount of oil and spicy food, like chilies or cayenne, as, for example a very spicy pizza with a lot of salt, onions, and sour items like olives. The resultant burning sensation, heart burn, thirst, irritability and so on are typical symptoms of Pitta accumulating at its site.

For Vata we need only eat a large amount of beans, like soy beans or lentil, particularly without any spices. The resulting flatulence, constipation, nervousness and so on are the symptoms of Vata accumulating at its site.

This does not mean that the Doshas are not accumulating if we do not experience these discomforts in a dramatic way. Even if they occur only on a mild level, their accumulation process may be going on. This we can measure by how we feel after eating. A properly digested meal should leave us feeling satisfied, but also clear and light with a pleasant taste in the mouth.

Hence, the first phase of Ayurvedic treatment, as well as its most essential long-term factor, is dietary. In the same way the first and most long term usage in Ayurveda is also dietary - the use of herbs as correctives to the process of digestion. For this, herbs may be taken alone with foods as spices used in cooking, or herbal supplements and teas can be taken before, with or after meals. All of us can benefit from some usage of spices and bitters as digestive correctives.

Not only are herbs and spices useful for preventing the Doshas from accumulating, they are also helpful correctives for different food types. Each type of food requires a certain balancing. If we eat a lot of Kapha-increasing foods like dairy products, then we can usually use at least some anti-Kapha spices like cardamom or ginger regardless of our constitution. If we eat a lot of Pitta-increasing

continues on page 16

THE SELF-HEALING POWERS OF AYURVEDA



with

Dr. T. Sukumaran, B.A.M.

Dr. Sukumaran is from Kerala, India where he took his physician's training in Ayurveda and Pancha Karma. Living in Vancouver since 1989, Dr. Sukumaran is bringing the art of Ayurveda to delighted students and clients.

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AN INTRODUCTION TO AYURVEDA

WHAT

AYURVEDA is one of the oldest healing systems known to humankind. The overall goal of this system is to fine tune the body/mind/spirit to the expression of excellence in life. Its specific purpose is to facilitate understanding of the unique constitutional make-up of each person and to guide the choice of natural agents such as diet and exercise to correct the disease. The Sanskrit word, AYURVEDA, translates as the Science of Life

WHEN AND WHERE

Introductory Workshops

Sunday	May 3, 7-10 pm	Kaslo, Selkirk College
Tuesday	May 5, 7-10 pm	Castlegar, Selkirk College
Saturday	May 9, 7-10 pm	Kamloops, 1255 Nicola

Ayurveda at Home (Kitchen & Medicine Chest)

Monday	May 4, 6-10 pm	Kaslo, Selkirk College
Thursday	May 7, 7-10 pm	Grand Forks, Selkirk Col.

Private Consultations Available

Monday & Tuesday	May 4 & 5	Kaslo
Wednesday	May 6	Castlegar
Thursday & Friday	May 7 & 8	Grand Forks
Saturday & Sunday	May 9 & 10	Kamloops

WHO

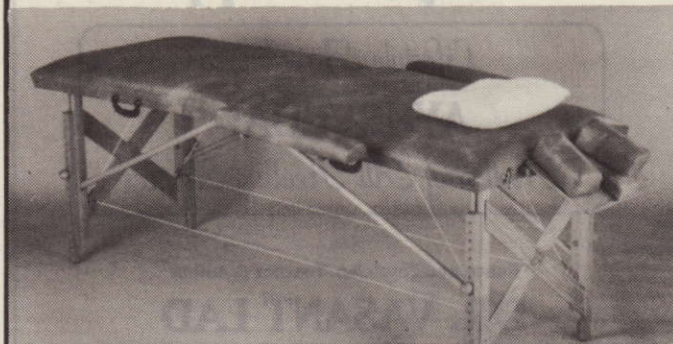
Dr. Robert Svoboda, B.A.M.S., is the first Westerner to graduate from a fully accredited college of Ayurvedic Medicine in India. He has been the recipient of nearly every award and honour given for excellence in the study of Ayurveda, including placing first in his class in English, French, Hindi, Marathi and Gujarati and reads Sanskrit. Presently, he is engaged in the translation of Ayurveda texts into English, as well as in the preparation of original materials on the subject. By his unlocking of these historically closed doors, this ancient science can begin to serve and help relieve human suffering in the West.

Dr. Svoboda has authored two books on Ayurveda, and his lectures and workshops are both entertaining and humorous. They are of interest to lay people and medical practitioners alike.

Registration/Information

Kaslo	353-7127 Ruth
Castlegar	365-1261 Denise
Grand Forks	442-2704 Annie
Kamloops	828-1726 Tanya Thompson

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foods like chilies, then anti-Pitta spices like coriander or cilantro are useful. If we eat a lot of Vata-increasing foods like beans then anti-Vata spices like asafoetida are helpful.

This article appeared in *Ayurveda Today*, Vol. 3, No 1 and has five more pages. It continues with indepth diagnosis of each state and the preferred herbs that will help, then continues with the state of elimination and how that mirrors the whole process of digestion and how that can be used to gauge how well digestion has occurred, then it moves into herbal laxatives and purgation therapy to alleviate stubborn toxins.

If you would like to read the rest of this article, write or phone me for a copy of it (my phone no. is 492-0987) or come to one of the seminars on Ayurveda offered on the previous page.

Ayurveda Today, is a small quarterly booklet that is published by a non-profit organization, **The Ayurvedic Institute**, Box 23445, Albuquerque, New Mexico, 87192-1445.

Dr. David Frawley is on the Visiting Faculty of The Ayurvedic Institute and has published several books, *Ayurvedic Healing* and coauthored with Dr. Vasant Lad *The Yoga of Herbs*.

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Our handwriting is the product of brain and hand, mind and body-thoughts expressed on paper using muscles of the arm and hand, physical movements controlled by the brain. Not only brain and body are involved, however. Each time we write we are influenced by our inner feelings, by our emotions and moods of that moment. Worry, depression, optimism, elation, anger and passing thoughts will all be reflected in the writing we produce. So I shall call it 'brainwriting' rather than 'handwriting'.

A person's brainwriting is as unique as their fingerprints and facial features. A trained graphologist is able to assess the personality of the writer - not only the way she wishes to be seen, her public face or persona, but also the inner person as he really is, the ego. We produce a portrait of ourselves as we write.

A person's writing will vary, depending upon the importance of the letter: for instance a note to the milkman is likely to be somewhat different from a letter of application for job. But the basic structure does not change, nor does the size ratio of the upper and lower extensions.

Handwriting cannot accurately reveal the age or sex of the writer. What it actually does is to indicate masculine and feminine influence which is present in both sexes. It reveals maturity rather than chronological age.

Brainwriting is used extensively for job applications for most of the above reasons. It is an exact science and needs to be understood more deeply by the general public. Graphology is the key to self-knowledge for if you don't understand yourself it will be difficult to understand other people.

Graphology has many uses, including vocational guidance, marriage or business partnerships, personnel selection, document examinations and even health analysis. While graphology cannot pinpoint a specific career it can give specific clues as to what the personality is capable of and would enjoy doing based on the writing sample. With partnerships it can confirm compatibilities and point out potential trouble spots and help the couple to understand each other's weaknesses. As for job selection it has been discovered some people are better at interviews than actual job performance, and employers can avoid personality clashes between existing staff and possible new office workers. A brainwriting analysis can give an employer a more complete picture. Plus, there are many handwriting experts who are called into the courts to verify documents that are suspected of having been forged. As for spotting health problems some are quite noticeable, especially if the hand shakes, showing that the nerve impulses to the brain are not being transmitted properly, but to the trained eye much more can be seen. Often what is missing is the clue.

*I started studying brainwriting before I started this magazine and now after two years of studying and three years of dabbling, I feel ready to encourage you, the reader to start understanding yourself just a little bit more. So welcome to one more regular feature of ISSUES. If this subject has always fascinated you, may I recommend *Graphology Explained* by Barry Branston or take the correspondence course offered by the Canadian Graphology Consultants Association.*

UNDERSTANDING ASTROLOGY with Kolin Yardley



FIRE, AIR, EARTH & WATER



The four elements are the foundation of Astrology. Each planet and light were in one of the elements at your moment of birth. This alignment sets your elemental picture. For example, the Sun may be in Air, the Moon in Fire, Venus in Water, etc. This will be your psychological framework for the rest of your life. An im-

balance of too many in one element versus none in another may be one of your greatest life challenges.

Each of the four elements manifests in three different vibrations or modes: cardinal, fixed, and mutable. For example, the element Fire is in its cardinal or initiating mode in Aries. Aries is the energy of new beginnings and may be compared to the striking of a match. In its fixed mode in Leo, Fire is the strongest and can be compared to a raging bonfire (Leo the king). In its mutable or changing mode in Sagittarius, Fire jumps from one fire to another and may be compared to a smothering fire ready to change to another element. Sagittarians, the natural teachers and priests, are always ready to change people's beliefs systems. The four elements combining with the three modes give us the twelve primary patterns of energy which are called the zodiac signs. Fire and Air are Yang or male energy, Earth and Water are Yin or female energy. Fire is the most Yang and Water the most Yin. Each elements works similarly in individuals as the natural element works in nature.

Fire relates to action. Fire refers to an energy which is excitable, enthusiastic, willful and self-assertive. These people are leaders and inspirational to others. Negatively they can be self-centered and rather insensitive to others. On another level, we refer to the element of Fire as the force of Spirit. Fire is the desire of Life, the will to be. In individuals, its creativity has brought us a spiritual leader like Gandhi (Grand Trine in Fire). Its chaos brings us self-indulgent, destructive burnouts.

Air relates to thought. Air refers to an energy which is mental, logical and social. These people are communicators and planners. Negatively, they often lack deep emotion and can be impractical day-dreamers. The air signs focus their energy on specific ideas and by concentrating on these ideas- ensure they will eventually materialize. Their ideas can touch the lives of millions. There have been more Nobel Peace prize winners from Air sun signs than any other.

Earth relates to form and sensation. Earth refers to an energy which is practical, cautious, patient and self-disciplined. These people are Builders and Craftsmen. Negatively, their need to produce results may manifest as the end justifies the means (Example: Richard Nixon - Sun and Moon in Earth). Security remains a constant goal throughout their lives. They are interested in what works and are easily at home in making a living.

Water relates to emotion. Water refers to an energy which is nurturing, sensitive and empathetic. These people are the Nurturers and Healers. Negatively, their compulsive passions and overwhelm-

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PENTICTON CRISIS LINE

The Penticton Crisis Line would like to express a sincere "Thank You" to the reader of ISSUES Magazine for the great response to the appeal for volunteers in the Jan./Feb. ISSUES.

Although the Feb./March training season is now underway, applications are being taken for the next training session scheduled to begin in late April. Volunteer are selected for training based on their listening abilities, open mindedness, willingness to help people and available time to share. Trained volunteers are asked to commit to 20 hours per month - one 4-hour shift per week and one 8- hour overnight shift per month.

Crisis Line volunteers and trained in empathic listening and communication skills. Other topics included in the training sessions are addictions, family and relationships crisis, suicide, child abuse, mental illness and community referral information.

Anyone interested in becoming a Crisis Line volunteer can call the Penticton Crisis Office at 493-2598 and for Maria.



KOLIN YARDLEY

Astrologer • Metaphysician • Healer

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ing fears may lead them on the road to self-destruction. The water signs are associated with the subconscious realm, with feelings and psychic forces which are hidden from view. The Water element corresponds with the process of gaining consciousness through a slow but sure realization of the soul's deepest yearning.

C.E.O. Carter (England's famous Astrologer) wrote "the elements are capable of being described from many standpoints and in great detail, but it is necessarily far from easy to understand, explain, what are in fact, no less than the basic laws if our solar system, if not the universe." No matter what one's metaphysical frame of reference, historically the initiate's first responsibility was gaining a solid understanding of the four elements and how they relate to one's strength and weakness. The use of Astrology, as a tool to get important information for self-understanding, is as important now as it was in cultures where it was perceived as a Great Science. Aloha!

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Yasodhara Ashram, founded on the shores of Kootenay Lake in 1962, offers a place of study and retreat for people who wish to learn and use the yogic teachings of Swami Sivananda Radha. Today the ashram is a flourishing centre with a guest lodge, prayer room and farm, and a beautiful temple nearing completion.

An ashram is a place for people who wish to make yoga their spiritual focus. It is formed around a guru, or spiritual teacher, and the particular teachings of that guru. Yasodhara Ashram presents the yoga of Swami Sivananda Radha. She has emphasized that yoga is not a religion; it is a way of life. So you may practice a yogic way of life and still maintain your own religious tradition. However, an ashram is not a place for a variety of spiritual approaches, an ashram demands a commitment to a specific way, and we follow the Teachings of Swami Radha here at Yasodhara Ashram.



Swami Radha went to India in 1956 where she was given the Teachings by her guru, Swami Sivananda. He initiated her as a swami and instructed her return to the West to teach. By travelling, lecturing and giving workshops, Swami Radha brought the Teachings to people in all parts of Canada and the United States. Her genius has been to present the Eastern teachings in a way that the Western mind can understand and use.

People who are seeking the purpose of life come to Yasodhara Ashram to find answers to their questions. Swami Radha encourages us to find our own answers. Her Teachings give the tools to help us to do that. The purpose of our ashram is to speed spiritual growth. To do this, it must challenge both the people who live here and the people who come here for courses. We must be challenged to lift ourselves out of our comfortable places, our attachments to pride, fear, to certain concepts, to old ways of seeing ourselves.

An example of how this is done is the Life Seal workshop. Swami Radha created this workshop to help people learn about themselves and the influences that motivate them. Participants spend the first evening using crayons to draw symbols that represent certain aspects of themselves (no artistic talent required). These symbols are arranged on a sheet of paper. Then each participant is guided through an exploration of the images pictured, and connections are made with their life, their self-image, their goals. The picture that emerges from this investigation enables the student to take home an increased understanding of the past and a valuable blueprint for the future. Swami Radha's Teachings always give ways of applying what is learned in daily life.

Swami Radha's Teachings are available through the publications of Timeless Books, and a free catalog is available. Further information about the Ashram and its courses may be obtained by writing to the:



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Focus on Women

Editor
Laurel Burnham

As I sit down to write this column (what a treat!), I am aware that many of you will be reading this for the first time, around the first couple of weeks in March. So in honor of International Women's Day, I have decided to write a capsule history of womankind for us all to share. No small feat, considering how much there is to tell, and how much I enjoy the telling! So here goes....

This is dedicated to my beloved Mother, Doreen Ann Burnham, whose birthday is International Women's Day, March 8th.

As women, we have grown up with a sad and painful heritage, and a history that has been lost in the pages of time. Very few heroines to look up to, and even fewer examples of brave, intelligent and victorious womanhood to model ourselves after. How much wisdom and joy has been lost to humanity by denying women full participation in the affairs of the world? How much human potential remains as yet untapped by oppression that we still experience? But like one of my favorite songs says "Woman's time has come!" No longer will our unique capacities and perceptions be solely restricted to a sphere of less importance, trapped by the half-brained monster of patriarchy. Like unhealthy children raised by an unhappy mother who is not awake to her essential and amazing nature, we the children of history are not fully aware of our own magnificence.

Developmental psychologists discuss social learning, and role modelling. We learn how to behave, they say, how to act, in fact, how to learn, through observation. If we do not have models, or the role models that we do behave in a limited or appropriate way, that can also be a very powerful influence on our behavior. In order to learn new roles for ourselves, we can search through history especially for those women that exemplify qualities that we most need to learn in this day and age. We need: courage, compassion, strength and wisdom. Daring! Radiant, abundant energy and purpose, creativity, perseverance and the knowledge of our own divine nature. Not just self sacrifice, subservience, passivity and how to be good victims. We have learned those lessons only too well. So we must sift through our past and present for stories, for our heroines, those women that can teach us and show us the way. We are fortunate to have many scholars in our womanly ranks, who have done much to fill in the blanks in the human story. G. Rachel Levy, Marija Gimbutas, Elizabeth Davis, Merlin Stone, Phyllis Chesler, Mary Daly, Adrienne Rich, Susan Griffin, Riane Eisler, Barbara Walker and many many more. It is as an inevitable result of our insatiable curiosity which thankfully will literally leave no stone nor atom nor accepted idea unturned in our quest for knowledge and truth.

Many of the modern stories that fill our newspapers and television screens are of women as the helpless victims of male violence, of the powerless victims of poverty and systematic injustice. These stories fill us with outrage, anger and despair. These emotional re-

sponses are definitely understandable but the stories themselves are limiting. It is hard to feel empowered when you don't feel safe in your own community or your own home. It is hard to feel motivated if you have the weight of centuries of oppression that you must first cast off in order to act. To become strong and empowered women, it is important to get a clear sense of connectedness to the greater story of womankind. Fortunately there is a greater story, and one that is finally coming to light after centuries of darkness. It would appear that the past few thousand years of patriarchal madness and violence is merely a passing phase, that it is not even half the picture of humankind on this planet...and long before what we know as "history", humans lived in relative peace and harmony ... and women were center stage.

Even if individual women's identities have been lost to us, it is possible to remember times past where the individual common woman was significant, where the values and attributes that are considered ours by nature's, positive, life-enhancing virtues were part of the very fabric of society itself. Together we can explore a little of these women's lives. The curious thing about history, is that like any other story, it can be rewritten. What we have considered to be the "important facts" i.e. the dates of battles, the names of generals, are in truth, only a small part of the larger picture. What, for the most part male historians, anthropologists and archaeologists have chosen to consider important, has for the most part perpetrated their own androcentric, patriarchal, primarily white European, racist perspectives. Let's look at one story, the typical story of womankind.

The story of womankind that we have known up until now is not a happy one. Until very recently, it was not generally recognized that we had much of one, but only existed as man's shadowy assistant. First reluctantly dragged onto the world stage by our Neolithic hair, content thereafter to stay out of the limelight, to tidy the cave, stir the soup, have babies, wash clothes, while being passive, helpless victims of countless rapes and wars, and never forgetting to pack the endless lunches to send the men off to do every single brave, noble intelligent notable deed that has ever been done. (Not to mention to clean up after every invention that has ever been devised, including the atom bomb). If we are to believe Christian mythology, we only accomplished this as an afterthought, created by and for male amusement out of excess flesh and bone. We then proceeded to spoil the party for the rest of humanity everafter by seeking the forbidden fruit of knowledge. Excuse me, but ...I don't think I like this story. I don't want to hear it any more. And speaking of role models, the only outstanding women that easily come to mind out of this dreary tale are: Eve (we've already mentioned her claim to fame); Mary, a young woman, who by divine guidance managed to maintain an intact hymen while giving birth in a stable; Joan of Arc, the quintessential bad girl who also had the temerity to be divinely inspired, put on armour, then got burnt at the stake for her pains. Let's see.. Queen Elizabeth I, red-hair and jewels; scientist Marie Curie, discoverer of radium; ...and perhaps the singularly odd poet, author of suffragette who demanded, of all things, the right to vote. Oh yes, and let's not forget Marilyn Munroe, 20th century blonde icon of unrequited white male Anglo Saxon lust. Yes, friends, we need some new faces, let's see who else we can write into this sorry plot. Like a mysterious and wonderful dream that we can't quite remember on waking, our past is calling to us, ripe with possibilities. Stepping out of the myths and legends of our very distant human past, right back to the beginning of homo sapiens, some 200,000 years plus ago, via the work of modern geneticists and their computers, comes Lucy, our

first mother, a little black woman. To or should I say from her, is traced all human genetic information. Welcome to the last decade of the 20th century of the Christian era. Welcome Mama Lucy, Mother of Us All. As you sat by the fire, cradling the entire human race in your loving arms, what were you thinking as you gazed at the night sky so very long ago? Did you dream that one day, we would remember, and honor you? Let us sit at your feet, as we share the stories, the true wisdom of our past.

Dancing on a cave wall for millennia now, the oldest known art form in the world is the famous bird-headed woman of La Salle, France. Now explained with greater understanding than when rediscovered by modern "man" she is believed to represent the first great mystery...our connection to nature, the spirit present in us all. And who painted her, dancing there? And who carved the thousands upon thousands of small, wide-hipped voluptuous, undeniably female figurines that have been found all over Europe, Asia and Africa?

As with an ancient, fragile tapestry, or a small fragile shard of a long forgotten cooking pot, let us examine with gentle, open hands and hearts and minds who made and used these things? What stories do they have to tell? Let us listen carefully, for this is our woman's story, as well.

Humanity's first tool, the digging stick (not the club) belonged to woman. She (we) was the first to use the mysteries of fire for the purpose of transformation: cold to warmth, grain to food, clay to pot. She was the first weaver, the first herbalist, the first doctor, the first scientist. She was the first to study the stars, to devise the first calendar: notched sticks to track her menstrual periods. Yes, folks, for literally thousands upon thousands of years, cave mom was very busy indeed. Besides gathering over 80% of all the food that was eaten, inventing agriculture and animal husbandry, she was also discovering/inventing and teaching her children, the human race, language. As a result of her unceasing devotion to life, her nurturing, patient creativity, her family grew and flourished, and spread out into many peaceful, agrarian, creative, matrifocal, Mother-loving communities, towns without defenses that thrived for thousands of years. Catal Huyuk and Hacilar on the plains of Anatolia, now modern Turkey, recently unearthed, have told us that much. The residents of those times and towns, the women and men and children who lived there, have left us a rich and peaceful legacy. They tell us that over 30,000 years, humankind's existence was centered on a celebration of female processes; of the mysteries of menstruation, pregnancy and childbirth, and of the analogy of the abundance of the earth, the seasonal movement of animals and the cycles of time as measured by the panorama of seasonal change. The world as they knew it was at peace. God was then a woman, the Great Mother, an awesome and amazing secret that not even 3,000 years of patriarchal reportage has been able to silence forever. Men were not dominated by women, fear and oppression and terror did not reign. Rather it was that women has an equal place in the world, were honored and respected in communities where they were the embodiment of the Great Mother Goddess. There were no stores of weapons, no fortifications, no warriors, no conquerors and therefore no captives, slaves or wars. Let us turn the page together, there is someone else we should meet.

Her breasts are bare, her hair tightly braided. She is standing in front of a charging bull, about to grab his horns and somersault apparently effortlessly over his back onto her brother's waiting shoulders. She is the epitome of courage and agility, strength and fearless grace. She too, is an ancestress, a daughter of Minoan times. Perhaps you've met her mother, modeling for an exquisite statuette, gracious

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priestess in a bright many-tiered skirt, breasts free like her daughter's, snakes curling around her arms, symbols of change and regeneration. They lived in Crete, around 2,000 B.C.E. (before the Christian era). They lived in a community with wide, clean streets, paved roads and running water. They lived in a gracious 3 storey home where dolphins leapt in beautiful blue-gold frescoes across the walls. They lived in a time where "exceptionally peace-loving people" lived in pleasurable harmony between women and men, while all wealth was shared. In every home was an altar, a shrine to the Mother. There was no separation between sacred and secular life. The Minoan existence for some three thousand years was wholly given over to creativity in all its myriad and delightful forms, to joy and to the peaceful worship of the Divine Mother. This too, is our story and our human heritage. Even as I write, I have difficulty dragging myself away from this sweet sun-drenched time, to describe the end to an estimated 30,000-40,000 years of relative peace and harmony here on Earth. But far from the warm heart and fertile lands where civilization flourished, on the cold northern edges, storm clouds gathered. It is estimated that there were at least three separate invasions of a fierce, weapon-wielding male dominated nomadic people, with a vengeful father-sky god at their head. Our Judaic and Christian roots are with a similar nomadic people from the south, the Hebrew tribes, who set about to turn the Mother Goddess into the Great Whore of Babylon.

The answer to the question WHY is lost in the maze of time. But over the course of about 2200 years, humanity was transformed utterly. War and social violence successfully diverted our cultural evolution to the point where we find ourselves today. Women went from being revered, respected, equal contributors to the oppressed victims of a system which places a much higher value on the power that destroys, rather than gives life. So let us close the book for now, to look at the lessons we have learned.

The exercise of re-memorizing the past, of re-claiming our beneficent woman's heritage is essential in the em-powering process. First of all, it is necessary to understand that we human beings can in fact live in peace and harmony, without dominance and brutality. And that an absence of violence is not a static, boring state. It is equally essential to realize that this place of peace and harmony can only be reached when women are the full and equal co-creators and participants in every sphere of human endeavor. And the recognition of the Divine Feminine principle is the third essential element in our history. We must shift our focus from the stories of war and domination, to the greatest theme of all ... the love of life and to realize that the Great Mother herself holds us all in her tender and loving arms. ♦

Failure is impossible ...Susan B. Anthony



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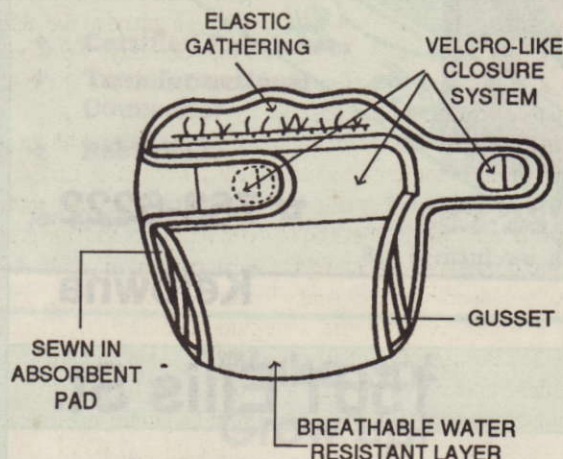
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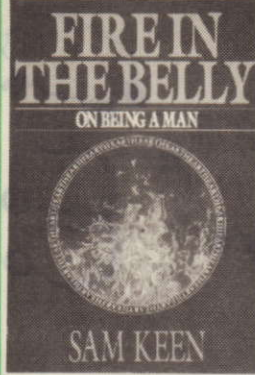
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By Harville Hendrix, Ph. D

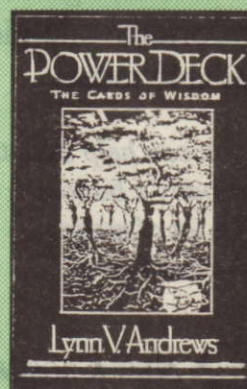
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The Soul of Canada

by Dorothy Maclean



The question of Canadian unity is usually approached from a political or economic perspective. Yet politics and economics can be divisive. If unity is a goal, what is needed is a view from some other level of wholeness which all Canadians can share.

While living in Scotland, I cooperated consciously with the energies attuned to nature and helped to create a garden called Findhorn. This garden became famous due to the health and vigor of its produce, which confounded the experts. Out of this experiment of cooperation with the soul energies of nature grew a thriving community.

This energy came to life slowly, deriving its essence from everything in the environment including geography, the land and all living and inanimate things there. It communicated to us that the contribution of our constructive thoughts and feelings were vital ingredients that it was able to use as building blocks; it needed most particularly our supportive recognition and love. Conversely, our separative thoughts and feelings had an adverse effect on its achievement. Through our conscious awareness of its presence, we gave power to its Beingness and made a fundamental contribution to its formation and work.

When I returned to live in Canada in 1976, after an absence of over thirty years, I was prompted to contact the essence of the place called Canada. What I tuned into was an energy of vast untouched lands, this energy of Being seemed not truly connected with its people or its destiny, which to me reflected the lack of Canadian identity. It conveyed a need for the help of its people in order to be fully functioning, just as the soul of our small and growing group at Findhorn had needed our human aid, our thoughts and feelings, for its growth.

Feelings of connection with my country that had never surfaced or been acknowledged before began to emerge, and I wondered how deeply I was affected by Canada. So I began to explore how much the soul of a country is connected with its inhabitants. I introduced the matter in my workshops, approaching the question of Canadian unity, and whether such a unity was desirable from a soul level.

Recognizing that outer form gives an indication of inner essence, we explored the attributes which make Canada unique. Canada is a multi-national and bilingual country, which includes two well-grounded French and British cultures, the immigrant cultures from Asia, Africa and Europe plus a largely ignored indigenous culture. Rather than a melting pot these cultures have remained distinct. Yet Canadian culture has not appreciated these attributes. If you are bothered about two official languages, Russia has ninety-three official languages. We simply have not taken advantage of the magnificent opportunities afforded by our background. The fact that each culture has kept its distinctiveness is encouraging, because each individual, each culture and each country must find its uniqueness in order to become fully functioning. Without individuality, one is only a weak member of a group. Only as we become truly individual are we free enough, indefensive enough, to play our part in the whole. French Canadians, through their searching return to their heritage, have in fact been leading the way in preparing themselves for this larger group participation.

Another attribute that makes Canada unique is its geography, it is land of severe seasons and home of the most adaptable animals in the world. Canada has some land still unpolluted, still wild, almost eagerly exuding the essence of creation in an original purity. This essence acts on its inhabitants, teaching us, changing us, awakening a similar note in our pure souls.

The natural forces of this country have expressed anguish to me about the unending exploitation that thoughtlessly rapes the land. The Indians, having lived close to the land, knew how dependent they were on the health of the earth, the water, the air and all living creatures, which they considered their brothers and sisters. Some tribes made no decisions without taking into account seven future generations of human and non-human life.

People everywhere are learning they are part of the environment. Canada can learn to blend sci-

ence with ecology and be the forerunner of a holistic approach to the environment. We could become not just custodians of, but participants with the land. Canada has the opportunity to become a prototype for a new blending between humanity and nature. Canadians are non-aggressive, allowing the inhabitants to discover their own pace and personality. A nation that encourages such individual development can produce great leaders and innovators. In the same manner, a nation that allows its diverse groups to develop their special attributes gains strength. And as each group recognizes the other's special quality, the country can attain unity.

In a meditative state, the Canadian Soul as a living Being shared its sense of Being with our group. A Being of tremendous purity, youthful vitality with an impression of Indian influence. A love for the country began to grow in me and my class as we discussed Canada on many levels and we decided to open ourselves to the energy of Canada and let it flow through us.

Our individual experiences and ideas brought reality to the idea that we can help build a country with our thoughts and feelings as we live and work. No one is helpless. Much of the harm is quite unconscious.

For example, one of my automatic reactions surfaced when I was giving a workshop in Ottawa and attuned to the essence or Angel of our Government there. I found it to be in a cage, unable to fulfil its purpose. Why? Because of the negative attitude of most Canadians toward their government. I realized that my dislike of political strategies and political backbiting had maneuvered me into the position of ignoring or thinking destructively of our government. I had helped build that cage. So, I changed my attitude, I can now support the principle of government of this country, which is very necessary and very needful of support, regardless of feelings about personalities.

It is our connections, our relationships, that we should build on. Most of all, let us relate to our spirit, the core of our being. Though we cannot prove spirit, it is more lasting than our perishable physical vehicles.

Out of the existing diversity of the land and its people we can build a richness of human experience, not toward a unity of identity, but toward a creative plurality. We can blend the past and future, native Indians with a technically-developed multi-national civilization, living in harmony with the land.

To do this we need a clear perception of and attunement to an over-identity. The Soul of Canada holds this vision. ♦

This article was submitted by Marion Van Goudoever of Penticton from a booklet titled The Soul of Canada she is organizing this year's MGNA meeting, a volunteer organization for meditators and has decided to use this article as the theme for this year's annual meeting.

Our Differences Can Become True Strengths..Enriching the Whole..When Viewed from the Soul or Inner Self

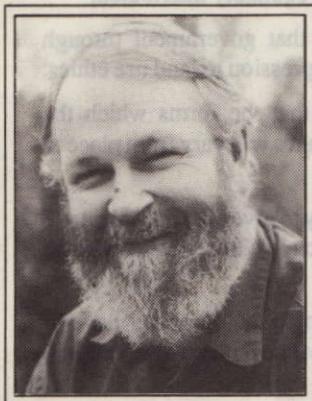
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Networking for Change



Dave Cursons
Editor

Ozone Depletion. Act, Don't Panic

The shredding of the ozone layer puts away debate about whether personal change rather than lawmaking can make the necessary difference. A ban on the production and sale of anything that emits chlorofluorocarbons into the atmosphere is required now.

In 1928 CFC's were discovered. This example of "better living, through chemistry" has turned out to be a global death trap. CFC molecules eat ozone molecules at the rate of one to ten thousand.

The ozone layer screens out 90% of dangerous ultraviolet rays and the layer drifts from 20 to 50 km. above the surface of the earth.

Earth absorbs about a billionth of the total energy output of the sun and each year we absorb the equivalent of 500,000 billion barrels of oil. This energy drives the climate, grows our crops and burns our skin. If the sun's raw energy broke through to ground level life would burn away completely.

Write to your mayor and council to get a municipal bylaw banning the manufacture or sale of any CFC product.

Write to your MLA, the Provincial Minister of the Environment and the premier demanding immediate legislation banning the production, use and sale of CFC's.

Write to your MP and the Federal Minister of the Environment demanding tough legislation and encouraging co-operation with other countries to end CFC emissions.

At home and in the community, talk it up, put on information meetings and hold discussions inviting leaders and influential people to attend.

CFC's continue to drift upward as they have since 1928.

In 1985 when the hole in the ozone layer over Antarctica was discovered there were 800,000 tons of CFC's produced. We know that ozone depletion continues at a rate greater than previously thought.

CFC's linger for a hundred years. Most has yet to move into the ozone layer. Nothing we know of will halt the current drift. Only an immediate ban on production offers any hope of relief from this environmental time bomb.

Peace Brigades International Non Violence Training

This upcoming Training (Mon. Mar. 30th to Sat. April 4th, 1992) near Hope, B.C. will focus on domestic issues, particularly related to aboriginal justice. The workshop will explore the philosophy and practice of non-violence, group dynamics, non-partisanship, conflict resolution and cross-cultural awareness.

Trainers will be Karen Ridd, a member of PBI's El Salvador team in 1989; Janey Skinner, member of PBI's Guatemala team in 1989 and 1990; and Alain Hawkins, former co-ordinator of PBI's Central American Projects.

Registration is \$350.00 with advance registration fee of \$50.00 due by February 29th. You may not be too late though.

Contact: K. Schmidt, Box 1072, Kaslo, B.C., V0G 1M0
Telephone: (604) 353-7659

Old Man Dam Today, Tomorrow Kemano II?

On January 23rd, 1992 the Supreme Court of Canada ruled that the federal government is required by its own laws to conduct full environmental assessments prior to approval of the Alberta Government's Old Man River Dam project.

The judgment talks about the importance of "peace, order and good government." The fact that the highest court in Canada made such a ruling (with one dissent) is an important precedent for other environmental litigants. It also reflects the Court's disapproval of the Province of Alberta for dragging the Friends of the Old Man River through all levels of appeal while they finished work on the dam.

Full costs were awarded the Friends of the Old Man River.

Congratulations are due to Martha Kostuch and the "Friends", Diana Paschal and the Alberta Wilderness Association, Milton Born With One Tooth and the Peigan Lonefighters Society, Judith Hanebury of the Sierra Club in Calgary and legal counsel Greg McDade of the Sierra Legal Defence Fund.

This success should give courage to people like the Rivers Coalition in the Nechako Valley who have been fighting the federal government's position that Alcan needn't go through the legislated process of review before completing the Kemano II Dam.

Noam Chomsky Video Taped Lectures ..

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Ethics in Land Use

*The law locks up both man and woman
Who steal the goose from off the common
But lets the greater felon loose
Who steals the commons from the goose.*

Middle English Tradition

Who can care as much about the land, the air and the soil as those who rely upon them to sustain themselves, their fellows and their offspring. The dwellers in the land, whether human, plant or animal.

Abuse of land arises mainly from the madness born of greed manifest in the pecuniary (profit-making) canons by which prevailing power structures measure everything.

River systems, rich delta soils, prairies grasslands, wetlands, urban natural spaces, forests and wilderness are life-giving and life-sustaining entities which are variously dammed, poisoned, over-grazed, paved over, cut down and polluted with fumes and effluent by a human society bent on domination.

Everywhere the earth is sore.

To move past the greed and ignorance of abuse of the land, soil and air we need a new ethical framework from which to speak the cause and to advance the politics of survival in land use. In 1981 one professor Ashworth consulting for the State of Virginia *Piedmont Environmental Council* came up with the following points under the heading ... *Towards A New Ethic in Land Use*.

❖ One ought to consider land as a resource which may be ours for a time but which is also held in trust for the future. Land is not a commodity that any of us can own in the ordinary sense of the word.

❖ One may be a trustee of the land and that will often confer benefits on one, but we should not seek benefits that incur disbenefits on the community of other individuals.

❖ One may be presently entrusted with the management of a piece of land but the land must be used in a manner that does not damage it. Some land uses are abuses which have irreversible consequences and one ought to stop such abuses.

❖ One should accept that the use of the land should be subject to public scrutiny and control, and exercise one's responsibility, with others, in ensuring that no use is permitted that is damaging to society as a whole.

❖ One ought to ensure that land use controls developed in one's dwelling place:

- prevent irreversible damage
- avoid waste
- protect natural and cultural heritage
- stimulate visual order
- regulate and control the unsightly
- safeguard individual liberty (like mobility and choice of schooling) so long as these liberties do not impede the liberties of others.

❖ One should recognize that the exercise of land use controls in the interest of the community can result in costs and benefits to individuals and be willing to see to it that the costs and benefits are equitably distributed.

❖ One should expect that government through legislation will give proper expression to land use ethics.

❖ One should expect that the forms which the expression of land use ethics takes will vary from place to place.

❖ One ought to be ready to give time and talents to fight for land use control which is vital to our continued enjoyment of life and liberty.

❖ One ought to recognize that one may have to make some sacrifices, along with everyone else, for land use control to be effective.

These ethical imperatives might be a useful backdrop against which to cast such matters as the right of people to clearcut their land in a watershed, the right of a city property owner to obtain re-zoning privileges and the imperatives that drive our leaders to support development of land with the single test of "can a dollar be made."

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natural capital from which development can draw the in-
come. Both are essential. They must be integrated in the
pursuit of sustainability."*

Caring for The World, A Strategy for
Sustainability IUCN, WWF, and UNEP, 1990.

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Limits to Growth

"I will admit that if the ecosystem can grow indefinitely then so can the aggregate economy. But until the diameter of the earth begins to grow at a rate equal to the rate of interest one should not take this approach too seriously"

"There is something fundamentally wrong with the treating the earth as if it were a business in liquidation"

These quotes from Herman Daly former Professor of Economics at Louisiana State University, now employed by the World Bank as a "resident deep thinker" and author of The Common Good.

Women's Rights

-from Emma Goldman, turn-of-the-century Anarchist, Suffragette and Radical Activist who was jailed by the U.S. government and variously shunned and vilified by American liberals.

"Woman can give suffrage or the ballot no new quality, nor can she receive anything from it that will advance her

own quality. Her development, her freedom, her independence, must come from and through herself. First by asserting herself as a personality and not as a sex commodity. Second by refusing the right to anyone over her body; by refusing to bear children unless she wants them, by refusing to be a servant of God, the State, Society, the husband, the family etc.; by making her life simpler, but deeper and richer. That is, by trying to learn the meaning and substance of life in all its complexities, by freeing herself from the fear of public opinion and public condemnation. Only that (and not the ballot) will set woman free, will make her a force for real love, for peace, for harmony; a source of divine fire, of life-giving; a creator of free men and women.

Emma Goldman excerpts from

"The Traffic in Women,"

"Marriage and Love,"

"Anarchy" and "Women Suffrage."

(all circa 1910)

**If I can't dance, I don't want to
be in your revolution!"**

Emma Goldman.

Kootenay Permaculture

hosts Simon Henderson at the Vallican Heritage Hall in the Slocan Valley on March 13, 14 & 15 for a week-end workshop.

Permaculture is a highly developed approach to home-site design and sustainable agriculture. Simon Henderson is one of the most experienced Permaculture teachers in North America. Simon has studied with Bill Mollison, the internationally recognized developer of Permaculture, Max Lindegger, and Lea Harrison. After travelling around the world and living and learning from ancient self-sustaining native societies, he has written curriculum on permaculture for native people. Most recently he did a village design for a community near Spokane, WA.

Greg Lamoureux formed the host organization, KOOP (Kootenay Permaculture), last year to promote, research and experiment with a sustainable way of living. KOOP is pursuing these goals by careful observation and experimentation while maintaining and developing a small piece of land in Winlaw using permaculture principles. KOOP also organizes and teaches workshops, courses and lectures, provides support services and sells books. KOOP also offers consulting and design services to help others to best maximize the potential of their small lot or larger farm.

For more information please see Calender

Making Ghee

Ghee is made by cooking butter. It is important to use unsalted butter. To begin put one pound of unsalted butter in a saucepan preferably stainless or glass. Melt butter and continue cooking over moderate heat so that the butter just boils gently. Foam will rise to the surface but this should not be skimmed off. After fifteen or twenty minutes the foam will have settled to the bottom where it will begin to form a sticky "cake." At this point the ghee must be watched carefully to avoid burning it. It may be stirred occasionally with a clean, dry spoon. When the ghee begins to boil silently, with only a trace of air bubbles on the surface, it is done. Allow it to cool and then pour it carefully into clean containers (making sure the sediment remains on the bottom of the saucepan). Ghee keeps indefinitely without refrigeration, as the elements which cause butter to spoil have been removed.

Kichadis

Kichadis are at the core of Ayurvedic nutritional healing. They are a relatively simple stew of basmati rice and split mung dal, which are suitable for almost every dosha. Kichadis take on an endless variation depending on the herbs, spices and vegetables used in them. They are therapeutic because of their ease of digestion and assimilation.

Soak together: 1/3 cup split mung beans
1 cup of white basmati rice.
(for about 10 -15 minutes)

Wash till the water runs clear.

Heat 2 T. of ghee on medium heat,
add 1 t. of cumin seeds
and 1 t. black mustard seeds,
till you hear them pop.

Add 1 t. each of turmeric, salt and
ginger, plus 8 -12 cardamom seeds.

Into the hot spiced ghee put the drained rice and split mung beans and stir for several minutes. Cover with 4-6 cups of water and bring to boil, turn to minimum and let it cook for 30 to 40 minutes.

Some optional spices are coriander, black pepper, fennel, fenugreek, saffron, garlic, onions, cloves, cinnamon, and bay leaves. Try exchanging the spices, or increasing the amount till the flavour is right for you.

When re-warming it the next day, add a little extra ghee and some frozen peas.

From "The Ayurvedic Cookbook"

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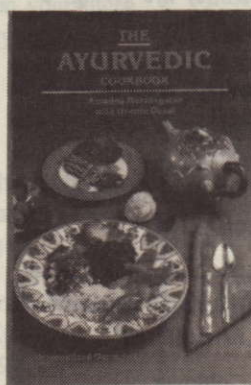
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"I am a former Optometrist ready to teach you how to improve your eyesight and become certified to teach others through my Vision Teacher Training. Bring clarity into your life and honour the precious gift of your eyes". Dr. Robert Kaplan, O.D. author of "Seeing Beyond 20/20™"
Vancouver-737-2043. Info...Penticton 492-0987

WOMEN'S SECTION

MANY MOONS washable Menstrual Pads. Soft, cotton flannette pads, available in two styles: beltless or with a belt. Easy to wash and comfortable to wear. Save money, your health and the environment. **Vernon 545-6065**

CHRIS MORRISON, MA ... Psychotherapy & Counselling. Salmon Arm: 832-7162

YOGA

IYENGAR STYLE YOGA..Kelowna: 861-9518

Learn to heal yourself through taking responsibility for your own body. Feel the integration of mind/body/spirit. Instructor Margaret Lunam, with 12 years of teaching experience. Small classes of 10 students in my studio, 5 days/nights a week.

Nancy Shipley Rubin & Aurorra Present

Power and Compassion

Kelowna

March 27th

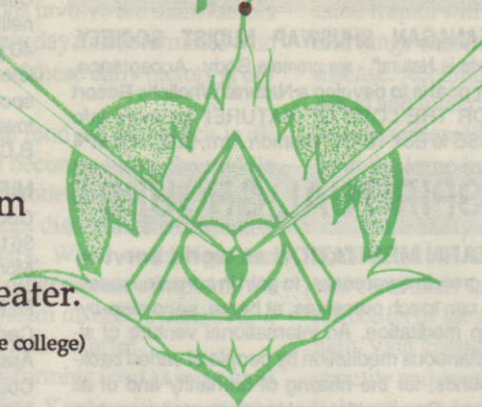
Friday 7:30 to 10 pm

at

Okanagan College Theater.

(This workshop is not affiliated with the college)

Fee: \$15.00



Insightful & Amazing

Aurorra will be in Vancouver, March 31 to April 16
for Evenings with Aurorra, a Saturday Workshop and
a Four-day Residential Retreat on Bowen Island.



Nancy Shirley Rubin is a psychic counselor and teacher who has dedicated herself to years of meditation and formal psychic studies and practice. She creates a fun and humorous environment that easily allows us to integrate new perceptions of ourselves. Since 1984, Nancy has channeled a spiritual energy called Aurorra. Aurorra's purpose in being here is to prepare the body and mind for a new level of consciousness. As pure feminine energy, she empowers us to recognize that the source of creation lies within each of us. Together they work as a powerful team, teaching us to live in clarity, wholeness and peace. Nancy has an active practice in Hawaii and in a worldwide arena, where she offers individual sessions, lectures and workshops.

For more info. phone Angele in Penticton 492-0987

There are brochures available at Caravan Books in Penticton, Books and Beyond in Kelowna, Spirit Dancer Books in Kamloops, and the Wholistic Living Ctr. in Vernon.

RE-EVALUATION COUNSELLING

This is a process whereby people of all ages and of all backgrounds can learn how to exchange effective help with each other in order to free themselves from the effects of past distress experiences.

Re-evaluation Counselling theory provides a model of what a human being can be like in the area of his/her interaction with other human beings and his/her environment. The theory assumes that everyone is born with tremendous intellectual potential, natural zest, and lovingness, but that these qualities have become blocked and obscured in adults as the result of accumulated distress experiences (fear, hurt, loss, pain, anger, embarrassment, etc.) which begin early in our lives.

Any young person would recover from such distress spontaneously by use of the natural process of emotional discharge (crying, trembling, raging, laughing, etc). However, this natural process is usually interfered with by well-meaning people (Don't cry, Be a big boy, etc) who erroneously equate the emotional discharge (the healing of the hurt) with the hurt itself.

When adequate emotional discharge can take place, the person is freed from the rigid pattern of behavior and feeling left by the hurt. The basic loving, cooperative, intelligent, and zestful nature is then free to operate. Such a person will tend to be more effective in looking out for his or her own interests and the interests of others, and will be more capable of acting successfully against injustice.

In recovering and using the natural discharge process, two people take turns counselling and being counselled. The one acting as the counselor listens, draws the other out and permits, encourages, and assists emotional discharge. The one acting as client talks and discharges and re-evaluates. With experience and increased confidence and trust in each other, the process works better and better.

The person who learns to Co-Counsel well in a Fundamentals Class can become part of an existing community of Co-Counsellors locally which has close ties with other such communities in many parts of the world. Co-Counsellors in these communities share many ongoing Co-Counselling activities.

This service is well established in Vernon and is offered for the first time in Penticton. April 7th. No Charge. See Calender for time and place.

Subscribe to ISSUES

...and have each informative issue mailed directly to you!

Name: _____

Address: _____

Town: _____ Code: _____

Enclose ☐ \$10.70 for 1 year.

Spring Festival of Awareness '92





the **WORLD** is our **COMMUNITY**

April 24, 25 & 26th

at the Naramata Centre near Penticton, BC.

SATURDAY

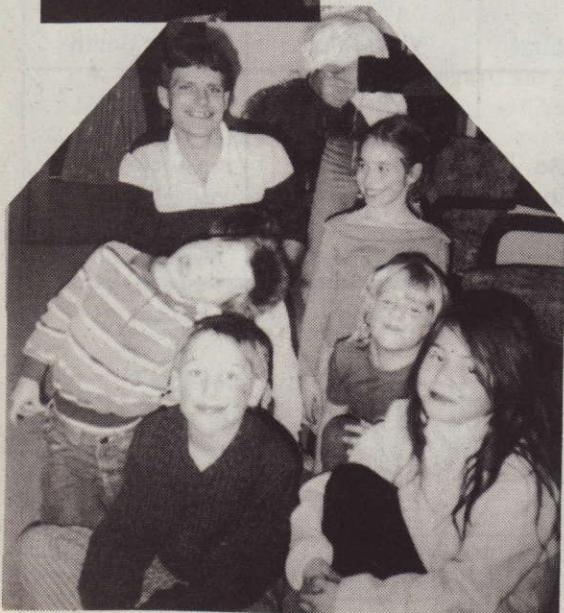
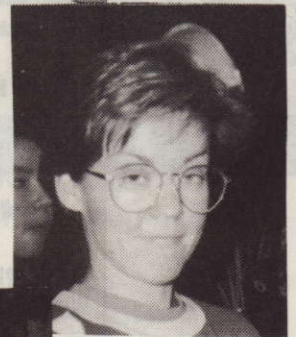
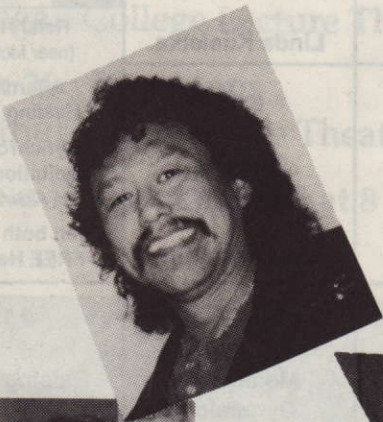
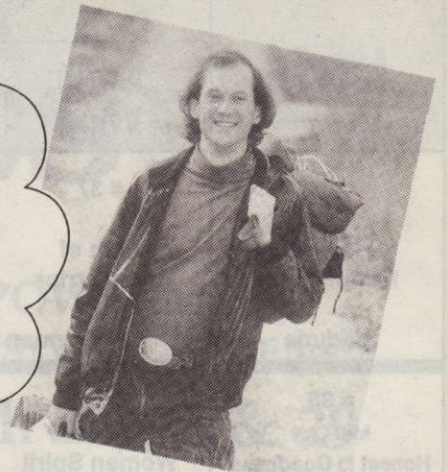
TIME	Alberta Hall	Maple Courts			Gym
		#1	#2	#3	
9:00 to Noon (3 hour)	# 54 Teens Welcome Singles Only.. Introductions Blenda Steward	# 43 Health Revealed thru the Eyes Cecile Begin	# 24 Fire, Air Earth & Water Kolin Yardley	# 41 Building Group Dynamics Marie Wells	# 67 Inner Rythms Strong Stretched & Centered Joan Casorso
1:15 to 3:00	# 16 Working Creatively Dream Self Donald Carlson	# 66 The Seven Rays Esoteric Psychology Diana & Connie	# 30 Community Starts with Two Marilyn Waram	#42 Health Kinesiology Donalie Caldwell	# 58 Yoga: Seeling our Bodies in a New Light Ken Stevens
3:15 to 5:00	# 22 Sallish Indian Legends Glen Douglas	# 38 Does Death Begin in the Colon? Hendrick Pelser	# 26 Vision Quest for an Ideal Society Barry Hunt	# 49 Cybernetics Part 1 Annette Reeves	# 01 Music Theatre Tink & Judy
9:15 to 11:00 pm	# 23 On Earth as it Is in Heaven Lynne Mündell	<div>   </div> Entertainment in the Gym ... 7 to 9 pm			

SUNDAY

8:30 to 10:15 am	# 02 Joy of Sound Judy Armstrong	# 40 Equality of Men & Women Bahal Perspective	# 29 Astrology, Myth & Self-Transformation Marilyn Waram	# 27 Basic Huna Theodore Bromley	# 11 Magic of Movement Tai Chi Harold Naka
10:30 to 12:15	# 23 On Earth as it Is in Heaven Lynne Mündell	# 18 Attitudinal Healing Laurel Gregg	# 13 Practical Kabbalah The First Path Helen Hamilton	# 50 Cybernetics Part 2 Annette Reeves	# 59 Yoga Dance Ken Stevens
1:15 to 4:15 (3 hour)	# 15 Past Life Recall Donald Carlson	# 39 One Brain Dyslexic Learning Melonie Old	# 20 Health Care in the Years Ahead Harry Jukes	#14 How to unfold the Vision of Oneness Margrit Bayer	# 05 Dances of Universal Peace Mansur Rodney Kreps
4:30 pm	Children's Parade starts at Mc Laren Hall and travels				

Loft	McLaren Hall				Other
	North Wing	Sessions Room	South Wing Front Room	South Wing Back Room	
# 04 Walking Meditations Waduda	# 37 Path of the Warrior Marsha Warmah	# 36 You are a Member on the Spaceship Earth Peter Morris	# 06 Reflections in the Mirror Menlha & David	# 44 Dream Interpretation Maureen Blaine-White	# 61 Reiki House Reiki Natural Healing Vicki Allen
# 33 Men Only Honest to Goodness Emotional Purification Yellow Bear	# 51 Women Only Women Spirit Rising Diane Patten	# 48 Sick & Tired vs Wired & Tired Dr. Kylie Jardin	# 35 Children & Adults Enhancing Communication Skills Gay Monkman	#64 Massage for Every Body Linda Kusleika	 Reiki House (near McLaren) Alternative Healing Room Synchronicity Meditation Room (In Alberta Hall) Open both days for FREE Healings
# 10 Tao of Balance Zen of Compassion Harold Naka	# 56 Women Only The Wise Women of the North Joan Smith	# 32 Empowering Ourselves & Others Peter Duryea	# 46 Create Your Reality Christine Lind	# 09 Creative Selfishness Donna Martin	
 LOFT JAM	# 62 Synchronicity High-Tech Meditation Larry Koftinoff	# 28 Crystal Energy Theodore Bromley	# 12 Practical Kabbalah Introduction Helen Hamilton	# 17 Meditation Dynamics Laurel Gregg	
	# 19 Raising Other People's Children Nena Joy				
# 52 Authentic Movement Diane Patten	# 08 Listen to the Wisdom of the Body Donna Martin	# 55 Teens Welcome Pleasurable Safe Sex Blenda Steward	# 45 Children & Adults My Planet: using Art Therapy for Growth Christine Lind	# 60 Creating Council on the Sexes Vicki Allen	# 57 Reiki House Reiki Universal Healing Joan Smith
# 34 Honest to Goodness Emotional Purification Yellow Bear	# 53 Accupressure Shiatsu Sid Tayal	# 31 Connecting with Nature More Peter Duryea	# 07 Letting Go with Rebalancing Menlha & David	# 47 Gas, Gripe & Gurgles Dr. Kylie Jardin	# 63 Columbia Hall Herb Walk Netta Zeberoff
# 68 Demystify Drumming David Thlaw	# 25 Natural Pet Care Colleen Nicklassen	# 03 Medicine Wheel of Law Gilmory & Lynne	# 21 The Art of Healing Gabrielle Wichert	# 65 Primal Therapy Ernst & Agnes Osleider	

down Main Street to the Gym for the Closing Circle. Join in or watch!



Children's Festival Workshops

for 6 years old and up.

1 Musical Theatre "Just for Kids"

with Tink and Judy

Stimulate your imagination with songs, dance, comedy and audience participation. We have a special song "Just for You."

2 Meditation

with Margrit Bayer

Take a few moments to turn inward and feel the quietness of you.

3 Pet Care for your Dog or Cat

with Colleen Nicklassen

Learn some new ideas about taking care of your pet, and what makes him/her happy, plus time to ask questions.

4 From the Heart

with Sheila Carter & Nancy MacKinnon (Music educators)

Feeling good about ourselves and our world by sharing music, song, movement and the use of simple instruments.

5 Fun with Singing

with Martin Stone

Song making, sharing and creative expression through music.

6 Heal the Planet

with Gabriele Wichert

Using crayons and paints we'll explore ways to heal the planet.

7 Freedom of Expression

with Larry Adams

An innovative art class, starting with a backwoods walk to challenge how we view our world. Using voice and sound, discover the vibrations of yes and no. How do happiness, sadness and anger feel. Then express these feelings on paper using your non-dominant hand.

8 Dancing the Animals

with Yellow Bear

Drumming and dancing using a native ceremonial drum.

9 Herb Walk

with Netta Zeberoff

Learn about the various plants, how to identify them, what they are good for and which ones are edible.

10 Yoga Animals

with Linda Kusleika

Make a fish or a rabbit! See how many animals are inside your bodies using the principles of yoga.

11 Make-a-Play

with Chelsea and Bobbie Warman

Actively express your creativity and gain admiration from adults, this playshop is filled with practical and imaginative ideas on how to produce your own skit and have the neighbourhood join in. Chelsea is 13 and Bobbie 10 and they are old pros at it.

12 Yoga Dance

with Ken Stevens

Learn to combine yoga postures into something really cool.

13 Gemstone Fascination

with Maureen Blaine-White

Come play, ask questions and feel the energies of various types of gemstones and crystals. Take a gemstone home with you.

14 Chief Coyote Legends

with Glen Douglas

Hear stories of trickster coyote as told by an Okanagan Elder. Native traditional teaching told with humor.

15 Storytelling and Drumming

with David Thiaw

Initiation to integrating speech, body, hand and rhythm patterning to African drumming.

16 Universal Games

with Gay Monkman

A playful look at the universal laws and how we can apply them to everyday life. Learn to expand your awareness to include the planet.

17 Make a Banner

with Urmi Sheldon

Work with fabric, sparklers, and lots of imagination. Create your very own banner to take home and wave in the parade.

18 Dancing the Dragon

with Fae Shaw

Share Tai Chi's creative movements and practice walking on air as we learn some very ancient ways of being aware.

19 Make a Bird House

with Robert Zussino

Working with nails, hammers and wood, create a bird house to take home with you.

20 Crafty Crafts

with Penny and/or Jennifer

It is requested that the children participate in at least two of these scheduled playshops. **Sign-up Sheets** will be in the Gym all day Friday. Please have your child put their name on the workshops they wish to take. We also suggest that the parents participate in at least one of their child's playshops.

SATURDAY Schedule for the Children's Festival for ages 6 and up

TIME

8:45 to 10:15 am	Whats What and Where its At ... Name Tags & Universal Tour Sing-a-long with Wiz Bryant, Sheila Carter & Nancy MacKinnon.						
SNACK							
10:30 to 11:30	# 1 6 to 9 year olds Musical Theatre with Tink & Judy	# 4 6 to 9 year olds From the Heart with Sheila & Nancy	# 7 8 to 12 year olds Freedom of Expression with Larry Adams	# 9 9 -12 years olds Herb Walk with Netta Zeberoff	Trampoline Schedule 6 to 8 yrs.	Outdoor Games Ongoing Projects in the Woodworking Room and the Craft Tables	Parents & Kids Enhancing Communication Skills Adult WS # 35 with Gay Monkman
11:30 to Noon	# 2 6 to 9 years olds Meditation with Margrit Bayer	# 5 8 to 12 year olds Fun with Singing with Martin Stone	# 20 8 to 12 year olds Crafty Crafts with Penny	# 20 6 to 9 year olds Crafty Crafts with Jennifer	9 to 12 yrs		
LUNCH							
1:30 to 2:30	# 1 8 to 12 year olds Musical Theatre with Tink & Judy	# 6 8 to 12 year olds Heal the Planet with Gabrielle Wichert	# 7 6 to 9 year olds Freedom of Expression with Larry Adams	# 9 6 to 8 years olds Herb Walk with Netta Zeberoff	9 to 12 yrs 3 to 5 yrs (1:45 to 2:30)		
2:30 to 3:30	Ceremonial Tree Planting with Everyone plus Dances of Universal Peace with Waduda & Rodney						
SNACK							
3:45 to 4:45	# 3 All ages Taking Care of your Pet with Colleen Nicklassen	# 5 6 to 9 year olds Fun with Singing with Martin Stone	# 8 6 to 9 year olds Dancing with the Animals with Yellow Bear	11 to 15 year olds Drumming & Dancing with Joan Casorso (3:15 - 4:30) meet at Gym	6 to 8 yrs.	Ongoing Games and Crafts	
5:00	Parents are asked to be as prompt as possible when picking up their children for lunch and after classes. Adults are asked to participate in ONE of their Children's Workshops, Children must choose a minumum of two workshops.						

SUNDAY Schedule for the Children's Festival for ages 6 and up

TIME

8:30	Children's Festival starts						
8:45 to 9:30	# 10 6 to 9 year olds Yoga Animals with Linda Kusleika	# 13 8 to 12 year olds Gemstone Fascination with M. Blaine-White	# 15 8 to 12 years olds Storytelling & Drumming with David Thiaw	# 17 8 to 12 year olds Make a Banner with Urmi Sheldon	# 19 6 to 9 year olds Make a Bird House with Robert Zussino	Trampoline Schedule	Parents & Kids My Planet Art Therapy Adult WS # 45 with Christine Lind
						8 to 12 yrs	
9:45 to 10:30	# 10 8 to 12 year olds Yoga Animals with Linda Kusleika	# 13 6 to 9 year olds Gemstone Fascination with M. Blaine-White	# 15 6 to 9 years olds Storytelling & Drumming with David Thiaw	# 17 6 to 9 year olds Make a Banner with Urmi Sheldon	# 19 9 to 12 year olds Make a Bird House with Robert Zussino	6 to 9 yrs.	
SNACK							
10:45 to 12:15	# 11 8 to 12 year olds Make-a-Play with Chelsea & Bobbie Warman	# 14 6 to 9 year olds Chief Coyote Legends with Glen Douglas (11:30 to 12:15 only)	# 16 6 to 9 years olds Universal Games with Gay Monkman (10:45 to 11:15 only)	# 18 8 to 12 years olds Dancing the Dragon with Fae Shaw (11:00 - 12:00)	All ages Finish Making Birdhouses	6 to 9 yrs	Face Painting, Outdoor Games Ongoing Craft Classes and time to finish all Woodworking Projects
LUNCH							
1:30 to 2:00	# 12 6 to 8 years olds Yoga Dance with Ken Stevens	# 14 8 to 12 year olds Chief Coyote Legends with Glen Douglas	# 16 8 to 12 years olds Universal Games with Gay Monkman	# 18 6 to 9 years olds Dancing the Dragon with Fae Shaw	# 20 All Ages Crafty Crafts with Jennifer	1:15 to 1:45 8 to 12 yrs 1:45 to 2:15 3 to 5 yrs.	
2:00 to 2:30	Finish Projects ...Start cleaning and packing up and getting ready for the Parade					8 - 12 yrs.	
SNACK							
2:45 to 4:00	Musical Cornucopia Time .. Everyone Welcome !!! Musical Cornucopia, or Horn of Plenty is a symbol used by native Americans to represent an understanding of creation. The field of plenty is a spiral connecting the unmanifested thought forms with the physical world. Open and grateful hearts are showered with abundance. Our Musical Cornucopia is an opportunity for musicians, dancers and artists to share their talents with the children. This promises to be an exciting show with lots of surprises and audience participation.						
4:00 to 4:30	Get Ready for the Parade. Parade to the Gym for Closing Ceremonies. Parents can pick up their children at the gym.						

Children's Festival Schedule for the 3 to 5 year olds.

We offer CHILDMINDING for children under 4 years old.
Rates on registration form. If you have a child who is shy, we ask that
you help them participate in the fun or put them in childminding.

Saturday

8:45 - 10:00	Introductions, Name tags
10:00 - 10:30	SNACK
10:30 - 11:00	Yoga Stretches with Ana Rosa
11:00 - 11:30	Blocks and Glue
11:30 - 12:00	Music with Sheila & Nancy
12:00 - 1:15	LUNCH
1:15 - 1:45	Art Class
1:45 - 2:30	Trampoline and Play Time
2:30 - 3:15	Plant a Tree, Circle Dances
3:15 - 3:30	SNACK
3:30 - 4:00	Dancing with the Animals with Yellow Bear
4:00 - 5:00	Massage a Friend, Story Telling and Sing Songs

Sunday

8:30 - 9:00	Wake-up
9:00 - 9:45	Play with Dough
9:45 - 10:00	Clean-up
10:00 - 10:15	SNACK
10:15 - 10:45	Outdoor Games
10:45 - 11:15	Chief Coyote Legends
11:15 - 12:15	Face Painting and Crafts
12:15 - 1:15	LUNCH
1:15 - 1:45	Art Class
1:45 - 2:15	Trampoline
2:15 - 2:45	Dancing the Dragon
2:45 - 3:00	SNACK
3:00 - 4:00	Musical Cornucopia
4:00 - 4:15	Get Ready for Parade
4:15 - 4:30	Parade to the Gym

Teenagers Schedule

Saturday

9 to Noon **Singles only, Introductions
with Blenda Steward**

Open to teen and adults who would like to know who is
single, and learn special techniques on how to greet the
person of your choice. Alberta Hall

1:15 to 3:00 **Enhancing Communication Skills
with Gay Monkman**

Adult Workshop # 35, a family oriented class. Once we
realize we are all have access to the Universal Mind, we
can start realizing our full potential. Join in on this family
discussion and learn to share your thoughts with the
groups. South Wing.

3:15 to 4:30 **Drumming & African Dancing
with Joan Casorso & David Thiaw**

Special Workshop for 11 to 15 year olds. Learn some
new steps that will shake you up. See Adult Workshop
write ups # 67 & 68. Meet in front of the Columbia Hall.

Sunday

8:30 to 10:15 **My Planet: Using Art Therapy for
Growth with Christine Lind.**

Adult Workshop # 45. Feel the connection to the earth,
community and ourselves as we explore 3-D structures
with various uses of art media. South Wing.

10:30 to Noon **Communication with Teenagers
with Nena Joy.**

A special time, just for 13 to 19 yr. olds. The power
struggle within families is not unique to just you, learn
practical and effective techniques for confronting adults,
your brothers and sisters in respectful and cooperative
ways. Meet in front of Columbia Hall.

1:15 to 3:15 **Discover your Inner Talents & Job
Possibilities through Handwriting
Analysis with Angele Rowe.**

A special workshop for 13 to 19 yr olds. Clues will be
given so that you can understand your potential strengths
and weaknesses while searching for your niche in life.
Meet in front of Columbia Hall.

*Teenagers are welcome to attend any of the adult or
children's workshops, woodworking, games or
crafts, or they can participate as helpers.*

Spring Festival of Awareness

April 24, 25 & 26, 1992

REGISTRATION FORM

Adult(s) _____ Children & Teenagers _____

_____ Age _____

Address _____ Age _____

Town _____ Prov. _____ Age _____

Code _____ Phone No. _____ Age _____

Do you have the Jan/Feb ISSUES ? Yes _____ No _____

Would you like one mailed to you? Yes _____ No _____

Adult Festival Fees

	Week-end	One Day
Early Bird, before March 15th	\$75.00	\$40.00
Late (March 15th to April 23rd)	\$85.00	\$45.00
Registering at the Door	\$90.00	\$50.00

Children's Festival Fees

For Children ages 3 to 12 yrs	\$35.00	\$20.00
No late fees for children.		
Childminding for under 3 years.	\$25.00	\$15.00

Teenager's Festival Fees

For ages 13 to 19 years.	\$45.00	\$25.00
No late fees for teens.		

REGISTRATION TOTALS

...all prices include GST

Festival Fees
_____ Adults @ _____ = \$ _____
_____ Children @ _____ = \$ _____
_____ Teens @ _____ = \$ _____

Meals
_____ Adult Meal Pkgs @ \$48.00 \$ _____
_____ Child Meal Pkgs @ \$30.00 \$ _____
_____ Individual Meals @ _____ \$ _____

Accommodation Please transfer info. from other side \$ _____

Total amount owing \$ _____
Amount enclosed \$ _____
Amount left owing \$ _____

50 % deposit required

Please make cheque payable to the.....Spring Festival of Awareness

Send to: #304-894 Weyburn St., Penticton, B.C., V2A 6A9. For more info.....phone Marion Walters 493-3697

MEALS....REQUIRED ?

Adult food prices are for children 11 years and older. Children prices are for ages 3 to 11 years olds.... (under 3 free).

Meals **MUST** be pre-ordered before April 15th, 1992.

Meal packages

Adult \$48.00 _____

Child \$30.00 _____

Includes all 6 meals ... that are listed to the right.

Individual Meals	Saturday	Adult	Child	Total
Breakfast	\$5.00	_____	\$3.50	_____
Lunch	\$7.00	_____	\$4.50	_____
Dinner	\$13.00	_____	\$8.00	_____
Sunday				
Breakfast	\$5.00	_____	\$3.50	_____
Lunch	\$7.00	_____	\$4.50	_____
Dinner	\$13.00	_____	\$8.00	_____
			Transfer	
			total \$	
			to front.	

This is the first year we have offered Dinner after the Closing Ceremonies on Sunday night. Decide now if you want to stay and eat or leave for home at 5:30 pm !

The food must pre-ordered. Otherwise there are two restaurants nearby.

We will have Coffee/Tea & Muffins available for sale in the Tea Room ... Opening at 6:30 am and staying open all day till 9 pm. It's upstairs above the Gym. Please bring your own MUG, there will **not** be styrofoam cups available.

ACCOMMODATION....REQUIRED ?

No. of Adult _____ No. of Children _____ For Friday night _____ For Saturday night _____

The accommodation spaces fill very quickly, we will confirm by mail or phone what we can reserve for you.

☐ Maple Court \$ _____ ☐ East Court \$ _____ ☐ Cottage Court \$ _____
☐ R.V. Space \$ _____ ☐ Tent (no power) \$ _____ ☐ Alberta Hall \$ _____

Single People Spaces ...

Maple Court ... Private \$40.00, 2 People \$55.00. Per Night

Alberta Hall ... Private \$25.00, 2 People \$35.00

*** Maple Court is new & deluxe, it has 1 double &

*** Alberta Hall is the Dorm, 2 single beds, bathrr

Couples, plus 1 Child.

Maple Court ... \$50.00 for a couple, \$5.00 extra
 1 double and 1 single bed, private bath. No cooking

Family Cabins East Court *** m

1 bedroom: \$45.00 - 2 single beds in the bedroom plus

2 bedroom: \$55.00 - 2 single beds and 1 double bed plus

SOLD OUT

On site accommodation is taken.

We still have a few motel rooms and private homes in Naramata we can rent. After that we can make arrangements for Motels in Penticton, a 20 minute drive. The costs are about the same. If you wish for us to make these arrangements ... we will try our best.

... kitchen/living area. Per Night.
 ... a separate. Per Night.

Group Cabins ... Cottage Court ... \$100.00 per night

*** One person must register and pay the fees. They both can sleep 7-8 people. Please specify if you want a 1 or 2 bdrm.

1 bedroom: A separate bedroom, 2 single beds & 1 bunk, plus a double size hide-a-bed in living room, 2 foamies in the loft, bathroom with tub & shower, plus a kitchen.

2 bedroom: 2 separate bedrooms, (a) 1 double bed & 1 bunk, (b) 2 single beds plus a day bed, bathroom with tub & shower plus kitchen.

R.V. Space.....with electrical hook-up.....\$15.00 per night Tent Space..... \$12.00 per night

R.V. & Tent spaces have a central bathroom with shower and a kitchen/picnic area.

*****Naramata Centre does not appreciate self contained camper units parking on main street. Please rent a space.

Also available in Naramata are these Motels:

B.C. Motel (604) 496-5482

The Village Motel (604) 496-5535

Interested in the Festival?

but you didn't get the January/February edition of ISSUES, which has the description of all the workshops and autobiographies of the 55 instructors. Phone Marion Walters 493-3697 and she will mail one to you.

Important Information

Meals must be pre-ordered by April 15th

Everyone needs to bring their own Travelling Mug.

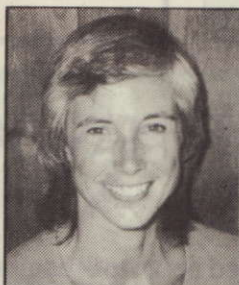
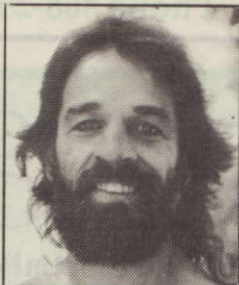
Registration starts Friday at 1 pm. - Opening Ceremonies at 7 pm

If you are a healer, Reiki Practitioner or would like to volunteer at the Children's Festival. Our Motto is "Give-a-day, Get-a-day."

We waive entrance fees if you want to work one day and attend workshops on the other day.

Sunrise Ceremonies

For the uninitiated this is an early morning stretch. We have 3 locations this year as this has proven to be a very popular event.



Linda Kusleika, Ken Stevens & Donna Martin

are the Yoga teachers joining us for the Festival this year and they will amalgamate their services to offer **YOGA IN MORNING** in the Loft.

As always **Harold** loves company doing **Tai Chi** in the Gym.



Or join **Urmi Sheldon**
Saturday morning only,
6:30 to 7:30 for
Dynamic Meditation
in the North Wing.



Wear comfortable clothing and please don't eat or drink before the class. Dynamic meditation originated about 25 years ago in a Himalayan hill-town in India. The enlightened mystic Osho created this meditation as a means to break thru the control of the western mind and help them to experience a state of meditation. The meditation focuses on the release of emotional blocks. There are four stages, Chaotic Breathing, Catharsis, (emotional release), Hoo Mantra, Silent meditation and Dance.

VITAL SYSTEMS BULLETINS

Beaver Fever (Giardiasis)

Please don't blame the beavers, until a few years ago there were no reports of water-borne outbreaks of giardia. The first occurred in Aspen, Colorado in 1970 and the disease has since occurred throughout North America.

Causes of the rapid spread of the problem include the increase in tourism throughout the world and careless human defecation in the wilderness.

To find out more read "How to Shit in the Woods" by Kathleen Meyer.



Giardia Cyst

To protect yourself from giardiasis choose a Seagull Water Purifier available only at **Vital Systems**, for drinking water only or the whole house. **Ask about our low-cost portable model.**

Electro-magnetic Fields (EMF)

Some fields like those from the earth and the sun or microwaves and radio waves we cannot control.

Others, like the fields generated in our homes we can and should control.

Appropriate testing can identify the location and strength of various electro-magnetic fields which can often be reduced or eliminated.



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