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M A G A Z I N E

FOR PEOPLE WANTING ANSWERS

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Consciousness Raising
Environmental Concerns
"The Natural Yellow Pages"**



'Northward Bound'

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

May / June 1992

Volume 3 - Number 3

DEEP TRANCE

Consultation can Help You !

- ◆ Discover hidden talents
- ◆ Enhance your lifestyle
- ◆ Improve your health
- ◆ Resolve "old" problems
- ◆ Understand relationships
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..... Become Independently Healthy

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or write, Box 512, Winfield, B.C. V0H 2C0

The ultimate aim of a deep trance consultation is to bring about greater awareness of the responsibility that you have for your own life, in addition to putting you in touch with your own power, and the higher guidance which is available to all. If your life is disrupted for any reason a consultation may be able to assist you in seeing some of the innumerable alternatives available to you. It must be stressed that no matter what advice or guidance that you are given, it is always your choice as to what you decide to do. No one can ever deny you your own free will. The source will not make decisions for you, rather it helps you (urges you) to self knowledge and independence.

Bob has been practicing deep trance since 1981. In this profoundly deep meditation, all conscious thought ceases and answers to questions regarding health, relationships, career, past lives, science, business and probabilities for the future can be answered.

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with Bob Walsh

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- ◆ Healing yourself and relieving stress

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Penticton: Carol 493-1997 Prince George: Pam 564-7972

or BOB in Winfield 766-0300 (call collect)

Sexuality Workshop

FREE Introductory Talk

June 4 - 7:30 pm

Dolphin Centre

with

*Dawn
Bryant*



Initially I intended this healing workshop for survivors of sexual abuse but my intuition tells me we are all sexually wounded.

After 20 years of seeking, I have discovered a guaranteed technique for transforming and releasing that old pain.

This will be an understanding, supportive and confidential workshop. You are invited to join us in letting go of guilt, shame and anger around your sexuality. Join us as we claim our personal power.

Workshop Schedule

June 5 7 to 10 pm
June 6 9 to 6 pm
June 7 10 to 5 pm



At the Dolphin Centre, Kelowna
Phone 868-8088

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

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- ★ How can you become more like your Higher Self?

In this workshop we will explore these questions and others. You will learn techniques that will allow you to channel your Higher Self.

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Jo Ven, Facilitator

Internationally known channeler, professional psychic, teacher, spiritual healer, and registered professional counsellor.

Jo (a sensitive since childhood) has been studying and practicing yoga, meditation, psychic development, spiritual healing and channeling since 1970. She has studied clinical counselling with the CTI - Counsellor Training Institute in Vancouver.

May 16...all day

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presents

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May 10 Past Life Regressions

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May 17 Introduction to Meditation

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June 6 & 7 Blind Workshop

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

June 13 - 14 Intermediate Meditation Experience

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June 19 Advanced Meditation Retreat

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For more information or to register ... phone

*Cheryl Grismer ... 868-8252
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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)

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Phone 868-2588



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Certified Polarity Practitioner

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Oliver/Osoyoos/O.K.Falls

Take an Aspirin and call me in the morning

Well, sometimes after doing that we will wake up in the morning with the same ache, pain, restriction or discomfort that we went to bed with. If that is the case for you, I strongly suggest that you investigate POLARITY bodywork as an avenue of relief.

Very often clients have found that their aches and pains dissipate once the electrical energy fields that surround and permeate are balanced. I am not for a second suggesting that Polarity 'cures' anything, but many of my clients have found relief and boast the benefits of this integrative bodywork.

Carole is doing POLARITY sessions in Penticton,
3 days every month at Dr. Alex Mazurin's
Naturopathic Clinic at #202, 55 Padmore Ave.

Phone 492-3181 or 498-4885

to arrange an appointment or consultation
1/2 hr appt. \$15, 1 hr. appt \$30, 1 & 1/2 hr. \$40.

An Explanation of Polarity Therapy

by Carole Glockling

Surrounding and permeating your body is an electromagnetic field of Energy that forms a blueprint that the body uses to heal itself. There are positive, negative and neutral fields of energy. This Energy pattern can distort from injuries, stress, negative attitudes, lifestyle, negative emotions such as fear, anger, jealousy, abandonment, etc., plus a host of other factors.

Because thought and feeling occur simultaneously in the mind and body, every thought you have registers a feeling somewhere in your body. When there is an overload in a specific area, an "energy block" occurs and you begin to experience minor aches, pains, tension, etc. Unless you heed the messages your body is sending you, these aches and pains become more intense - and if left unattended the body reaches a state of being overwhelmed and that sets the scene for more serious conditions to take route.

POLARITY THERAPY releases these blocks by contacting specific positive, neutral and negative crossover points on the body using fingertip pressure to balance and restore the electrical flow of energy. There are some massage style motions, plus structural work to release blocked energy that lies deep within the muscles. It is a gentle, powerful, non-invasive integrative bodywork done on a massage table while you are fully clothed.

BENEFITS OF POLARITY THERAPY

Through balancing the electromagnetic fields of energy in and surrounding your body, stress is greatly reduced. Medical Science states that over 80% of all illness is the result of stress - and this percentage seems to rise annually. By enhancing health through reducing stress your body is able to heal itself, thus symptoms and conditions existing in your body often disappear.

Polarity practitioners do not diagnose, treat, or claim to cure any specific conditions. We do balance the energy fields and you feel deeply relaxed and yet paradoxically energized and invigorated after just one session. You experience an elevated sense of well being - your thinking is clearer and you will notice more ease of movement and flexibility.

The appeal of POLARITY THERAPY lies in its wholeness. It benefits the WHOLE person - not the part that hurts.

If you have any questions please Carole at 498-4885.



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The Joy of Sound

by Judy Armstrong

The JOY OF SOUND is about finding your own voice, speaking your own story, singing your own song and moving forward into the expression of yourself at the deepest level.

Do you remember a time when you stopped singing, when somehow you came to believe that your sound wasn't worth being heard? Can you also remember a time long before, a place where you danced in the wind, listened to the music of the colours of the rainbow and believed in a world of endless possibilities?

Sharing your gifts through your singing and speaking voice is as natural as breathing; as easy as receiving the energy as you inhale and giving the energy as you exhale. Breath support is the foundation for producing a clear resonant voice. Lack of breath support and purity of tone is like a movie that is out of focus. The extent to which you block the expression of your greatness reflects the degree to which you hold your breath, inhibit your vocal clarity and restrict your ability to convey your thoughts.

Everyone can sing whether or not a voice lesson has ever been taken. Sound is one of our most common means of communication. Toning is a simple process of making vocal sounds to bring about a balance within and without.

Everyone practices toning. When stressed, we tone a sighing sound with the exhaled breath. When tired, we may tone a yawning sound. Toning sounds are sounds of expression which move the energy forward and restore the body's natural centre. It is freeing the body and allowing the sounds to express spontaneously.

The easiest way to tone is to hum, very softly and lightly, gently allowing the pure sound to be carried on a ride by the support of the breath. This hum which freely fills the resonance cavities becomes so pure that it feels and sounds as if it is coming from everywhere in the room as well as from inside. This omnipresent sound, even though it begins softly, will be heard at the back of a large concert hall.

There is no effort, no straining, no tightness of the jaw, just being so open that the natural voice is allowed to express. From this stillness the voice grows in strength and power and beauty. Through regular practice in breathing, resonance toning and vocal exercises you can then go beyond the technique and just be who you are. You will begin to remember your voice and awaken to your full potential.

When communicating with words you will learn to explore the entire use of the vowels and the consonants at the beginnings and endings of words and then to bring the feeling that the thoughts convey, through the words, through the sound - reaching out to others.

Can you imagine how you would feel when you truly realize your worth? Are you ready to say "YES" to life and give all of your vision to sing your song once again? You have the choice!

Judy Armstrong is an international singer, actress, musical director, composer, lecturer and workshop leader who has inspired thousands in the field of expression through sound.

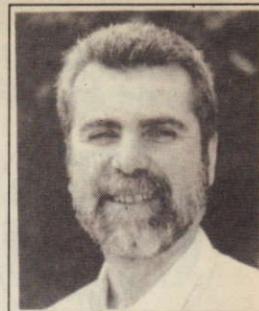
A graduate of both the National Theatre School and the University of Calgary with a Bachelor of Music, With Distinction, Judy is one of the most respected vocal and speech adjudicators for Festivals of the Arts in Canada.

For information on Judy's upcoming lectures and JOY OF SOUND Workshops, please refer to the advertisement on this page.

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with

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CONTACT PERSONS ...for more information

Penticton: Angele Rowe ...492-0987

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Musing

with
Angele

Publisher of ISSUES



Photograph by Steve Tomlinson

Northward Bound

I passed grade one in 1959 and my parents decided this was the year for the big move north. Destination ... the end of the road ... somewhere in northern BC where the government had announced incentives for homesteaders ... land at \$2.00 per acre. My uncles came over and helped Dad load our second-hand school bus, the inside of which had been converted to a home, complete with bunkbeds and a kitchen. On top we packed everything that was important, including my mom's piano and her trunk containing mementoes, many cameras and dark room equipment. The bus was re-painted yellow and named Chinook, in honor of Mom's beloved husky, who had just died. The dog had been just a pup when my Mom was working in Alaska and met my Dad. Chinook came to Michigan, my Dad's home, for the wedding, and they were supposed to return soon after to start a Guiding and Hunting Lodge in Alaska. Mom and Dad were both excellent marksmen, with a bow and arrow or a gun. They both loved the freedom the north offered, and the genuine hospitality of the people there. But after the wedding, Dad found it difficult to leave his family, Mom was pregnant and it was easier to stay put. It was seven children later, that Mom finally got her way... and we headed north in 1959.

My mom was born in northern Saskatchewan, but lived in the NWT as a child for a few summers, for her Grandma & Grandpa owned a Trading Post and Hotel in Aklavik, NWT. My Great Grandma, Mary Kost, was the only white woman for many years living in the High Arctic. In 1921 she was hired by the government as a nurse and school teacher, in 1931 she married Great Grandad, and together they built the Kost Hotel, the largest two-story wood building in the north. They had it double-walled and insulated with sawdust, for the long days of winter darkness get mighty chilly.

Great Grandma Kost was the only woman, or man for that fact, to brave the mighty and tricky MacKenzie River... TWICE in one season: in 1938 she skippered her own scow from Fort McMurray, in Alberta down the Athabaska, Slave and MacKenzie Rivers to bring supplies for her trading post and hotel to Aklavik in the North West Territories.

Late in the summer of 59, on our long journey north and westward, my family stopped in at Grimshaw, Alberta, where my (Great) Grandad, Vincent Kost, was now living. (Great) Grandma had died in 1943 and he couldn't look after the hotel by himself, so he had donated everything to the local missionaries and moved back to Alberta with his brothers. He was a wonderful person, and as I have said many times in this column, I don't think my parents would have survived the first year in Northern B.C. if it hadn't been for the help of Grandad and Chuck, his nephew.

I am the last female in this long lineage of visionary females who helped to settle this country, for I gave birth to three sons and no daughters, twenty years ago in Terrace. Now that I have

experienced being a Mom and realize the time and patience it takes, I would like to publicly express my gratitude to my mother, Tess Tessier, for her inspiration ... and her collection of family photos. Can you imagine cooking for 10 to 11 people all day, bringing your supplies in from town, only once a month, keeping up with the laundry and preserving (all with no electricity or time-saving devices) and still having enough energy at night to turn your kitchen into a darkroom? My Mom did just that. With a battery-operated light, she processed the film at night and got up early enough the next morning to clear the kitchen table of the drying photos so that everyone could sit down to eat breakfast.

I have been invited to an All Women Celebration of Remarkable Women in Tonasket, Washington, where I will be performing a short skit about my Great Grandma and her adventures as a Skipper on the MacKenzie River. None of this would be possible if my mother hadn't realized how important it was to save the old photos and newspaper clippings of her life and her day-to-day travels.

To finish off my lineage ... Grandma Tessier, my mother's mother. She was the first woman jockey in Canada, a tiny woman, 86 pounds of determination, riding the horses of her veterinarian husband. One year she won a number of races, the jockeys got together and they banned women from racing professionally. It wasn't till the early 40's that women were allowed to race once again. During the Second World War Grandma Tessier kept politically active, she was a pacifist and an agnostic. She spent long hours and many years volunteering and working for politicians. She was very outspoken, and 'peace' was one of her favorite topics. She had a photographic memory and devoured books instead of food, for she had tasted rat poison as child and it had burnt more than half of her stomach. As a result, she travelled great distances, looking for ways to extend her life. She ate only organic foods, most of which she grew herself. She came to Rosswood shortly after we settled there and stayed almost a year, helping out with the chores and giving moral support to my Mom, plus she and Grandad loved to play cribbage.

I can still remember her arrival. She came in a truck pulling a trailer loaded with shoes. Someone had gone out of business and was selling them cheap, and Grandma figured that with 10 pairs of feet to sole, we would all eventually fit into them, and we did. She also brought with her fresh organic dates and a large cache of nutritional candy bars. They were so tasty that brother Phillip got into trouble for finishing them off.

I asked my mom recently how I was delivered, for Rebirthing Techniques are making the headlines in Wholistic Circles. She told me she was put under anesthesia as Doctors didn't consider women capable of helping. If the baby wasn't strong enough to make it out on its own, it was pulled out with forceps. When I had my children, I was already on the Wholistic Path and wanted my babies delivered naturally. That amazed my doctors and they were very uncomfortable with my requests, but I persisted. Today, what I had requested is considered normal and I hear that the government is now considering legalizing midwifery. We have come a long way but I often wonder why we needed to fight in the first place.

I guess that's why I express my opinion so openly and put all of my time into networking and communicating with people, showing them that their thoughts and decisions do make a difference. As Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

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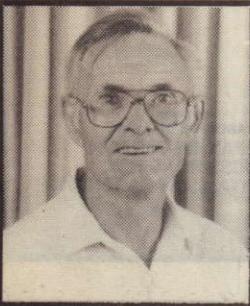
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X CHOLESTEROL ... Ugh!

by Colleen Nicklassen, C.H.



I work in a Health Food Store and many people come in and ask "What can be done to lower my cholesterol?" Here's my answer.

Blood is divided into 2 parts; cells and plasma (serum), the serum is the part that carries the cholesterol. Diets high in fats and carbohydrates raise the cholesterol level in blood serum.

Also our bodies produce cholesterol which can be the reason for high cholesterol even though the diet is balanced. Actually cholesterol is not all bad, it is produced in the liver for important functions such as; fat absorption, important part of bile salts, and to help form protective sheaths over the nerves.

Cholesterol is composed of 2 parts HDL's (High Density Lipoproteins), and LDL's (Low Density Lipoproteins). HDL's speed up removal of cholesterol from cells to the liver for excretion, while the LDL's are weaker and carry cholesterol from liver to tissue and are the link to development of Arteriosclerosis. Therefore you want to raise the level of HDL's and lower the level of LDL's. The big question is how does one do this? There are a few ways. Cholesterol is fat soluble, not water soluble, so your diet should contain the adequate fat to accomplish this task.

FATS: There are two types of fats; Saturated and Unsaturated.

- 1) Saturated fats are hard fats that solidify at room temperature, these are usually animal fats.
- 2) Unsaturated fats are liquid fats, these are nut and vegetable oils.

The reason you want to avoid Saturated fats is that they are hard to break down and cause inadequate bile secretion, which causes fat to deposit in the blood instead of being eliminated. Our bodies however need unsaturated fats to maintain smooth regular bile flow so more cholesterol is secreted and less builds up in the blood stream. As mentioned earlier cholesterol is fat soluble, so it takes the right kind of fat to dissolve and transport it for elimination. The best oils are cold pressed, Safflower, Sunflower and Corn Oil.

LECITHIN: One of the very best foods in balancing cholesterol levels is lecithin. It is found throughout our body, especially in nerve and brain cells, and is produced by the liver. It is important in breaking down fats and cholesterol so that they can be carried in suspension in the blood and expelled from the body. Lecithin contains phospholipids with choline being one of the main active parts. Choline promotes the utilization of cholesterol in tissues, conversion of fats and excretion of bile.

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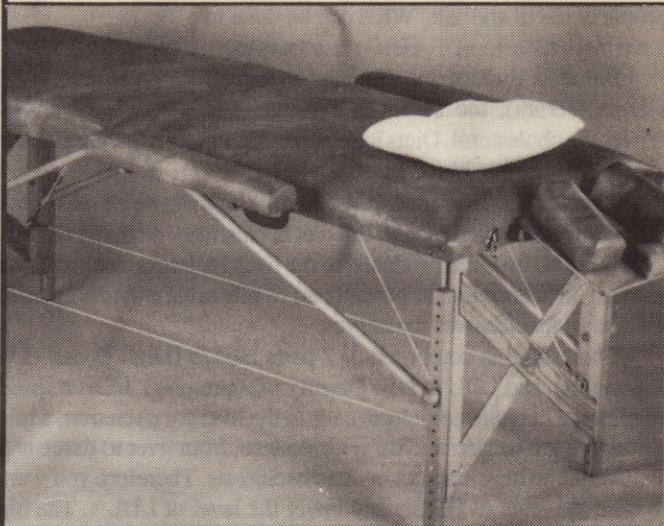
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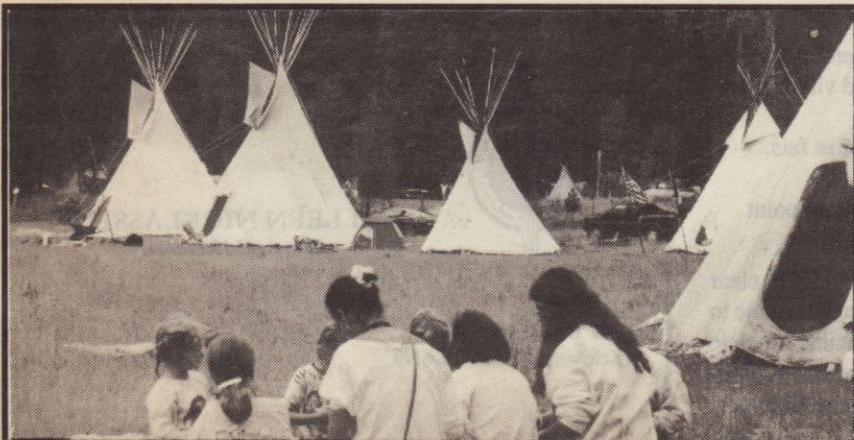
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Reiki ... simple and safe

by Dorothy Skene

Reiki seems to be a word on the tip of the tongue these days. Advertisements for treatments and classes are appearing more and more in the classifieds and on bulletin boards. Reiki seems to be coming out of the woodwork and into public view. As yoga and meditation came to light in the 70's, will Reiki make its debut into society in the 90's?

The word Reiki means Universal Life Energy. As simple as the life within us, Reiki is the energy inherent in us all. Its form, as being taught presently by Reiki Masters, is an art of natural healing that positively affects the whole person. It is an ancient method, rediscovered in Japan during the late nineteenth century by a Christian minister Dr. Mikao Usui, who went in search of the method used by the great Masters to heal the physical body. Through his vast study of the ancient scriptures, Usui came to understand the importance of particular sounds and symbols in activating this energy. Through fasting and meditation he awoke to the full power of the Reiki symbols. He gained the ability to transmit this power to others through a process of initiations commonly referred to as attunements.

Attunements are done today by Reiki Masters all over the world. These attunements are permanent, aligning the recipient at a deep level. Reiki supports the natural healing process of the individual, creates a sense of balance and well being, accelerates growth on all levels, and helps to release negative patterning that causes disease. Hence, one is freer to accept joy and creativity into one's life. After receiving the attunements one's hands are enlivened, often becoming warm in treatment. At first level this connection is deepened through self treatment and treatment of others. At the second level one deepens one's understanding through knowledge of sounds and symbols, and their application in daily life and treatment.

Reiki is a very simple, safe form of natural healing. Its effect grows as you use it. Anyone can learn, and it involves no commitment to a particular creed or belief system. It is very effective on children, as well as on plants and animals. Treatments involve a gentle laying on of hands over various parts of the body, and over symptomatic areas. The energy is channelled through the hands into the body, creating a deep sense of warmth, relaxation, and comfort. Reiki works on all levels. It is known to stop bleeding, reduce stress, cure headaches, and with continual use, reduce tumors and reverse disease. Emotionally it creates a deep sense of comfort and solace, promoting a deeper understanding of the emotional body. Mentally it brings clarity and releases habits that are no longer in the individual's best interests. On a spiritual level Reiki offers a connection to the source, and a feeling of deep peace, and unity within the self and the universe.

Why not learn this effective and powerful technique? Reiki is a simple skill that gives the individual a greater sense of autonomy and self responsibility. It is a step off the wheel of victimhood and onto a lighted path of purpose and self acknowledgement. It is a beginning. A way to get in touch with oneself and in turn, with others. A gentle means to opening to one's innate healing ability. Why not attend the next introductory talk given by a Reiki Master in your area and get a little taste of what heaven might be like? Give yourself the gift of Reiki and feel for your Self! ♦

Dorothy is a Reiki Master in the Victoria area.

A Gentle Approach to Healing

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An individual technique that
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at the Dolphin Ctr...1735 Dolphin Ave in Kelowna

1st Degree ... May 8 & 9 ... Fri. 7-10 pm & Sat. 9-5 pm
2nd Degree ... May 6 & 10 ... Wed. 7-10 pm & Sun. 9-5
Contact...Carol Mann 769-3987

May 14 ... Thursday 7:30 pm
at the Leir House...220 Manor Park in Penticton

1st Degree ... May 15 & 16 ... Fri. 7-10 pm & Sat. 9-5 pm
2nd Degree ... May 13 & 17 ... Wed. 7-10 pm & Sun. 9-5
Contact...Jan Stickney 492-6442

Reiki Master ... Vicki Allen

from Silverton...358-7786

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A playful experience in group dynamics ... focusing on the body to reveal hidden tensions and memories. Go beyond the restrictive aspects of your personality and let go totally ... into laughter, joy and celebration.

Ramakanta studied at OSHO International Commune in India and has conducted playshops in BC and New Zealand.

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"Exploring the Strength of Diversity"

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Penticton, BC

at the Leir House: 8:30 to 5 pm.

There is no charge for the Symposium but your contribution to help with the work is greatly appreciated. Please bring your friends and your own lunch, beverages provided.

M.G.N.A. is an international group-by-mail, for simultaneous meditation by people of varied backgrounds for the raising of consciousness and the healing of the planet.

Guest Speakers will be **Kay Michael, Harry Jukes, Marion MacDonald, Judy Brown and Marion vanGoudoever.**

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THE STORY THAT WILL NOT GO AWAY!

The Emergence of the World Teacher

For over a decade, British author and esotericist Benjamin Creme has been presenting this message of hope —

"Behind all outer events stands an extraordinary stimulus for global peace and co-operation: the presence of **Maitreya, the World Teacher**. Long awaited as the Messiah, the Mahdi, Maitreya Buddha, Krishna, and the Christ, Maitreya is a Teacher concerned with every aspect of our lives. He is here now to aid and inspire us to rebuild our world along more just and compassionate lines."

Come and hear Benjamin Creme in person

Friday, June 26 at 7:30 pm

H.R. MacMillan Planetarium

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Doors open at 7 pm. Admission \$5.00

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One Man's Story

by Diana Holland

Why would a man give up a successful career to spend twenty years of his life spreading news of the emergence of a spiritual teacher? Benjamin Creme, a respected British artist, has done just that. He has let his easel gather dust to travel the world announcing the arrival of Maitreya, the World Teacher for the New Age. "He is here, now", says Creme, "And he is in effect the Christ, the Messiah, the Imam Mahdi, the fifth Buddha, the One Awaited by all the major religions."

"When I began speaking to audiences in 1975, I wasn't aware that His coming before the public would take this long," Creme smiles. "I thought I'd be back in my studio in no time...But I did inwardly pledge myself to this work in 1959, when I was first invited to play a role in the reappearance of the Christ, and my experience has simply unfolded since then."

What kind of credentials befit a modern-day prophet? "You'd definitely buy a used car from this man," has quipped more than one journalist about "Ben the Baptist". With his silver hair, calm voice and crackling wit, the man somehow reminds you of a favourite uncle. This, he is the first to point out, is no reason to believe his story, and you are free to dismiss it, he says, "If it does not have for you the ring of truth."

In sketching his background, Benjamin Creme mentions that he has since adolescence studied various aspects of esoteric philosophy, and was aware even then of the teachings of Helena Blavatsky, the founder of the Theosophical Movement, who had lived and worked in Tibet with the Masters of Wisdom. Through her writings in the late nineteenth century, Blavatsky was the first to reveal to the world the existence of the Spiritual Hierarchy, a group of enlightened men, Perfected Masters, Who live in the high mountains and remote deserts of the world and Who are the custodians of the Divine Plan for this planet.

Creme was neither looking for nor anticipating a telepathic contact from a member of the Hierarchy as he stepped out of the bath one January night in 1959. But a voice spoke unmistakably inside his head, that of a Spiritual Master living in the Himalayas as he was told, and thus began their association. After some weeks of training in telepathic contact, Creme was addressed by the Master of all Masters, Maitreya Himself, the Christ and World Teacher, who said: "I Myself am coming, in about twenty years, and you may play a role in My coming if you so choose." Creme inwardly agreed and the subject was dropped altogether for many years. Creme's training continued under his Master's guidance until the early 1970's, when it was stepped up to the arduous pitch of twenty hours a day. As a result, Creme, a reluctant public speaker at best, was prepared for his coming role in announcing to a skeptical world the return of the Christ but he also became, as their telepathic link grew constant and two-sided, a "window on the world" for his Master. "Everything I see and hear, He sees and hears. When He wishes, a look from me can be a look from Him; my touch, His. And so He can heal and teach," explains Creme, "While He Himself remains, in a fully physical body, thousands of miles away."

Because of this constant telepathic contact, Creme is also kept up to date on the progress of Maitreya's emergence as the World Teacher, which, according to him, began on July 7th, 1977. "The Christ began His descent," says Creme, "not from 'heaven' but from high in the Himalayas. He is indeed physically present in the

continues on page 20

Dolphin CENTRE

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**OPEN YOUR HEART
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"THE GIFTS OF THE SOUL"**

For more information or to register please call

Marilyn Evans: 766 - 0531

Okanagan Centre

***We squander health in search of wealth
We scheme and toil and save***

***Then squander wealth in search of health
And all we get is a grave***

***We live and boast of what we own
We die and only get a stone!***

Anon

The Challenge of Change

by Marilyn Evans



A major shift is occurring in human consciousness that is beginning to affect each of us. You may be experiencing a sense of, urgency, apprehension or even fear. You have probably heard that more energy is available to us than ever before, both for personal growth and planetary evolution. As exciting

and wondrous as this sounds, transition and change evokes some amount of fear in all of us. -- What changes will occur? Will they be good or bad? How will they affect me? What should I be doing to prepare for this? Though we recognize the need for change in many areas, when we feel unsure or afraid, we often cling more tightly to the old and familiar.

There are many ways to integrate the energy and changes that are occurring. Here are some that are helpful:

1. Learn to quiet your mind and body and take the time to do so. Even 5 minutes of just resting and focusing on your breathing can make a difference.
2. Look for answers within rather than trying to change external events. Quieting your mind will allow you to hear the answers.
3. Do nice things for yourself: —Walk in nature and by the lake
 - Light a candle regularly
 - Have flowers in the house
 - Listen to beautiful music
 - Take a warm bath
 - Sit in sunlight and let it infiltrate every cell
4. Stretch your body physically a few times a day.
5. Be willing to forgive when you feel you have been injured by someone. The universe will support even a little willingness on your part. Also be gentle and forgiving to yourself for mistakes you make.
6. Be grateful daily for the things that matter to you and the people in your life and let them know you appreciate them.
7. Open your heart to others and be kind to them. The smallest gestures of kindness can make a difference to someone. Be especially compassionate to people who have no awareness of what is occurring. Send them silent blessings.
8. Be willing to see that there is fear behind what appears to be anger or hatred in yourself or others. The Course in Miracles says, "What is not love is always fear and nothing else."
9. Talk to your close friends about your feelings whether they be excitement and wonder or fear, sadness or anger. Sharing will make a difference to both you and them.
10. When you feel anxious or afraid, ask for help from within, from the universe, your higher self or God (whatever feels right for you).

When you do some of these things you will have a sense that you are not alone, and you will support and feel supported by others. Know that this wave of change contains the seeds for a world where every child will have enough to eat, a world where wars will be no more, a world where love and brotherhood will prevail. Understand that these are real possibilities and not just empty words. The concept of heaven on earth is not a new one. Quoting again from the Course in Miracles, "The end of the world is not its destruction but its translation into heaven." ♦

UNDERSTANDING ASTROLOGY with Kolin Yardley



THE FOUR ELEMENTS AND HEALTH PART 1 -- THERAPIES

"All bodies are composed of four elements -- Earth, Air, Fire, and Water. The healthy state consists in the proper balance and distribution of these four elements, and disease is their derangement."

Dr. Randolph Stone

"A physician cannot safely administer medicine if he is unacquainted with Astrology."

Hippocrates

Hippocrates, the father of modern medicine, made this statement because he felt Astrology should be used to understand an individual's uniqueness and that the treatment prescribed would take that uniqueness into consideration. Elements in a horoscope are particularly significant as a diagnostic tool, for they describe whether an individual makeup is more **earthy** (physically strong), **fiery** (excitable and dynamic), **airy** (intellectual), or **watery** (emotional). Each type of individual would respond differently to the same medicine. Studies have shown that individuals with a strong emphasis in water signs respond more quickly to the Bach Flower Remedies than those who are lacking in water signs.

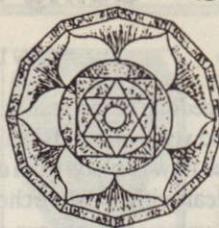
Culpepper, the famous English Herbalist, made a similar statement - that no Herbalist should administer herbs unless he was familiar with Astrology. Along with uniqueness of the individual, he brought in another factor exclusive to Astrology -- timing. Most modern Herbalists use the Moon cycle to prepare their tinctures (starting the tincture at New Moon and finishing it at Full Moon). A Herbalist or Holistic Health Practitioner using Astrology, would also use astrological timing in the treatment of illness. An individual's personal growth cycle would be taken into consideration. As Dr. Stone has stated all health depends on balance. Every two and one half years, we take on a different element to bring into greater balance. (Technically the Progressed Moon Cycles). If we are working with the element Water, our therapies would need to deal with our emotions. If our 2 1/2 cycle is in Air, taking a writing course at University may be the best therapy.

The element **FIRE** relates to the heart and circulation. Psychologically, Fire relates to enthusiasm and vitality, therefore therapies that involve movement are required. Some **FIRE** therapies are **Aries** (Primal Scream, Rebirthing), **Leo** (Sports, Gestalt Therapy), **Sagittarius** (Bioenergetics, Religious Practices).

AIR relates to the nervous and electrical systems of the body. Therapies would balance the electrical system and bring the thoughts of the mind to a more positive level. Some **AIR** therapies are **Gemini** (NLP, Silva Mind Control), **Libra** (Acupuncture, Relationship Counselling), **Aquarius** (Radionics, Homeopathy).

EARTH relates to the skeleton, bones and teeth. It also relates to having the proper chemicals in the system so the organs work efficiently. Therapies would include proper nutrition and Structural Integration. Some **EARTH** therapies are **Taurus** (Shiatsu, Touch for Health), **Virgo** (Nutrition, Herbalism), **Capricorn** (Rolfing, Psychosynthesis).

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Centered and Circling
Sacred Dance Workshop training with June Watts
\$250

For information/registration: The Center,
Box 2269, Salmon Arm, B.C., V1E 4R3
Tel. or Fax (604) 832-8483

WATER relates to elimination and digestion. Therapies would balance the assimilation of food and the purification of the body and emotions. Some **WATER** therapies are **Cancer** (Family Therapy, Bach Flower Remedies), **Scorpio** (Transpersonal Psychology, Colonic Irrigation), **Pisces** (Spiritual Healing, Course In Miracles).

Medical Astrology and vibrational healing are complex fields of study in their infancy. It may take decades before Astrology gains the role that Hippocrates or Culpepper thought it should have in the treatment and prevention of illness. The understanding of the four elements is a more simplistic study. By understanding our own balances, the imbalances and personal cycles, we can all become more successful, happy, assertive, zestful, abundant, motivated and of course, healthy individuals. My ☉ is 763-7139 Aloha!



Respecting the Mother, Revering Ourselves Going with the Flow

by Laurel Burnham



Somewhere, out there, a woman is bleeding. It is a reality that we, as women must deal with for years and years of our lives. Approximately once a month, there is a rich red flow of blood from deep within us that one way or another must be dealt with. How we choose to deal with our menstrual flow speaks volumes about our consciousness, and our integrity as women.

There are probably as many varieties of tampons, napkins, pads and panty liners to choose from as there are types of breakfast cereal. But just like those varieties of sugar and wheat tortured 60 ways, so too are all those "sanitary supplies" variations of a singular theme. And just like consuming breakfast cereal, we choose our "brand" probably out of habit. But unlike breakfast cereal, with all ingredients clearly labelled on the box, all the ingredients that make up a napkin or a panty liner or a tampon are not present and accounted for. Viscose-rayon (the major component of tampons) waxes, surfactants, alcohols, acids, nitrogen compounds, dioxins, furans, perfumes, and hydrocarbons to name a few. All of them substances manufactured in laboratories, some of them deadly toxins in the right proportions. In the late 1970's the humble cotton tampon began to be replaced with a number of superabsorbent chemicals, high tech-foam, and synthetic fibers like polyacrylate rayon, viscose rayon, and polyester. These high absorbency tampons were eventually removed from store shelves after it was proven that a number of North American women died from Toxic Shock Syndrome or TSS.

My personal memories of that time include sitting around the fireplace of our communal Victoria home, with the three other women that I lived with, burning all the tampons in the house. And like many other women, striving towards health and wholeness, I have several different methods of dealing with my menstrual flow. Sea sponges were in vogue for a while, but for me they weren't sufficient to adequately deal with my flow. And washing it out in a public restroom was definitely a statement!! I have used rags...crude but effective, moss...itchy if you have to wear it, definitely better to lie on a bed of it, and have, until lately, found myself straying back to disposables.

But after the birth of my son, I was determined to honor myself, and respect the Mother Earth, by changing my habits when it came to menstruation. I have been an avid recycler and claim to be an environmentalist...best to make my actions consistent with my words. I was convinced, not only by my own growing awareness of the deadly toxic nature of the bleaches and dyes used in the materials for "sanitary supplies," but by statistics such as these:

The number of women in Canada between the ages of 12 and 45 is 6,949,300.

The number of disposable pads used by women in Canada per year is 1,000,699,200 (based on each woman using a dozen pads per month).

A menstruating woman throws away an average of 250-300 pounds of tampons, pads and applicators in her life.

Yes, we all contribute to the growing mountain of waste that threatens to bury us all. I am determined not to contribute any more

than I already have. Plus, I object to my Moonblood being disposed of as "garbage." It does not feel to be in keeping with honoring myself as a woman.

I felt blessed to be able to try some ready-made non-disposable menstrual supplies. My first sample, and I must admit, my favorite, is "Moonwit Menstrual Pads." They are 100% cotton, terry and flannel. Shaped rather like a little airplane, with the wings which fold around my underpants, with an extra flannel lining, I find them esthetically delightful to look at, and comfortable to wear. I find them very absorbent and relatively easy to take care of.

There are three kits that the Moonwit pads come in. I started out with a "Half Moon" pack, which included four regular pads and two 'Goddess'. I found that I had to wash and dry these at least twice during my flow, and since I like to hand wash and air-dry them, this was not practical. I have recently acquired the "Full Moon" kit, which includes eight regular and four 'Goddess' pads. I find this much more practical. There is a third kit the "New Moon" which contains one 'Goddess' and one regular. The pads are also available individually. The Full Moon kit is \$58.00, the Half Moon is \$30.00, the New Moon \$11.25, and the individual Goddess pad \$6.25, and regular \$5.50 Moonwit is available from Moonwit Alternatives, R.R.#4, Maliview C-25, Ganges, B.C. Vos 1E0.

The founders of Moonwit Menstrual Supplies have also gone a step further, and produce a quarterly publication known as "The Rag." Christina Budeweit and company turn out a delightfully readable, witty, homespun newsletter that "encourages women in the process of their awakening awareness to network, contribute, recognize their feelings as valid and to think for themselves." Printed on (of course) recycled paper, "The Rag" is chatty, full of earthy humour and dare we say "Mother Wit." It has a decidedly Pagan slant...but then, there doesn't seem to be much room in the christian tradition for honoring women's bodies. A maiden's subscription (one year) is \$15.00, available from the Moonwit address.

The other sample I have been able to try is "Many Moons" washable menstrual pads. I used a daytime pad with a waterproof bottom, and velcro fasteners, with an additional flannel liner. I found that its absorbency was equivalent to a Moonwit plus Many Moons come with an overnight pad with an elastic belt. I found them to be comfortable and actually worked very well overnight. Many Moons comes as a set of 8 beltless (daytime) pads for \$34.00 plus GST or 6 pads with a belt for \$28.00 plus GST. Many Moons may be ordered from Shannon Burdes, Box 373, Vernon B.C. V1T 6M3.

There is a third product called "Woman's Choice" which I have not tried, as it is necessary to purchase the entire kit for approximately \$115.00, which is a little much for my budget to handle. It contains 10 daytime pads, 5 fillers, 2 overnight pads, a kit bag, purse size, and a utility bag to store them all in. It appears that it is necessary to make your own adjustments by sewing on velcro strips to these pads. Woman's Choice can be ordered through Horizon Distributors, 3450 Vanness, Vancouver, B.C. To clean these pads, all the creators recommend soaking the used pads in cold water. I use an ice cream bucket with lid and I find this very practical.

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Discovering your Constitution

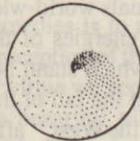
excerpted from the Ayurvedic Cookbook

The particular combination of energies present when we enter this world at birth is known in Ayurveda as our innate constitution or *Prakruti*. What we do with our constitution is up to us. It is the sourcebook for our health, vitality and well-being. It can also be the springboard toward difficulties, if we ignore its needs. The five elements come together to create three basic constitutional types. They are *Vata*, *Pitta*, and *Kapha*. If air and ether predominate in your constitution, you are *Vata* in nature. If fire and water take the lead in your physical makeup, *Pitta* is the result. If water and earth hold ascendancy in your body at birth, *Kapha* is your constitution.

What does understanding your constitution mean practically? Each constitution has different needs. Meeting these needs assures balance and better choices in what health care methods are most appropriate for you.

This month I shall describe one constitution ... *Vata*. Jul/August ISSUES I shall explore *Pitta* and September/October I will explain *Kapha*.

VATA



The person with *Vata* predominant in their constitution is blessed with a quick mind, ready flexibility and creative resources. *Vata* is associated with the attribute of motion. You are likely to be on the go a lot, mentally, physically or both. *Vata* provides the essential motion for all bodily processes, and so is extremely vital for health. One purpose of dietary therapy for *Vata* is to ground or stabilize this motion. *Vata's* primary residence is the colon. This dosha can also be found in abundance in the brain, ears, bones, joints, skin, and thighs. *Vata* tends to increase with age, as witnessed by increased dryness and wrinkling of skin. Routine is useful in assisting you to ground all this moving energy effectively.

The other attributes of *Vata*, besides dryness and mobility, are light, cold, rough, subtle, clear, and dispersing. Any of these qualities in excess can imbalance *Vata*, while their opposites calm this dosha. For example, a lot of travel can derange *Vata*, especially if it is by plane. Rest, warmth and meditation can calm it. Loud noises, continual stimulation, drugs, sugar, and alcohol can all disequilibrate *Vata*. Soothing music, taking breaks, deep breathing and massage balance it. Exposure to cold or cold foods really aggravate *Vata*, as do frozen and dried foods. Warm moist foods calm *Vata* best.

Vatas need warmth, on all levels, from their environment to their friendships to their food. Cold causes *Vata* to constrict and tighten up and restricts the free flow of movement so vital to their well-being.

Raw foods, being cold, take energy to digest. And *Vatas* do not usually have a great excess of digestive fire to waste. Members of the cabbage family, when eaten raw, can easily create gas. These include broccoli, cabbage, cauliflower, kale, etc. Gas, being airy, throws off *Vata*. Or more accurately, *Vata* gets thrown off and gas is the result. Most times when you have flatulence, *Vata* is at least temporarily out of balance. A light salad of lettuce and sprouts can be grounded with an oil and vinegar dressing; or marinated steamed vegetables can be eaten. If you do choose to eat raw foods, summer-time or a warm climate are the best time and place to do it.

THE SELF-HEALING POWERS OF AYURVEDA



with

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

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

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Beans tends to be cold, heavy and dry, not conducive to *Vata's* best interests. And yet a few legumes can be helpful for *Vata*. Black lentils are warming and can be eaten in modest quantities. Split mung beans are quite good for *Vata*. Many *Vatas* handle certain well-spiced soy products well, like tofu or liquid soy milk. Some do not. Let your gut be the guide. Dairy is very calming to *Vata*, especially when it is warm.

Warm cooked whole grains ground *Vata*. Especially healing are basmati rice, brown rice, wild rice, oatmeal and wheat products (as long as you are not sensitive to one or more of these!) Yeasted breads, sugar, and nutritional yeast can cause gas in *Vatas*. Chappatis, tortillas, unyeasted crackers and quick breads (made with baking powder or soda) frequently are better tolerated. Pasta of all kinds is fine for *Vata*.

Fruit serves *Vata* well, so long as it is sweet, moist, well-ripened and not an apple, pear, cranberry, watermelon or dried fruit. All fruits are best taken alone or at the beginning of a meal, not mixed in with other foods. If *Vata* does choose to have dried fruit, it should be well-soaked or stewed.

Fermented products have a variable effect on *Vata*. Eggs are best eaten in dishes or in a soft well-spiced form.

Most sweets are tolerated well by *Vata*, if you haven't developed excess yeast in your gut or elsewhere. Sugar is overstimulating to *Vata* and is best avoided. If you are cooking for yourself or other *Vatas*, sesame oil or ghee is your best choice. Its warmth and groundedness are beneficial for you. When cooking for other constitutions as well as yourself, sunflower oil is a good neutral choice.

Routine is remarkably grounding (through possibly distasteful!) for *Vata*. If you do nothing-else, eating your usual foods at regular times can ground this *dosha* noticeably. ❖

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world, in an indestructible body of light called a Mayavirupa, which He constructed over the previous six years. This is outwardly a normal body, but it can appear and disappear at Maitreya's will and take on whatever appearance he chooses. After some days acclimatization on the Pakistani plains, the World Teacher boarded a flight to Heathrow and took up residence on July 19th, 1977 as an ordinary man in the Indo-Pakistani community of London, England."

He has lived there ever since, claims Creme, not as a religious leader, but as a modern Teacher, concerned with political and economic issues, and specifically with the disequilibrium between the nations of the North and the South. The rhythm of His emergence into full public view is governed by humanity's readiness to receive Him. Accordingly, Maitreya has progressively emerged as a Spokesman for sharing and social justice in His chosen community. He has also begun to miraculously appear elsewhere, as He did at a prayer meeting in Nairobi, Kenya, in June of 1988, when 6000 people immediately recognized him as the Christ.

Creme claims that Maitreya has been meeting with world figures and preparing a core of journalists since the beginning of 1988 in London, and that He is appearing now in dreams, in visions, and in person to individuals world-wide, from government leaders to terrorists. "It is the energies of the Christ, pouring out daily throughout the planet, which stand behind the apparently sudden changes of the day, from the fall of the Berlin wall to the massive disclosures of scandal in the West," affirms Creme, who meanwhile continues his own gruelling schedule of public lectures and media presentations.

Creme speaks by invitation and receives no compensation for his talks. His tours now include Western and Eastern Europe, the U.S., Mexico and Canada, Japan, Australia, and New Zealand. He has given over 250 radio interviews in the U.S. and Canada alone.

"I have never met the Christ 'face to face' so to speak, though I know where He lives and have been taken out of the body and before Him several times," says Creme "it is not my role to point to His whereabouts. It is up to the media," he adds, "acting for all of humanity, to seek Him out and invite Him to address us through the linked satellite networks of the world."

Creme says that Maitreya appeared on September 29, 1991, and on January 26, 1992 to groups of 600-800 people in Mexico, and again on March 1st to a convention of about 600 people in Russia, speaking each time for about 25 minutes in the local tongue and outlining His plans and hopes for humanity. As the rhythm of Maitreya's large-scale appearances increases, not infringing humanity's free will but in response to its invitation, Creme hopes that public pressure will be brought to bear on the media to investigate this story and reveal what they know.

"My job has been to make the initial approach to the public," says Creme, "to help create a climate of hope and expectancy in which the Christ may emerge. I know it all sounds fantastic, but I also know that I am right, that I am not crazy, and that all of this is true."

You are invited to hear Benjamin Creme speak at the H.R. McMillan Planetarium in Vancouver, on Friday, June 26th at 7:30 pm. His talk will be accompanied by a blessing from Maitreya, the Christ. There will also be a public transmission meditation the next evening for those interested in discovering this form of New Age meditation and service. This event will be held at St. James' United Church, 3214 Tenth Avenue at Trutch, on Saturday, June 27, at 7:30 pm. Mr. Creme's visit to Vancouver is a rare event. Don't miss it! For info: call 604-736-TARA (24-hour line). ❖

Flower Essences - What are they?

by Robert Rogers

Simply put, flower essences are vibrational medicines. They are prepared by setting flower petals or buds at the peak of their perfection, in bowls of water. The sun transfers the energetics of the plant material into the water's memory.

Those familiar with homeopathy will recognize the association. However, whereas homeopathic remedies often vibrationally duplicate the physical disease in a body to push out the "dis-ease"; flower essences adjust the flow of consciousness and karma that create the state, by influencing the subtle bodies and ethereal properties of the body.

Flower remedies have been used for thousands of years by many different cultures. Dr. Edward Bach "discovered" his well-known flower remedies in the 1930's.

He believed that conflict arising between the intentions of the soul and personality led to negative effects on the psyche. The remedies act as a catalyst to restore contact between them. In 1934 he wrote the following:

"The action of these remedies is to raise our vibrations and open up our channels for the reception of the Spiritual Self; to flood our nature with the particular virtue we need...They cure, not by attacking the disease, but the beautiful vibrations of our Higher Nature, in the presence of which, disease melts away as snow in the sunshine."

Today, flower essences are available from all over the world. Practitioners in flower essence therapy are now taking their place alongside herbalists, and other holistic healers. My own experience goes back over twenty years: using flower essences both personally and professionally.

At present, my own research is focused on the vibrational effects of various lichens. Other regional flower essences are the Pacific Essences from Vancouver Island, and the Alaska Flower Essences.

From Australia come some of the most highly effective remedies I have experienced. They appear to address many of the psychological, spiritual and physical states relevant to the 90's.

Dr. Ian White is a highly respected naturopath and the discoverer of the fifty Australian Bush Flower Essences.

The Third International Symposium on Flower Essences will be hosted by Dr. White in Sdney from September 18-20. Closer to home, he will be in Edmonton on May 16-17 for a two day workshop. Those interested may call (403) 433-7882 for more information. ♦

.....**Pathways**continued from page 22.....

at its essence is a straightening process that provides physical and psychological relief. Sounds promising! But, how does it work, you ask? Imagine smoothing crumpled bed sheets through a blanket and you have an idea of how a therapist begins to straighten the layers of fascia beneath the skin. By using sustained pressure, applied either with the practitioner's elbow, fingertips or knuckles, these twisted layers are stretched and straightened. Abuse to the layers of connective tissue can be caused by a traumatic injury or years of improper posture that restricts movement and causes pain.

I like to think of the term "human potential" to describe this approach to body - mind integrations and releasing held emotions which encourages change and growth that ultimately leads you to being in the PRESENT MOMENT. ♦

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Pathways into the Present Moment

by Marilyn O'Reilly

A sure way to tell whether a discipline is working for you is to ask the question, "Does this discipline bring me into the present moment?" All the rest flows from this point. Once one is in contact with the moment, all questions and answers, all healing endeavours, all paths of discipline become available.

There are many reasons we choose not to be in the moment. We choose one or another emotion to be trapped in; or, our minds take us on such incredible flights of fantasy that nothing is truly real. We live in the past, or we live in the future, because the pain, sorrow, anger or fear is too much to face in the present. Understanding why we happen to be locked into one particular emotion is the key to the door to the present.

How to find the emotion? It is not outside yourself. It makes no difference to the wind if you are happy or sad. The tide will still come in and go out no matter how angry you feel. So, the answer does not lie out there... How does your body feel? Take a deep breath. How does your body feel? Often we do not know how our bodies feel. One of the comments I hear most often in this work is, "I didn't know I had such tension in my body!"

We are very clever beings with powerful tools at our disposal. One of our most powerful tools is our mind. The mind has the attribute of being able to shut down our body responses if the response does not suit our mind's idea of what is happening...eg. "big boys don't cry."

The ability of the mind to prioritize body sensations is a very valuable quality of a fine tool. Unfortunately, most people do not use the mind as a tool. Most people find themselves in a position where the mind has become BOSS. In a world where the mind is boss, almost every action is based on "should's", and "ought's". Lots of creative plans end on the old "but!" syndrome. For example, "You could strike out on your own, but...!" The classic downward spiral of the negative mind set.

Eventually, our body becomes so removed from actual feeling, responding, co-operative and sharing aspects of the emotions that we don't even know what is right for ourselves any more. Take a deep breath. How does your body feel?

How can one get the mind out of the driver's seat and back into the old tool box where it belongs? How can one get in touch with the blocked and held emotions in the body? How can one connect with the Soul to access the wisdom of the ages to use in one's daily life?

Most of us who aspire to "wellness" have at one time or

Continues to the right

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For Your Mental Health Call the Penticton Crisis Line

The Penticton and Area Crisis Line is there to give you emotional support before your personal situation reaches unmanageable magnitudes.

People from all walks of life, in all kinds of jobs, have ups and downs in their lives at one time or another. They may suffer from: feelings of tension, loss, hopelessness and guilt. They may sometimes feel afraid, inadequate and unable to cope with their own moods and thoughts.

How you deal with the highs and lows in your life determines your state of mental health. Left unattended, these feelings can possibly corrode your life, threaten your self-fulfillment and self esteem jeopardize your success and deprive you of peace of mind.

The goal of the Crisis Line is to help you clarify your feelings, explore your options, to choose the right alternative for your situation and to help you feel better.

Since you and the Crisis Line volunteers are anonymous and your conversations are kept confidential, sharing your innermost thoughts, feelings and fears with a caring Crisis Line Volunteer is often better than sharing with your own best friend.

In support of Mental Health Week May 4-10th, 1992, the Penticton and Area Crisis Line invites you to "SEE MENTAL HEALTH IN A NEW LIGHT." If you're suffering from any degree of emotional distress or need accurate information on community resources and support groups. Call the Crisis Line at 493-6622.

If you would like to volunteer phone Maria at 493-2598.

* * * * *

another experienced, or at least heard about the therapeutic joys of massage and the effects of inner and outer peace. However, the benefits of most massage techniques are temporary and have led to a search for treatments with deeper, long lasting effects. Enter Bodywork therapies that focus on maximizing freedom of movement and emotions. REBALANCING is such a therapy that manipulates connective tissue (fascia) to restructure the body posturally, altering movement and muscle holding patterns based on the synchronicity of mind and body and the notion that releasing tight or tense muscles would also release emotional trauma, often the route of physical problems.

REBALANCING integrates various other techniques such as breath awareness and Traiger (skeletal rocking and joint release) but

Continues on page 21

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Val has 20 years experience in retail marketing and wanted a job that allowed more time with family and to be able to grow creatively without the restrictions of a boss, she wanted to be independent and rewarded for her hard work.

Barbara was interested in nutrition and wanted a way to help people that wanted to help themselves. She believes in the product and it makes her feel good. The results people are getting make us feel good, we enjoy the meal replacements for we are on the road a fair amount. The products do what they say they do.

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DID YOU KNOW? The Surgeon General's office is announcing more frequently than ever the importance that fibre has on our bodies. The 5 leading causes of death in North America are cancer, obesity, heart disease, diabetes, and high blood pressure. Various research studies suggest that dietary fibre can help prevent and treat a list of over 20 illnesses. Colon cancer and breast cancer are two major illnesses that can be directly related to low fibre intake. Our high fibre cookies and cakes for breakfast or lunch are an ideal meal replacement to increase your fibre intake. Both the National Cancer Institute and the American Dietetic Assoc. recommend between 25 and 35 grams of dietary fibre a day for children as well as adults.

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Continues to the right

Vera
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Dimensions of Consciousness

by Vera Marchant

For more than 8 years, my experience with regression therapy had always brought forward past life information. The term "regression" no longer seems appropriate because it confines us to looking back. Based on the theory of reincarnation, past life information has often been successful to identify connections that bring understanding into present life experience. However, during the past 6 months there has been a fascinating change that has surfaced repeatedly. It may not appear in all therapy sessions, as it seems directly related to individual experience.

I can only describe the process as connecting with inter-related dimensions of consciousness by exploring the "world within." We also start to connect with worlds beyond - a greater sphere of intelligent consciousness. It's as though numerous realities have been collected into a central library system where they can be effectively brought forward. This recent shift follows the same therapeutic technique used in regression work, but effortlessly includes description of energy patterns, combinations of light and color, plus relevant present life connections. The process is like accessing a central retrieval system, or tuning to a frequency unique to individual experience.

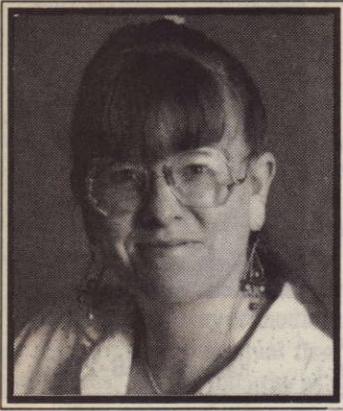
Personally, I welcome this greater sphere of expansion and feel it is a logical progression that aligns with an overall acceleration of consciousness. We are only beginning to explore the far reaching scope of our inner world, to open doors that no longer confine our personal perception. ♦

* * * * *

program is WATER. Two glasses accompany each cookie when ingested. The diet is simple, no cutting, weighing, peeling, blending, etc. - just open mouth and insert cookie. Our diet regime requires a fully balanced meal, once a day, and 3 cookies, at a cost of less than \$5.00 per day.

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Distributors are needed, see the above card for phone numbers. ♦



Focus on Women

Editor
Laurel Burnham

Woman's Friend

In the process of healing ourselves as women, it is important to re-consider our attitudes towards our bodies and to re-discover the wisdom and wonder inherent within us as biological beings. The most profound and long-term relationship a woman will ever have is with herself. And one of the most intimate aspects of this relationship is the fact that she lives in a body. Specifically, a human female body. A woman's body. Being in a woman's body means that she, you and I, will bleed. We will ovulate and menstruate, governed by amazing cycles of ebb and flow, ruled by the same force that moves the oceans of the earth, lunar gravity. It is estimated that if one took all the days on which she bled, and strung them one after another for all the years that she is fertile, the "average" woman spends five years of her life menstruating.

Many of us, in fact, most of us greet this news with a chorus of groans. That which is essential to our bodily health, our most miraculous of all bodily capacities...our reproductivity, is essentially looked upon as a burden and a "curse." Vast numbers of North American women experience a great deal of discomfort and pain with their monthly flow, and a great deal of emotional trauma as well. PMS has only recently been acknowledged as a genuine medical condition. But we know that in a state of optimum health, the normal functions of our bodies should not cause us pain. Our monthly cycles should not be an inevitable source of stress and discomfort.

So in our journey to wholeness, as women it is important to reclaim the wisdom inherent in our bodies. We must come to see ourselves not as flawed, but whole. Not as weak, but strong, and not as unclean, but healthy, and not cursed, but blessed. We begin by changing our attitudes towards our bodies, and the processes that govern them.

The oldest known word for menstruation means "Woman's Friend." In some cultures Woman's Friend was originally called tupua, a Polynesian word meaning valuable, sacred, wonderful, magical. What did our long, long ago foremothers know about menstruating that we don't? That Woman's Friend was indeed sacred, a time numinous with power and meaning. If we look carefully at those societies where women were accorded the greatest respect and authority, we will find that every culture accorded sacred space to this sacred time. The Moon Lodge was an integral part of many First People's way of life. Apart from the stories of dark little huts, where women hid themselves, there are also accounts of whole tribes being governed by the dreams, visions and intuitions that came from the women during their moontime. Many modern women speak of their increased sensitivity just prior to and during their menstrual periods, which translates into heightened emotional

states, and often a great desire to be left alone, to seek out rest and seclusion. If we are truly listening to our bodies' wisdom, that is naturally what we should be doing. Our Woman's Friend is calling to us, whispering in our ear, and there is no time nor space in our modern lives to listen. When we menstruate we are psychologically more open and vulnerable, and because of this more unable to accept injustices, deceit and unreasonable demands upon us. Little wonder we often find it difficult to control our stored anger and frustration.

We live in an age where women's bodies are not honored. The average woman looks upon her own body with mistrust and disdain. There is an aura of uncleanliness, of dark primeval messiness around menstruation. It is not neat, tidy, or sanitized. And all the tampons and stay-free mini/maxi super baby-powder fresh nonsense will not make it so. Anything dripping, oozing, colorful, animal-smelling earth-smelling exudates that remind us that we are in a body is an uncomfortable reminder of just that...our humanness. That which was considered to be charged with special powers is hidden, disposed of as unclean and unwanted. Wrapped in white toilet paper, secreted in trash cans, the creations of our wombs, that rich broth of nutrients offered up by our bodies every month to begin another human life, discarded as worthless, despised garbage. It is small wonder that over 90% of all North American women experience some form of premenstrual syndrome and/or distress related to the menstrual period.

Part of the disempowering of women and of the life processes we embody, is to view menstruation and pregnancy as unclean, and somehow shameful. All over the world religious patriarchs have taken extreme care to prevent pregnant and menstruating women from handling any of the religious paraphernalia, or from participating in ritual or entering what was considered to be sacred space at all. The underlying fear is this: the ability to shed blood equals the control of life powers. The fact that every woman menstruates every month of her life for many years is an ultimate reminder of where true power lies...in the living female womb, and the ability to create life. Menstruation was seen by biblical males as the curse of God laid upon woman for her sin in Eden and even to this day it is "The curse."

Margaret Mead and others have shown that the more warlike and authoritarian a society is, the stronger its menstrual taboos. In such societies, emphasis is placed on the corrupting and debilitating nature of women, particularly when menstruating. When there is no acknowledgement of the essential cyclical nature of a woman's body, there is instead ritualized male violence, which often takes the form of bloodshed and/or war. An indigenous Australian man expressed it this way "But really we have been stealing what belongs to them, for it is mostly all women's business; and since it concerns them, it belongs to them. Men have nothing to do, really, except copulate, it all belongs to the women...the baby, the blood, the yelling, the dancing, all that concerns the women; but every time we have to trick them."

And even though there don't appear to be any overt taboos around menstruation in our culture, we are still receiving the message of uncleanliness and shame loud and clear. The menstrual hut may not exist in physical form, because it resides in our minds. Through the media in a thousand different ways, we are told that our bodily functions are an impediment to freedom and fun. "Care free, Stay free, Light days, New fresh scent." The flip side of this message is that the properly functioning body is noncyclic...i.e. male. When it comes to menstruation, we must do so in private, in secret, and hide away the ultimate shame of being in a woman's

body. The menstrual taboo has been one of the most successful ways that the patriarchal culture has undermined women's self esteem and self confidence and self understanding. It acts as a constant confirmation of a negative self image.

Who cannot love herSelf cannot
love anybody
who is ashamed of her body is
ashamed of all life
who finds dirt or filth in her
body is lost
who cannot respect the gifts
given even before birth
can never respect anything fully.

Once upon a time, dear sisters and friends, to bleed meant a celebration. A young woman's first blood was the cause for great ritual and rejoicing, because it is everywhere rightfully regarded as the fateful passage into womanhood. There are those of us with daughters who intend to make it so again. In order for our daughters to become whole people, it is important that we give them the true messages of the gifts of womanhood.

Menstruation is botanically analogous to the flowering of plants and trees. As the trees flower and make fruit, so does the human womb flower and make fruit. As the rest of nature is, so are we. In many cultures, the flowers that were considered to be sacred symbols of the womb are still honored. In Egypt and India it was the lotus, in Japan and China the many-petalled chrysanthemum, in Greece the pomegranate and poppy...and in Europe the red, red rose.

Even if it is impossible to adjust our lives to create space to honor our moontimes, it is possible to change our habits around bleeding. It is imperative that we wean ourselves from the poisonous convenience of the disposable tampon and the "sanitary pad." The blood we shed is not harmful, toxic or in any way dangerous, bad or unclean. It is magical and nutrient rich, the stuff from which babies grow. To honor our bodies' blood is to honor the Earth, our Mother, and vice-versa. In order to do this, it is not necessary to squat in our gardens (even though there is something primally satisfying and grounding to do that). It behooves us to gift ourselves and the Earth with some form of nondisposable menstrual supplies, and to learn to handle our moonblood with reverence. We can honor ourselves by honoring our Woman's Friend. ♦

..... *Go with the Flow ... continued from page 18*

I hand wash all my pads during my period, and when my flow is over, I wash them all again in the machine...but I place all the little airplanes and liners in a drawstring cotton bag and then put them in the machine...I have found my washing machine likes to eat the odd one!! The lovely red water I collect from soaking my pads I pour over my houseplants and herbs, with a little prayer of blessing and thanks to the Mother for my Woman's Friend.

Anyone of these products would make a wonderful gift, to yourself or any other fertile woman that you know. I cannot stress enough how good it feels to be honoring myself and the Mother this way, instead of relying completely on disposable pads and tampons (which at the very least, I find invasive). Please don't be afraid to try this, and see for yourself. It is a small step to take, and the rewards are great.

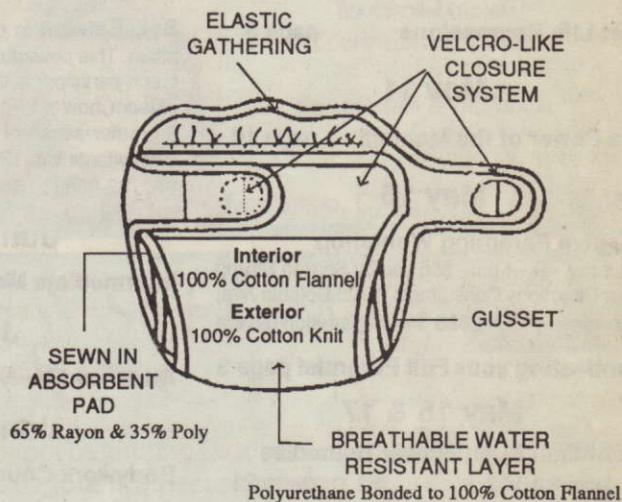
Happy Bleeding!



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or phone Liz at **861-6805** for more information or to order.

WORKSHOPS ... PLAY SHOPS ... WORKSHOPS

May 1 & 2

Joy of Sound page 5

April 30 & May 3

Osho Energy Workshop page 13

May 4 or 7 or 14

Introduction to Reiki page 13

May 8, 9 & 10

Building Values & Generating Wealth
An uplifting workshop to explain how we can use our hidden potentials to succeed in our careers or anything else in life. Learn practical tools to reach our desires. Inner Directions Consultants Inc. 1725 Dolphin Ave., Kelowna, Ph:763-8588

May 10

Past Life Regressions page 3

May 11

The Power of the Moment page 16

May 16

Positive Parenting Workshop
Saturday - 9 - 4 pm - \$55 led by Sharon Strang Inner Directions Consultants, 1725 Dolphin Ave, Kelowna: Ph:763-8588 Pre-registration please

Manifesting your Full Potential page 3

May 16 & 17

Australian Bush Flower Remedies
Edmonton, AB page 21

May 17

Introductions to Meditation page 3

May 20

The Power of the Moment page 16

May 23

MGNA Meditation Group page 14

Ayurveda Workshop page 19

May 30

Introductory Iridology Workshop
Calgary, AB. \$75. (+GST) Call Judith at Cobblestone Health (403) 228-2668
If registration rec'd by May 14 - \$55 (+GST)

June 4

Introductory Talk on Sexuality page 2

June 5, 6 & 7

Sexuality Workshop page 2

June 6

Embracing the Vision page 16

NLP Seminar page 11

Nature's Sunshine Products Distributor School. Focussing on the Systematic Approach to Natural Health, in Kelowna, to register phone Donna Starenky 764-2852.

June 6 & 7

Finding your Muse page 17

Blind Workshop page 3

June 12 & 13

Opening of the H'art Gallery page 15

June 13

Embracing the Vision page 16

Self Esteem is not always an easy thing to attain. This powerful and insightful workshop will teach participants the major causes of low self-esteem, how to love ourselves more and achieve a greater sense of self worth. Inner Directions Consultants Inc. 1725 Dolphin Ave, Kelowna Ph: 763-8588 .. Saturday 10-6 pm

June 13 & 14

Intermediate Meditation Experience..3

June 19

Advanced Meditation Retreat page 3

June 20 & 21

Bodywork Course Vancouver page 37

June 26

Benjamin Creme Vancouver page 14

June 26 to 29

Re-Birth of Mother Earth page 10

July 3 to 6

National Iridology Research Assoc. Certification Intensive. Red Deer, AB. Instructor Bill Caradownna, Faculty Member of Bastyr College. \$550.00 includes 3 nights hotel (dbl occ.) if registered before June 1st - \$500. **Certification Exam** will be offered for interested students, call Judith Cobb at Cobblestone Health (403) 228-2668

July 11

Sacred Circle Dance page 17

July 17 & 18

John Lee Vancouver page 5

July 18 to 22

Wheel of Fortune page 17

July 23 to August 2

10 days of Yoga page 10

July 24 to 26

Straight Walk page 10

August 8 & 9

Life Planning page 17

August 9 to 16

Tai Chi Retreat page 38

August 16 to 22

Center of Awareness Retreat page 27

August 26 to 30

Centered and Circling page 17

September 12 to 26

Cycle Tour of Islands page 21

October 1

Kootenay School of Rebalancing p.15

October 23 to 25

Dzogchen Teacher Namkhai Norbu Rinpoche is giving a retreat in Vancouver. Space is limited so register early. Send cheque for \$120 to Dzogchen Vancouver, #305, 11806 - 88th Ave, Delta, BC, V4C 3C5. Tel: 597-6990

ONGOING

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

Dates: Every Sunday..... 11 am to Noon
Place: Inner Directions Consultants Training Centre 1725 Dolphin Ave., Kelowna, B.C.763-8588

A COURSE IN MIRACLES STUDY GROUP
ACIM is a written spiritual guide that enhances our perception of ourselves and our world. Its purpose is to help us change our minds about who we are and learn how to attain inner peace.

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

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

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

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

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

11th Annual

Centre for Awareness RETREAT

August 16 - 22

Northport, Washington

This year's Theme: "Joy of Recovering Wellness"

WORKSHOP FACILITATORS



MARCIA HART Awareness Facilitator, Body/Mind Worker and Educator. Learn to use ONE BRAIN skills to Identify and Defuse Your Present Pain Behavior and Access the Well Behavior you have been avoiding. Use VOICE DIALOGUE skills to explore the selves invested in your Pain Behavior, Well Behavior and Releasing the Joy of Recovering Wellness.



LINDA KUSLEIKA will offer Yoga and Bodywork as a vehicle for exploring joy and wellness. She incorporates Massage, Polarity, Neuromuscular Therapy, Chinese 5-Element Therapy, and various yoga and movement philosophies into her work.



SHARON O'SHEA is an Astrologer and will share insights in such a way as to promote awareness of the cosmic order and healing of the individual mind. These are times of profound inner changes, and in order to facilitate the flow, a high level of tuning can be reached. If you have one, bring your chart.



DIANE PATTEN is a trained Counsellor, Rebirther, and Massage Therapist. She uses ceremony and ritual to create and integrate experiences of the mind, body, emotions, and spirit. She will facilitate "Passages in Ones Life" to allow us to examine and pass through the different stages of life.

DENISE CLAIRE LAVERTY will share the joys of living simply and in harmony with OURSELVES. We will create sacred circles in which we sing, listen, trust and bring forth our intention using the heart beat of the drum to help us journey inside ourselves. (no picture)



PAUL PITCHFORD will teach Confluence of Oriental Healing Arts. This includes Zen and Taoist meditation and supporting dharms, Tai Chi movement, traditional Chinese healing principles and dietary/herbal therapy so that we many joyfully rediscover long-term, high-level wellness. Paul directs the "Wellness Clinic" at Heartwood Institute in California. Author of "Healing with Whole Foods: Oriental Traditions and Modern Nutrition."



SID TAYAL is a holistic health counsellor and teacher with international experience. He has taught and counselled on Polarity, Yoga, Nutrition, Acupressure, and Traditional Chinese Medicine. He will offer tools to each individual through workshops on bodywork and journeys to the other levels.



ANGELE ROWE is a Certified Graphologist and will help you to understand yourself and others by explaining the scientific principles of the movement of pen on paper. This class will help you to understanding the symbolic gestures behind the movement so that you can see where the emphasis is in your life.



JOE MARSHALLA shares his talents in music and drumming. Come and discover your own personal Rhythms and Melodies through various drumming, movement, and vocalization techniques. Playful innocence and freedom of expression are stressed as the key elements

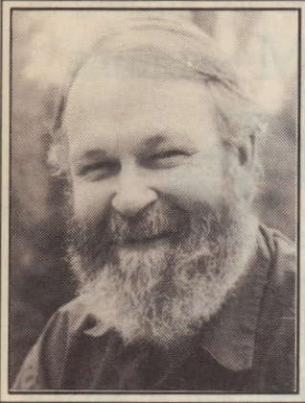
AFRI-I, BOYD KENAUSS will construct and share Sweatlodge ceremonies. He also offers gentle Rebirthing experiences, & shares his background in herbology. (no picture)

Cost \$310.00 (\$250 US) Includes all workshops, meals and facilities.

For information and to register contact: Centre of Awareness, phone (604) 362-9481

or write Sid Tayal, Box 300, Rossland, B.C., V0G 1Y0

Networking for Change



Dave Cursons
Editor

Proponents of "realistic" growth initiatives in our interior valleys, especially in the Okanagan, argue against the preservation of farmland through the ALR.

The reasons for "freeing up" farmland for development are given as:

- 1) farmers are going broke trying to maintain their farms.
- 2) produce from Mexico is cheaper than produce from the Okanagan
- 3) we desperately need serviceable land

Robert Zussino, an independent farmer from Naramata responded to the Editor of the Penticton Herald as follows:

There are many reasons why farmers are struggling. Among them are the high land prices, high interest rates, a cheap food policy, the fact that farming is a devalued profession, and the availability of cheap food imported from all over the world.

Much of the cheap imported food, like that from Mexico, is produced where pesticides and quality standards are questionable at best and where much of the population is forced to make the bleak choice between starving or working for desperately low wages in conditions which most Canadians would feel anguished to witness, let alone experience.

What will we do if after we have "developed" our farmland, the Mexican, or Chilean, or Honduran or American producers decide not to continue sending us their cheap food

In that case all of the money made from developing our farmland won't do anyone much good.

Mr. Zussino suggests that if we "desperately" need serviceable land, we begin to look at better ways of utilizing the areas which have already been developed and serviced.

"Farmland, or for that matter, all land, has its own intrinsic value, much the same as the air we breath and the water we drink", says Zussino.

Zussino, like many other independent farmers is keeping farmland in production. To them development of farmland for housing and commerce does not increase the value of the land. Shortsighted development erodes its present and future value.

OKANAGAN TIMBER SUPPLY PLAN LAMBASTED

Shuswap and Okanagan conservation organizations are calling for the rejection of a new Okanagan Timber Supply Area (TSA) Resource Management Plan.

According to The Western Canada Wilderness Committee, Canadian Earthcare, the Okanagan Similkameen Parks Society, the Shuswap Environmental Action Society, Kelowna's Environmental Youth Alliance, Friends of Okanagan Mountain Park and the Trepanier Creek Watershed Protection Alliance the plan was developed without meaningful public participation and calls for unsustainable "timber mining" of our forests.

The plan claims to reduce the annual allowable cut (AAC) by minus three percent but in reality it increases the cut in 1992 by almost seven percent to recover beetle killed timber.

Forest Minister, **Dan Miller**, has argues that preservationists are going to have to "bring a lot more science" into their arguments about B.C. forests.

Kelowna Green Party spokesperson, **Robert Miles**, has asked the Forests Minister to offer the "science" behind removal of beetle killed trees. Short term economic expedience is not the same as science, argues Miles.

Opponents of the Okanagan TSA Plan make the following points:

⊛ that the Ministry of Forests model for public participation is a "scam" where industry perspectives were pumped into the process which was thus so skewed it was useless. So, as usual, the Ministry proceeded with its "get the cut" model of forestry with a continued Public Relations front. Meanwhile Forestry Canada has disclosed that 66% of Canadians believe that "the forest industry should be restricted to reduce its environmental impact despite economic consequences."

⊛ the plan contains misleading economic information around jobs where they say nearly 10% of B.C. jobs are forestry jobs. In fact, most of those jobs would exist if the economy moved from tree mining to more diverse and value-added occupations.

⊛ only .6% of the Okanagan TSA is currently protected in parks and ecological reserves and the plan does not call for an increase. The plan calls for a percent of unroaded wilderness in the TSA to be reduced from 15% to a mere 4%.

⊛ biological diversity is what keeps the forest alive for thousands upon thousands of years, constantly regenerating itself through a complex set of relationships between species. Wilderness, wildlife habitat, old growth forests and riparian zones are needed to maintain biological diversity. the list of Okanagan TSA plan concerns goes on to include:

- inadequate protection of watersheds and viewsheds
- inadequate planning for outdoor recreation
- overcutting is to continue
- no incentives to alternate forestry
- overgrazing with cattle on forest ranges
- high-elevation, slow-regeneration logging continues
- no restrictions on steep terrain logging
- continued use of toxic herbicides
- Old Growth forests still referred to as "decadent"

PENTICTON GOES FOR COSTLY WATER TREATMENT

Tom Anderson of Summerland offers some observations for Pentiction and other communities contemplating expensive water treatment facilities.

Water problems will eventually threaten all Okanagan communities as old growth forest - our only source of clean, safe water - is "liquidated" throughout the valley. Second-growth cannot provide the water that old-growth can; mature forest is vital to our very existence.



It doesn't make any sense that the City of Pentiction should be required to bear any of the cost of a filtration system, or any other means to provide drinkable water, since the City had little or nothing to do with the watershed degradation that necessitates these measures. The Ministry of Forests bears this responsibility and therefore the Province should pay all of the cost.

Despite improvements on paper in the plans and guidelines issued by the Ministry of Forests, actual logging practices in the Okanagan haven't changed at all. Massive clearcutting continues, even where it wipes out scenic values that attract tourists and please local residents. And, of course, watersheds are being invaded and hacked up at an ever-increasing rate.

"My position, as extreme as it may seem, is that ALL LOGGING on both sides of the valley be halted for at least eighty years. Clean safe water has got to come first," says Anderson

HEALTH EFFECTS OF PULP MILLS, AN INDEPENDENT REVIEW

Completed for the Friends of the Athabasca and submitted to the Alberta-Pacific Environmental Impact Assessment Review Board is available through

Ellie Robson at Caribou College
P.O. Box 3010,
Kamloops, B.C. V2C 5N3
Phone (604)828-5401, FAX (604)828-5450

*There are incredible possibilities
if we are willing to fail to be gods.*

John L. McKnight, Professor of Communication Studies and Urban Affairs and Associate Director of the Centre for Human Affairs and Policy research at Northwestern University in Illinois.

RADICAL BOOKSELLER, NED LUDD

Such titles as *Green Rage*, *Radical Environmentalism* and the *Unmaking of Civilization* by Christopher Manes and *Only One Earth*, *Voices of the New Ecology* (a songbook) and *Grizzly Years* by Doug Peacock. Get the catalogue.

Books of the Big Outside, Dave Foreman's 1992 Catalogue:
Ned Ludd Book, P.O. Box 5141 Tucson, Arizona 85703. USA

BACK COUNTRY HORSEMEN OF BRITISH COLUMBIA

The Back Country Horsemen of B.C. represents people from all backgrounds and all walks of life, united by a common interest, that of recreational horse pursuits in the natural environment, especially in back country areas. A growing organization, they have increased their membership in B.C. tenfold in less than a year. Affiliated with the Back Country Horsemen of America. Memberships, Junior \$20, Senior \$30.

Contact: Back Country Horsemen of B.C.
494 256 St. RR #10
Aldergrove, B.C. V0X 1A0

THE CELTIC CONNECTION

Eannachtaf ar an Obair! to publisher Maura McCay and Editor, Jack Wallace for a new monthly tabloid out of Vancouver. Things Celtic include the Gaelic Language, poetry, music, dance, costume and a wealth of tradition and point of view. Annual \$26.75.

Contact: Celtic Connection
Suite 1129, 510 West Hastings Street,
Vancouver, B.C. V6B 1L8

THE ROCKY MOUNTAIN INSTITUTE

Just as a sustainable world economy is a federation of sustainable national economies, so a sustainable national economy is a federation of sustainable local economies. Rocky Mountain Institutes Economic Renewal Program starts at the beginning with concrete local action."

Herman Daly, Senior Economist
Environmental Department, World Bank

Contact: For information about courses, programs and publications
Rocky Mountain Institute Economic Renewal Program
1739 Snowmass Creek Road
Snowmass, Colorado, 81654-9199 USA
Phone: (303) 927-3851 FAX (303) 0927-4178

LEAGUE FOR ETHICAL ACTION ON DRUGS

The war on drugs began as a turf war between those selling patent medicines and the growing medical community, it was backed by the emerging pharmaceutical industry. In the past century we have been forced to swallow an ever larger amount of civil rights abuses, lies, violence and criminalization.

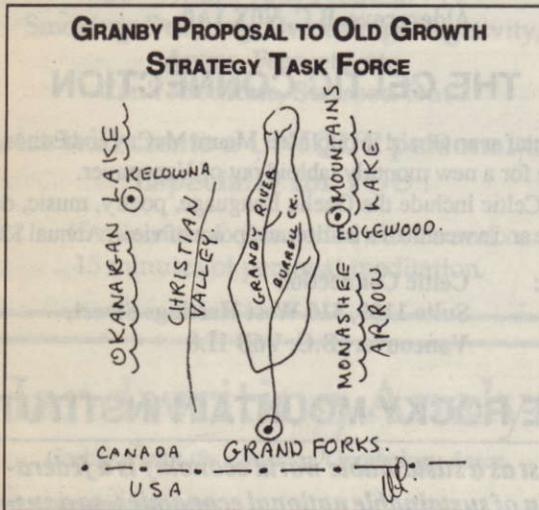
Throughout the world, academics, legislators and even law enforcement officials on both the left and the right are beginning to realize that the war on drugs not only isn't working, but is one of the biggest threats to public safety and security that we face. Membership \$5

The League for Ethical Action On Drugs
Seafair Post Office, Box 36522
Richmond, B.C., Canada V7C 5MA
Phone (604)241-8867

GRANBY WILDERNESS PRESERVATION

The Grand Forks Watershed Coalition have named the Mid and Upper Granby between Edgewood and Kelowna, between the Christian Valley and the Monashee Heights, north of Grand Forks and Bunch Grass Hill north to Lightning Mountain, Galloping Mountain and Mount Scaia to the Old Growth Strategy Project.

The Mid and Upper Granby includes a watershed; about 1000 hectares of spruce, balsam and other timber which are more than 250 years old; and significant Grizzly Bear habitat.



Gordon Nichols, District Manager, Ministry of Forests Boundary Area describes this wilderness as 9500 acres of operable mature forest, 4900 hectares of operable immature forest, 12,600 hectares of inoperable forest and 10,300 hectares of non-forest.

With the help of the Western Canada Wilderness Committee and The Boundary Citizens for a Clean Environment Grand Forks Watershed Coalition spokesperson, Don Pharand, hopes that the Provincial Government will be persuaded to preserve the Mid and Upper Granby.

Contact: **Grand Forks Watershed Coalition**
Box 1706, Grand Forks, B.C.. V0H 1H0
Phone: (604)442-8342

Small Town Girl Hits Star-borne Angelic Reunion

by Pat Zierler

How's that for an opening gotcha? But that's pretty much how I felt when four airplanes and a cold rainy night later, I timidly mooched around the hotel lobby at Natural Bridges, Virginia, wondering if I fit in with these guys in the starry halos, or what? This angelic stuff felt right, but I still wasn't 100% sure that it was for me. Besides, rebellion was something I was good at. (Just ask my mom and husband!!) I refuse to do the sheep trip.

I'd shared a taxi in with Solame Omegeon the night before (a delightful lady), so I hovered leech-like, waiting to glom onto her as soon as she appeared. No luck. But then I noticed other adrift-types accumulating in an anteroom, so plunked myself down beside Sage (how d'you do?) and helped put price tags on the jewelry she was hoping to sell while stretching my ears to the max--unabashedly eavesdropping on several conversations at once as people rehashed other reunions they'd attended and asked if anyone had seen so-and-so. (How do they keep all those angel names straight, anyhow?)

Glanced once more at my trusty Timex. Two hours to go. Wasn't really hungry, but I probably wouldn't have a chance to chow down later, so headed for the dining room. En route, met a lady of like mind, and voila! A friendship! Aleah was a sister Canuck, here by herself as was I, having taken the big step of selling everything up and living in her van! Wow. As the week went on, it was staggering how many people were doing that exact thing, trusting spirit's call. One lady had even driven down from Alaska, in her van home-on-wheels. What a neat way to network! I wondered if I would ever have that kind of trust.

Sunday night was the Introductory Presentation from Solara, and we went around the huge circle (there were 144 of us!!) introducing ourselves with our mudras and starry names. I was using the "I AM" presence for my name, as I couldn't see putting myself in a box with a name when I was trying to expand, be ONE; besides, "I AM THAT I AM" seemed pretty darn good! But later on I understood that the name is only a tool to help trigger our remembrance and access more and more of our total being, and that it would probably change and grow as I changed and grew. So late one velvet night, walking back to my cottage musing about what my starry name could possibly be, I flashed that my name wasn't a sound, but a light frequency! "Yeah!", crows I, "My name is probably so wonderful, mere mortal throats cannot produce it!" And I felt my chest swell (even more) with pride. Then in my head, "YEAH, PROBABLY 3 BURPS AND A FART!!!" (That makes it Higher Self 142, me 0!)

The week was pure love. We reclaimed our places as the Kings and Queens of Heaven, went through different initiations, exercised our remembrance, spent a day in silence (that really freaked out the hotel staff, let me tell you!) before we individually and physically passed through the Doorway of the 11:11. While there, a tiny fairy danced for some of us and I met the Fairy King who gave me a rock to bring back to Ah*Lora Dancing Light's 'New Spiral' Medicine Wheel deep in the mountains beyond Lilloet. In exchange, I left him some rocks from the Sacred Mountain near "her" Wheel. Another day I was called to an underground cavern which houses a Matrix Egg, where a Fairy Queen gave me a stalactite tip in the form of an 11 (natch!), with many nature spirits representing the male and female united as One present in the limestone, for placement in the Wheel. So B.C. is inexorably linked to Octave 7 and beyond...

Pretty neat stuff, eh? There's more.

The week was filled with music from Elairul's harp and Matisha's voice and guitar. Grace shared her poems and stories, Solara shared her wisdom and laughter, while the Star-Borne staff kept everything humming. We sang with our hearts wide open. The love was pure and unconditional and we knew this truly was a family reunion, for there was recognition in the eyes of those whom I met for the "first" time and in mine. I never heard a single negative word from anyone. There was only the positive and the One. I was with my family. I had come home.

This wasn't like one of those workshops where you feel really "high" and bump to earth a few days or even a week later. It was **TOTALLY GROUNDED!** Everything came from the heart, from every single one of us. And that's what it's all about, my loves. Being here in your physical and bringing this stuff down, not floating off to meet it like a mylar balloon adrift in the heavens. Think about it.

The week ended all too soon. It had been an incredible affirmation for me because for the first time in my life I (* had been totally myself! I had never known how to allow that being before. I felt totally honored and supported--something I'd certainly never experienced in this lifetime. Boy, did it feel good! And it made me realize that **THIS** was the reality, this was **LIFE!**, not the separation and undermining we experience in the 3-D. Ugh!! And it's up to us to be in that 'new' reality in our everyday lives. Remember class; the day-to-day experiences that bring us down are but illusion. Unfortunately, as co-creators we give illusion substance by accepting it as real. The examples that were set at the reunion are applicable in daily life! We never passed any fellow angel without sharing hugs and loving touches. (Well, we left the unawakened ones alone--the hotel staff--as that would have **REALLY** done them in! The massage chain and the halos made them nervous at first, but by the end of the week, they were eager to learn more! We came to love them dearly, which is also what it's all about, right, gang?)

Oh, I did receive my (barely pronounceable) name just before going through the Doorway. I also learned I was the Angel of Joy and Playfulness, and gradually remembered my 'pre-descent into matter story'. (Note: **NOBODY OUTSIDE MYSELF TOLD ME ANY OF THESE THINGS. THEY CAME FROM WITHIN, FROM MY UNITED SOUL PRESENCE! THAT IS WHERE YOU WILL FIND THESE THINGS FOR YOURSELF!**) One special private event for me was having the honour of Etherium play/record my own unique song which says who and what I am and why I came. Wow. He's so incredible. But then, **SO AM I!** (I won't share what my higher self had to say about that one!)



Looking at the photos taken of my Starry Family, I do not feel sadness nor longing, for they are part of me as I am part of them--as I am a part of **YOU!** (Don't all run for the hills!) There is no separation. We are truly **ONE**. All you have to do is be willing to remember.

**I AM N'KYLKWA AMEN RA AND
I HONOUR YOUR SHINING PRESENCE
(In the 3-D, call Pat Zierler at 545-3877, Vernon, B.C.)**



Cycles

KOLIN YARDLEY

Astrologer • Metaphysician • Healer

763-7139

The Other Side Of The Coin

by Trevor Clarkson

With the mirage of Martial Arts offered to the public today, it can be anything but easy deciding which art to choose. It's like going to a fancy restaurant and trying to order from the menu full of long fancy names not sure what you'll get until the plate is in front of you.

One question that always seems to come up, is which style is best? Is boxing better than Karate, Judo better than Kung Fu, Thai Boxing better than Savate? Well the answer does not lie in any particular style or system, but rather in the development of the individual's attributes: The inner qualities that make a person stand out above the rest. Attributes like speed, timing, rhythm, reflexes, line familiarization, sense of purpose, and yes, technical skill.

People seem to be able to grasp this concept better when we relate it to sports. Let's take basketball for instance. In school you learn the techniques of the game, pass, dribble, shoot, these techniques remain the same right through college, university, and finally for some the N.B.A. But why do some excel above the rest? Like Magic Johnson, Michael Jordan, Larry Byrd. They don't know any hard style of basketball, or soft style, or circular style, it is in that their attributes are at a higher level.

What holds true in the world of sports also holds true in the martial arts world. It's not the level of technical prowess, but the refinement of attributes that accounts for a superior fighter. The linear logic of the Western mind is what keeps most martial artists complacent. All Bruce Lee did was to break us of this mold, and get to the roots of the problem. And the roots of the problem do not lie in the techniques, but in the underdevelopment of personal attributes. Since techniques are a byproduct of attributes, this area can not be overlooked in the grooming of the student.

If anyone is interested in the study and science of Jeet Kune Do Concepts or Filipino Martial Arts, or have comments about this article contact Trevor Clarkson at 492-8386.

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The Green Party of British Columbia

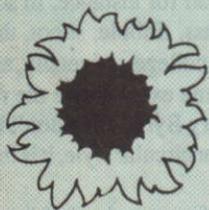
Policy Principles of the Okanagan Greens

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

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

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

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



Green Contacts

North Okanagan
Connie Harris 832-8729

Kelowna
Robert Miles 860-8200

Penticton
Harry Naegel 492-3881

Similkameen
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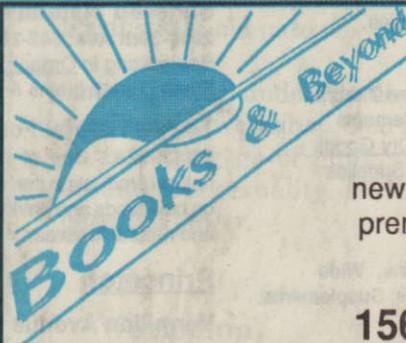
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