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# ISSUES

M A G A Z I N E

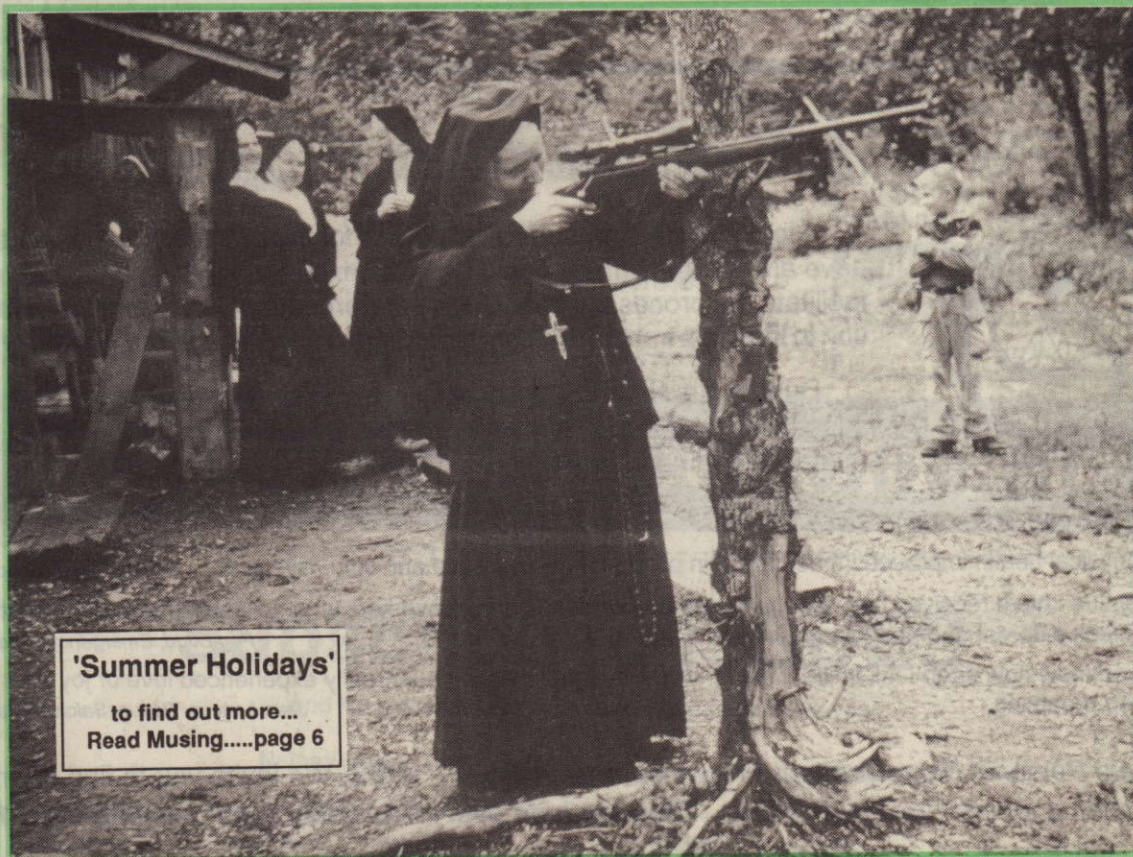
FOR PEOPLE WANTING ANSWERS

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Consciousness Raising

Environmental Concerns.

**"The Natural Yellow Pages"**



**'Summer Holidays'**

to find out more...  
Read Musing.....page 6

**September & October 1992**

Volume 3 - Number 5



## TARON PURI



Taron is a practicing healer and counselor. He conducts workshops in energy awareness, teaching techniques for taking charge of your creations.

These techniques are invaluable aids for dealing with everyday issues, such as relationships, health, business, and career.

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## EMERITO CERDA



Emerito has been working in Canada as a healer for five years. He is internationally recognized, having studied and taught her- bology and healing in Chile, Brazil, Tibet, Madagascar, Panama, and India.

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- ✓ My physical health improved immediately, in particular my digestive and colon systems. *Brian Frolke, Geophysicist*
- ✓ The value I have received has been reflected by my friends and co-workers who acknowledge that I am different, that I look different and am happier. *Peg Budd, Emergency Care Nurse*
- ✓ I never knew how dead I felt in life. I never lived life to its fullest. I never really experienced love or joy until I started breathing. *Jean Lanoue, Beauty Salon Manager*

*The next Personal Empowerment Program starts **Nov. 7, 1992.** We invite you to find out more by attending a Free Preview Evening. **They are held every Thursday night starting Sept.17th.***

## INNER DIRECTIONS CONSULTANTS, INC.

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in **Vernon** (one night only)

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**Russell** offers a new and revolutionary perspective on the current global crisis/challenge which he has detailed in his book. **The White Hole in Time, our future evolution and the meaning of NOW.**

**Russell** suggests that our global crisis is taking us closer and closer to a moment where we can either break down or break through to a moment of evolutionary climax more exciting than the most optimistic futurist has imagined.

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For more info. phone The Kebzeh Fdn. at 549-4479 after August 27

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**COURSES BEGIN  
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## The Spring Festival of Awareness

April 23, 24 & 25th, 1993

Naramata, B.C.

### Mark your Calendars

Registration starting... Feb. 1, 1993

Instructor application forms will be  
available Nov. 1 to Dec. 15th, 1992

For more information write, phone or keep reading Issues

Photograph by Steve Tomlinson



## Meet the Crew

### Jan Stickney

Registration  
Coordinator

Next year, those folks registering for the 15th Annual Spring Festival of Awareness at Naramata, will be in the kind and gentle hands of Jan Stickney. Following in the well-ordered footsteps of Marion Walters, Jan will be taking over the responsibilities of registration. We would like to take this opportunity to introduce you to Jan.

Jan is a long-time resident of Penticton, partner to Doug, and mother to John (18) and Greg (16). She is a homemaker and mother who honors and respects her own efforts. She is also a Reiki practitioner, with her Second degree. Her Reiki is one of her most important elements of her life. "It is not just something coming from my head," she states emphatically, "This comes from my heart."

Jan also assists Carol Ross at Caravan Books on a part time basis, a good job for an avid reader!! Right now she is engrossed in *The Power of the Gift* by Christopher Moon and *The Woman who Ran with Wolves* by Clarissa Pinkola Estes.

Jan has been assisting Marion with on-site registration at the Spring Festival for the past four years, and is enjoying it more each time. "I haven't made it to very many workshops, over the years," she says with a laugh, "I have too much fun just enjoying all the wonderful people and soaking up all that energy!" ♦



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**Sept 19 & 20:** Unleashing the Power behind the Mask & Shadows of Fear.

### NEW HOURS

Monday	<b>CLOSED</b>	Thursday	9:30 - 5:30
Tuesday	9:30 - 5:30	Friday	9:30 - <b>9:00</b>
Wednesday	9:30 - 5:30	Saturday	9:30 - 5:30

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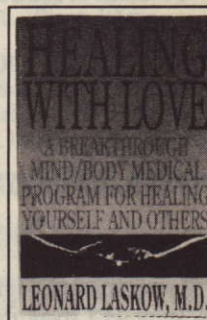
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# Musing

with  
Angele

Publisher of ISSUES

## Summer Holidays



Photograph by Steve Tomlinson

Every so often, I find the courage to take time off from business. This summer I spent three weeks exploring the Kootenays, going barefoot, swimming in Kootenay Lake and visiting with friends. I also spent time at an Ashram, which reminded me of going to Bible Camp when I was twelve years old.

My Grandad was a devoted Catholic and my Mom enjoyed the local nuns' company, so the four of them came out often to visit our homestead in Rosswood. These wonderfully spiritual ladies loved to go fishing and they were eager to give just about anything a try, even a little target practice, as you can see on this month's cover photo. I remember their good-hearted belly laughs and how deftly they appeared to get around in those long skirts despite their dangling rosaries, even on a hot summer day.

One Sunday, the parish Father joined the nuns and performed outdoor Mass. I watched in amazement, as I thought God could only be prayed to in Church or kneeling at your bed. I remember asking the priest how he could say Mass without being under a roof; he told me that anywhere was appropriate as long as he had his prayer cloth and chalice.

When I was three years old I chatted with an angel, who read my thoughts and sprinkled a little snow on me as a farewell gift. This image is still clear in my mind and I often wonder why. When I was four years old my Mom took me to a speech therapist, for I still hadn't learned to speak properly. A voice spoke in my head, said "Give up Angele: they have won." I can still see the therapist's mouth showing me how to enunciate my first consonants. Soon after I could speak properly, but that's another story for another time. When I was eight years old and in the process of drowning, the same voice spoke again saying, "sink to the bottom and when you touch it, push." I did this six or eight times and finally an older girlfriend noticed my dilemma and rescued me. Many times throughout my life, I have heard a voice speak clearly in my head, offering sound advice when I needed it. I knew even as a child that I wasn't thinking the words myself but I never associated the voice with "God": I just figured everybody had such a voice, even animals. I have come to realize that the voice in my head is my higher self and helps me feel connected to God.

Today, I also realize that going to church, as do Christians is only one of many ways to know God. During my summer holidays I joined in some Pagan Rituals, experienced Native Indian Ceremonies and stayed at an Ashram, a school for Eastern spiritual practices.

I loved all these forms of worship and I enjoyed discovering the different ways each group said "Thank you" to the Creator. I noted many similarities between the Nuns of my childhood and the Swamis at the Ashram, for whom renunciation, commitment, celibacy and strict obedience make God-realization possible. The Pagan and Native Indian Celebrations had a more relaxed and earthly connectedness to them but were also very spiritual.

The summer gave me time to reflect on how I relate to the Divine and I discovered that certain programming has been instilled in me by my upbringing. As a child, I saw God as a faraway person who granted wishes to the good and punished the sinners in purgatory or hell. Every Sunday I was supposed to go to confession before Mass, standing in line at the little black box to tell the priest what evil deed I had committed during the week. He would tell me to say so many Hail Mary's or The Lord's Prayers and all would be forgiven. Sometimes I had trouble figuring out what I had done during the week that was bad ... maybe it was an accumulation of little things, like sneaking cookies. I didn't understand the rules but I wanted to be sure so I covered all the bases, as purgatory didn't sound like a place I wanted to go when I died.

As a teenager, I went to Mass only on special occasions because it pleased Grandad and it seemed important to Mom. By then the Church had switched Mass from Latin to English, so I could understand what was being said but I found it boring.

When I had children of my own I figured it would be good for them to learn about God, so I sent them to Sunday School though I never went to Church Services myself. We chose the closest church and they seemed to enjoy going, but after a few years they refused and I didn't understand why. I went to Church till I was twelve and what was good for me surely must be good for my boys! After some discussion on how they were feeling, we agreed they didn't have to go. I felt satisfied that I had done the right thing and that the boys would choose later in life to go to church, if it meant anything to them.

Today, loving God is being at peace with myself and ultimately with everyone else. I think most people realize that their way is not the one and only way to experience feeling connected to the Divine. It just happens to be the one they have chosen. Many thanks to all of you who shared with me your sacred ceremonies this summer: for your inspiration will encourage me to seek openness and strength in all of my endeavors.

*So think as if your every thought  
were to be etched in fire  
upon the sky for all to see.  
For so, in truth it is.*

*So speak as if the world entire  
were but a single ear,  
intent on hearing what you say.  
And so, in truth, it is.*

*So do as if your every deed  
were to recoil upon your head.  
And so, in truth, it does.*

*So wish as if you were the wish.  
And so, in truth you are.*

*So live as if God Himself has  
need of you, His life to live.  
And so, in truth, He does.*

Mirdad

*Love & Smiles  
Angele*



# Cheryl Grismer

"To lead a loving life is not a dream, it is not a philosophy, it's an action. It must be lived, not thought about!" Cheryl

## One Day Stress Reduction

September 13 - Kamloops

In this class we will explore: breathing techniques, visualization, self-hypnosis, autogenics, progressive relaxation, irrational thinking, thought stopping and more.

## Spiritual Intensive

3 weekends - Sept. 25 - 27, Oct. 2 - 4, & 9 - 11th.

Join us for this uniquely graduated program of paranormal skills. Expect to feel the program beyond the boundaries of the week-end as you become closer to your heart's truth.

The above workshops are in Kamloops  
phone **Leslie 554-1525 for all the details.**

## Tarot Weekend

Nov. 28 & 29 in Kelowna

Come and spend a fun, action-packed day exploring the traditional and the off-beat approaches to using the Tarot.

## Counselling Sessions

1 - 1 1/2 hrs. intuitive. A psychic art portrait of your energy field with taped interpretation followed by a time for a questions. \$85

**Cheryl Grismer ... 868-8252 Kelowna**

## Come & meet the Author

Sept. 30 - 7:30 pm, Leir House, Penticton - \$5.00

Forbes Leslie will speak on his new book **Forming Tribalized Communities** and the need for self-government for our bioregion. Let's join together to share our ideas.

## Forming Tribalized Communities

by Forbes Leslie

Pragmatic Western industrial society, 'backs into' the future. Until an event, or act, occurs, no action is taken. The event determines the action to be taken - usually based on a previous situation or assumed hallowed ideal, such as free enterprise. As the Exxon Valdez oil spill and similar situations demonstrate, we have made a political philosophy out of 'crisis management.' There is a distrust of theories or schemes that deal with our future. The result is, as we near the end of the millennium, we are 'event-driven', and have lost control.

Environmental limits to the carrying capacity of the globe and limits to population growth now force us to re-appraise global society. Ecological dangers are only the starting point. The continuing allegiance to wornout political and social structures incapable of having a broader vision other than short term gains drain our energy. We can no longer afford to be 'event driven' and must move away from past icons, even from such accepted tenets as growth economics and financial security. We must free ourselves from our past trance to consider new social values.



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Part II Nov. 27, 28 & 29

Contact: Ken Martin (604) 352-1655

**CALGARY:** Part I Oct. 9, 10 & 11  
Part II Nov. 13, 14 & 15

Contact Beryl Richardson (403) 289-8706

Many are aware that a basic shift of outlook is necessary. Social values such as personal integrity and community responsibility are thrusting their way to the forefront. There has been an extraordinary growth in the number of citizens who, for reasons of personal commitment, form small groups to recycle products, defend environmental concerns, or produce merchandise of superior value. As these groups grow they form a new type of community. A community whose purposes are a commitment to a social ideal, group identification and political action.

The growth of smaller groups is inevitable as national identification ends in the global (industrial and commercial) market place. The emerging organizational structures are tribal in the sense that they are the prime social nexus for communities of people committed to a cause. At the same time they also foster a shared personal responsibility-a caring for other members. These structures herald a culture consistent with global limitations and a stimulating and exciting alternative to our present excesses and individualism.

*Forbes Leslie brings to this book his experience as a lawyer, politician, business person, and community builder. He spent ten years in an intentional community and during that period intensively studied community and business organizations. As a lawyer for fifteen years he specialized in constitutional, criminal, and environmental law. He has operated a number of businesses and spent almost two years in Japan working with Japanese business. He was the executive secretary for the Green Party of B.C. and has run as a candidate in Provincial elections.*





Claire-Luc Luce  
(B.A M.A.)

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\$ 185.00 includes meals and billeting  
15% discount if registered by Sept. 20th

## Okanagan Reiki Gathering Sunday - Oct. 25 - 4 to 9:30 pm

A time to enjoy new and old connections and meet Reiki Masters Jane Hill-Daigle, Holly Biggar and Vicki Allen. Let's share a potluck supper and explore issues by using council practice.

\$10 - \$20 Sliding Scale - This is a **Potluck** Supper  
(Free for Reiki Essence & Presence Participants)

Please contact: Linda Vanderlinde in Kelowna: 764-8762  
or Judy Byer in Penticton: 492-3696

## The Two Eyes of Jin Shin Do

An East West Approach to the BodyMind

by Arnold Porter, M.Ed

Holistic Medicine is increasingly realizing the profound inter-connection between body, mind and emotions: That the separation of these is artificial and that in reality they are inextricably united. This means that our symptoms, such as our back ache, or our low energy, are not to be isolated and gotten rid of but rather to be explored in terms of an expression of our whole being.

Along these lines, oriental medicine continues to be a treasure trove that yields deep understanding of how body, mind, emotions and spirit affect each other. One of its branches is Acupressure, similar to acupuncture but using finger pressure instead of needles. The acupressure arts range from symptomatic to deeply therapeutic. The theoretical basis may be simplistic or sophisticated; the point repertoire may be large or small. Something called 'acupressure' may consist of a simple set of self-help tools or may be an evolved method for releasing and rebalancing the entire body-mind.

What makes Jin Shin Do different from other systems of acupressure is its foundational use of the Strange Flows (other translations include Odd Conduits, Wondrous Channels, Psychic Channels and Extraordinary Meridians) and its use of western psychotherapeutic concepts, most notably those of Wilhelm Reich.

Jin Shi Do's use of the Strange flows comes to us from Japanese acupressurist Jiro Murai's near death vision of "rivers of fire" running through his body. In gratitude for this recovery Jiro devoted the rest of his life to understanding this vision and learning how to use it for healing. His work came west with one of his students, Mary Burmeister, as Jin Shin Jyutsu. In the 1970's Iona Teegarden's research in Japan connected these channels of Jiro's with the eight Strange Flows or Extraordinary Meridians of Chinese Acupuncture, thus reuniting Jiro's legacy back to its 5000 year old Chinese roots.

Jiro's spontaneous rediscovery and Teegarden's subsequent work with the Strange Flows enlarged our understanding of them as the body's self regulating mechanism, a system of channels that stores and releases energy to all the other acupuncture meridians, and--when open--shunts life energy around the body, continually adjusting and moderating the flow of the twelve organ meridians.

Thus, at its basic level, rather than 'prescribe' specific points for specific conditions, Jin Shin Do seeks to stimulate the body's own system of self regulation by activating the Strange Flows and allowing the body to balance its own energy.

The western component of Jin Shin Do comes from Wilhelm Reich's way of seeing the body as a series of segments each of which contains certain specific experiences and emotions. For example, the chest holds "heart" feelings: joy, grief, sadness; while the abdomen may contain forces having to do with motivation, anger and assertion. When we are not allowed to express an emotion, the way we hold it back--keep it from coming into the world--is by tightening the specific muscles that would normally express that emotion. If continued for a long time, this tension may become chronic, the muscles involved rigid and incapable of expression. We become separated from the emotional energies that could give direction to our life. Much unhappiness is born of this splitting off.

The eastern aspect of Jin Shin Do also addresses the issue of held back emotions: Chinese medicine honors the emotions as the servants of the spirit. In five element theory each of the pairs of acupuncture meridians carries a specific emotional energy: joy,

*continues on page 26*

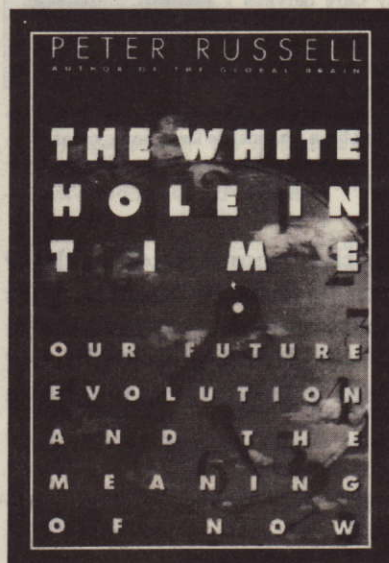


# The White Hole in Time

By Joan McIntyre

If ever we have needed a new perspective in this time of global crisis, or global challenge, (which ever term you prefer), the time is now. Peter Russell in his newest book, **The White Hole in Time, our future evolution and the meaning of NOW** offers a revolutionary perspective on humanity's place in the universe. Russell, who is known for his ability to view situations globally in his best selling book, **The Global Brain**, weaves together physics, mysticism, psychology, history and personal experience to show that the environmental crisis, along with other planetary difficulties, is symptomatic of a much deeper crisis in our perception of ourselves, our attitude towards our planet and each other, as well as our understanding of who we are and what we want.

Are these ideas really new?



Russell's genius lies in his ability to integrate scientific data and interpretation with spiritual truth thereby literally provoking his points.

This marriage of science and mysticism challenges us to abandon our materialistic, egocentric life styles in order to awaken to our full spiritual potential: "The more ways we discovered to manipulate and change our world, the more our belief that we were individuals in control of our

destiny was strengthened. As our abilities grew we seduced ourselves into believing that such prowess could satisfy all our needs, psychological and well as physical.

"This preoccupation with our own well-being led us to become increasingly self-centered. More and more we saw ourselves as separate individuals, each concerned with his or her own fulfillment, competing with others for the means to achieve it--... Less and less were we prepared to devote ourselves to the group - indeed the more industrialized we became, the more self interest became a virtue.

"This sense of separateness was further boosted by a scientific paradigm that saw the world like a mechanism, devoid of spirit-even devoid of consciousness. Like a boisterous teenager we became full of ourselves and our capacities, replenishing our new-found sense of freedom from the family. Except that in this case the family that had brought us up and supported us so far, and from which we were now separate ourselves was Mother Earth. (*White Hole* 102-03.)

But Russell also sees that our accelerating pace of development is taking us closer and closer to a moment of inner evolution and transformation, a moment where we must break down or break through. If we succeed in making the necessary shift in consciousness, the moment, the white hole in time, will lead to an evolutionary climax more exciting than the most optimistic futurist has dared to imagine.

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2nd Degree ... Sept. 16 & 20, Wed. 7-10 & Sun. 9-5  
Contact...Charlene Cook 836-4477

**\*September 24 ... Thursday 7:30 pm  
at the Wholistic Living Centre in Vernon.**

1st Degree ... Sept. 25 & 26 ... Fri. 7-10 pm & Sat. 9-5 pm  
2nd Degree ... Sept. 23 & 27... Wed. 7-10 & Sun. 9-5  
Contact...Lea Henry 838-7686

**\*October 1 ... Thursday 7:30 pm  
at the Dolphin Ctr...1735 Dolphin Ave in Kelowna**

1st Degree ... Oct. 2 & 3 ... Fri 7-10 pm & Sat. 9-5 pm  
2nd Degree ... Sept. 30 & Oct. 4 ... Wed. 7-10 & Sun. 9-5  
Contact...Carol Mann 769-3987

**\*October 15... Thursday 7:30 pm  
at the Leir House...220 Manor Park in Penticton**

1st Degree ... Oct. 16 & 17 ... Fri. 7-10 pm & Sat. 9-5 pm  
2nd Degree ... Oct 14 & 18 ... Wed. 7-10 pm & Sun. 9-5  
Contact...Jan Stickney 492-6442

**Reiki Master  
Vicki Allen**

from Silverton...358-7786



Indeed, this moment may be the moment toward which all evolution has been building since time began.

*Peter Russell is being sponsored by the Kebzeh Foundation. He will speak in Vernon one night only, the 22 of September at Okanagan University College Lecture Theatre at 8 pm. Russell is author of seven books, his newest being The White Hole in Time. For more info. contact: The Kebzeh Foundation: 549-3005, Vernon*



# TRANSFORMATIONAL

## Counsellor Training Program

presented by

**Faye Stroo**

**Anne Foss**

**Marilyn Evans**



Faye is a workshop leader, a counsellor and trainer of Transformation Counsellors in the Kelowna area for six years. She recently opened the Dolphin Centre where she has her counselling practice. Her background includes psychiatric nursing, education, psychology, hypnosis, and life engineering. She attained

her doctorate degree from the Concept Therapy Institute in San Antonio, Texas in 1980. She practiced as a concept therapist, teacher and counsellor for Preventative Social Services in Alberta.



Anne has a certificate in counselling from the Counsellor Training Institute and has many years experience in working in the healing arts. She has taken the training to ad-

minister the Myers-Biggs Type Indicator and works with Art Therapy and Psycho-drama. She also has specialized training in hypnosis and sexual abuse.

Marilyn has a B.Ed. and 16 years experience in the Social Services field in various capacities, including front-line youth counsellor, supervisor and director of her own company, Spectrum Community Care Services in Calgary. Her training is multi-disciplined including psychology, social work, leadership training, various

therapies and treatments modalities, etc. For most of her career, she has been responsible for training counsellors and has been involved in the presentation of transformational workshops for six years.



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### ❁ ❁ ❁ SOME OF THE TOPICS TO BE COVERED ❁ ❁ ❁

- ❁ Developing and integrating intuitive abilities with counselling techniques.
- ❁ Developing inherent leadership styles.
- ❁ Understanding, discovering and transcending unconscious blocks and patterns.
- ❁ Exploring stages of relationships (Healing relationships - past, present & future).
- ❁ Developing more genuine relationships
- ❁ Accessing inner resources.
- ❁ Exploring new perceptions and heightened awareness.
- ❁ Opening your heart to more love, joy and compassion.
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- ❁ The Myers-Biggs Type Indicator will be given to all participants.

### Free Introductory Nights

**Vernon - Sept. 17 - Thursday 7:30 pm - Library Meeting Room**  
**Kelowna - Sept. 22 - Tuesday 7:30 pm - Dolphin Centre**

### Training Program

**October 5 to 31 - Monday & Wednesday evenings & all day Saturday**

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**FAYE IN KELOWNA 868-8088**

**ANNE IN LUMBY - 547-9798**

**MARILYN IN VERNON 545-7881**



# AWAKENING TO THE POWER OF OUR INNER HEALER

by Marilyn Evans

*To the part of us that is the healer. To the part of us that needs to be healed. And to the awareness that we all contain both.*

Healing our lives is a natural process that we are all involved in constantly, whether we are conscious of this or not. And even if it is our job to heal, at times we all experience a dissatisfaction with some area of our life, be it our job, relationships, our physical appearance, financial situation, etc. Sometimes the dissatisfaction arises even when the external areas of our life appear fine. Sometimes we dismiss this dissatisfaction to get on with the tasks of daily living only to find it reemerge some time later. It may even return in more intense forms such as an emotional crisis or a physical illness. It is often at the point of such a crisis that we seek help.

No matter how severe your situation, there is a place inside you that holds the key to your healing. Whether you can unlock this power yourself or whether you need a guide to lead you, the power for your healing lies within you and no one else. What we all need when we are feeling bad is genuine caring, understanding, support and nonjudgmental acceptance whether it be from a friend or a professional helper. If these conditions exist at a heartfelt level in the relationship between the one giving help and the one receiving it, a wondrous energy emerges that has been called "unconditional love". This energy has the power to heal both the one seeking help and the one offering help. "The Course in Miracles" goes even further to say that the healer helps heal in others what he or she needs to heal within himself or herself.

The term "unconditional love" is bandied about in many psychological texts and can simply become a meaningless concept if not experienced directly. And unfortunately many of us have not, even many who are professional helpers. The state of "unconditional love" is not one that can be achieved through the application of techniques. It can only be achieved by the willingness to open our hearts to other human beings.

Deepak Chopra, M.D. and well-known author of many books on healing has recently written a book called "Unconditional Life" and emphasizes the sadness of waiting for a crisis in our lives to lead us to a place of deeper meaning. He has noticed in his work that people who are diagnosed as having a terminal illness often suddenly start appreciating the wonder of life. For some it can be too late. For others, it can be a turning point in their lives; and documented cases of people who heal themselves of cancer and other terminal illnesses through inner awareness and self-love is becoming more and more common, to the wonderment of medical science.

This is not to disparage the work of medical science or the discipline of psychology. The breakthroughs that have been made in these areas by hard-working, dedicated people are quite phenomenal. However, the consciousness of increasing numbers of people all over the world, including many scientists, is opening to the possibility that there exists unexplored wisdom and power inside every individual. Many are now experiencing a deep yearning to explore these inner frontiers in the search for more meaning, peace and joy in life.

Everyone's journey is unique and dignified and deserving of respect no matter what it looks like on the outside. No matter what path

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- \* To fully embrace AT ONE-MENT into every cell of your body, into your emotions, and into your soul.
- \* To have a full understanding of being ONE with God and mankind and all life forms.

**Time:** Wednesday, Sept. 16th - 7:00 pm

**Cost:** \$20 US or \$25 Canadian

**Location:** Dolphin Centre, 1735 Dolphin Ave, Kelowna

### THE LAYING OF HANDS

- \* For those who are ready to make fuller commitment to the service of God. Jesus will teach the Laying of Hands to Heal.

**Time:** Friday - Sept. 18th - 10:00 am to completion

**Cost:** \$125 US or \$150 Canadian.

**Location:** #216-3175 Demontreuil Crt. Kelowna

### RADIANT ENERGY HEALING

- \* The process of becoming ONE with the consciousness of the body of those who are healing.
- \* From your place of pure and perfect divinity you will create a new vision that will be imprinted into the body, mind and emotions.
- \* You will learn how to raise your frequency to the new vibration of what the body needs to heal.

**Time:** Sat & Sun - Sept. 19 & 20th 10 am to completion.

**Cost:** \$300 US or \$360 Canadian.

**Location:** #216-3175 Demontreuil Crt. Kelowna

Prerequisite ... completion of Laying of Hands class

**Please pre-register for all events as seating is limited**

For more information and RESERVATIONS please call  
Peter Mik-i-el Hutt at 868-3218 in Kelowna

is taken, healing and wholeness are the only possible outcomes, because the universe is kind and loving and would lead no one to any other place. The suffering we may experience along the way is simply an illusion, and nothing more, that will dissolve when we no longer have a use for it. ❖

Marilyn, together with Faye Stroo and Anne Foss will be offering a Transformational Counsellor Training Program in October.

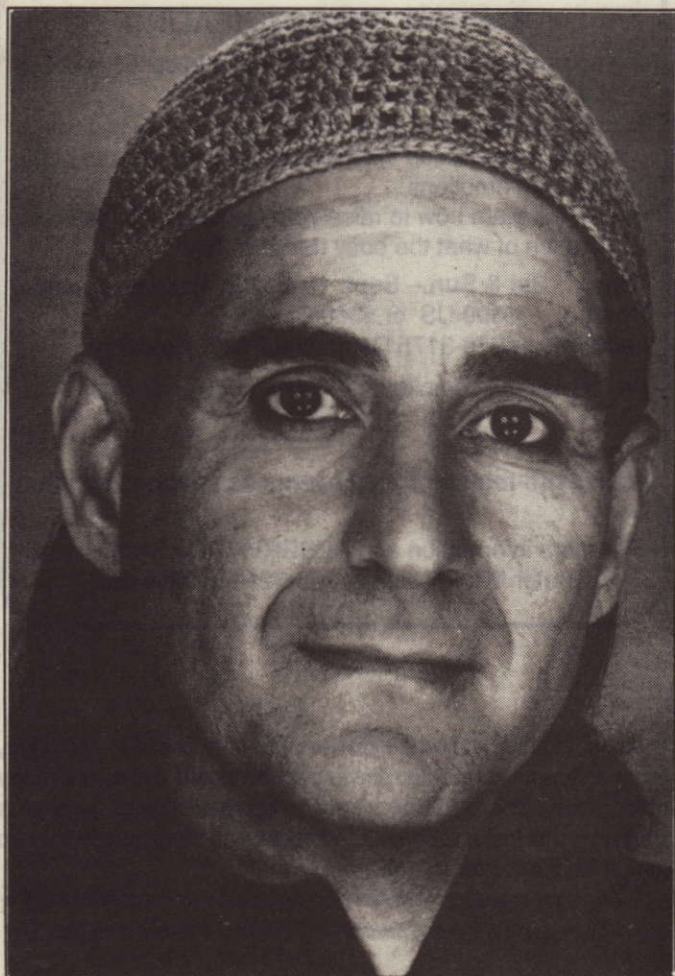


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... for isn't the truth always controversial?*



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- ★ Free Introductory Evening  
September 23 - Wednesday - 8 pm
- ★ An Evening with Brother Charles  
September 24 - Thursday - 8 pm  
\$10 Contribution
- ★ Weekend Empowerment Program  
Sept. 25, 26 & 27 - Friday - 8 pm  
Saturday & Sunday - 10 - 6 pm  
\$200 Contribution - \$180 Pre-registration.

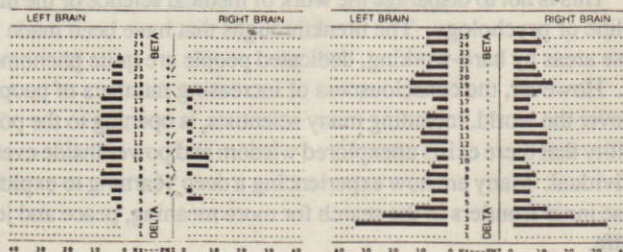
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and fragmented, limited brain function.

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



# Science of Mind - What is it?

by Grace Dodds

"Science of Mind" has come to the Okanagan and many people are wondering about it. Why "science"? What does a "science" of the mind mean? The answer is very simple. The Science of Mind is a philosophy put forward in a book of the same name by Ernest Holmes, one of the great thinkers of this century.

Science is the knowledge of facts based upon proven principles. Science of Mind is the study of Life and the nature of the laws of thought. This philosophy is presented by the Church of Religious Science founded by Holmes and represented in our area by the Okanagan Centre for Positive Living in Vernon and Kelowna, under the leadership of Rev. Lloyd Everett Klein.

The principles are to be approached comfortably, accepting that we are unique, valuable, One with each other and the Universe. They teach that we are responsible for everything in our life, both good and otherwise. Within the teachings, "otherwise" means not bad, but only challenging. Life is made up on lessons and it is not the experience that matters but our response to it.

For those who embrace the philosophy it can be both strengthening and enriching. There are thousands in North America who use the teachings to bring order out of the chaos of their lives.

It does not purport to be the only answer, but one of the many. However, for some it is the answer, their road to self-esteem, loving relationships, prosperity and serenity.

The philosophy emphasizes the basic goodness of life, and our right to expect that good, knowing that a bountiful Creator provides abundantly for us all, and accepting this Truth with love and gratitude. We are brothers and sisters in the best sense of the words, supporting and sharing. It is a scientific religion, whose principles, like all true principles when properly applied, never fail, since Spirit knows nothing of failure. ♦

## Education-Whats the Difference?

by Lorne Brennan

We approached education for our children much the same way most people do. I went to public school and therefore my children will go to public school, after all private schools are for snobs and the rich!

As our children got closer and closer to school age we found a school where we could be involved, where we didn't have to send our son off and just hope that everything was OK, where we know he won't get lost in the system, where the values we're teaching him at home will be not only supported but taught at school and where the education will provide him with the tools he needs to cope in the world today. Finding this school was like a ray of sunshine on a dark and cloudy day.

This school was the Kelowna Waldorf School. No, its not a public school but it is by no means snobby and not for the rich but for those who are interested in providing their children with the best education possible. The Waldorf Philosophy approaches education by providing children with the atmosphere in which they can develop their imagination, creativity and personality. Learning through experiences, discussion and the arts and therefore through the Hands and the Heart as well as the Head. The school and each of its teachers are dedicated to generating a genuine inner enthusiasm for learning in each child.

*continues on page 18 & 19*

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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**

**Please Note: \*\*Change of location as of Sept. 20**

**Sandman Inn - \*\* 2130 Harvey Ave**

**7:00 - 7:15 PM PRAYER MEDITATION**

**7:30 - 8:45 PM CELEBRATION OF LIFE**

## SCIENCE OF MIND

### September Theme: Back to Basics

**Weekly .... Science of Mind classes resume at 7:15 pm:**

**Monday Sept. 14 - SOM I Vernon**

**Tuesday Sept. 15 - SOM II Vernon**

**Wednesday Sept. 16 - SOM I Kelowna**

**Thursday Sept. 17 - SOM II Kelowna**

*..... and each week thereafter*

**Vernon classes at office classroom - 3113 - 32 St**

**Kelowna classes at the Sandman Inn - 2130 Harvey Ave.**

**Science of Mind I \* Study Science of Mind Textbook  
by Dr. Ernest Holmes**

**Science of Mind II**

**\* Edinburgh Lectures by Judge Thomas Troward**

**\* Emersons Essays by Ralph Waldo Emerson**

**\* METAPHYSICAL BIBLE INTERPRETATION**

### October Theme: The Harvest Comes in

**Unification & Acceptance Are The Keys**

### SPECIAL EVENT

**1st Annual**

**1992 Theme**

**Oct. 9, 10 & 11**

**"Harvest of Life Symposium"**

**"A Family Affair - Unity & Oneness"**

**Sandman Inn - Kelowna**

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**Rev. Larry & Rev. Lorraine Wolf - Spokane, Washington**

**Rev. Joan Pinkston - St. Petersburg, Florida**

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*Vera  
Marchant*

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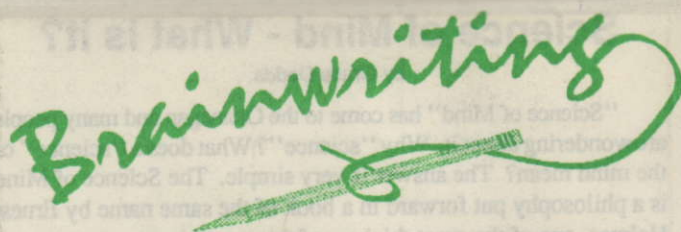
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Penticton

Angele Rowe



Have you noticed at the end of each column, I always note that we must take Form and other factors into consideration when analyzing a writer's constitution. In this article, I will try to explain what is meant by Form in handwriting.

Form is the overall look of the page. Ask yourself... does the script look ill-formed, are the letters embellished, does the writing look like copybook script, has it got originality, is it legible, natural and spontaneously written?

The fundamental quality of handwriting should be clearness, legibility and quick execution. Proceeding from what you were taught in school, what changes have occurred in your handwriting? Has it become artistic, simple, artificial or is it still the same?

Artistically talented writers can add embellishments to their writing and have it retain its positive qualities, as long as the writing has the look of naturalness and good rhythm. The zone where the extra time was spent adding the flourishes draws attention to what we want to have noticed: In the upper zone (intellect), in the middle zone (daily activities) or in the lower zone (physical needs).

Simplified handwriting is defined as strokes reduced to bare essentials whilst still remaining legible. People with this script have no time for fancy things in their lives any more than in their writing. On the other hand if a writer cuts corners to the point of no longer forming letters at all, he or she will be unreliable in a situation demanding concentration. Easily bored and restless, such writers are always jumping ahead in thought and don't bother to finish the previous stroke. If there is embellishment added to neglected letters, it destroys the basic form and shows an ambiguous personality.

Artificial writing usually looks pretentious and forced. The letters are most often written slowly and in a cumbersome manner. This writing style reveals a self-important person who needs to compensate for an inferiority complex by presenting a false image. The writer seeks to create an impression of talent where there is none, and his or her letters have an offending look and appear in poor taste.

Basic Copybook writing is correct in style but it shows very little individuality and therefore demonstrates the writer's lack of imagination and originality. People with this script are reliable in a situation where there are imposed routines or guidelines which require little extra thought. These people are still doing exactly what they were taught twenty years ago.

Embellishments show complication. Though ornamental strokes are found in ancient handwritings and calligraphy, pedantry and fussiness find expression here. Embellishments take time to produce, they occur when something more needs to be expressed.

Ask yourself: Why do I need to put in extra time consistently to express my desires? What does my ornamentation say to me: where do I need more attention? High form is found in legible handwriting which is characteristic of a sincere individual wanting to be understood. Low form is demonstrated by writing that has been neglected or shows poor or bad taste.

There are thousands of options and reasons why and how we choose to express our originality. Form is just one of them. So have a good overall look at a page of your script and see what speaks the loudest to you... about you. ♦





Margery Tyrrell, B.A., B.Ed

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Arlene Lamarche, R.N. has moved to Nelson  
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## Discovering your Constitution

Ayurveda is, perhaps, the oldest science of life, a system of diet, healing and health maintenance that is deeply spiritual in origin. Unlike traditional Western medicine, Ayurveda is not confined to the healing of disease in a superficial treatment of symptoms. Instead, it evaluates the complete body-mind of the individual. Ayurveda sees medicine and diet as complementary rather than separate. No one can expect to retain vitality of health, that they had as a youth, without having appropriate knowledge on the powerful effect food has on the physical, mental clarity and spiritual progress. Indeed, diet is an integral part of primal energy, the vital force which manifests in the form of earth, fire, air and ether. Any imbalance of these elements in our body is experienced as illness, discomfort or pain. These elements are kept in harmony by a healthy body that consumes them through breath, food, water, sunshine, exercise and sleep. As we mentioned in the article on Vata in the May/June ISSUES, there are three basic constitutions according to the Science of Ayurveda: Vata, (Air/Ether) Pitta (Fire/Water) and Kapha (Water/Earth).

### PITTA



The person with Pitta dominant in their constitution is blessed with determination, a strong will and probably a good digestive system. Pitta is associated with the element of fire and water, and often it is the fiery quality of Pittas which is first noticed. This fire makes available large amounts of initiative and energy. The primary seat of Pitta is in the stomach and the small intestine. Other seats of Pitta include the eyes, skin, blood, sweat glands, and fat. Pitta predominates in the middle of the life cycle, Kapha when we are children and Vata increases when we get older.

It is important to channel this creative fire toward specific purposes, and to learn to express passionate feelings outwardly in a constructive way. Pittas are apt to have an excellent ability to take charge of themselves, their lives and their healing process.

The attributes of Pitta are oily, hot, mobile, and liquid. The idea is that any of these qualities in excess can imbalance Pitta, while their opposites will calm it. For example, summer and high noon are times when Pitta predominates and when Pitta is most likely to encounter disturbances. In summer the weather is hot and light. We often get more mobile by going on vacation. During this time Pitta imbalances such as sunburn, poison ivy, prickly heat or short tempers often arise. Such Pitta disorders tend to calm naturally as the weather gets cooler, which gives some clues as to how best to manage this constitution. For Pitta it is especially important to choose cooling foods in the summer, and to include a wide variety of raw foods. Warmer foods are best taken in winter. On a daily basis, Pitta is most active between 10 am and 2 pm and from 10 pm to 2 am.

If the fire element is aggravated, you could notice any of the following: skin rashes, burning sensations, ulceration, fever, inflammations or irritations such as conjunctivitis, colitis or sore throats, rapidly changing moods, irritation, anger, frustration, or jealousy. The water element in Pitta constitution can sometimes show up as a tendency to produce large amounts of urine. In the extreme, with improper diet and lifestyle, the kidneys can become worn down and Pitta's normal vitality can diminish. These are all signals that balance needs restoration.

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PLEASE CALL (604) 536 - 1220 FOR FURTHER INFORMATION

Keeping cool is vital. Hot tubs, chilies, too much sun, all aggravate Pitta. Most oils, salt, alcohol, red meat, and hot spices are considered heating in quality by Ayurveda and irritate pitta. While a few fruits and vegetables are heating, such as tomato and papaya, most fruits will calm Pitta down, as long as they are sweet and ripe.

Most dairy products are cooling in nature, and whole grains relax and ground Pitta. Rice cakes and crackers are generally well-tolerated. Oats, while mildly warming in quality, ground Pitta and so are helpful. Pittas can also choose from a wide variety of wheat products except when wheat-sensitive.

Pitta are often attracted to high-protein foods and do seem to need a little more protein than other constitutions. Beans have a cool, heavy, sweet, astringent taste, which make them a natural for Pitta.

Greens such as collards, turnip greens, dandelion greens, parsley and watercress provide the bitter taste Pitta need generous helpings of vitamin A, B complex, calcium, magnesium and iron. Many Pittas seem to need more vitamin A-rich vegetables and fruits than other types, perhaps to replenish and vitalize their active livers.

With a characteristically good digestive fire, the Pitta individual can make daring food combinations that would spell disaster for the other constitutions. Let awareness be your guide. Notice what combinations you can digest well and which challenge you.

Moderation is to a Pitta what routine is to a Vata: unfamiliar. ♦

*Next month (if space permits)...the third and final constitution Kapha Recommended reading The Ayurvedic Cookbook, Lotus Press. This book covers the basics of the three constitutions. It is filled with recipes that use spices to balance each constitution. It clearly helps the reader to understand the attributes of various foods and their qualities.*



by Special Request ... A Week-end Workshop

## Emotional Purification & Personal Responsibility

In 1987, Hopi Elders reopened the Bear Clan Kiva  
beginning the Cycles of Purification.

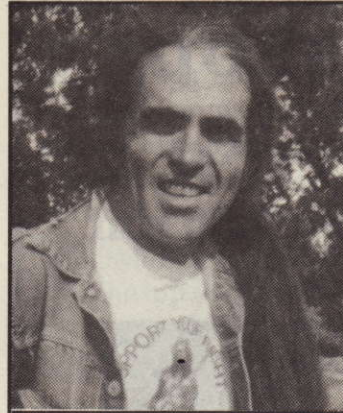
- 1st four years (1987-91) deals with **Spiritual** Purification
- 2nd four years (1991-95) deals with **Emotional** Purification
- 3rd four years (1995-99) deals with **Physical** Purification
- 4th four years (1999-2003) deals with **Mental** Purification

We will attempt to deal with our own emotional impurity  
and confusion, the roots of which lie within misused and  
misunderstood sexual energies.

This workshop will help us to align ourselves with these  
natural forces "turning on the lights" of consciousness  
and honesty in the dark cellars of ourselves.

**Background ...** My grandmother told me that the blood of all the  
races flowed in my veins, and that each was important. Since then, I  
have studied the religious and philosophical teachings of each racial  
aspect of myself, working as a lay theologian in the Catholic churches,  
as an ordained Minister for a number of Christian churches. For a  
number of years, I worked in community organizations and did social  
work in Black, Hispanic and Native communities, seriously connecting  
with the native spiritual path in the early 1970's, including Visionquest  
in the Hopi traditional lands. My guidance and study came from the  
elders and teachers of many different tribes and traditions.

**Yellow Bear** is the honoured Keeper of the Drum for the Re-Birth  
of Mother Earth Celebration and is a long time favorite instructor at the  
Spring Festival of Awareness. He lives in Winlaw, BC with his wife  
Linda, together they make drums and hold a weekly drum circle.



with

## Yellow Bear

### Oct. 2, 3 & 4th in Summerland

**Friday 7:30 - 10 pm - Orientation**

**Saturday 9:30 - 5 pm**

The Women & Men will do Separate Workshops

**Sunday 10 am - 1 pm**

Back Together

#### Workshop Fees

Person - \$ 95.00

Register before Sept. 15 - \$ 75.00

Couple - \$165.00

Register before Sept. 15 - \$125.00

Please pre-register by sending \$25.00 (non-refundable deposit )  
to Issues: 304-973 Forestbrook Dr., Penticton, B.C., V2A 2E9

For more information

*please phone Angele at 492-0987*

## Tomlinson Photography

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# Sexuality Workshop

**FREE** Introductory Talk

**November 5 - 7:30 pm**

Dolphin Centre

with

**Dawn  
Bryant**



Group process is phenomenal! In a loving, supporting and confidential environment we will step out of the limitations we have around our sexuality. When we get "hung-up" with sexual guilt, shame and other old stuff we lose our personal power and freedom.

Dawn herself an incest survivor wishes to share an empathic and highly effective method of transforming past fears and pain into love and forgiveness. It works and it's fun.

## Workshop Schedule

**Nov. 6** 7 to 10 pm

**Nov. 7** 9 to 6 pm

**Nov. 8** 10 to 5 pm



At the Dolphin Centre, Kelowna  
Phone 868-8088

*please phone Dawn at **763-0747**  
if you would like more information*

**Cost \$145.00 (Payment negotiable)**

## Learning Unconditional Love

by Patti Burns



When I met my husband Jay eight years ago my ideas about relationships were a lot different than they are now. I was very afraid of commitment, marriage and responsibility, so was quite independent and guarded. Another part of me

felt that if only I had a partner I'd feel more complete and happier. These conflicting views made me play a game of come here - go away. Needless to say my relationships didn't work very well.

In 1986 I began doing breath integration sessions and worked through some of my fears and then found it easier and safer to have intimacy. Jay and I committed, moved in together, had a baby, got married and became a family. At the time I was more concerned with the picture looking a certain way rather than the content or quality of our relationship.

I found myself set up in a special relationship with Jay and Ashley where they became the source of love for me. I felt needy and wanted Jay to need me also. I was in charge of everything from the banking to the child rearing and became caught up in "love me for all that I do." I ended up resenting Jay because he couldn't fill me with what I really wanted.

For years I had explored spiritual (conscious) teachings with the awareness that what I was really looking for was to reconnect with God. I became aware of the course in miracles and realized I was looking for love from outside of myself. It was then that I decided to change.

I've spent the last four years working through a lot of relationship issues with Jay. I've discovered that what relationships are really all about is healing. Healing anything unresolved about love from the past. I discovered I had a lot to heal! The Breath Integration method was a great catalyst in moving me through my blocks. I softened a lot, learned to be less in control, began to trust men more and learned to love myself unconditionally.

Because I didn't need Jay so much I could be with him because I genuinely wanted to be and encouraged him not to lean on me either. We then began to empower each other and support each other in discovering and living our dreams. Cooperation became a great lesson for us. I began to develop a relationship with God in which I feel and know His presence in my life.

Because I feel empowered in my own life I can ask "How may I serve and give to others?" To feel I have contributed to making the planet a better place has given me the sense of joy and fulfillment I always wanted.

Waldorf Education ... continued from page 13

Childhood is sacred, children are not little adults and should not be treated as such. They require the guiding forces of the adult community around them, teachers and parents. Today we tend to push our children more and more, they are busy all the time. We think that if they read at an earlier age they will be ahead of the game. Hey, if they can read then why not get them to learn more facts, surely this will help them later in life? What ever happened to imagination? What ever happened to childhood?

*continues to the right*



## Re-evaluation Counselling

September 15 in Penticton

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, pain, anger, embarrassment) 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.

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*Re-evaluation Counselling is well established in Vernon, now it's being offered in Penticton on Sept. 15th at the Leir House. No Charge. If you are interested in attending could you phone Caravan Books and tell them to save you a seat. 493-1997.*

### Waldorf Education ... continued from page 18

Every child is an individual and should be treated as such. Parents are part of the educational process and should participate in the education of their children. Values, respect and reverence should not only be supported but taught in school. Children should learn through experience in an atmosphere created for learning, an atmosphere worthy of the children.

One only has to walk in the door of The Kelowna Waldorf School to realize that there is a difference. One only has to see the children to realize there is a difference. One only has to talk to a teacher, parent or student to realize there is a difference. One only has to see a festival celebrated to realize there is a difference.

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*For more information contact the Kelowna Waldorf School at 764-4130 or Box 93 429 Collett Road, Okanagan Mission, B.C. V0H 1S0.*

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## REISHI

The Wonder Mushroom

by Colleen Nicklassen, C.H.



Do you have Cancer, Chronic Fatigue Syndrome, Cholesterol, Heart Trouble, Aids, or any other health or immune deficiency problem? Perhaps the Reishi Mushroom may be of benefit if you are ill. Reishi Mushroom is a Polypore belonging to the Ganoderma family. It is mainly found in the Orient, but a variety of Reishi grows along the Sunshine Coast. Reishi is known as "The herb of Spiritual Potency and Medical Wonder," as it has shown results in all kinds of ailments. Oriental Herbalists have used Reishi for treatment for Centuries. In fact in Japan Reishi is officially listed as a treatment for Cancer by the Government.

The RNA (Ribonucleic Acid) in Reishi induces interferon production thereby disrupting viral diseases. Reishi also inhibits bacteria such as Staphylococci, Streptococci, and Bacillus Pneumoniae. The main immune-modulators in Reishi are Polysaccharides (a long chain of sugar). Polysaccharides increase RNA & DNA in the bone marrow where immune cells such as Lymphocytes are produced.

Reishi reduces blood fat levels, including LDL's in cholesterol, and lowers high blood pressure. A substance called Triterpenes gives Reishi an adaptogenic quality, giving a person protection from biological, environmental, and social stresses, thereby improving blood pressure and blood lipids. There are over 100 Triterpenes present in Reishi. Reishi has a calming effect and helps with pain and relief as well.

Platelet aggregation has been shown to be inhibited by Reishi which lowers the incidence of blood clots, strokes, and migraines. Reishi's ability to calm our bodies and regulate its energy is the key to its effect on the immune system, blood pressure, and how long our systems will last. It has also been shown to alleviate allergies, bronchitis by inhibiting the release of histamine in our bodies which can cause diarrhea; secretions of bronchial mucus, tears, saliva, and gastric secretions; allergic reactions of redness, swelling, rashes, etc.

Also Reishi works on Rheumatism, hepatic disease, food sensitivities, anti-oxidant (free radicals), protects against radiation (ie: Cobalt, x-ray), anti-inflammatory, lowers triglycerides, helps regenerate liver, and calms nervous system.

Reishi has shown results in many different disease conditions and the research is quite extensive. It is quite new to North Americans, but it is an ancient remedy used regularly in the Orient. Also note that Reishi's absorbability is increased if taken with Vitamin C.

Recommended reading "Reishi Mushroom" by Dr. Terry Willard.





## Health Dilemma

by Dr. Doug Ternent, MD

The human brain does look like so much porridge with its grey, undulating folds and crevices. In reality, this surreal image is anything but mundane.

The discovery of x-rays by Marie and Pierre Curie at the turn of the 20th century shed light on the bony aspects of all living creatures, but the nature of the brain remained hidden in darkness behind its rocky osteoid cage.

The advent of electro-magnetic scanners and the enormous explosion of informational overload has changed all that, and the brain's dark secrets are giving way albeit grudgingly, to a cerebral enlightening renaissance.

The technocratic children of Johann Gutenberg's press may well have run amok with computerized paper overkill. Atomic bombs are unlikely to rain down on our heads, but the world's forests, the lungs of life, are being exchanged for paper dollars.

AIDS and aids-like harbingers of death and social suicide are mute evidence of the demise of our immune system's defences. A blinking red light is warning of an evolutionary exit door for "Homo Fabricans," the builder who is in his dinosaural hey-day; is ringing the globe. In my book "Creative Communications" I added that there was a new indigenous species "Homo-ludicans", the fool, resurrected on the boob-tube. The iconoclast, the breaker of sacred images that brain washes the young and the willful, those who so easily, simply drift into danger.

Perhaps! Just perhaps we will heed the clarion call to slow down the reckless pace of our earthly existence; lower our life style needs, for we all yearn for a safer, saner, gentler tomorrow. These are ingredients that will lower the "runaway" numbers, the family violence, the suicides, the alienation that I covered in "Creative Communications."

For the opposite of love is not hate it is the "nothingness"..... the alienated space that spawns the disasters of which we speak.

Can any one of us really afford to ignore the writings on these modern wailing walls?

It is against this background that many of us in the therapeutic community have adopted a more holistic approach to replace piecemeal methods. Primary preventative care is less costly than later tertiary hospital care and much more humane.

The task at hand is to create working models that will carry us into the 21st century. Innovative educational paradigms must accompany the above, for there is no place to hide. I've often referred to this as a labor of love driven by a magnificent obsession to carry it through. We have the means, the question becomes, do we have the will?

Time is of the essence to prioritize the basic essentials of these preventive programs, it's just too costly any other way.



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# Focus on Women

Editor  
**Laurel Burnham**

## DAUGHTER'S OF EARTH

Late in the spring, I ordered a new garden tool for myself. I was intrigued by both design and description and was certainly not disappointed. For \$13.95, I bought myself a small bit of human history, and a very special piece of magic besides. In the catalogue, it's called an "E Z Digger." It's other name is a "Ho Mi", which in Korean, means "Little Ground Spear." My Ho Mi is a faithful replica of a hand tool which is over 5,000 years old, dating back to the beginning of the Bronze Age, and it works like a proverbial charm.

When I hold it in my hand, I feel connected to all the others who have held this same tool, back through time, over thousands and thousands of years and miles. It gives me a feeling of timelessness and a sense of enduring power and strength. A hand tool is a woman's tool, an extension of her will to survive. There is a strong kindred energy to gardening which unites all of us who have been compelled to work with the earth, seeds and plants. However humble, there is something eternal in the strength of brown hands and dirty fingernails and muddy feet. I know that many of those that I am connected to, past, present and future, are women.

My relationship to gardening has been part of the fabric of my life. Right from my earliest memories, to the present dirt under my fingernails, my garden is an extension of who I am. Come spring-time, it is not even a matter of wanting to be outside in the fresh air, etc. It is more like an undeniable compulsion to get my hands into the ground, to feel and smell the earth between my fingers, and in doing so initiate yet another cycle of seedtime, tending and harvest. I literally feel like I lust after seeds. I have often joked that a seed catalogue is my idea of erotica, as I spend copious quantities of time drooling over the pictures of plump, shiny tomatoes and elegant ears of corn, eagerly awaiting the arrival of my seed order like I would a lover to my bed. I like to think that my predisposition to gardening is genetically inherited, as both my parents are avid gardeners, and there are some wonderful family memories of the green magic that resided in my maternal grandmother's and great grandmother's hands.

There are few things more amazing than the magic contained in a humble little packet of seed...in some ways, all the mystery and power of life itself is represented there. What impulse resides in each embryo that moves it to germinate? In some ways, the germination of a seed is comparable to an atomic explosion, the very first splitting of the atom, the ultimate miracle. From that magical moment on, given that the matrix in which it rests can provide the right combination of heat and moisture, light and dark, each seed faithfully follows its own miraculous genetic spiral dance to completion. The miracle of each seed is lost, perhaps, in its tiny, commonplace, every day abundance. It is easy enough to discount the power and vitality

of a seed, to be blind to the inherent marvel each one represents. But as a woman and a mother, I have learned not to discount the little, insignificant things. How big, after all is an ovum? How small a single sperm?

I can literally feel the sap rising during those early spring days, in me, and all around. If you are lucky enough to live in a rural setting, it would seem that everything is making love, from birds to bovines, every four footed, winged, creeping crawling thing is responding to the great upsurging tide of life calling to life. Then follows the first tentative shimmer of green, and my own enthusiastic forays with shovel and rake, sinking my self deep in the newly turned earth. I am continually amazed to see what sprouts unbidden, the stout seedlings my mother calls volunteers, who without regard to garden plan or supposedly adverse conditions, grow and bloom of their own accord. How delightful the unexpected can be! The first tomato I ate this year was from a volunteer, a plant that chose to grow in my garden, from another that I had raised the previous year. I will most certainly save the seed from that tomato plant, as it has done so well of its own accord, who knows what a little nurturing will do! By encouraging one seedling, and discouraging another, I practise what women have been doing for millennia, following an impulse rooted in an intelligence that cannot always be spoken, a wisdom that is part of our own genetic spiral, waiting to be uncovered, wanting to be reclaimed.

I often feel when I am weeding that if I knew the true names of each growing thing in my garden, then everything would have a purpose I could understand and use. This too, is what women do, practising true economy, by using well what is before us. Nothing need be wasted, everything having a purpose, even if it is merely to find a place in the compost heap, to be returned to replenish the soil.

When I look at the faded photographs of our pioneering foremothers, many of them are standing next to magnificent gardens. They look so serious, as they had every reason to be. I am humbled by the incredible effort that it must have taken to produce virtually everything that their families needed to survive. That wasn't the only responsibility those women had, as most of the time, they were pregnant, and caring for numerous children and animals, as well as tending daily to the incredible multitude of tasks necessary to keep a family alive. It was never truer, the expression about "Women's work is never done." Women depended upon their gardens not only for the food to sustain themselves and their families, but the herbs necessary to heal them in sickness and in childbirth, plants for use as dyes, and for livestock fodder.

Much of the knowledge women have gained has been without benefit of textbook and computer, and throughout history there have been systematic attempts to eradicate that knowledge from the face of the earth. The most notorious of these were the Burning Times in Europe, a span of about four centuries where it is estimated that some 9,000,000 people were murdered, primarily burned at the stake. 85% of these people were women, the healers, herbalists and midwives upon whom whole communities depended. Many of these women were the keepers of vast repositories of healing wisdom, participants in an oral tradition that had been handed down from woman to woman in an unbroken line for centuries. It is still unknown to this day the extent of the knowledge that has been lost.

Today there are unacknowledged millions of women who are engaged in the endless round of domestic duties upon whom whole countries rest; through these hands pass the seed and the knowledge that will feed the generations to come. In many countries they are still the midwives and herbalists to whom the people turn in times of



need. The knowledge and list of subsequent skills required to grow food, to gather and use herbs for medicinal purposes is very extensive. It is even more impressive when you realize that it is all accomplished without the benefits of literacy, education courses or development projects.

I can't pretend that it is essential for me to produce all the food that my family consumes, as well as do all the other chores involved in raising children and maintaining a household. I am not functioning under any where near the constraints that a third world woman has. I have the luxury of reflection, and the indulgence of complaint, not to mention enough to eat. I feel that it is increasingly important for me to become more skilled, more knowledgeable and more productive in providing food for my family. I know this to be true, because of observations I have made about modern life. Food is not getting cheaper and the quality of the food that I can buy is not improving overall. I know that when I buy food in a supermarket, that no matter how convenient, I am depending upon a system that is incredibly frail, a vast network of consumption that ends at my dinner table, and has taken incredible quantities of non-renewable fossil fuels to provide...and that is totally exploitative, not only of the land from which it is taken, but also of the people, the women and men and their families who tend and harvest the crops.

So I am learning the true economy of a \$.79 investment, the amount that one can still spend for a package of seed. For less than a dollar, I can grow all the zucchini myself, my immediate family and my extended family of friends can eat. Something about that delights my practical, Capricornian nature no end. There is an inherent rightness to natural abundance. Treated well, the earth responds with incredible generosity to all who would work with her. Appreciated for her efforts, a woman is capable of a great deal. Even without acknowledgement, women keep humanity alive. Like the earth, we are the source of life itself.

Through the days and weeks of tending a garden, I attune myself to the greater cycles of weather. Through waxing moons and full moons and waning, we learn a newer, far older rhythm of life. In this way, it becomes possible to appreciate weather, and the fact that we live at the bottom of a great ocean of air. I learn to regard the rain as an ally, living as I do in semi arid country, instead of with the grumbling petulance so common to most of us. I am learning and growing in this knowledge, and much of it is unspoken. I know which way the winds like to blow, and how the light travels. I feel that it is necessary to develop a kind of intimacy with where I am, and I feel strengthened and nurtured by it. The feeling of simpatico, the identification with place must be phenomenal in women who have lived for generation after generation in the same space, working the same soil that their grandmothers and their great-grandmothers before them had trod upon. Regardless of where I am, my body and being are of this earth, this is where I belong. I am developing a kind of community with the perennial plants that I chose for my garden. It strengthens my woman's sensibilities, the sense that growth ultimately cannot be rushed, that everything has a time of unfolding. You can't safely shorten the nine months that it takes to create a human life, nor can you rush a garden to true fruitfulness.

Perhaps it is limited of me to equate women and Nature so directly. Indeed, it has been argued by feminists more skilled and adept in their analysis than I that this association is a kind of sex-role stereotyping, a way of confining women to a passive and nurturing position in human society, by limiting their contributions and intelligence to domestic realms. Through these associations, I seek not to limit, but empower myself and other women, by validating our

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perceptions and our experiences of life. I also feel that in expressing our connections, that I am honoring all the women who have ever turned their hands and hearts and minds to working the soil, and have felt, deep in their souls, an intimate and unshakeable connection with the spirits of the earth. We know that it is sacred ground we walk upon. The same life that lives and grows and dies beneath our feet, lives in us.

It's a curious thing, what our society has attached value to. What could be more essential to maintaining life than providing food? What is more valuable than the creation of life, the nurturing and sustaining of life? How could we have been so blind as to not recognize the inherent worth of what we have accomplished? It has become patently obvious that our present patriarchal social order is supremely dysfunctional. The "value" that has been assigned to participation in a system which has at its heart the acquisition of material goods is, and the subsequent destruction of the planet, is in fact, worthless.

It is rapidly approaching harvest time. The blade of my Ho Mi is becoming polished with use. The nights are cooler, the days, not quite as hot, the vines and branches are heavy laden. The moon shines down, quietly blessing us all. Crickets sing, sprinklers whirr and buzz. Blessing upon us, the harvest is near. The earth is once again yielding up her sweetness and abundance, unstintingly. For me, being able to give food away, to load down visitors and neighbours with tomatoes and lettuce and flowers is like an affirmation of life itself, that I can express my gratitude for all that I have

been given in this turn of the wheel. Being able to give of the harvest satisfies something very deep in my soul.

No matter how harried or stressed I might feel, how much I allow my intellect to badger me, I always, always find solace in the garden, where I can literally ground myself in true being once again. The changing seasons remind me that I too, must change. I look to my own life. What has come to fruition? What am I about to harvest? What must die to be reborn? Through my garden, I am reminded of what endures.

It is a curious thing, that no matter how far humanity has strayed from its Mother-loving roots, the supreme symbolism of the Earth as Mother, and nature as Mother has remained. If anything, this symbolic relationship has been renewed and revitalized, here at the end of the 20th century.

James Lovelock, physician and biologist, has popularized the term Gaia, to represent the biosphere of Earth. Gaia was originally a Greek Goddess, who arose out of chaos, before the beginning of the world. Not only does Gaia represent the gentle, nurturing feminine aspect, but she is also capable of destruction. That too, is our heritage and our unclaimed heritage as women.

As a woman, I find also a regenerated sense of power and worthiness in this symbolic connection, but more importantly in the knowledge that as a Daughter of Earth, I am part of a vast lineage of women who have been and to this day are responsible for feeding, nurturing and healing humanity. For it is now concluded that women were the first botanists, the first herbalists, the first people to grow food, to tend crops. The term "hunter-gatherer" is misleading, as applied to times long past or people who live close to the land today. A more appropriate description would be gatherer- hunter, as upon examination, we find that among such peoples it is the women who provide 80% of the food, with their digging sticks and baskets at the ready, their babies on their backs. According to recent UN estimates, women raise more than half the world's food crops grown, and are responsible for 80% of the harvesting, and virtually all of the preparation of foodstuffs for human consumption.

The catch 22 to this unbelievable amount of labor is that it is virtually all unwaged, and is therefore, in terms of the accounting systems used world-wide, worthless. All the countless back-breaking hours and years and lifetimes spent by women, all over the planet, doing the most essential and humble and necessary of tasks of no "value" in this patriarchal economic order.

Also of no account in the spread sheets and bottom lines of patriarchal economic reckoning is the air we breathe nor the water we drink nor the remaining wilderness that is the soul of the planet. Of no value are the plants, the animals, the birds, the whales, the wetlands, the deserts, the oceans, the trees still standing, the humble gardens of the earth, the insects nor the sweet breezes that blow, and the millions of precious human lives that perish each season upon this planet. If we follow this kind of thinking to its ultimate end, we will reap a final bitter harvest. Working in my garden, I begin to understand what is truly important, what ultimately has value. I begin to honor the work of my own hands and heart and mind. I know that where I am is sacred, with every step I take. ♦

*"I know I am made from this earth, as my mother's hands were made from this earth, as her dreams came from this earth, and all that I know, I know in this earth...all that I know speaks to me through this earth, and I long to tell you, you who are earth too, and listen as we speak to each other of what we know: the light is in us."*

Susan Griffin, 1978



## Exploring Inner Rhythms with Joan Casorso

by Laurel Burnham



At first glance, it could be the beginning of any other fitness class. The women gather, shedding their street clothes, talking softly to one another, exchanging greetings. Soon it becomes obvious, however, that this class will be different from the rest. We turn our attention to the instructor, Joan. An elegant and enthusiastic example of her own fitness philosophy and practise, we are soon captivated by her lively warmth and beauty. Joanie (as soon all come to know her) has us begin with a talking circle, where each participant shares her present state of body/mind/being. This has the effect of creating an awareness and sensitivity to our individual and collective states. We are not just "bodies" here to be put through a particular regime, we are individuals that bring to each session our own particular state of health of both body and mind. This is the beginning of exploring inner rhythms.

We experience a number of movement and fitness techniques that Joan has studied extensively for many years. For a large part of her training, she travelled to Maui, to study with Gloria Keeling, whose "Strong, Stretched and Centered" program incorporated yoga, tai chi and modern dance elements. The basic premise of the "Strong, Stretched and Centered" program is threefold. It is essential not only to develop one's physical strength, but flexibility as well. Strength and flexibility can only be effective when an individual has a sense of calm centre/state of being. An important aspect of achieving an overall state of health and fitness, according to Joan, begins with a basic understanding of posture. The conventional "head up, shoulders back and tummy tucked in" is essentially incorrect and problematic. According to Joanie, it is important to be "correct from the feet up." The actual results of attending Joan's classes regularly are not only improved posture, but greater flexibility and ease of movement, and all of this is accompanied by a sense of relaxation and well-being!!

In her extensive preparation for each class, Joan also incorporates elements of the leading edge of body/mind practises, such as Biokinesiology, Feldenkrais, and the work of leading fitness experts such as Suzy Prudden. With Joan, the road to fitness is not paved with blood, sweat and tears, but rather a gently expanding awareness of our own unique and marvellous bodies and capacity for true health and well-being.

All of this sounds wonderful, you say, but what about a workout? Most of us go to a fitness class expecting to sweat, at least a little. Once again, Joanie continues to surprise and delight us all with her innovative approach. Ever dreamed of dancing to some tribal rhythm? Ever found yourself moving to the beat of African drums? Tapped your toes to reggae? The magic in Joanie's teaching is that it is actually fun, and the sweat sneaks up on you. So we experience a number of musical styles and approaches to fitness in learning to dance to our own inner rhythms. But don't take my word for it, come and experience for yourself. You'll be glad you did. ♦



## Joan Casorso

### *Inner Rhythms* workshop series

Exploring the body/mind connection through movement, sound, balance, breath and laughter.

Kelowna

October 1 to December 3, 1992

Thursdays, 7 - 9:30 pm

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Live music, handouts and use of instruments included in fee.

For more information phone:

Joan Casorso 769-7424

Anita Moor 768-2178

## The Penticton Dance Collective

Ever wished you could just go somewhere and DANCE? Well, the Penticton Dance Collective could be what you're looking for. We're a group of enthusiastic people who like to dance. We're coming together to create the opportunities to MOVE!!

This fall, we are sponsoring Joan Casorso and her Finding Inner Rhythms workshop. Future plans include bringing Ann Mortifee to town, plus more African Drum and Dance workshops.

If you would like to join us (and there's no cost involved), or would like more information, please call Margery Tyrrell at 493-8439 or Laurel Burnham at 492-7717.

## Penticton "Inner Rhythms" classes

with **Joan Casorso**

**Wednesdays 9:15 - 11:15 am**  
**October 7 to November 25**

at the Penticton School of Dance - 1475 Fairview Rd.

Cost: \$100 or \$90 if registered before Sept. 30

**For more information or to register  
please call 492-7717 or 492-4638**





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use it to create what you want in life.

Free Introductory Lecture - Oct. 30, 7:30 pm  
Odd Fellows Hall. Course - Oct. 31, Nov. 1, 7 & 8th

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## Community Building in Kelowna

by Barbara Latimer-Needham

Read any good books lately? If not, may we recommend M. Scott Peck's latest, entitled "The Different Drum." After the success of "The Road Less Travelled," Dr. Peck has focused his attention on helping people, in groups, make their groups more productive and interesting. He says the way to a more lively and useful group, is to enable the group to function as a community.

As Peck himself says, "over the past 60 years, just as we have developed a technology that we can use to blow ourselves off the face of this earth, we have also, very quietly and unknown to most people, developed a technology we can use to make peace." The technology is generally known as consensus decision making. This book calls it community building and it explains very clearly how groups can work far more effectively as a community, than by using traditional antagonistic modes of decision making.

Most groups work in an adversarial style similar to our parliaments. If groups worked together, free of partisan politics, hidden agendas, and taboo subject matter, they would have unlimited potential and be incredibly effective in their chosen endeavour. Peacemaking technology works, if you learn the skills necessary and then use them in any group situation.

Peck wrote the book because "many of us feel a deep gap in our relationships with ourselves, our society, and our natural environment, which we often call 'lack of community!' For only in communities of whole persons can we fully realize our human capacities for bodily, emotional, mental, and spiritual communication. Yet we know less about community than any other social form. The most urgent questions facing us are no longer about the growth and empowerment of individual persons, but rather about how to create and maintain communities in which fully empowered individuals can thrive. Community isn't just a place, it is also a way. It is a way that needs to be learned."

There are some people in Kelowna who are trying to learn more about community. If you are interested in experiencing some of what Dr. Peck is talking about, the group meets the second and fourth Thursdays in the Memorial room of the arena on Ellis St. 6 - 7 pm. Please feel free to drop in. More info ? call Barbara 769-3861.

**Jin Shin Do** continued from page 8

anger, grief, fear, worry, etc.. When we hold back these feelings with muscular tension, when we do not honor them and let them guide us in our interaction with life, we are also cutting off the flow of energy through the acupuncture meridians and thus to our internal organs. Those big tight knots in our shoulders are pools of energy (in the acupuncture points) that has ceased to flow. We are making ourselves unwell! Cutting off our energy can result in physical problems such as tension, pain, or headache; or distressed feelings such as hurt, anxiety, depression, guilt and anger. In the hands of a trained therapist Jin Shin Do can be used to release the effects of childhood abuse and other trauma from the bodymind.

Jin Shin Do superimposes meridians and segments to facilitate growth and wellness in the client. The work can range from the intensity of catharsis to the deep quiet of imagery and trance. It is characterized by gentleness and non-invasiveness, safety in touch, and a sense of wonder and synchronicity. Learning to be aware of our feelings--learning to be aware of our feelings--learning to heed them and give them appropriate expression in the world--is one of the best preventative medicines there is! ♦



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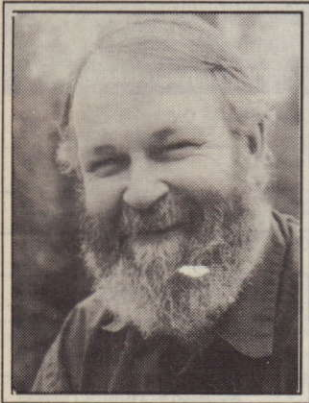
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# Networking for Change



Dave Cursons  
Editor

## Junk Mail Free Canada

More and more packages of junk mail are arriving at the offices of Harvey Andre, Minister Responsible for Canada Post. My packages have caught the attention of a Canada Post Representative who wrote to admonish me.

The Canada Post Representative writes that direct mail (euphemism for Admail aka Junk Mail), far from being a bad thing, is further expression of that most valued of Canadian institutions, Freedom of Speech. She expressed assurance that a principled person such as myself would not wish to stand in the way of Free Speech and that I should not reject admail.

I'll have to admit that she had me by the beard for about a second and a half. Really, what business did I have trying to muffle Canadian Tire or Safeway, not to mention little people like Snerd's Cesspool Cleaners or Fred's Funeral Emporium (he's the last one to let you down).

**MANY HAPPY RETURNS  
MAIL JUNKY REBELS!**



I recovered from this brief malaise of self-doubt when I remembered what inspired me to send all my junk mail back to Harv in Ottawa:

- 1) junk mail is an appalling waste of natural resources
- 2) junk mail fills our municipal landfills and leaches poisons into our watershed
- 3) the broadcast mediums are available to disseminate this kind of bulk advertising...wasteful but in a "soft path"
- 4) I never asked for this stuff and this is my mail box...isn't it?
- 5) Canada Post deserves any slap in the face we can give it for being so gol' darned arrogant.

6) the idea of sending all this crap to the M.P. responsible fills me with an immense feeling of satisfaction ... like misquoting my social insurance number to people whose business it ain't.

"Oh but the paper is mostly recycled and more and more of it is all recycled."

My friend and severest critic, David Lewis, a fool ( Friend Of the Ozone Layer), has the recycling scam pegged as follows:

*"this paper was made by cutting down thousand year old trees, smashing them to pulp, lacing them with dioxins, spreading them into thin sheets and flogging them to consumers...and then recycling them"*

and reminds us that the first of the Three R's is REFUSE.

REFUSE is what we do when we send junk mail back to Ottawa.

Lets look at Canada Post as the business it now purports to be. No longer the Royal Mail, no longer a branch of a Ministry of the Crown but a Crown Corporation (like Air Canada and the CBC) and as such expected to make it on it's own in the dog eat dog world of message movement.

The result of turning the postal system into a lean and mean machine has been declining mail service for Canadians.

The Canadian postal system no longer serves Canadians because its best revenues come from commercial "direct mail" customers.

Individual Canadians are not the customer. We are consumers and as such are the product which Canada Post is serving up to junk mail advertisers.

And it's getting worse!

If you don't like it, ACT UP!

Return your junk mail ( all unaddressed and unsolicited mail) in a standard large brown envelope ( re-used) no more than three quarters of an inch thick to:

**Hon Harvey Andre, MP  
Minister Responsible for Canada Post  
West Block Room 215-S, Parliament Buildings  
Ottawa, Ontario, K1A 0A1**

## New Container Deposit Law Needs Support

The British Columbia Ministry of the Environment has released a discussion paper outlining an expanded beverage container deposit law for British Columbia.

Under the new system the deposit for refillable containers would be fully refunded, recycleable containers would be refunded at 2/3 of the deposit and disposables would be refunded at 1/3.

The new system would include juice and mineral water bottles, tetra packs and milk jugs, in addition to beer, wine and soft drinks.

It's a good proposal but it's coming under fire from industry.

The soft drink and dairy sectors are lobbying the government to prevent deposit legislation. They are proposing to subsidize curbside recycling in exchange for removing deposits from their products ... industry is trying to shift the burden of responsibility for recycling from the industry to the public.



SPEC ( Society Promoting Environmental Conservation) is calling on the public to let the government know that deposits are an effective way to encourage source separation of refillables and recycleables from the garbage.

SPEC asks that we let our MLA's and the Premier know that we support the proposed expanded deposit system for all beverage containers.

**Contact:** SPEC, 2150 Maple Street  
Vancouver, B.C., V6J 3T3  
(604)736-7732 (days/messages) (604)736-7115 (FAX)

## The NDP Reverses its Position on Referendums and Recall

During the 1991 Provincial Election campaign Mike Harcourt promised that that he would respect the public's position on citizen-sponsored referendums and MLA recall votes.

The promise, as it turns out, is not going to be fulfilled.

The Cabinet has been silent on the matter. Despite the 80% "yes" vote delivered by the electorate the Premier who leads a government with only 40% popular support referred the matter to a legislative committee for study. No committee has been struck.

Instead of the kind of accountability and direct democracy provided in a referendum/recall device the NDP is appointing a myriad of commissions stacked with NDP cronies, twenty commissions in all at a cost which B.C. Reports estimates at \$45 million.



It's a stage-managed approach to public participation and may unfortunately mean that B.C. communities will be treated to further ineffectual and uselessly absorbing "dog and pony shows" that provide the semblance but not the substance of participation in the creation of public policy.

**Write to:** Premier Mike Harcourt,  
Parliament Buildings, Victoria, B.C. V8V 1X4

## Stop the Mass Murder of Wild Horses

### An Earth Action Campaign

Canadian Defence Minister Marcel Masse has approved a plan to round up 500 of the last 800 wild horses on the Canadian prairie. Many of the horses will be slaughtered says, a new Vancouver-based organization called Earth Action.

The round-up proposed by Canadian Forces Base Suffield officials has interested Japanese and European horseflesh buyers and the proceeds will go to "environmental preservation."

The military points out that the overgrazing problem affects commercial beef locally as well as depriving wildlife of food. Besides, the military points out that the horses are not indigenous, having been released by settlers whose farms failed during the 20's and 30's

Earth Action points out that the horses have been there just ten years longer than the military who took over the area in 1941.

Earth Action beliefs include:

*Governments and Trans-National Corporations are primarily responsible for the global environmental crisis.*

*Militarism and Environmentalism are incompatible.*

*Corporate polluters should be jailed.*

Earth Action believes that sustained, creative, highly public non-violent action is the most effective way to transform our society.

Send money or get more information from:

Earth Action 2241 E. 5th Avenue  
Vancouver, B.C., V5N 1M7  
Phone (604)250-9675

## A Deuce of A Commission (CORE)

The British Columbia Commission on Resources and the Environment has been, is or will be at a meeting place near you to prepare to discharge its number one duty which is...

*to independently and publicly advise Cabinet on legislation, policy and allocation decisions related to all land use issues in British Columbia.*

Stephen Owen, our former Ombudsman, has been appointed Commissioner for Five Years.

Interestingly, that's as long as a government in B.C. can stretch its mandate. So it will be interesting to see Mr. Owen's independent reports as the present government proceeds with its mandate and he with his term as commissioner.

For details get the General Terms of Reference and the very interesting list of Commission members plus occasional papers by asking to be included on the commission's mailing list:

Commission on Resource and the Environment  
Seventh Floor, 1802 Douglas Street  
Victoria, British Columbia, V8V 1X4





# The Healing Waters of Tlacote

by Diana Holland

It started with a sick dog who fell into a muddy puddle and was cured when his owner retrieved him. As a result, a few people cautiously tried the water, and they too were healed. And then more came and were healed in the farm village of Tlacote, about a two-hours' drive from Mexico City. The local priest applied to the Mexican government to have the water pumped and filtered, but it refused to provide any funding ... until he sent water to a nearby army hospital, where six hundred soldiers were cured. Since then, the word has spread and people now come in the hundreds daily, to be cured of cancer, heart disease, aids, diabetes, etc.

Benjamin Creme, a British author and esotericist, says that the appearance of these miracle waters is tied in with appearances of Maitreya, the Christ and World Teacher, in Mexico City in October 1991 and January 1992, that they are in fact one of the signs of His presence among us now.

Creme says that the waters are a calling card for the Christ, who has charged them with cosmic energy, sub-atomic in nature, such that the water actually weighs about one third less than regular water.

Such conjecture might be dismissed though Creme says: that the Christ has been living in the Indo-Pakistani community of London England, apparently an ordinary man, since 1977. However there is an interesting anecdote connecting these stories. The farmer in Tlacote has in his office a framed photograph of a television set, which was shot by one a visitor to finish off a roll of film once he got home. When the prints came back, the photographer did not even remember taking this photo of his television set but on the screen is a Christ-like face surrounded with a crown of thorns.

"It is a calling card which these people can relate to," says Creme, who himself predicts that all humanity will see the World Teacher on television. On the "Day of Declaration" asserts Creme, the Christ will be invited to address all of mankind simultaneously on the linked satellite networks of the world. He will appear on television and each person will hear Him in his or her own language; at the same time, thousands of miracle cures will occur as a result of the out flow of the Christ's love, magnifying the events at Tlacote.

## HEALING ATTITUDES

by Faye Stroo

### HELPER (unhealed healer)

1. Helps others as a way of avoiding and dealing with their issues. (denial, projection, judgment)
2. Accepts or desires praise or takes blame (guilt/ re: progress of client) Feels responsible for clients healing or non-healing. (expectations)
3. Feels self is better than or more advanced than client and that some problems are more difficult to resolve - take longer.
4. Attempts to control the process. Feels they know what is best for client either during sessions or in client's life. (control and resistance)
5. Closes down in pain or going through conflict.

### HEALER (healed healer)

1. Creates a safe place for client to open to healing, knowing that what they (counsellor) see in the client is an aspect of themselves and see the client's issues as a call for love. (non-judgment)
2. Knows the healing process is up to a higher power in both the client and counsellor. Takes no praise or blame. Sees the client already healed/whole regardless of appearances. (vision) Trust the process.
3. Joins in oneness with the client. Looks beyond the sickness or problem. Sees the problem as a call for help to see the truth ( the light within self & client) (Vision)
4. Asks for help (heaven or higher self) to guide and direct the session of live/healing & listens for guidance.
5. Gives through their pain and knows that what they are lacking or wanting is what they are being called to give.

*"We are all unhealed healers, in the process of becoming healed healers. We come together to heal each other of our illusions.*

*What you see in others you are reinforcing in yourself. There is no order of difficulty in Miracles, one is not harder nor takes longer than another.*

*He who needs healing must heal. Physicians, Counsellors, Therapist heal thyself - What else is there to heal?*

Of course, it is up to the media, as representatives of humanity, to invite the Christ to appear thus before us and to investigate stories such as the appearance of these healing waters and indeed appearances of the Christ himself. Maitreya was photographed at his first such public appearance in Nairobi, Kenya, before six thousand people in June of 1988. As part of His gradual emergence onto the world scene, the Christ, has now initiated a series of such appearances says Creme, in Mexico City, Moscow, Leipzig, Hanover and a town in Switzerland till about mid-1992. To date, he has appeared mainly to Christian conventions of six hundred to a thousand people, materializing out of the blue and speaking for about thirty minutes in the local tongue,

outlining His hopes and plans for humanity. Creme says that healing waters will eventually be found near the apparition sites, drawing the media to report on the phenomenon. When they trace the story back to Maitreya, they will find Him waiting, the Lord of Love Himself, the Heart of our planetary life, accepting humanity's invitation to openly begin His planetary mission as Teacher and Guide for the New Age, as Friend and Counsel, helping us to remake our troubled world. ♦

**\*\*Note:** We have no further info. on the healing waters except for the name of the village, Tlacote, and that medical certificates are required of all those who come for the water. For information on the emergence of Maitreya, the World Teacher, contact Tara Canada, Box 15270, Vanc., B.C., V6B 5B1. - 736-TARA (24 hours)



# FALL PROGRAMMING AT A GLANCE

## Aug 28, 29 & 30

**TROY LENNARD**, doctor of esoteric philosophy and telepathic channel is conducting seminars, retreats and private sessions in England, Australia, Mexico and Canada. He will be introducing a weekend seminar on the **Practical Application of Healing using Sound, Color and Vibration**. An ancient system of yoga.

Introductory evening - Aug 28 - 7 pm - \$5

Weekend seminar - Sat & Sun - 10-5 - \$125

Both at the Dolphin Centre, Kelowna.

1 1/2 hour taped private sessions until Sept. 5th.

For registration of workshop or private session please call the Dolphin Centre 868-8088.

## Sept. 11, 12 & 13

**RELATIONSHIPS** - "Learning Unconditional Love." Having good relationships is one of the most important things in life. Relationships teach us the importance of co-operation, communication and forgiveness. When upsets occur learn how to get through the feelings and back to carrying and respect. **JOIN US FOR THIS HEART OPENING EXPERIENCE**

Date: Friday - Sept 11th - 7-10 pm

Sept 12 & 13th - Sat. & Sun - 10 am to 6 pm

Place: Inner Directions Constl. Training Centre.

Tuition: \$250 plus GST includes breath session.

For more information call 763-8588

## Sept. 13

**Stress Reduction** - Grismer - Kamloops - p. 7

## Sept 15

**Re-evaluation Counselling** - Introduction  
Penticton - p. 19

## Sept. 16

**At ONE-MENT** - Ginny Sayers - Kel. - p. 11

## Sept. 17

**Transformational Counsellors Training Program**. Introductory Evening - Vernon - p.10

**Reiki** - Vicki Allen - Sicamous - p. 9

## Sept. 18

**The Laying of Hands** - Ginny Sayers  
Kelowna - p.11

**Jin Shin Do** - Arnold Porter - Kamloops - p.7

## Sept. 18-20

**Psychic ESP Fair** - Vancouver - p.16

## Sept. 19 & 20

**Radiant Energy Healing** Ginny Sayers  
Kelowna - p. 11

## Sept. 22

**The White Hole in Time** - Peter Russell -  
Vernon - p. 3 & 9

**Transformational Counsellors Training Program** - Introductory Evening - Kelowna - p.10

## Sept. 24

**Brother Charles** Introductory Evening  
Kamloops - p. 12

**Reiki** - Vicki Allen - Vernon - p. 9

**Pyramid Ceremony** AMORC Kelowna - p. 26

## Sept. 25

**Open House** - Dolphin Centre - Kelowna - p. 4

## Sept 25, 26 & 27

**Weekend Empowerment Program** with  
Brother Charles Kamloops - p.12

**Spiritual Intensive** - Cheryl Grismer -  
Kamloops. Starts for three weekends - p. 7

## Sept. 30

**Forming Tribalized Communities**  
Forbes Leslie - Penticton - p.7

## Oct. 1

**Reiki** - Vicki Allen - Kelowna - p. 9

**Kootenay School of Rebalancing** starts  
Nelson - on back cover

## Oct. 2, 3 & 4th

**Relationships** Weekend - Dr. Rick Griffin  
Kelowna - on back cover

**Emotional Purification** - Yellow Bear  
Summerland - p. 17

## Oct. 15

**Transformational Counsellor Training Program** for the month of October Kelowna - p.10

## Oct. 9, 10 & 11

**Thanksgiving Harvest of Life Science of Mind Symposium** - Kelowna - p. 19

## Oct. 13

**Relationships** - Rick & Margaret  
6 Wednesdays - Kelowna - on back cover

## Oct. 15

**Reiki** - Vicki Allen - Penticton - p. 9

## Oct. 23, 24 & 25

**Reiki Essence & Presence** - Kelowna - p. 7

**Jin Shin Do** - Arnold Porter Nelson - p. 7

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## Oct. 29 to Nov 3

**Time Out** - Reclaiming Yourself!  
Taron Puri & Emerito Cerda in Kelowna - p. 2

## Oct. 30

**The Silva Method** - Better Life Centre  
Kelowna - p. 26

## Nov. 5, 6, 7 & 8

**Sexuality Workshop** - Dawn Bryant  
Kelowna - p. 18

## Nov. 17

**Inner Directions** Empowerment Program  
starts - Kelowna - p. 2

## Nov. 28 & 29

**Tarot** - Cheryl Grismer - Kelowna - p. 7

## Jan. 11

**Vision Mountain Leadership Course**  
Christopher Moon - Nelson - p. 2

## Feb. 12 to 25

**Hawaiian Holiday Retreat** - Andrew and  
Bonnie Schneider - p. 24

## April 23, 24, 25

**Spring Festival of Awareness**  
Naramata - p. 4

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**INSPIRATION AND ACCOUNTABILITY**  
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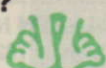
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