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Read Musing.....page 6

November / December 1992 & January 1993

Volume 3 - Number 6

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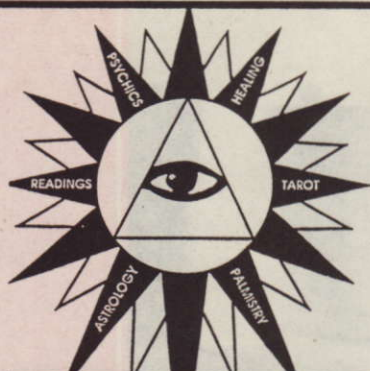
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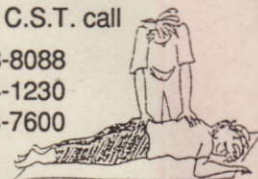
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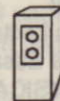
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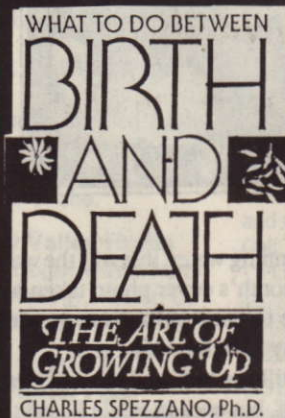
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Musing

with
Angele

Publisher of ISSUES

**Good Morning
Sunshine!**

**The Cold Water
Splash**



Photograph by Steve Tomlinson

As children on a farm with no running water, this was the way we washed our faces. Choosing this month's cover photo taken by my Mom of brother Phillip helped me to put together a few more pieces of the puzzle understanding why I am the way I am.

I never thought much about it till my kids and husband left home and gave me some time to myself, but once in while I used to wonder why people did things in a certain way.

For example, I wonder why ... I still torture myself on cold winter mornings, filling my cupped hands with cold water to splash my face, the same way that Phillip is about to do in the photo. When it is really cold I use luke warm water and some years ago I smartened up and started running hot water over my hands to warm them up after the cold water splash. But after all these years, I still prefer a cold water splash in the morning. I figure it's because I don't drink coffee and the jolt is a substitute to get me feeling fully awake.

I wonder why as a Mom I resented society dictating that to be a good Mom you had to have a neat house, inside and out, and spanking clean kids. Thank goodness I was young enough to be a rebel and ignore my neighbours' and relatives' well-meaning advice. As my children grew into teenagers and our home became a place to hang out, my favorite quote became "I can trip over this stuff as well as you boys can." I had promised myself never to become a nagging Mom and I refused to serve bondage to my house. There were so many more interesting and exciting things for us to do. I realized my children needed time to socialize and I knew it took time to learn sports or hobbies. Besides they were teaching me a lot about taking time to enjoy myself and I knew they wouldn't be teenagers forever. So housework took second place ... and it still does.

A favorite quote of my Mom's was "A place for everything and everything in its place." She tried her best to make my brothers and me proper, tidy citizens. I remember as a eight-year-old having to rake the gravel to the outdoor biffy so that it would look nice and tidy. I also remember protesting to myself ... that this had gone too far. What a waste of time this was on a beautiful Saturday. I could think of twenty things I'd rather be doing. So why do I choose to continue the cold water splash and disregard her advice on neatness? It's a good question and I think I have discovered the answer! My Mom also taught me to think for myself and take responsibility for my actions.

Here is one of my favorite stories about why I am the way I am. When I was 10 years old, I was invited to Aunt Cathy's birthday party. This was an honour because it was a late evening party and I was the only child invited. I loved to sew doll clothes and I decided

I would make Aunt Cathy a stuffed elephant, like the ones in the catalogue. I found an old blue shirt that I could cut up, bought some yellow embroidery thread for five cents and went to work. I embroidered a smile and an eye in place and then stitched together the two pieces of fabric, stuffing as I went. As the gifts were opened and my elephant made the rounds, the gushes of praise at how talented I was made me feel like a heroine.

Many years later when Aunt Cathy was moving she asked me to help. Under the china cabinet, covered in dust, I found the blue elephant and I stared at it in amazement. Why had I chosen blue? Was that really an elephant? The stitching wasn't even and it had big gaps in it. It was very lumpy looking and I discarded it quickly into the garbage bin for I was embarrassed at how ugly it looked. And me ... a sewing instructor at the local college! Today I would enjoy having the elephant around as a reminder of how far I have come and how a little praise encouraged me to keep sewing.

Perhaps that is why I have been able to publish ISSUES with no previous background or training. All I knew when I started was that the valley needed a full time networker and a magazine would help to spread the word. The encouragement I have received by everyone, every step of the way, certainly led me to believe that I was good at it. I am still amazed at all the hands-on help I have received from strangers to make my job easier. Today many of those strangers are my best friends and they are still helping me to be the best I can be.

Now that my basic training in publishing is over, I want to re-focus my energy. Starting with this edition, ISSUES will be published five times a year instead of six. Producing one winter edition to cover Nov/Dec/Jan will give me the extra time I need to do the scheduling for the Spring Festival of Awareness and avoid the Christmas rush. There will be two spring editions, Feb/March and April/May, published one month before and one month after the Festival of Awareness. Publishing the summer edition to cover the three months of June/July/August, will allow me to take a month off to review and renew myself. The Fall edition of Sept/Oct will be the same as always.

Both the Festival and ISSUES, are dear to me and I want to have the time to enjoy doing them. I want to thank everyone in advance for understanding my decision to publish only five editions a year. There will be reminders in each ISSUES when the next one will be available for pick-up at your favorite spot so please make note of the changes as I enjoy having you as a reader.

Perhaps one day when the valley is ready I will publish monthly but to do that I will need to have an office and a receptionist. My one year of grade eight typing has been a blessing but not something I enjoy doing.

Please remember that this is *your* networking magazine. The stories are submitted by local writers wanting to share ideas. If you have something to share, please write or phone me and we'll let other folks know what you are doing.

I also do a TV Show entitled the Holistic Networker that airs on Shaw Cable 11 in Summerland and Penticton. If you are new to town or want to know what's happening in the valley, watch the show or give me a call ... I am happy to share what I know.

Love & Smiles Angele

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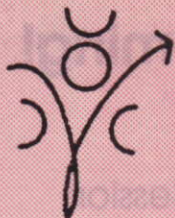
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SOME THOUGHTS...

by Rev. Donna Maurice-Winchell

LOVE is a choice. As Marianne Williamson states in her new book "Return to Love": "The experience of love is a choice we make, a mental decision to see love as the only real purpose and value in any situation." So many of us are seeking love, seeking companionship, seeking acceptance and finding the people, the places and the things in our life not meeting our expectations and not fulfilling our needs. We go along sadly, knowing that something is missing in our life, but not knowing what. How can we fill that emptiness? How can we find a life that is fulfilling and joyous and free of want?

The first step is always the most challenging. We have to give up our old ways of looking at things; we have to open ourselves to new ideas and new concepts; we have to plug in new information into our mental computer and delete the old. Giving up old attitudes and ideas is difficult but certainly not impossible; and what difference it makes in our lives!

Since LOVE is all there is, then what we are is LOVE. Love is not something we do, it is our essence. Love is an energy, a creative force for good. When we look at the people in our lives through the "eyes of love," when we accept each person as being a unique creation for good out of Eternal Mind, when we know that every situation is perfect from a spiritual point of view, then our lives "miraculously" change for the better. When we radiate love, we in turn become magnets for love. Our lives will be filled with the companionship, the understanding and the fulfillment that we need to continue living. We must GIVE to receive. It BEGINS with us. We must give with an open heart, with compassion and with understanding of the human frailties that we all embody; we must love unconditionally ... as we are loved unconditionally.

The SOUTH OKANAGAN NEW THOUGHT CENTER OF RELIGIOUS SCIENCE is an IDEA whose time has come! What an exciting demonstration of MIND. Our Mission Statement "To heal this planet, one person at a time, knowing that LOVE points the way and the LAW makes the way possible" indicates as perfectly as we can, what the New Thought Center stands for. We are a spiritual FAMILY, each of us centered in LOVE, dedicated to HEALING our lives and GROWING FORWARD in TRUTH and LIGHT.

The month of November is dedicated to ourselves. Our theme, "This thing called YOU" explores who and what we really are, defining our roles and helping us take charge of our lives in a greater and more expressive way. We agree that "it is never too late to have a happy childhood" and that we can begin again at any time, starting anew and leaving behind all the old hurts and negativity.

December is the month we realize that change is inevitable. Our theme "The Winds of Change" takes us through a series of lectures dealing with the plateaus we go through in our spiritual journey — again knowing that we are in charge of our lives although we sometimes require an attitude adjustment to accept these changes gracefully and with gratitude. We are ever-evolving Spiritual Beings. In New Thought, we learn to evolve consciously, making use of the Law of Mind and becoming aware at all times of the Law working in our lives.

I invite everyone who is a Truth seeker to visit our Center on Sunday mornings and to join the rest of our Spiritual Family in knowing that we are One in Spirit and Love. It is a wondrous journey we are on! With love, Rev. Donna Phone (604) 768-0468

South Okanagan New Thought Center of Religious Science
P.O. Box 1253, Station A, Kelowna, B.C. V1Y 7V8



A Course in Miracles

by Gayle Hill

The Course in Miracles is a set of books dedicated to showing us the way to peace. From the first time I heard of the Course to when I actually began studying it, I felt ever guided to

its teachings. One of the principles of the Course in Miracles is, Love is all that is real and everything else is a call for Love. In the beginning I thought all I needed to do was keep putting loving thoughts in my mind, love everyone in sight, and all would be healed. What I discovered was this was not an easy task, that I would constantly bump into my results not reflecting the love I thought I was extending. I was not prepared for the level the Course in Miracles aims at taking us. The Course is promoting radical transformation by asking us to be willing to question every value we have. It isn't asking me to put in positive thoughts, instead it is asking me to undo or unlearn all my beliefs.

There are three volumes to the Course, the first being the Text, which explains the concepts, the second is the Workbook for Students which consists of daily, practical lessons that support us in undoing our mistaken beliefs, and leads us into living and being a demonstration of the Courses' principles, third is the Manual for Teachers which addresses our issues with being that demonstration.

One of the concepts the Course in miracles teaches us is that the only real conflict is within our own mind. Any time we feel in conflict with anything else outside of ourself is a projection on our part. The Course aims at transformation by teaching us we are 100% responsible for our reality. If we believe the world is a scary place to be and we need to protect ourself, then that is what will be true for us, when we change the thought to the world is a safe place to be and I need not defend myself then that is what we will experience.

The area I tried to skip over in the beginning was all the feeling that came up for me when I attempted to make changes. I thought I was doing something wrong if negative emotions came up. I quickly suppressed or denied my feelings of fear, guilt or anger and pretended to be happy all the time.

When I started to see major changes in my life was when I began to feel my feelings and prove them the illusion the Course was telling me they were. I thought I would experience Love by not allowing myself to feel any negative feelings.

The Course teaches all emotions except Love are from the past, which makes them an illusion in present time. I knew I could not always be in the moment feelings deep inner peace, love. I then became willing to start undoing as the Course puts it, any unresolved emotions that blocked me from feeling love. This process has become a lifelong challenge for me.

The Course in Miracles states it so simply ... "The Course does not aim at teaching the meaning of Love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposite." All I ever need to do is acknowledge my blocks, allow God to "undo" them and miracles, love and peace become my reality! ♦♦

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

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The difference is before my life was 'flat' and now I feel passion, spontaneity, gratitude and a lot of love; and yes those other emotions of fear and guilt and anger still pop up. Now I put into action a little bit of willingness and leave the rest to God!

Gayle Hill is a breath practitioner and motivational speaker at Inner Direction Consultants Training Center. She studied the Course in Miracles for five years and now leads a study group at the Centre.



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A four evening series on joyful transformation. This experiential seminar is for those who are willing to move into increasing leadership, accountability and empowerment.

4 Mons. beginning Nov. 2 - 7:30 - 10 pm - Cost \$80.00

Sexuality Workshop with Dawn Bryant

When we get "hung-up" with sexual guilt or shame, we lose our power and freedom. Dawn offers a method for transforming past fear, pain and limitations around our sexuality into love and forgiveness. **Cost \$145.00**

Free Intro Talk: Nov. 5, 7:30 pm. - Seminar: Nov. 6, 7 & 8.

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Transformational Counselling and Therapy
Relationship and Individual Counselling
Phone 868-8088

Marilyn O'Reilly - Bodyworker & Counsellor
Certified Rebalancer
Transformational Counsellor & Rebirther
Phone: Kelowna Dolphin Centre - 868-8088

Anne Harrison-Foss - Counsellor
Individual & Group Counselling - Art Therapy
Myer-Briggs Type Indicator - Psycho Drama
Phone: Kelowna: 868-4327 or Lumby: 547-9785

Jeannette Finklestein - Painting from the Source
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Phone: Kelowna Dolphin Centre - 868-8088

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The Flying Dolphins

Sharing the "Vision" and the "Adventure"

by Faye Stroo

The Dolphin Centre will be open a year in January. Since then, I have continued to ask myself, "What is it for?" and "What is my next step?" Being willing to ask for guidance daily, hourly and often each moment, has been the theme of my life for the last several months. To my question, "What is it for?" I am often reminded that the essence of all our problems is the erroneous belief that we are separate from our source and from each other and to dedicate myself to healing this belief. This would, of course, include my work at the Dolphin Centre. My inner voice also often reminds me to remember. "There is only one reality and that is love."

To my question, "What is my next step?" I heard "Partnership and Joining." Being naturally a very independent person, I questioned the validity and the reason for this message and decided to put the word out and see what would happen. It has been my experience that when I receive true guidance, following it is easy and flows without struggle. The Universe looks after the details.

Since the time Dolphins have been a theme in Kelowna with "The Dolphins" complex being built and now the unveiling of Dow Reid's sculpture of the Dolphins. The Dolphin Centre existed prior to these events and these recent images of dolphins have conveyed some very significant messages to me.

The day they flew the dolphins, by helicopter, to sit in "Rhapsody" in front of the Dolphin's Complex, I had been seriously contemplating my next step. I believe there are no coincidences; and as I was driving down Lakeshore Drive with the three Dolphins flying intertwined above me, a rainbow appeared just over the dolphins. My feelings were indescribable and I knew they were showing me what can be accomplished by joining. Three dolphins flying over Kelowna supported by a rainbow ... awesome! I couldn't ask for a more profound message of love and joining.

I have since rededicated the Dolphin Centre to that unseen centre of love within each of us, the centre where we are all one. And out of all of this, I also received a new partner, Marilyn Evans. I am pleased to announce that she and I have decided to take the next step together here at the Centre. Though Marilyn and I have known each other only a few months, I felt an immediate kinship when we met and our friendship and working relationship has continuously expanded since that time into a natural partnership.

Marilyn brings with her a wealth of talent in marketing, organizational skills, and leadership skills including workshop facilitating. Together, I know the centre is going to fly like the dolphins and experience ever increasing joy, joining and celebration.

Unions like this are new and adventuresome. They are examples, to me, of manifestation of the shift in human consciousness that speaks to our "oneness". They invoke a feeling of a pioneering spirit, no different than the spirit that discovered and explored a "New World" centuries ago; and that reflects a shift in consciousness that beckons us to will another "New World." The "New World" ahead still be one of love, sharing, brotherhood and equality; that will, at the same time, respect individual and cultural uniqueness.

Some of the plans we have for the near future, include:

- * Forming an association of counsellors and healers that will work out of the Centre who will develop and practice common, universal healing principles.

" I AM ONE "

You are invited to a retreat of channelling, meditation and beauty by **Gwendell Rundle** and her guides. Gwendell has had psychic abilities all her life and has also expressed them in her art and music. Today she brings her many years experience as a counsellor and channeller to you.



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- * Creating a new "Course in Miracles" in depth study group.
- * Providing a regular "Speaker's Night" where others can share their vision.
- * Inviting and sponsoring out-of-town teachers to speak or offer seminars.

Both Marilyn and I invite you to participate in this adventure with us, in any way that feels right for you, whether as a volunteer, teacher or healer, student, etc. We will have a Christmas Open House on December 4 where we will share our vision, have other speakers and a Christmas gift sale. We also invite anyone who would like to sell quality gifts or crafts at this sale, on consignment, to call us. For other events happening at the Centre please see ad. ♦



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Acceptance

by Diane Raesler

As I sit in what seems an empty space in time, I watch as the thoughts ripple gently across my mind. Acceptance is the theme this day. Acceptance of myself, acceptance of this empty space, acceptance of my present reality, in all its varied forms; acceptance of this gentle nudge I feel within to take the next step in my life. This could be a painful process and it would be my resistance that would make it so. Possibility you can relate?

I remember a time about two years ago. I was deeply engaged in my daily "quiet time." I went to a very deep, calm place which seemed not of my physical reality. When I arrived back from my journey was inspired to write these words:

Our Lives.

Our Environment,

Our present Reality

In whatever form it takes

Is but a mirrored reflection

Of what lies within

When we find the courage

To look into this mirror

And see ourselves

True healing of our Hearts, our Minds
and ultimately our Planet, can Begin.

I am deeply committed to these words and their meaning. Living them has made a profound difference in my life. I am able to come full circle with my issues. I am "accepting" responsibility for my experiences. The result has been a sense of freedom previously non-existent in my life. Acceptance is the key.

Diane has moved to the Okanagan from Edmonton where she trained as a Life Skills Coach. She is listed in the N.Y. Pages under Intuitive.

*The focusing power of
attention never fails.*

It is the secret of success.

Concentrate.

*...Then go after
what you want.*

Paramahansa Yogananda

An Ancient Tradition Looks at Longevity and Women

by Joan McIntyre

At least 26,000 years ago, the mysterious and romantic Caucasus Mountains birthed a line of long lived peoples. For these Circassians, as they are called, as well as for us today, long life was important only if the quality of that life could be enjoyed.

More than diet, more than skin brushing, more than exercise and humor enable the Circassians to live long and satisfying lives. A combination of these ingredients plus customs unknown to Canadians make life a long and healthy prospect for these people.

Few people know the customs and traditions of the Circassian peoples, especially of the Abkhasian tribe, from the inside out, although books have been written about the beauty and mystery of the life of these mountains people, they have all been written by observers and researchers. Here in the Okanagan lives a man who was born into this way of life and lives it to this day.

The ancestral line of Murat Yagan originates in Abkhasia, in an area between the northeast shores of the Black Sea and the main range of the Caucasus Mountains. Abkhasia is protected from bitter northern winds by the mountains and tempered by the warm, humid breezes from the Black Sea; the climate is mild, the landscape rugged and lush. Murat Yagan's ancestors were a warrior-trained, well disciplined mountain people. Abkhasian longevity is legendary; it is not unusual for men and women alike to live full and productive lives past their 125th year. Murat Yagan belongs to the ruling class of nobleman in his tribe. He is chief of the tribe as were his father and grandfather.

However, the office of tribal chief was not specifically passed down from father to son, but was invited on the basis of merit as well as heredity. The Abkhasian idea of aristocracy meant that one found his place in society based on his inherited genetic characteristics. These characteristics were not only simple physical attributes, nor were they restricted to talents such as ability in music or sport. The Abkhasian tradition stated that one inherited his tendencies and capacities in the spiritual realms as well. Thus, everyone has his place based on hereditary line. No one was thought of as "less than" because he wasn't part of the ruling class. Each class had its field of expertise and each position was respected by the entire tribe. The serf was much beloved and respected by the nobleman as was the nobleman by the serf. They lived the reality of one for all; all for one.

Murat Yagan's life led from the Caucasus to Turkey and finally to Canada. He lives without pretense or fanfare, having long abandoned the title of chief of the tribe. But his house remains open to the people of his tradition and to all those who seek entry; hospitality in a mainstay of the traditional Abkhanian homelife. At this writing Murat is 76 years old. Not many people, young or old, can keep up with him.

Women

These same Abkhasian peoples had a special place in their hearts for their women. The word for God in their ancient language translates as "mothers." Each female was respected and revered because of the creativity, potential or actualized which was an integral part of her physiological and psychological make-up.

Woman was considered the superior sex! Through her compassion and love everyone around her was elevated and edified. She was the strength and policy maker of the tribe, meeting together in council to decide on political and social issues. Moreover, when the men of the tribe had been fighting either among themselves or with other tribes and the women thought the war had gone on long enough, all the women had to do was to walk between the adversaries bare breasted and the men were obliged to end their fighting. A pivotal part of the education of woman in this tradition was to learn to relax deeply. This relaxation enhanced their capacities to fully reflect femininity.

The Kebzeh Foundation of Canada is sponsoring monthly workshops near Vernon.

Nov. 20, 21 & 22 - Time Out for Women

Facilitators: *Joan McIntyre is a teacher/educator, currently teaching at Okanagan University College. As a counsellor she specializes in Women's Issues. She has facilitated The Feminine Face of God and Finding Your Own Voice. Her passion is singing.*

Pamela Rose is an educator and aromatherapist. She was one of the first members of the Vancouver's Women's Health Collective. Her business is called Uncommon Scents and she is a minister in the Essentialist Church of Christ in Vernon.

Jan. 22, 23 & 24

Longevity & Well Being with Murat Yagan

He has written two books, *The Abkhasian Book of Longevity and Well-Being*, and his spiritual autobiography *I Come From Behind Kaf Mountain*. Mr. Yagan travelled extensively throughout the Middle East, Europe and then to Canada seeking and experimenting and finally teaching the esoteric knowledge of this tradition. He lives in Vernon with his wife Maisie.



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Nov. 20, 21 & 22

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Box 1207, Vernon, BC, V1T 6N6.
Phone 549-4479



The **Kebzeh**
Foundation
of Canada
presents

Longevity & Well Being

with Murat Yagan

Mr. Yagan paints a vivid picture of his people whose lives were based on unconditional love and community. Features little known practices of the long-lived people of the Caucasus Mountains.

January 22, 23 & 24

Vernon - Maddess Building
3005-35th Ave.

Fee: \$200.00
(Accom. & meals not included, limited billing)

for information and registration:
The **Kebzeh** Foundation of Canada,
Box 1207, Vernon, BC, V1T 6N6.
Phone 549-4479

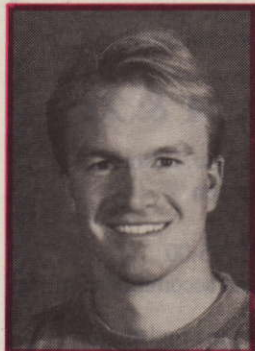


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Canadians, watch out!

Freedom of Choice Threatened

We Canadians had just better speak out, and speak out loud and clear if we want to keep using the vitamins and food supplements that we hold dear. According to a statement from Alexander Schauss of Tacoma WA-based Citizens for Health, the pending legislation called the Nutrition Labelling and Education Act [NLEA] and the Food, Drug, Cosmetic and Device Enforcement Act of 1992 [HR 3642 and S 2135 respectively] could go into force in November, 1992. If they pass in both the House and Senate and get signed by the President, some estimate that within two years up to 60 percent of health food stores in the United States might be forced to close.

Why? Because the US Food and Drug Administration [FDA] would have the manpower to and be in a position to threaten stores for failing to comply with FDA regulations with penalties ranging between \$250,000 for individual proprietorships and one million dollars for corporations.

The FDA put together the Dietary Supplements Task Force, chaired by Gary Dykstra for the purpose of improving the regulation of supplements. The report from this group has not yet been released but it should be out soon. One of the recommendations that this report will carry is that amino acids be available by prescription only. Other recommendations that are rumoured to be in the report are that supplements which have not been proven to be needed in human nutrition [such as bioflavonoids, selenium and chromium] will not be available for sale. High potency vitamins and minerals will be treated as drugs. [The FDA seems to be defining high potency vitamins as those containing levels of nutrients exceeding those normally found in foods.] Products like bee pollen, herbs and Co-enzyme Q-10, may be treated as drugs.

Here's the point. What happens in the US, invariably happens in Canada. There's help on the horizon, but don't relax, it's not here yet.

With the help of Citizens for Health, Senator Orin Hatch has submitted a Bill, S 2835 as has Congressman Bill Richardson, HR 5746. These bills, are also called the Health Freedom Act of 1992 and the Health Choices Act of 1992, respectively. If passed, they will protect supplements from the regulations that have the potential to be imposed on them by the passage of HR 3642 and the proposed regulations regarding the NLEA.

As we said in the last Health Action [summer, 92], you can FAX President Bush [202] 456-2461. Do it today! Your freedom of health choices in Canada may depend on it.

FOR MORE INFORMATION:

Citizens for Health: Box 368, Tacoma, WA 98401
 or telephone [206] 922-2457

or HANS #202 - 5262 Rumble St; Burnaby, BC V5J 2B6
 or telephone [604] 435-0512

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Margery Tyrrell, B.A., B.Ed

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INVESTING in the '90s

Investment and/or Participation

INVEST PARTICIPATE or perhaps both? in an idyllic setting in Western Canada. This project will be of especial interest to those interested in wholistic health, in a redefinition of life's values, and to those who appreciate the need to take urgent action in order to be adequately prepared before the real turmoil of the chaotic nineties is upon us. The facility is essentially a health retreat set deep in the countryside a self-sustaining community.

The PURPOSE is twofold: (a) provide an enduring basis for an ongoing business which will ensure economic viability throughout the nineties and beyond, and (b) establish a safe and secure haven for living out the chaos and intensity of life in the '90s, especially for those destined to be teachers and builders of a new age - a new world in the 21st Century.

It will also serve to house one of the most comprehensive libraries or repositories of knowledge in existence today, which will be vital for the understanding of Man, his cosmic relations and the reason for his sojourn on this planet.

The OPERATION: a multi-faceted, self-sustaining residential retreat; a country inn, together with educational, healing and spiritual (as opposed to religious) development facilities, with a planned boarding-school; and supported by an intensive, hi-tech organic greenhouse operation as well as a competent staff dedicated to teaching and healing.

The **HEALTH** facilities may attract considerable attention as they will employ unique methods for the reversion of disease and the aging process as well as maintenance of the immune system - destined to be the hot topic of the '90s, as the environment continues to deteriorate and man-made interference intensifies, while health (medical) services fail. Where will you be when the behavioural control system (G.W.E.N.) is activated throughout North America?

LOCATION: the facility will enjoy the beneficial vibrations of the various elements: located between mountains, flanked by water and evergreens; readily accessible, yet far from the negative effects of organized 'civilization' of any kind; energized and protected by both the nature of its environment and the qualities of its participants; unaffected by future climatic, geophysical and social unrest, all expected to reach a climax in 1995. A place of quiet beauty ... for rest, study and development. A fortress in times of need. It awaits the right people - those in tune with Mother Earth.

PARTICIPANTS will form an independent, harmonious community in a pollution-free environment, in an area naturally protected from nuclear radiation. Participation should help fulfill **your** life's purpose, and preference will be given to those who truly appreciate the importance of a 'Remnant Retreat.' Both investment and active participants may withdraw at any time after the first year of operation, but permanency will be encouraged and indeed preferred.

ARE YOU COMING? The site in Western Canada has already been earmarked. Construction plans have been drafted, and the unique knowledge essential for the successful carrying out of its activities is already available, but there is still room for additional wholistic practitioners, assistants and trainees; marketing personnel; teachers or lecturers; technicians and service personnel; horticulturalists; experts in construction, lumber and many other fields.

The project does NOT constitute a withdrawal from life but is rather a creative and productive operation, utilising to the fullest the varied talents of its participants and helping to enhance the quality of life for all - in body, mind and spirit.

Will you **HELP US HELP MANKIND?** The revenue from these activities will provide the basis for both the return on investment and the contentment of the contributors and other participants. Shares identified solely with this project will be issued to each contributor (minimum \$1,000). A personal profile for each intending contributor as well as a comprehensive resume for each active participant will be requested. Please tell us about yourself and you will be sent further information. *Progrederet in luce.* Only serious enquiries will be responded to please contact:-

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(This information does not constitute a prospectus)

MALE FRONTIERS

Canadian Options for Men

by Dave Nordstrom

A Lil'wat elder, early in our acquaintance, challenged me with this statement: "You white men think that when you finally notice something, you've discovered it!"

Another elder, at the quadracentennial of Cartier's "discovery" of the St. Lawrence, thanked the other honored guests for the opportunity to join in the celebration, but confessed to some confusion over its meaning, as his people thought the river had been around a lot longer than four hundred years...

In this 5th centenary of Columbus' "discovery" of "America" it is apropos for us as men and women to reflect on such wisdom, and to relate it to what is commonly called "New Age." Chief Dan George's son Lenny, at an interfaith gathering in Victoria several years ago, shared the idea that all of us are "native" peoples whose common path has been wounded by materialism.

This perspective addresses my continuing need, as a man raised in a mechanistic, consumer-oriented society, to demonstrate my worth in material terms ... to prove that I am of some value by accumulating knowledge, status and goods. One of the most effective means of doing this is to present my insights, skills, and experience as "new," and to market them with as little reference to my "competitors" or predecessors as possible.

The repercussions of this attitude on my own body can be profound. If I treat each "pay attention" message from my physical being or spiritual center as if it is a new occurrence, without reference to what has gone before, I set myself up for progressive imbalance and illness. Yet males in general, and an increasing number of females, are being systematically trained to ignore their personal early warning systems and the wisdom of our elders in the service of a market-driven economy.

Whenever I resonate with the world from a state of inner contentment and balance, the present moment becomes satisfying in itself, and as the desire to "make a name for myself" by conquering new worlds of experience diminishes, my attunement to health and rootedness in a community of wisdom increases. I connect this attunement directly to models of the "Canadian frontier."

The pluralistic roots of Canadian society, belaboured again in Constitutional Debate, have a powerful significance to my sense of collective identity. The present focus of process rather than outcome is essential to what we as Canadians have to offer to the world community. Our American brothers and sisters ... especially in this election year ... continue to be caught in the manufacturing of images which totally ignore process; whatever levels of public cynicism about the integrity of politicians, the attraction of icons carries the majority of people along.

This is the central reason for my reservations about the "New Men's Movements"... they become so easily image-centred rather than process-centred. They tend to deride a wide variety of male processes and uphold a single path with the implied guarantee of "success." They ignore the wisdom of a multitude of living elders, and leap back into mythic prehistory for their justification. They tend to retreat from the real issues of life in a transforming society and particularly in the comfort of middle-class academe, play at wilderness in the same way that the pre-revolutionary French aristocracy played at shepherding.

The Canadian male options are to me, much more vital. Foremost

MIDLIFE ISSUES

Midlife - A time when individuals lose their footing in a once secure social and psychological world. Their old ways of being become lifeless and dry. For many, feelings of depression, anxiety and loss of energy pervade. Others just have a lingering sense that they have lost something ... but are not sure what that is.

"Midlife issues are like climbing to the top of a ladder only to realize that the ladder is leaning against the wrong building!"

Individual counselling sessions are offered to explore midlife issues of work, family, relationships and inner growth through a Jungian approach to dream interpretation and imagination processes. Initial discussions are welcome

Gordon Wallace, M.A. (Counselling Psychology)
#219-1980 Cooper Road, Kelowna, B.C., V1Y 8K5

Phone 868-2588

of these is the vitality of frontier life. Dealing directly with the real challenges of clearly-defined seasons and issues of day-to-day survival adds a refreshing humility to each man's sense of power over the elements and tunes him in to any sources of wisdom!

Comparatively lacking in the bureaucratic restraints of centuries of established procedure (most especially pledges to the flag), Canadian men have been freer to recognize a wide variety of ways of being male, each with its own value to the community. Closely allied with this has been the freedom to maintain multicultural traditions, and to build a society remarkable for its tolerance of differences. (Even if that tolerance is only expressed by making sure that "aliens" stay with their own kind.)

It is essential to recognize that "frontier" does not presuppose anything "new" ... what it expresses is the process of discovery, the refining of experience to integrate and strengthen a wider range of possibilities. Facing the ever present challenge to what is familiar, the frontier explorer risks what he has been brought up to consider essential to life itself in order to stretch the limits of present reality.

He is impatient with established knowledge, recognizing that essentially every belief system is but "one man's opinions"... a way of integrating his perceptions into a coherent mode of operation. The frontiersman respects others' points of view, but is compelled on some deep level to test his own reality and truth in everyday experience. He pays attention to the various messages sent by his own being, and then integrates the wisdom of others into his own unique path.

Dave Nordstrom is a counselor/consultant/coach newly settled in the Okanagan/Shuswap after a 20-year career in Victoria. He does transformational counselling and workshops for men, women and families. With partner Eugene Chung, he founded the North Okanagan Men's Transition Group program in Vernon, is currently working on a Shuswap Men's Resource Centre and offers Men's Solo retreats near Pillar Lake.

Look for him in the Natural Yellow Pages, under MEN.

WINTER PROGRAMMING AT A GLANCE

Nov. 2 & 4

Weekly Series in Kelowna - p. 10
Miracles & Mastery - Faye Stroo
Care of the Soul - Marilyn Evans

Nov. 5

Intro. to Personal Empowerment
 Kamloops - p. 07

Nov. 5, 6, 7 & 8

Sexuality Workshop - Dawn Bryant
 Kelowna - p. 10

Nov. 6, 7 & 8

The Original Psychic ESP Fair
 Coming to Penticton - p. 2

Nov. 14

COMMUNICATION WORKSHOP - The art of communication is matching what you are saying to how you are feeling. Learn how to ask for what you want. A One Day Workshop led by Patti Burns and Barb Powick
Date: Sat. Nov 14th, 10 am, to 6 pm
Place: Inner Directions Conslt. Training Centre.
For more info.: call 763-8588, Vernon: 542-3102 or Penticton: 492-3394

Nov. 17

Inner Directions Empowerment Program starts - Kelowna - p. 8

Nov. 18, 19 & 20

Handwriting Analysis - Angele Rowe
 Kelowna, Summerland & Penticton
 Evening talks - 7:30 - 10 pm - \$5.00 - p. 27

Nov. 20, 21 & 22

Time Out - A Weekend for Women
 Joan McIntyre & Pamela Rose - Vernon - p. 13.

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Tarot - Cheryl Grismer - Kelowna - p. 9

Discover Your Psychic Powers - Norma Cowie - Penticton - p. 2

"I Am One" Workshop - Gwendell Rundell Oliver - p. 11

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Paradox & Healing - Peter Nunn
 Penticton Library, Talk & Book Signing - p.22

Dec. 4

Christmas Open House - Dolphin Centre
 Kelowna - p. 10

Dec 5

FORGIVENESS - RELEASE FROM PAIN
 Forgiveness is a change in perception that allows us to shift our attention from pain and separation to love and togetherness. One day workshop led by Cheryl Bassett and Bill Urquhart
Date: Sat. Dec. 5th, 10 am, to 6 pm
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Dec. 4, 5, & 6,

"I AM ONE" workshop - Gwendell Rundell Oliver - p. 11

Dec. 11, 12 & 13

Communications with Cyndy Fiessel
 Kamloops - p. 25

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Personal Empowerment Program starts in Kamloops - p. 7

Jan. 11

Vision Mountain Leadership Course
 Christopher Moon - Nelson - p. 12

Jan. 22, 23 & 24

Longevity & Well-Being - Murat Yagan
 Vernon - p. 13

Jan. 30

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Some Little Known Lore about Gems and Crystals

by Joan McIntyre

AMETHYST is crystalline quartz colored purple by a small trace of iron. The word, "amethyst" comes from the Greek word which translates as, "without drunkenness." Amethyst owes its fabled name to the nymph, Ametho who was beloved by Bacchus, the god of wine. She, however, preferred Diana, the goddess of chastity. For this insult, Bacchus changed the nymph into the lovely purple gem stone. So amethyst has been used in the treatment of alcoholism as well as many diseases traditionally associated with overindulgence, i.e. gout, diabetes, etc.

The Egyptians believed that amethyst warded off guilt and fears, safeguarding the wearer against personal treachery and self deception. In addition, there are records of amethyst being used to cure insomnia and induce pleasant dreams if placed under one's pillow. Today, many researchers say that amethyst inspires deep spirituality and meditative peace.

AMBER has often been associated with the golden tears of a god or goddess who is mourning the loss of a beloved. On a more literal level, amber is actually fossilized resin from ancient coniferous trees which are anywhere from 40 to 60 million years old. The most valued amber is found on the Baltic sea coast, although lately there is an abundance of good quality amber on the market from the Dominican Republic and from Chile. Amber can be green, blue, red or golden-yellow or utterly clear. It often includes perfectly preserved insects which fell into the substance while it was still fresh millions of years ago. More recently pipe stems and mouth pieces were made from it. Amber was used in medicine, powered and mixed with honey as cure for almost everything imaginable. It was worn as an amulet to protect health in general, to stop toothaches and headaches and rheumatic pains of all kinds. Amber is able to hold an electrical charge. A test as to whether it is imitation or real consists of rubbing the amber briskly against your skin and then holding it next to a small piece of paper such as a tissue. Real amber will pick up the tissue paper and hold it.



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by Marion van Goudoever

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The one who tells us the story was born on a hunting trip as Ambrose Laboucane. On the day of his birth, his Grandfather gently, joyfully, carried the tiny baby to the edge of a lake and named him Red Cloud - for the rays of the evening sun had colored the clouds orange, rose and a bright, vivid red. A Cree Metis from Medicine Hat, the boy grew up to become a respected Medicine Man and an inspiring visionary for his people. In B.C., Red Cloud has become known for his tireless creative work towards a better understanding between peoples of varied cultures. He shared his Native spirituality in many ways, convinced that only through true and shared spirituality can we come to a cooperation between all lives that live on Earth.

Together with others who were and are unselfishly devoted to that ideal, Red Cloud began the annual gathering at Edgewood, BC, called "The Rebirth of Mother Earth." Openness and sharing characterize this ongoing work.

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Reviewed in the Kootenay Weekly Express
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Essiac

by Colleen Nicklassen, C.H.



Essiac is a herbal formula used in the treatment of Cancer, this formula has been around since the 1920's. A nurse named Rene Cassie (Essiac is Cassie spelled backwards) acquired the formula and used it up until her death in 1978. Through her 50 years of research and use Rene found Essiac worked not only on Cancer but other diseases such as diabetes. Essiac works by aiding the body in breaking down the cell masses (tumors) and expelling them from the system. The tumors will often become larger before the start of the breakdown. Not only does Essiac aid the body in getting rid of the growths but it also relieves any pain within a short period of time. The herbs in this formula are Burdock Root, Sorrell, Turkish Rhubarb, Slippery Elm, Cress and some other special herbs. The herbs used are strong Blood Purifiers which also help to strengthen the immune system, therefore this remedy would also make an excellent preventative formula.

There is a lot of documented information showing the results of Essiac on Cancer patients. Rene treated a great number of patients in the 50 years she used the formula with unbelievable success. A lot of her patients were terminal and given up on by their doctors. It's interesting to note that Rene was only able to treat people if they were given a certificate by their doctor verifying they had Cancer and approving her treatment. She was under the red tape of the Cancer Commission and Health Minister.

I know you're thinking this formula sounds too good to be true. I personally have seen the results from Essiac on my Grandfather and some other people I know. I am ecstatic about the reappearance of Essiac, for I haven't heard of or seen the remedy for a great many years and thought it was buried due to its amazing success.

You're probably wondering why this formula isn't openly published as a cure. Well unfortunately, due to the Health Protection Branch and Medical Profession there can be no Medicinal claims made on Herbal Formulas. In my opinion Essiac is too simple a cure with little profit potential.

There is a lot of information on Essiac available, and Essiac can be obtained through Health Food Stores under another name. There are many copycat formulas on the market but the original formula is the one with Elaine Alexander's endorsement on the label. Elaine holds the legal rights to the Essiac formula.

I end this article with a lot of gratitude to Rene Cassie and Elaine Alexander for making this amazing remedy available to people afflicted with Cancer. I also hope that Essiac will continue to be available to the public and not be banned or seized due to its success and recognition. It is the people with success stories and public demand that have kept this Remedy available even under the scrutiny of the Cancer Commission and Ministry of Health.

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Cancer Controversy Continues

by Bill Dixon

In 1922, a courageous young nurse began treating patients with a controversial herbal remedy. For almost 60 years, Rene Caisse administered Essiac, her Ojibway Indian concoction - a simple, non-toxic botanical combination - to countless terminally-ill cancer patients, many given up on by medical doctors and told they had months, weeks or even days left to live. And while some (whose internal organs had gone beyond the point of no return) did pass on, they allegedly did so free of pain. Many others are enjoying life, decades later.

Since Ms. Caisse was not a medical doctor per se, she was barraged by members of the medical profession and Health and Welfare; they wanted her to stop "practising medicine without a licence". But she had a myriad of doctors, (many who had seen the results of her work), on her side - along with more than 50,000 others who signed petitions, asking that she be allowed to continue. The evidence and public support were simply so overwhelming, she was granted permission - at least until the next medical assault - to continue helping patients who lined up at her door. In return, she was allowed to accept only donations from ecstatic patients and elated families.

Dr. Charles A. Brusch, former personal physician to JFK, after 10 years of his own research with cancer patients, was reported to have said "Essiac is a cure for cancer, period." But does it actually cure cancer or AIDS? Not exactly. According to Dr. Gary Glum, it "elevates the enzyme system; it elevates the hormone system, which elevates the immune system, so the body can cure its own disease." (Wildfire, Vol.6 No.1, pg.54.) Dr. Glum was afforded the opportunity to work along with the AIDS Project Los Angeles; he was given 5 of 179 AIDS patients with pneumocystis carinii and histoplasmosis. He gave them the herbal formula three times a day. According to Dr. Glum, "Those are the only ones alive today. The other 174 are dead."

So why then, aren't Essiac or Yu-ccan Corporation's Canaid endorsed by the medical profession and the Cancer Society? Good question. One can only speculate, but according to the Chilliwack Times, July 18, 1992, "Some wonder if the fact that cancer has become a \$50 billion a year industry is the reason these agencies are hesitant to endorse Canaid and similar products."

The formula is available today through independent distributors and health food stores, though no claims of cures for cancer or any other disease can be made, despite countless testimonials. So it is still conceivable that we can improve our own health, notwithstanding any greed or nearsightedness by the bureaucracy.

There is a plethora of interesting information available on this very topic, but space and bureaucratic muzzles prevent my further expounding. So...the controversy continues.



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Paradox and Healing

by
Michael Greenwood
Peter Nunn



Just Released

A new book by two doctors from Victoria that looks at chronic illness and pain and offers new insights into their origin, their meaning in our lives and the paradoxical opportunity they present for profound and far-reaching healing.

Deepak Chopra, MD says

"Paradox and Healing takes us beyond our usual concepts of right and wrong, good and evil, joy and suffering, pain and pleasure, love and hate, and shows us that the true healing must involve joyful reconciliation with, and a lively coexistence of the poles of opposites that make life a meaningful experience."

He is author of Quantum Healing and Unconditional Life plus Audio Tapes Magical Mind, Magical Body and more.

Angele Rowe, publisher of ISSUES

"Hats off to two medical doctors from Victoria who advocate the real solution: taking responsibility for oneself. Through myth and fairy tales they help us understand why we trap ourselves into blaming others for our problems. Their case histories examine the typical struggles for health and the disillusionment that happens. They give us good cause to examine our dependency on the Health Care System as it is today."

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Finding another Perspective

It is not easy to just invent a different philosophical basis for medicine. If it were, the alternate system would probably already be around. It is because we have no experience of another system that we must discover such a system by inference. With different systems of thought, there is a fundamental problem of perception to be overcome, which can be illustrated by a simple analogy. If two people were talking to each other about a dollar bill, and they had each seen the dollar bill from opposite sides, then they could be forgiven for thinking that they were talking about two substantially different objects.

Though both are describing the same bill, neither would recognize the other's description and each would be convinced that his or her description was correct. Unless we agree that it is possible to turn and look at it from the other side, we will remain unconvinced of another's point of view. Similarly, when it comes to describing reality, we must first admit there may be another perspective before we will be able to consider shifting our own point of view.

Shifting our perspective can be especially difficult, however, given such a large concept as reality. The view we currently hold is usually that of a collective consciousness, or prevailing cultural mind-set; and that being the case there may be no one to indicate the opposite view. If everyone agreed on the description of the dollar bill, there would be no reason to suppose that there might be another way of looking at it.

If we take the dollar bill and begin to turn it over slowly it will at one point nearly disappear, or at least becomes a very thin line. That point had been referred to in many ways: point of dissolution, point of nothingness, point of phase transition, etc. Each of the terms attempt to describe a state of being between two other states and this point of phase transition has a certain magical quality to it. It represents the letting go of the old and the anticipation of the new. In life, the experience may look and feel like annihilation.

If we struggle long enough with the discomfort wrought by illness we will eventually turn the dollar bill over and see that another side exists. Other possibilities can then appear which provide answers we are looking for, and the acquisition of new ways of being and thinking more than compensates for the illness we had to endure, to the point where we see the illness as the best thing which could have happened.

When we recognize disease as a balancing factor, as the part of our wholeness which has been denied, we are empowered to seek healing through expanding our awareness and looking for alternate concepts and we can simultaneously abandon the effort to eradicate the illness through conventional treatment. Such a total reversal of our approach to illness amounts to what we call "transformation" of personal philosophy, and the change in attitude is the key element which activates our intrinsic healing system.

In order to engage the healing experience, we need to find a way to enter into this experience rather than observe it, to experience it first hand. To reach the place of phase transition, we must be willing to let go of our concept of reality and wait without particular expectations for a new and different experience. We must trust that new awareness will emerge, because we will never be able to glimpse a new perspective without first letting go of the old one. In other words, we cannot see both sides of the dollar bill at the same time.

Extracted from Chapter Four of Paradox and Healing
Paradox and Healing is available at the Bookstores listed in ISSUES.



Focus on Women

Editor
Laurel Burnham

MOON, MOON

"The position of the moon in a culture is the same as the position of women in that culture; our fates are inexorably shared. Knowledge and attitudes about the moon have paralleled those about women and the female principle down through recorded time."

Anne Kent Rush

I love the moon. Nothing invokes in me a stronger sense of divine wonder and joyous anticipation than gazing up at a full moon, riding the night sky. This is not to say that I don't love the sun, and a beautiful new day. But something deep in my psyche responds to the moon with a rich, fierce, untamable love. I don't talk to the sun, but I am sure the moon has heard every one of my whispered prayers, not to mention my primal howls.

Besides eliciting a variety of emotional responses in me (and many other women of my acquaintance), the moon's influence on all our daily lives is undeniable. Not even the bastions of patriarchal thinking, the scientific community, will disavow the effects of lunar gravity on tides, the root growth of plant life, the magnetic charge of the earth, as well as the rhythms that govern our bodies' metabolism and the very blood that runs in our veins. With our increasingly sophisticated technological capacity to measure and calibrate the relationships between such factors as light, electricity and magnetism, it has been determined that our bodies and our modern lives are in a state of extreme imbalance. And science is turning its collective gaze once again to the source of balance and rhythm, the moon.

The other role that the moon has played has been one that has been an integral and essential part of human psychology. To people all over the world, in every society and culture, for thousands upon thousands of years, the moon has symbolized fertility, creativity, introspection, intuition, the unconscious—and the feminine. The light and shadow sides of the moon remind us that we too, are composed of known and unknown qualities, the mundane and the mysterious. The constantly changing face of the moon mirrors our own continuous cycles of change. Even thousands of years of patriarchal dominance has not been able to break the particular bond that the moon has with women.

The moon, not the sun, was used by humankind as the first means of keeping track of the passage of time. Ancient peoples revered the moon as the "opener of wombs," sensing that there was a direct connection between women's fertility and the phases of the moon.

Zsuzsanna Budapest, contemporary author and hereditary witch, postulates a theory in which she calls human beings "lunar primates." As she explains in her book "Grandmother Moon," humans are the only menstruating species, because we are the only species whose fertility is governed by the light of the moon, not the light of the sun. She feels that women developed menstruation in order to free themselves from needing to mate for procreative purposes only.

Ancient women deliberately "aligned their menstrual cycles to the moon and stopped the sun-triggered estrus cycle common to all other primates." Regardless of what you may think of this, it is a rather revolutionary idea. I happen to think that with the moon involved, anything is possible.

We are not living in a culture which respects the feminine, nor acknowledges the moon as a potent force in our lives. In fact, we are dominated by the masculine commanding spirit, symbolized by "Father God" and his "Son"/sun. It could be said that we worship the sun. We hold as sacred logic, reason, dominion, rational thinking, control, power, linear, left-brained law and order processes. At this critical period in human affairs, however, it is generally recognized that we have indeed been thinking with only half a brain (at the best of times). Just as the consciousness of the archetypal feminine is awakening, status of women within our world is changing for the better, so to the role which the moon plays in all our lives is coming into clearer view.

One of the finer aspects of the human race is its thirst for knowledge. We may have trouble integrating what we learn into our social structures, but we certainly don't let that stop our quest to know, to understand. One of the areas that has undergone intense exploration in the past few decades has been an interior search, that into the workings of the human brain. In fact, 70% of what we know about the workings of our brains, we have only learned in the past ten years. One of the interesting findings has been that the two hemispheres of the brain specialize in two very distinct and essential forms of consciousness, or ways of perceiving and knowing the world.

Most of this is not new. We are familiar with the information that the left side of the brain specializes in the logical, analytical, linear (or solar) thinking that dominates our culture and our consciousness. "It appears to have evolved for the primary purpose of biological survival." The right side of the brain...you guessed it, is the seat of the other kind of consciousness...the lunar kind. The right hemisphere appears to be "specialized for holistic mentation". According to Robert Ornstein, in his book the "Psychology of Consciousness," the right hemisphere "is primarily responsible for our orientation in space, artistic endeavors, crafts, body image, recognition of faces." Furthermore, the right side is not concerned with linear sequences, or cause and effect, but seeing interrelationships and patterns as a whole.

So what has this got to do with the moon? The right hemisphere of the brain is where our creativity, our intuition, and our dreams dwell. When we pay attention to the moon, when we acknowledge the moon both literally and symbolically, we are activating our right brains. We are priming our creative pumps, so to speak. On another level, We are paying homage to the feminine, we are honoring our internal, intuitive intelligence. We are exercising our capacity to see the interrelationships between ourselves and the world, to view our world as a patterned, timeless whole. This particular focus is crucial in order to achieve harmony in our lives, and the life of the planet.

"Only in later periods of development, when patriarchy has fulfilled itself or gone to absurd lengths, losing its connection with Mother Earth, does individuation bring about a reversal. Then, patriarchal sun-consciousness reunites with the earlier, more fundamental phase, and matriarchal consciousness, with its central symbol, the moon, arises from the deep, imbued with the regenerating power of its primal waters, to celebrate the ancient hieros gamos (sacred marriage) of moon and sun on a new and higher plane, the plane of the human psyche."

Eric Neumann, "On the Moon and Matriarchal Consciousness"

Marsha K. Warman



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Many Thanks ... Steve

We generally acknowledge that the controlling patriarchal patterns of human thought and activity have gone beyond absurd lengths. This left-brain dominance has brought our world to the brink of annihilation. Fortunately, human beings are also heirs to untapped abilities, those which reside in the right side of the brain. We are now experiencing the long-awaited shift in human consciousness from the extreme dominance of logos, the left-brain, linear thought, to a more holistic and balanced perspective.

So here am I, gazing up at the moon. In that moment I am doing something timeless, repeating an activity that joins me to all the other women, down through the ages and all over the planet, who have stood as I stand, gazing up with wonder and with love and a prayer on their lips. If I were to analyze what I and all those other women have been doing, I am sure that I would find that we were using the right side of our brains. Moon worship is definitely a right-brain activity! I am involved in a process that has just as much validity as sitting at the keyboard of my computer, using an entirely dissimilar mental capacity, thereby gaining a perspective that completely contrasts with our left-brain dominated world. But I am taking this capacity one step further, as I am integrating it by using my left hemisphere to rationally explain the process. This process is incredibly exciting, because it proves that I can use my whole brain, and what is available to me, is accessible to us all.

We live in a time starved for meaning. Even with technological capacities beyond the wildest dreams of our ancestors, with the dominance of the left brain intact for centuries, we still hunger for some deeper truth, some wisdom beyond what we have experienced. How many of us have immersed ourselves in the First peoples spiritual traditions, have sought for ourselves in nights of drumming and chanting, have diligently read Robert Bly and Joseph Campbell and Lynn Andrews searching for some kind of understanding of the dilemma we find ourselves in? We begin to find clues in our dreams, our poetry, our artwork. We are tapping into what philosophers such as Plato called the Anima Mundi, the Great Memory. Jung named it the collective unconscious. In this region all mythologies are one, expressed through symbols which speak to the unconscious (the right hemisphere of the brain) upon which we all can draw. These symbols are also known to us as archetypes. The moon is possibly the most significant and the most powerful of all these archetypal symbols.

Those individuals involved in research and clinical psychology have recently noticed a remarkable activation of images of female principles, archetypes and goddesses. Whereas twenty years ago you might not have been able to find one book on "The Goddess"—now there are hundreds. It has been suggested that this is a phenomenon that has great cultural implications. The impact that this movement will have on human consciousness is not yet fully apparent. For whatever reason, it appears that the feminine archetype is returning.

What I am doing, what we are doing in our women's circles, is "re-mythologizing" the moon, through the lunar hemisphere of the brain, by acknowledging our dreams and fantasies, by pursuing our creative interests, through ritual and honoring our intuition. By doing so, we begin to exercise a way of thinking and perceiving that is now more suited to planetary survival than that of the dominant mode. It is important, of course, to realize that there is no need for one half of the brain to dominate the other half, just as there is no need for one gender to have power over the other. What we need to do as a species is to begin to use more of who we are, by drawing on all of our capacities, both conscious and unconscious, known and unknown.

Continues on page 26

A Womb with a View

by Susan Hewins



I used to have a lot of ideas about what a "good" person should be. What I thought I should be never matched how I really felt. I thought I "should" feel happy and fulfilled being a mother and having a family but deep inside I felt a yearning to be more. I believed as a woman my choices were limited and I was angry and resentful about that. I was beginning to recognize I was not happy "just" staying

home with my children and being a Mom. I wanted to find out more about me. What did I want? Why wasn't I happy? With these questions I began my search.

I started to read self-help books and attend all kinds of seminars and workshops. I really explored a lot of different avenues of healing. I would feel good for a while, then lapse back into my old ways. I could not find the lasting results I wanted.

It was about a year after I began that I was introduced to the Breath Integration method. I experienced changes in my life right away and began feeling emotions I had stuffed away for years. I was able to find out more about the subconscious thoughts and feelings I had around parental patterns I learned as a child. Subconsciously I believed that I had to take the same role my mother had. I now see that the choices she made worked for her and that I have the ability to make my own choices.

The more breath work I did the more I felt my self-esteem grow. My relationships with my children and my husband began to heal. We were getting along better than ever and feeling closer than we had in years. I was really excited to see how quickly I could make changes in my life.

I was inspired by the commitment I saw in my teacher and the support I've always felt from her and thought, maybe I too, could go on to help others see their potential and support them in what they've always wanted. After three years of training, commitment and constant support from my friends, family and teachers, I now have completed my training and am enjoying being a Breath Practitioner; I am constantly amazed by the results others achieve with Breath Integration.

As I take more responsibility for my life, my husband Dennis and I feel closer and find it easier to make decisions together. After 13 years of marriage it is great to be in love again. Our children are happier since we have both taken the time to find out who we are, first as human beings, then as parents. I no longer feel as though I have to sacrifice who I am in order for others in my life to be happy.

In committing to my healing, day by day, I am realizing more of my potential and I am much happier in my role as Mom. I am constantly asking God for help and guidance with these gifts He has placed in my hands; I no longer feel as if I am doing it all alone. Thank you, God!

Susan Hewins is one of the Breath Practitioners at the Personal Growth Consulting Training Centre. This centre founded by Cyndy Fiessel in 1989, is dedicated to helping people realize their full potential and live richer more fulfilling lives through Breath Integration technique; also known as Rebirthing. This is a deep circular breathing method that allows you to let go of limiting belief systems and guides and supports each individual in experiencing more success, joy, satisfaction and ultimate well-being. They are listed in the N.Y. Pages and have ads on this page and on page 7.

PERSONAL GROWTH CONSULTING TRAINING CENTRE



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Meet the Crew

Judy Byer

**Instructor
Coordinator**

Judy Byer has been an integral part of the Spring Festival Crew from the very first year we celebrated in Naramata. She is legendary for her diplomatic capacities when it comes to handling the most strange and delicate beings of all ... workshop leaders. All jesting aside, folks, we'd like to take this opportunity to introduce you to Judy.

Judy has been a twenty-year plus resident of the Penticton area. She has taught elementary school during that time, and continues to teach Grade 5 children in Summerland, as well as to run the program for gifted children from kindergarten to Grade 12 for the Summerland school district.

In her spare time, she is very involved in amateur theatre work, primarily direction and set design and stage management. Lots of school and community theatre groups have been eternally grateful to have Judy on their team!! Her other interests extend to gardening, art work, paper making and crafts in general. Oh, yes, she generally has her nose in a book, too, as she loves to read. Judy also has her first and second degree in Reiki, and is involved in the Reiki Circle.

But we know she'll have time to organize the workshop leaders for the next Spring Festival, however. She says that she likes the energy of the Spring Festival, and the coming together of people of like mind. "I always come away with a kind of a glow after a Spring Festival," sighs Judy.



The Spring Festival of Awareness

April 23, 24 & 25th, 1993
Naramata, B.C.

For more information write, phone or keep reading Issues

MOON, MOON, continued from page 24

An extraordinary thing happened, back in the summer of 1969. Not only did men walk upon the surface of the moon, but millions of us saw our magnificent planet in all its beauty, from millions of miles away. As a result, our souls have been charged with the symbol of Gaia, the living, spinning entity that is our home. Seeing the planet in its entirety has had the effect of changing our relationship to the earth. It has made us planetary people, each with a part to play in caring for our collective home.

Just as there is a role for the scientist, with hundreds of years of hypothesis, deduction and reason behind him/her, so too do we need now the artist, the poet, the priestess and the visionary. We need the feminine archetype to come to the forefront of our consciousness, to allow us to begin to think in ways which will draw on qualities of intelligence that will lead to solutions which require an ability to see the whole, to be aware of the patterns that underlie the surface reality.

We have recently come to an awareness that there are different cultural patterns possible, that other peoples have lived and do exist in which the feminine consciousness is an integral part of the everyday reality, where the right brain is just as busy as the left. Jean Houston, author and visionary, has this to say:

"Cultures in which the feminine archetype is powerful emphasize being rather than doing, deepening rather than producing and achieving. Such cultures are nonheroic; they tend to make things work, cohere, grow. If, for a hundred thousand years, you've been stirring the soup with one hand and holding the baby with the other, kicking off the woolly mastodon with with one foot and rocking a cradle with the other, watching for the return of the hunters with one eye and determining with the other on which cave wall you will paint a magical bison, then you are going to develop a very complex consciousness. This is a consciousness that is extraordinarily well adapted to orchestrating the multiple variables of the modern world."

The Search for the Beloved: Journeys in Sacred Psychology

Most women today only have to look at the content of their daily lives to realize that they too, have the well developed capacity to do several things at once. What has considered to be "nonheroic" "women's work" of making things (like a household and a family) "work, cohere, grow" requires a "very complex consciousness." Another description for these abilities is known as multitasking... (the old rubbing your stomach and patting your head routine, taken to an extraordinary degree). The feminine archetypal consciousness, this right-hemisphere business, these lunar sensibilities "extraordinarily well adapted" to the demands of the modern world? Will wonders never cease?

So around we come, back to the light of the full moon. For those of us who feel profoundly alienated from the patriarchal father god, the mechanistic, rational machinery that is destroying the earth, we find ourselves blessed, at peace and renewed by our relationship with that great shining presence in the sky. We find ourselves drawn to the moon and at odds to explain why in rational terms. (And as far as content goes, well, it seems like such a simple thing, really other than the fact that the neighbors heard us howling at the moon again dear...)

It is the emergence of the intelligence of the right hemisphere, the intuitive, creative, feminine impulse that is finding its place once again. Often, standing under the moon's light, we look round—and lo and behold, we are standing with a circle of women. We are here together, to bring about that great change, by honoring the moon, by honoring ourselves, our own cycles and seasons upon this earth. ❖

Brainwriting

In my efforts to make a complicated subject easy to understand, I like to use symbols or visual ideas that one can relate to. Throughout most of our school years we were encouraged to buy and use lined paper. It helped in training us to write in a straight direction and gave us guidelines for spacing. It made us feel comfortable that we were doing what it was that we were supposed to be doing. They forgot to tell us that once we left school, our programming was complete and we no longer needed lines to follow: either we knew where we were going or we didn't. I feel if we continue to buy and use lined paper as adults, it will stifle our creativity and not allow us to follow the direction our heart wants us to go. Instead it confines us, by making us complacent as we follow in the well-worn path of those who lead.

Lines symbolically represent the road that we follow. They give us a feeling of direction and can be used by people who need a little guidance as to how much space to take up in the world.

A suggestion I offer at classes is to try using unlined paper. Afterwards, tune into your body and see how you feel: did you start allowing yourself to take up more room than would have been allotted the lines? Did you feel like you had more freedom to change the letters ... allowing more space for the loops in the lower or upper zones? Did you wish you had lined paper so you could write better, straighter? Perhaps you felt a bit lost at first, not sure if your writing would be deciphered if it weren't written on straight lines? What thoughts come to your mind?

If you enjoyed writing on blank paper then you are a person who likes to lead, making your own way in the world. You can put new ideas forward easily and are not shy about being first in line, even if it means you may have to come up with a new way to walk.

As a handwriting analyst, I try to get samples on unlined paper. Often they bring greeting cards. Cards aren't usually judged for neatness, they are meant to be more personal so people can be expressive and feel comfortable. Also because most cards are narrower than 8 1/2 inches so people have an opportunity to practice making it across the shorter expanse without using guidelines.

Whenever I teach my classes, I give permission to all attending to experiment with their writing, so as to think about the programming that has stayed with them over the years since they have left school. I encourage people to appreciate their own uniqueness that is being expressed on paper. For example, there is no such thing as messy writing...it's just that the hand can't record the information as fast as the brain can give it out.

If you have lined paper and want to use it up, see if you can ignore the lines and write as if they aren't there. You can do that by writing on an uphill slant, turning the paper sideways so the lines are vertical or writing on every second or third line. How did it feel ignoring the lines drawn for you on the paper? Was it easy or difficult?

Next ISSUES my topic will be spacing. My image for this is elbow room. How much elbow room does the writer need to feel comfortable?

Please see the ad to the right if you are interested in attending an evening seminar with Angele Rowe or phone me you would like to help sponsor one in your area.



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Handwriting

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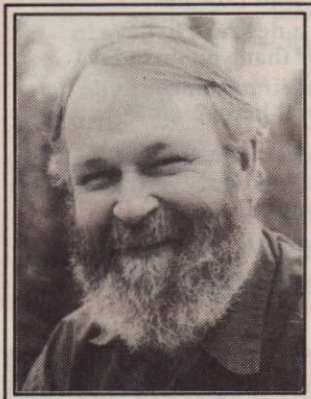
November 19 - Thursday - 7:30 - 10 pm - \$5.00
Summerland - Library Meeting Room.

November 20 - Friday - 7:30 - 10 pm - \$5.00
Penticton - Leir House - 220 Manor Park Ave.

No preregistration needed - Just show up!

For more information please phone
Angele Rowe - 492-0987 .. Penticton

Networking for Change



Dave Cursons
Editor

The Networks of Caring

The interest, understanding and compassion of family, friends and neighbors should be cherished wherever it can be found.

Nowadays, in infancy, with our parents, from early childhood, in school, in our friendships, with lovers, co-workers, spouses, with our own children, at middle age and as elderly and dying persons we are routinely referred in crisis to the professional counselor.

With counselling we receive help to become more successful, happier people, more social, less awkward, attuned, disclosed, recovered, healed and grown or cultivated into someone better.

The human needs which were formerly the exclusive domain of "higher order" professionals such as psychiatrists and psychologists are now meted out to a conglomeration of "lower order" professionals.

Counselling specialties abound. There are the established species of psychotherapy and psychological care. There is personal, transpersonal, conjoint family, individual, couples, feminist, Freudian, behavioral, cognitive, existential, rational emotive and art therapy. These are only a few of the spheres in which one can acquire legitimization through accredited institutions of learning.

There are also the esoteric and holistic spheres which jockey with the traditional, which is to say more established (scientifically proven, clinically tested, having had a body of published wisdom in professionally revered journals) practices.

In an essay titled *The John Dear Tractor and the Bereavement Counselor*, John McKnight relates the story of the Sauku Native Community situated in The Great Plains (now depleted farmland) where the social progress all around her made an old woman hesitate to go into the home of her lately widowed friend for fear that she might interfere with the important work of the visiting bereavement counselor.

Before we all become clients to one another let's consider the roots of our relationships with one another which are personal, subjective and vital to the diversity which is the survival of our culture.

Let's keep caring for each other in family, in friendships and in neighborliness, in networking with one another for advice, help and support.

When hard economic times make the professional human services payrolls short, let's make sure that we have within our communities the kind of mutual support we need to see us through.

Buying Back the Treasures of the Land

A major headache over the years has been the legal rights of mining and forestry interests stretching far into the future through laid but not yet exploited mining and forestry claims.

These private interests have prevented government from making moves to protect or preserve natural resources of all kinds because the costs of buying out these private interests has been seen as prohibitive.

The B.C. Government has introduced Bill 32, the Resource Compensation Interim Measures Act, which suspends all legal proceedings in which compensation is being sought as a result of government reducing or taking back mineral or logging rights.

The bill is on the back burner now because of political pressure from industry.

The Act received first reading in April 1992, and, assuming it eventually receives Royal Assent, it will have the effect of preventing the initiation of new court claims and suspending ongoing court proceedings.

Proceedings before the present **Expropriations Compensation Board** and other tribunals have been suspended until June 15, 1993, giving the newly appointed **Commission of Inquiry into Compensation** for the taking of resource interests time to report on this issue.

The present government's follow-through on Bill 32 will be worth watching.



On a Cabin Door

Welcome stranger to my cabin,
If this way you chance to pass,
On the door there is no padlock,
There's no need to break the glass.
Are you cold? You will find kindling
Whittled neatly in the box,
If your feet are wet and tired
Help yourself to woolen socks.
Chances are that you are hungry,
In the larder have a look.
Mine are simple eats but plenty,
All you have to do is cook.
Use the bed if you are sleepy,
May your dreams all happy end.
Here's to better luck tomorrow,
Cheerio my unknown friend.

by Len Flesburg, Wardner, B.C. appearing
in the March 1966 issue of *The Wildlife Review*.

Politics in the Bunchgrass Zone

Low water retention in soils coupled with historical over-grazing make community watersheds in the South Okanagan and Similkameen as well as in the Kamloops area the most sensitive in the province.

Couple this with an increasing human population using more and more of the available runoff and one quickly understands where political friction might arise.

In bunchgrass country forest ecologists cannot trace the true characteristic of the plant life because there have been no studies done prior to the sudden and continuing shock imposed by heavy cattle grazing.

Whatever species of plants were holding the soil together prior to overgrazing we can expect that the water was held longer and nourished a healthy plant community in its cyclical re-emergence.

Rainfall now pelts barren soils and washes through the depleted forest and grassland ecosystem carrying the occasional lump of fresh cow dung into community drinking water.

Public Health officials whose standards are set by interests friendly to the beef industry simply add more chlorine to cow contaminated water in increasing volumes.

Many people feel the answer is not more chlorine but an end to free-ranging beef cattle in community watersheds.

Some have suggested that beef growers rely on their own grass rather than setting their cattle loose on public lands.

The Green Party in the Okanagan has spoken out for community control of watersheds and an end to cow-towing (forgive the pun) to the B.C. Cattlemen's Association through the antiquated doctrines of the Ministry of Forests.

Community control of watersheds will mean an early end to free-ranging beef cattle in community watersheds.

When B.C.'s Chief Forester, **John Cuthbert**, warned the Greater Victoria Water District against proceeding with a logging ban without firm water quality studies Victoria Times Colonist **Richard Watts** hoisted Cuthbert on his own petard by referring to the Ministry of Forests publication *Ecosystems of British Columbia*.

Sources for this piece included *Ecosystems of B.C.*

Ask for a copy from: Research Branch
Ministry of Forests
31 Bastion Square
Victoria, B.C. V8W 3E7

Only to the white man was nature "a wilderness" and only to him was the land "infested" with wild animals and "savage" people. To us it was tame Not until the hairy man from the east came and with brutal frenzy leaped upon us and the families we loved was it "wild" for us. When the very animals of the forest began fleeing from his approach, then it was for us the "Wild West" began.

Luther Standing Bear, Lakota Sioux, 1933

*One of many quotations appearing in Ronald Wright's new book titled **Stolen Continents: the Americas through Indian eyes since 1492**. Houghton Mifflin Co. 215 Park Avenue South, New York, New York 10003.*

Freedom of Information and Privacy ACT

Environmental activists should be able to access much more about government actions, policies and decisions.

On June 23, 1992 the B.C. Legislature passed Bill 50, the Province's new freedom of information and Privacy Act.

Environmentalists are expected to be the major users of the act once it is proclaimed in 1993.

Victoria has released its discussion paper on the extension of freedom of information and privacy law to local public bodies. This should be of special interest to watershed protection groups, wilderness preservation, anti-pollution coalitions etc.

For your copy of the discussion paper

CONTACT: Information and Privacy Branch
at 387-1992 or the Freedom of Information and Privacy Association
at 739-9788. ♦

Emma Goldman,
feminist anarchist
who immigrated
to the
United States from
Poland at the turn
of the last century
had some strikingly
modern ideas.



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

Her development, her freedom, her independence must come from and through herself.

First by asserting herself as a personality and not as a sex commodity.

Second, by refusing the right of anyone to her body by refusing to bear children unless she wants them by refusing to be a servant to God, the State, Society, the husband, the family etc; by making her life simpler, but deeper and richer. That is, by trying to learn the meaning and substance of life in all its complexities, by freeing herself from the fear of public opinion and public condemnation. Only that and not the ballot will set woman free. Will make her a real force for real love, for peace, for harmony; a force of divine fire, of life-giving; a creator, of free men and women.

Emma Goldman excerpts - "The Traffic in Women" 1910, "Marriage and Love" 1910; "Anarchy": 1910 "Woman Suffrage": 1910.

Discovering your Constitution

This is the last in a three-part series, informing people of the elemental forces which shape our bodies' health. It is based on the ancient study called Ayurveda which offers some insight into our constitutional differences and explains why they need to be respected.

KAPHA



The person with Kapha preeminent in his or her constitution is blessed with strength, endurance and stamina. Kapha is associated with the elements earth and water, and the qualities of faith, groundedness, calm, fluidity and lubrication. While pattern and routines can seem easy to establish and follow if you are a Kapha, frequent shifts in routine will actually help you create greater healing. Change will also reduce your chances of getting stuck in a rut, physically or emotionally. Children have a great deal of Kapha in them, as evidenced by their soft, fluid muscles and well-lubricated skin. Kapha as an element decreases with age.

Your challenges as a Kapha are potential inertia and a tendency to want to possess things or people. Food and security are very important to Kaphas though everyone shares this trait to varying degrees. Balance is always the key.

Lightening up and letting go can be healing for often old attitudes and beliefs are held so strongly, they can become the source of waste in the physical body. Such wastes may even feel safe and familiar and be hard to let go of. For example someone who is dairy and wheat sensitive did a series of colon cleansing sessions. A large amount of mucus was cleared from her bowels by this treatment. Rather than feeling good about this clearing she was disturbed. She found herself eating a giant bowl of pasta with cheese late the same night, foods she hadn't eaten in months. She explained she knew it would create more mucus but at least it felt familiar.

The attributes associated with Kapha are oily, cold, dense, soft, heavy, slimy, static and slow. Lest this list of qualities sound less than glamorous, comfort yourself in the knowledge that the Kapha constitution was much valued by the ancients. Biologists substantiate this, acknowledging the primary importance of these attributes in sustaining life. Kaphas endure, unless they abuse their bodies greatly.

Kapha as an element resides in the chest. Other sites of potential accumulation include the sinuses, head, throat, nose, lungs, joints, mouth, stomach, lymph and plasma. Kapha is often correlated with the body's production of mucus, which is a useful lubricator in appropriate amounts but a source of congestion in excess. An imbalance of Kapha is likely to manifest as colds, congestion, sinusitis, depression, sluggishness, excess weight, diabetes, edema, or headache. Kapha can also accumulate as the moon gets full, and biologists have discovered a distinct tendency for organisms to retain more fluid at this time. The daily times of Kapha predominance are 6 am to 10 am and 6 pm to 10 pm.

Kaphas can sustain a lot of exercise, and need to. If you are a Kapha, you can tolerate more intense exercise of longer duration than any other constitutional type. You are also able to fast in a way that other constitutions cannot. Your natural body will carry you through a day of fasting with few repercussions. The temptation to be avoided is that of slipping into a horizontal lifestyle in front of the TV with your favourite edible goodies at hand. Otherwise, you may

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find the forces of gravity pulling most of your mass down toward your belly and hips.

Kaphas need variety and stimulation in their foods, friends and activities. Change provides the perspective to shake old ways of experiencing the world and support for the new ideas.

Kaphas should adopt a low-fat diet, avoiding fried foods and excessive amounts of bread. Dairy is cool, moist and heavy, just like Kapha, and is also best avoided.

A program similar to the Fit for Life diet is useful for Kaphas. A breakfast of fruits, complex carbohydrates for lunch and dinner and light low-fat proteins are best, especially high-fibre beans. Anything which stimulates elimination tends to relieve the element Kapha. Barley and beans being classic examples. Soy beans and soy products are recommended less frequently though soy milk is less Kapha-enhancing than dairy.

Iced foods and drinks are cold and heavy and salts and fluid should be kept to a minimum. Hot, light, spicy foods are great for you. You can lighten up in summer and in warm climates, eating more raw foods, and save the warmer, heavier foods for winter and the colder climates. In general, light crispy foods will serve you best. Popcorn is a great example, as are rye crackers, corn tortillas and steamed vegetables.

To the reader: If you have enjoyed this series of articles on the Ayurvedic Constitutions, let us know and we will continue this theme. Otherwise the book stores listed in ISSUES have available many books on the subject.

Mercury in my Mouth

by Chris Morrison

As a child I seldom "passed inspection" when it came to visiting the dentist. At the age of 53 I had 18 amalgam fillings and I felt as if my body was shutting down.

I would get up in the mornings and feel like going back to bed. I was always struggling for breath, although I was not asthmatic. The inside of my head felt swollen, the pressure was incredible, especially just behind my nose. People couldn't tell what I was saying on the telephone because I couldn't pronounce my words properly. When I went to my hairdresser for a perm, she said "Chris, your hair sample has turned purple - is there something going on with you?"

My first symptoms appeared at the age of 31 so I went to see a doctor and he said "You have a severe sinus problem, I'll drain your sinuses." and he proceeded to drill through the cartilage in my nose. When he finished, he said, "Terribly sorry, there is nothing there! After that experience and for the next few years I visited many doctors. I went to allergists, ear, nose and throat specialists. I tried acupuncture and tissue salts. I tried antihistamines - all to no avail. I lived in Jamaica and San Francisco - no difference. Whenever I went on an airplane, the pressure inside my head was excruciating and almost unbearable.

Some articles about the effects of mercury had started coming to my attention. I began to wonder if there might be some connection with mercury so I asked my doctor and dentist about the possibility. I was met with the attitude of "Oh that theory is just a fad - there's no substance to it." I had read that mercury is the most toxic of all the heavy metals and that amalgam fillings are 50% mercury and 50% silver and that mercury is released into the system by the process of chewing. High mercury levels in the body can touch off conditions of hypoglycemia and candidiasis, both which were a problem for me and it always got worse when I ate.

So I decided to try some "unorthodox" (wholistic) tests. First I had a Touch for Health treatment, then I went to an Iridologist and thirdly I visited a Naturopath. All three sessions confirmed that my body was reacting to the mercury. Fourthly, I found someone with a bio-computer. He took a hair sample and reported that my liver and kidneys were extremely full of toxins and that my lymph glands and adrenal glands were hardly functioning at all. My skin color was ashen.

So that was it! That was enough for me! I decided to have my fillings removed! It was not easy finding a dentist that would do it. It is an expensive process and I feel very fortunate to have a sister that footed the bill.

I made my first appointment and had one quadrant done. Each amalgam filling was replaced with a composite filling, which has a quartz base. Once in the dentist's chair, all the tension of the last few years came rushing to the surface and a flood of tears came gushing down my face. I think that the whole process jolted my body memory back into my childhood when the fillings began and made me feel particularly vulnerable. Although the dentist was very skilled and sensitive the impact of four hours of drilling really drained me.

Six days after the first appointment I could feel something shift just behind my nose, as if the cartilage were trying to open up. Afterwards I had a lengthy dizzy spell as I hung onto my kitchen counter.

Two weeks later I had the second quadrant done. I began to feel as if a fog was lifting - as if I was coming alive. That night I peed my bed - a torrent! Perhaps a body connection to childhood?



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Two months later I went back for the third appointment. The drilling was not an easy experience, but that night I ate well, even though my jaw was sore, I had a good appetite and felt a great rush of energy (an old familiar but forgotten feeling).

On January 29th, 1992 the fourth quadrant was done and I was mercury free at last! I then went on a two week colon-cleansing program, to help eliminate the toxins which were being released, stepped up my vitamin and aerobic intake and consciously began to build positive things into my life. My whole morale felt better!

It is now six months since all my fillings have been removed and I have noticed that:

- My skin color is better and my pores have shrunk.
- My hair has more body and no longer turns purple.
- I can once again participate fully in aerobic classes for my coordination has returned.
- My thinking is clearer and my creativity has come back.
- My senses are heightened as well as my sense of smell and taste.
- I can finally eat properly and breathe much better.
- I have more energy.
- Best of all - I no longer have the pressure inside my head that blocked everything out, to the point that thinking was difficult.

Realizing that looking after my health is a continuing process and knowing that all my problems were not related totally to mercury poisoning and knowing that answers do not come in neat packages, I will continue to be vigilant, questioning our everyday technologies and in the process reclaim myself. I feel as if I've got a new lease on life.

Chris Morrison is a Psychotherapist in Salmon Arm. Her private practice is called The Healing Connection and she is listed in the NYP under Counselling and Therapy.

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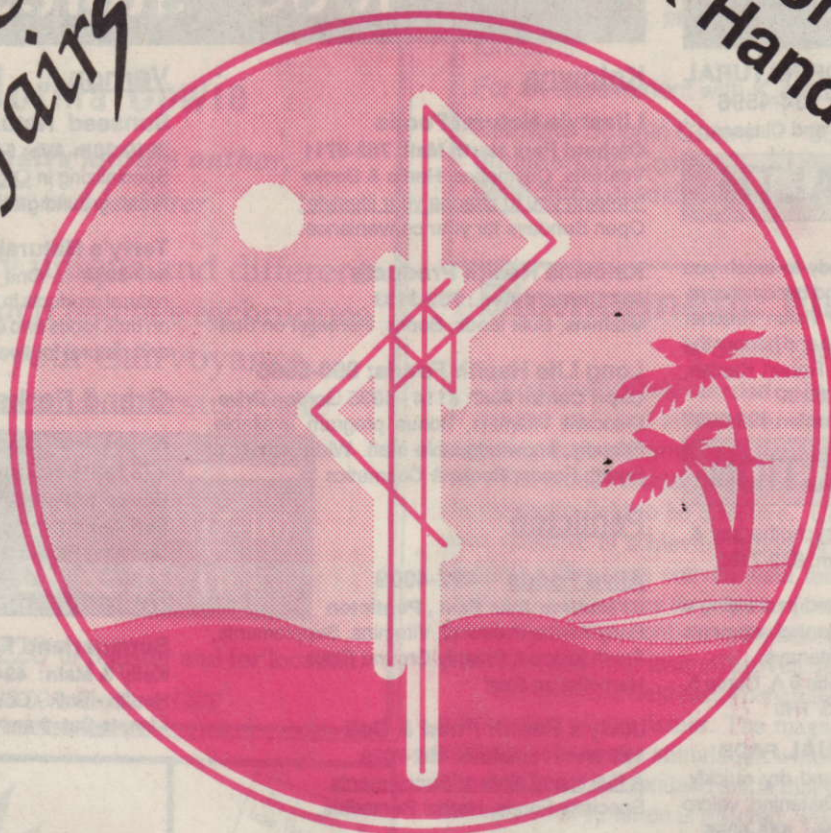
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