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

February / March 1993

Volume 4 - Number 1

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"It'll be better when" Star

by Maxine Spence

My husband and I arrived in Kelowna two months ago, but our journey to this place began years ago on a Saskatchewan farm where a young man whispered that he was made for greater things and a young woman worked herself into the ground chasing the "it'll be better when" star.

Many people think that circumstances and hard economic times caused our flight from Saskatchewan. I believed we each had our journeys to undertake, but refused to acknowledge the quieter nudges we'd received over time. Only a fatal blow - bankruptcy - would startle us out of our complacency.

For Stephen, leaving the farm was like tearing out one of his lungs. I saw it as a legitimate reason to leave my teaching position and start fresh (once again) in a new place far from family hurts and the expectations of others. My "it'll be better when" star had shot off to another locale and I was in hot pursuit.

But this time my perfectionistic, workaholic tendencies caught up with me and the star crashed and burned.

I was miserable - a people pleaser in training for martyrdom, wading through life surrounded by whirling black fog of fear - fear of Everything and Every person. I had achieved a lot of things in my life, but there was no joy in those achievements.

I believe that when the student is ready, the teacher appears. My first teacher, a twelve-step program known as Codependents ♦♦



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Meet the CREW ... of the Spring Festival of Awareness

Laurel Burnham

Mistress of Ceremonies

Director of Ambiance

Mother of the
Tea Room and Store



Before becoming actively involved in organizing the Spring Festival of Awareness in Naramata five years ago, Laurel had been an avid festival goer. Inspired by what she had experienced in the early years of the festival in Nelson, and later in Vernon, she had been wanting to become more actively involved in the organization. Sometimes dreams do come true, as she joined forces with Angele Rowe and Urmi Sheldon to bring the Spring Festival to Naramata.

"I'll never forget my first experience of Sufi dancing (Dances of Universal Peace)...I believe that we sounded like angels, and that the presences of peace and love were clear and strong in that room!" Ever since that time, it has brought her great satisfaction and joy to be able to facilitate the same experiences for others.

Laurel is a busy woman, mothering full-time, working as an active member of the women's movement in the community, organizing events, leading rituals, writing and gardening.

As her friends will tell you, Women's spirituality is also of particular interest to Laurel, much of her energy is focused on learning about the Goddess, and the Divine Feminine energy.

"I'm thrilled to be part of the Spring Festival," she smiles, "I'm always glad to be in a roomful of-angels!"



Daryl O'Neill

Master
of
Physical Realities

As a crew of predominantly busy women, the Spring Festival Organizers are extremely thankful to have the lively masculine presence of Daryl O'Neill on board. His first experience of the Spring Festival of Awareness was as an innocent bystander cajoled into being our first Master of Physical Realities!

But Daryl got hooked on the energy too, and he has been a faithful and stalwart member of the team ever since. Daryl has been not only the man to fetch the trampoline (an essential ingredient) as well as the hundreds of chairs and tables, etc., but has been the Wonderful Person Responsible for the three-to-five year olds at the Children's Festival, for not just one but two years. He's back to his first post this year, as Master of Physical Realities...in more ways than one the strong right arm and backbone of the Festival.

In the other aspects of his life, Daryl is a busy father, meticulous carpenter and woodworker, as well as being a talented musician, well known locally for his skill with the dobro. Those who know Daryl are also well acquainted with his dry penetrating wit and sense of the ironic! He is presently writing a Christmas carol for the dysfunctional, entitled the 12 Steps of Christmas. We're glad to have him as part of the crew...and will always remember to listen to our Master of Physical Realities!

Next month meet you'll get a chance to meet ... **Urmi, Angele & Elaine**, the last three CREW members of the collective that organizes and shares the responsibilities that make the Festival happen!

Anonymous could only arrive when I acknowledged my need for help. Once I opened up, other teachers entered my life in the form of books, workshops, Rebirthing (Breath Integration), friendships and time spent just "being."

It has been a strenuous and exhausting year. Already I have created some phenomenal changes in my life and I've only just began my quest for self-awareness.

I am so excited that my journey brought me to Kelowna. From the moment we drove into town, it felt like home. Already I've met some people and visited some places I want to get to know more intimately. Kelowna is one huge present. I can't wait to unwrap it and revel in all there is to do and see and learn.

And what can I give in return?

A man I met recently told me I am a healer. My external reaction was "Who, me? How?" but the still small voice inside me simply replied, "Yes, I know."

What I don't know, are the details and for once in my life I'm not

going to waste my energy figuring it out. My sense is that it will involve children and not skills and techniques so much as unconditional love.

The elements will fall into place in time. In the meantime I am acknowledging the creative forces stirring within me now.

I am a writer. I use my gift to express my own reality and to help others deliver their messages with clarity and truth. I am a poet and an artist. I create watercolor greeting cards - messages of beauty, simplicity and love. And I am a seeker of knowledge, anxious to share what I have learned through those two mediums.

In December, I attended a Christmas Lighting Ceremony. The affirmation I received for the year ahead was "I am Energy and Enthusiasm" - perfect!

I look forward to sharing my energy with you.

Maxine has moved to Kelowna from Saskatchewan via a 2 year period in Abbotsford. At 30, she has returned from the teaching profession in order to regroup, write, learn and maybe teach again, but in a much more effective, nontraditional manner. She is listed in the NY Pages under PERSONALS.

Musing

with
Angele

Publisher of ISSUES

The Ol' Wringer Washer



Photograph by Steve Tomlinson

"Keeping a journal will help you heal yourself," extol the holistic magazines and therapists. Being a practical-minded soul, I thought it would be a waste of time, like going backwards and thought I was too busy to try. But I also know I asked for change and the best way to change is to heal the old forgotten hurts. First you must remember them and feel the emotions connected to them, and then with an adult mind, you can release the pain. So I accept my fate and once every two months, I sit down and waste my time writing this column for a whole day because I am told by my readers that they love my personal insights and Mom's old family photographs. Each time I publish "Musing," a little bit more of me is healed, so I encourage any of you nearing mid-life to take a little time for reflection. Focus on why "you are the way you are" and decide if it still suits you.

This month's front cover is probably one of the first pictures my Mom took at Rosswood, BC. My family had just moved from Alpena, Michigan to homestead and with seven children, laundry always needed to be done. The water was hauled by hand from the creek and heated on the campfire, while gasoline was used to power the second-hand wringer washer. This picture of my Dad with my baby brother Don helping him brought back a flood of memories.

In 1959 rent was twenty dollars a month on the old telegrapher's cabin where we homesteaded. We cleaned and scrubbed and discovered hidden treasures and finally got our belongings moved in from the school bus. The side porch became the laundry room with the clothes line just outside. Being the only girl, I became an expert at using the wringer washer by the time I was nine years old.

One of the memories that came flooding back to me was of a rare day when I had some girlfriends visiting me from town, an hour's drive away. I was in seventh heaven as we chatted and ate lunch. After lunch, Dad told me to do the dishes. I protested and said, "It's not my turn!" I was told to do them anyway, but I rebelled and left the kitchen, for we three girls were going for a walk!! Twenty minutes later, Dad drove past us on the tractor and when we met him standing in the road, face to face, I could see that he was angry. He had a willow branch in his hand and he switched me all the way home ... to finish the dishes. Mom was standing on the porch doing the laundry and just shrugged her shoulders. My Dad was a wonderful soul who loved children, but like all parents he had his bad days. Living in the wilderness taught me that hard work is a way of life and I became a very responsible young person. I am still learning to take a day off.

I used this same picture of the old wringer washer, on the very first edition of ISSUES, February/March 1990 and it feels appropriate to republish it. Back then, my column was about ten sentences long with no explanation of the picture. I knew who was in the photo

and what they were doing and I assumed everyone else would just figure it out.

Organizing the Spring Festival of Awareness and starting ISSUES has changed my life, and I was ready for it. I had quit my job as a Lifeguard/Swim Instructor of fourteen years, for the chlorine had gotten the best of me and my health was starting to suffer. My oldest boy had just left for university and the kids didn't really need me. I decided to apply for the government business grant rather than be on UIC, for I realized the valley needed a magazine like Shared Vision in Vancouver. I figured I was creative, intuitive and hard working enough to make a go of it, so I created my own job.

Originally I had visions of my husband of twenty years helping me in my new business. When he had owned a garbage collection business many years ago in Terrace I did much of the work, like collecting the bills, answering the phone, and doing the paperwork. I even got my Class 3 driver's license with Air Brakes certification so that I could be the spare driver. Many people stared at this lady truck driver and one incident still sticks in my mind. As I lowered myself from the truck, belly first, hanging onto the truck supports, I noticed two men staring at me with their jaws hanging open: for I was eight months pregnant. I never thought much of it at the time. The work needed doing and we couldn't afford to pay a third person. Besides, I was programmed that once you got married you helped each other, till death do you part.

Before I started ISSUES, my husband Rae told me he wanted to change occupations as truck driving was taking its toll on his body. I figured he would make a great salesman for ISSUES: he loved travelling and could deliver the magazines, and he could even learn to operate the computer, if change was what he wanted. As I eagerly embraced my transformation, Rae watched. He encouraged and supported me but then decided to offer me my freedom: the wholistic business was not for him. He was feeling lonely because my organizing the Spring Festival of Awareness and publishing the Issues magazine took up much of my time. We parted company two years last Christmas and now that the shock has worn off ... I feel it's time to let you folks know. Rae is a wonderful man, a great Dad and the best friend anybody could want. It was I who had changed.

Today I have many like minded friends, who are concerned with planetary awareness, and when they ask me, "And how is your love life, Angele?" I shout with great joy. "It's marvellous!" For I have never depended on others for my happiness.

Even while raising a family and working, I had always taken a little time just for me. I never let money or time be an excuse for not growing. I usually signed up for something mental and something physical each year that would help develop the me I wanted to be.

One of my quotes that helped me keep sane and not be a martyr during that period was, "Make yourself happy and everybody will be just fine."

After twenty years of living my truth and being a doer who takes her responsibilities seriously ... cause that's the way I was raised ... I have discovered that happiness comes from both giving and receiving. For the more I give, unconditionally, the more I get back from the universe. The love I experience in meditation and in 'the doing what needs to be done' is gratefully accepted and ... passed on.

So Happy Valentine's Day to all you 'Lovers of Life'. For staying centered within ourselves, we shall change the world.

*Love,
E. Miles
Angele*

RULES FOR BEING HUMAN

1. **YOU WILL RECEIVE A BODY.** You may like it or hate it, but it will be yours for the entire period of time around.
2. **YOU WILL LEARN LESSONS.** You are enrolled in a full-time, informal school called "life." Each day in the school you will be presented with opportunities to learn what you most need to know. The lessons presented are often completely different from those you think you need.
3. **THERE ARE NO MISTAKES, ONLY LESSONS.** Growth is a process of trial and error, and experimentation. You learn as much from failure as you can from success.
4. **A LESSON IS REPEATED UNTIL IT IS LEARNED.** A lesson will be presented to you in various forms until you have learned it. When you have learned it (as evidenced by a change in your attitude and ultimately, your behavior), then you can go to the next lesson.
5. **LEARNING LESSONS DOES NOT END.** There is no age of life that does not contain its lessons. If you are still alive, there are additional lessons to be learned.
6. **"THERE" IS NOT BETTER THAN "HERE."** When your "there" has become a "here," you simply discover another "there" that will, again, look better than your "here."
7. **OTHERS ARE MERELY MIRRORS OF YOU.** You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself. When tempted to criticize others, ask yourself what behavior of yours they are mirroring.
8. **WHAT YOU MAKE OF YOUR LIFE IS UP TO YOU.** You have all the tools and resources you need; what you create with them is up to you. Remember that through desires, goal-setting and right effort you can have anything you want, but not everything you want. Persistence is the key ingredient for success.
9. **THE ANSWERS LIE INSIDE OF YOU.** The answers to life's questions lie within you. All you need do is ask, look, listen and trust.
10. **YOU WILL FORGET ALL THIS.** You will forget all the above rules unless you regularly practice some means of staying focused and grounded in the present. Your ego will continually try to trick you into blaming your past or becoming anxious about your future. Thus will you lose contact with the present and become asleep to the lessons and realities of life.

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Primal Therapy

with a Client Suffering from
Dizzy Spells and Heart Problems

by Ernst Oslender

Today I want to describe the experience of a client who not long ago developed intermittently dizzy spells and very irregular heart rhythms. A condition which is obviously very serious for any physician. His wife was very concerned seeing his blue lips and feeling his upset heart.

He was not young any more and had already done Primal Therapy. He was not very concerned himself and had a certain suspicion about the affair. But he did not yet have the clue how these symptoms might have originated.

Then, an unplanned interlude happened while a doctor friend was visiting him. He suddenly developed this dizziness and heartbeat irregularity again. Now she, the trained doctor and his own wife, insisted to take him to the hospital, where he was instantly admitted to the emergency ward.

Now being in the medical system he had to undergo days of time-consuming tests. But even the final Angiogram, a horrible intrusion into his body, revealed no evidence about these dizzy heart beats. The test showed up negative.

During the interviews with his doctor he tried several times to communicate that he does Primal Therapy. He said his feeling would suggest that the cause of these symptoms might be found in his early history. He tried to explain to the professional that he would know from his Primal experience: there is a sure reason for symptoms like that. To find the connection to the source of it would give the possibility to heal. But there was no response from the doctor, let alone any interest to find out. He was prescribed a drug to be taken 'for the rest of his life.' And then he was released. That simple...

The day after he left the hospital he took a Primal Session and the real story revealed itself in a very logical way. He regressed to his birth and felt how he was struggling to get out. He was pulled out with forceps. He relived how his skull was terribly squeezed. He could hear the sound of cracking bone. He felt how his brain was pressed, worse than a concussion would do. There was the dizziness. And because of the tremendous struggle to survive, the heart reacted frantically. He could sense how it feels to be very close to death.

We know, such life threatening traumata early in life are effectively repressed, because the little child would absolutely not survive this pain. Our organism has very powerful mechanisms and even chemical means to suppress such injury. But it lingers on through a whole life time, waiting to be resolved or in the worst case to become a chronic disease.

For my client the story with his heart 'Condition' ended when he found this amazing connection: The symptoms of dizziness and heart fluttering were triggered when his wife announced her wish to move away from the place where they lived very happily. It felt to him like an attack on his outer and inner peace. The new place where she wanted them to go felt strange to him. And there it was: this 'move' equalled in a very peculiar way his 'birth.' Could anyone wonder about his reactions? The repressed pain of his birth came to the surface and his brain and heart reacted accordingly.

After integrating this experience he could move. And he likes their new place. And strangely enough: he never needed the prescribed medicine. ♦

Unique Ecotourism Group Responds to United Nations Call

by Clive Callaway & Sarah Kipp

What do a native theatre company, a Shuswap resort, a TIPI Camp and outdoor guiding operations have in common? They are all part of the growing trend towards ecotourism - that is sensitive tourism operations which help sustain communities of which they are part and assist in conserving their land base.

A group of ecotourism operators is currently establishing a cooperative which links members involved with adventure, wildlife viewing and cultural tourism, from the eastern slopes of the Rockies to the Queen Charlottes and Vancouver Island. Each operator will benefit from group marketing, group insurance, and extended package programs for tourists visiting two or more operators in a single trip. A prospectus on the cooperative will be available shortly.

Spokesperson Clive Callaway of Twin Island Resort Centre says, "We helped co-found the group because of our interest in native people and the great outdoors and because we believe that creating alliances is the way to go. This will result in richer experiences for our guests."

The "Spirit of Ecotourism," as the group call themselves, played host to international visitors with theatre, workshops, and other treats at the recent World Congress on Adventure Travel and Ecotourism in Whistler. Delegates were given a taste of western Canada's personality.

Responding to the United Nations proclamation that 1993 be known as "International Year for the World's Indigenous People," a native experiential theatre group and various native and non-native members of a group known as the Spirit of Ecotourism will embark on a major European tour during part of 1993. The tour will include stops at several major cities to present multi-cultural environmental workshops and unique native theatrical productions. Negotiations are currently underway to produce special TV programs based on the tour.

The group's activities will draw on the traditions and strengths of indigenous cultures. Environmental awareness programs and action strategies will be integrated, all in the context of enhancing the tourist's experience and expanding the tourism industry.

"I believe that we have much to learn from indigenous cultures, Canada has a worldwide reputation for peacemaking; we want to build on that tradition, and focus on lessons which can be learned from our earth-centered indigenous cultures about making peace with the rest of the environment. There is a joyful richness in indigenous culture which creates exciting experiences for visitors as well." said Clive Callaway, spokesperson for the group.

The Spirit of Ecotourism group is made up of private companies, not-for-profit organizations and individuals. Its aim is to promote, develop and market its members in a cooperative and ethical spirit and it fully endorses the United Nations Environment Program's "World Charter for Nature." The group includes native singers, dancers and actors who perform plays about indigenous culture, together with non-native and native outdoor adventure operations, and a vacation learning centre which specializes in earth education. Customized tours for international and inter-provincial visitors are arranged amongst various operators in the ecotourism network. In addition to indigenous culture, tours focus on environmental and fitness or wellness themes. A special focus in 1993 and 1994 will be tours to unique sites in Canada to experience the richness of forests and fisheries, and learn about the importance of these resources for all of us around the world.

For further information contact Clive Callaway at Twin Island Resort, (604) 838-7587 or write Box 7, Gardom Lake, BC V1E 4N2

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Seasons of Change

by Anne Twidle



I will always remember 1992 as a year of major change in my life, the year when I let go of the past and the sense of identity I had connected to. So much of who I thought I was seemed to be attached to the roles I played as wife and mother but 1992 marked the completion of my marriage and a big change in my relationship with my children. My daughter is successfully leading her own life in Vancouver and my son is eagerly planning his post secondary education. I have become a long distance mother. I love and support them as always but I no longer pack their lunches or do their laundry. And so when the opportunities were presented to me, I moved to Kelowna, purchased my own home, completed my third level of training to become a teacher of personal growth, made plans to restructure my employment, and jumped out of an airplane. The changes in the outer circumstances of my life caught up to the internal changes that had been taking place in me for several years.

I was overdue for change. There were years when I felt stuck and unhappy despite a constant searching and striving towards personal development. To my disappointment, the results I achieved were at best temporary. It was not until I was introduced to the Integrated Breath Technique that I understood what was missing. Sometimes known as Rebirthing, the Integrated Breath Technique is a method of deep circular breathing that facilitates the release of blocked emotions and the identification of belief systems we are often unconscious of. The fascinating, somewhat mystical effect of the breath is its ability to connect the conscious mind with the unconscious. Since the unconscious mind plays a dramatic role in attracting to us or creating the events and experiences in our lives, there is a lot of value in identifying its contents. I discovered my unconscious mind harboured a belief system of pain, struggle, and dependency securely anchored in place by the energy of guilt, anger and fear. Once I understood the creative power of my thoughts and emotions, it was easy to see the results they produced in my life.

In her book, *Return to Love*, Marianne Williamson explains that spiritual development is a process of purification on a mental and emotional level. This had been my experience. The path of personal growth is a lifelong commitment to unraveling a thought system of mistaken beliefs and an ongoing journey into greater consciousness is the discovery of a new identity, the connection with our spirit, pure love and joy, the healing power that creates permanent positive change.

I am deeply grateful for the experiences of 1992. I know that next year will mean more changes with opportunities to demonstrate love and trust at even greater levels. I look forward to the times and places I will extend the benefit of my experience to others. When we join hands and hearts over the coming year the healing we will support will be global. Welcome, 1993.

Anne Twidle is a Breath Practitioner at Inner Direction Consultants Training Centre in Kelowna and a trained workshop facilitator, personal growth consultant and astrologer.

Inner Directions Consultants Inc.



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E-MOTION

by Audrey Hutchings

When do we say to ourselves 'I'm mad as Hell and I am not going to take it any more?' I was inspired by the movie 'Network' to tell the world it is our anger that makes the difference. It is our anger that is the motion in E - MOTION. E - is for the energy that comes forth to help us take new actions and

form new ideas. Out of this action, new opportunities arise and we can begin to start making the necessary changes in our life.

Throughout years of suppressed emotions, my self-esteem and self-confidence dropped to the point that I found it difficult to stand up for myself or be clear on what I wanted. Realizing I didn't want to live my life like this any more, feeling unfulfilled and unhappy, I knew it was time to make some change. But how would I start, what did I need to do?

I started by reading lots of self help books, taking weekend courses and sought professional help. Those things helped but I still didn't have the lasting changes or results that I wanted. I was just filling my mind with more information.

At one point when I was feeling hopeless and ready to give up. I was introduced to the Breath Integration Technique. I immediately felt that this was the method to get in touch with what I really wanted.

Breath Integration helped me experience changes and begin to deal with the issues that were still painful in my life. With the help of a Breath Practitioner I began to recognize and utilize my own emotions which are the glue to having my life work. I learned it was safe to express all of my emotions and to safely and appropriately express my anger, which is the jet fuel that moved me and can move anyone in making changes. For awhile, my life felt like it turned upside down but I felt really supported to continue, I saw that this was the un-gluing stage, where I got to replace the old outdated beliefs with new positive ones and get the results I wanted.

Changes and opportunities now take place easily and effortlessly. Breath Integration allows me to release outdated beliefs and take on ownership of my life, to know my own truth, to love myself and the God within. I have watched myself emerge out of my old shell to claim who I am and always have been and I am well pleased.

Audrey Hutchings is one of the Breath Practitioners in Kamloops, BC

Similkameen Valley Tours, is helping the modern day traveller to experience the splendour and heritage of the Similkameen Valley. This new company formed through the help of the Community Futures Office in Penticton and the Economic Development Office in Princeton, is set up to serve the needs of tourists wishing to leave the planning to someone else. Besides a variety of 4 day excursions, Similkameen Valley Tours will offer activities such as Cattle Drives at the Jura Ranch, Cross Country ski excursions, a Heritage tour, Fly Tying and Offshore Fishing, Intermediate Hiking and Mountain Biking in the High Country. Linda Neumann would also be offering CUSTOM MADE TOURS for special interest groups such as one already being planned for 40-50 photographers coming from the Lower Mainland for 3 days in late July.

Similkameen Valley Tours will also be formulating excursions to be taken from Princeton and surrounding area to places such as the Lower Mainland. Anyone requiring more information, please contact Mrs. Linda Neumann at (604) 295-7013 ..in the NYP ..Retreats

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PERSONAL GROWTH CONSULTING TRAINING CENTRE, founded by Cyndy Fiessel in 1989, is dedicated to community building by helping people realize their full potential through the Breath Integration technique; also known as Rebirthing. This is a deep circular breathing method that supports each individual in letting go of limiting belief systems and experiencing more success, joy and satisfaction everywhere in life.

We offer a variety of training formats, one day workshops on various topics, as well as Sunday Celebration, Social Committee events, a quarterly newsletter and much, much more!

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Some Thoughts

by Rev. Donna Maurice-Winchell



Photograph by Photographic Excellence

"Up until now" puts a whole new light on our "story." Up until now reminds me that although situations have always been a certain way, they don't have to be that way any more. It turns "yesterday" into "yes today." Yes, today I can meet the right person; yes, today I can find the right job; yes, today I do have a chance in life. I didn't ... up until now.

Up until now means that no matter where one has been in the past, the kingdom of God, of good, of joy, of peace, of love and harmony is at hand, right now.

As a wonderful way to release a negative mental habit, we can add... "up until now" to statements about our past. Releasing old behaviors, old attitudes and old thinking is the first step in recognizing that we can enjoy the "good life", we can love ourselves and others and we can love that creative Power within us through which all things are made.

When we find words or statements coming out of our mouths, whether about ourselves, our jobs, our choice of friends, the world in which we live, add these magical words "... up until now" and see what happens. Sounds too easy? It's worth a spiritual try.

Living in the eternal NOW is a spiritual truth. The present moment is the only moment we have. We cannot change the past nor live in the future. Living this moment perfectly, however, will effectively dissolve the past and allow us to grow forward into a future filled with joy. The thought we are thinking at this moment is the thought that is creating our experience. At any point we can choose to think differently. We can realize that "... up until now" we may have thought a certain way, but from this moment on our thoughts can be fresh and new, creating a new and glorious experience.

As someone has said "I attempt to use the past as a rear-view mirror on my car: to see where I have been but not where I am going." I can glance at the past, but I don't need to stare at it. The past is what has happened "up until now." Each day is a glorious opportunity to change and grow. Each day is a new and wonderful chapter in my life story; a time of joyful anticipation, wonder and fulfillment. I can hardly wait to see what will happen next!

We at the SOUTH OKANAGAN NEW THOUGHT CENTRE OF RELIGIOUS SCIENCE are very excited and thankful about the growth we are experiencing. We invite you to join us each Sunday at Sarson's Beach in Kelowna as we teach Science of Mind, a philosophy of Love and Law. Remember, our mission statement is "To Heal this Planet, one person at a time, knowing Love points the way and Law makes the way possible." I would like to close with the words of Elizabeth Barrett Browning: Light tomorrow with today!" Let go of the past, live fully today, and let tomorrow take care of itself. Namaste



Happy Valentines!

Praise the Lord

by Sylvain Tadakar

Reverend Lloyd Everett Klein likes to say that, at the Okanagan Centre for Positive Living, we are a functional family where members gladly assist each other in being all that they can be. And so it truly is!

As a charter member of the Okanagan Centre for Positive Living, and as a second year student of its Science of Mind accredited classes, I am delighted with the practicality of the Science of Mind teaching.

Having spent the last 10 years studying and meditating under the guidance of a Yoga Master from India, and having also familiarized myself with other practical spiritual teachings such as "A Course in Miracles" and "The I Ching," I am particularly happy that the Science of Mind teaching gratefully acknowledges Truth wherever it be found.

At the Okanagan Centre for Positive Living, it is fascinating learning to better comprehend the intimate relationship between beliefs and experiences. It's great to see that by vigilantly discarding limiting beliefs I can increasingly experience the joy of the fullness of true being. As I now become increasingly aware of spiritual realities, correspondingly I see all facets of my life being harmonized. That's why I say "Let's Praise the Lord"!

Established and led by Reverend Lloyd Everett Klein and his wife Wendy, the Okanagan Centre for Positive Living began offering regular services and workshops, in Vernon, in the summer of 1991. Since March 1992, full services are also being offered in Kelowna.

In effect, being an evolving spiritual oasis where spirituality truly means practicality, mutual support, and love to its growing membership, the Centre now counts approximately 200 members.

The Okanagan Centre for Positive Living, also called the Vernon Church of Religious Science, draws much of its inspiration from the Science of Mind philosophy, as brilliantly outlined by its founder, Dr. Ernest Holmes (1887- 1960).

Along with its weekly Sunday Services and its periodically held Saturday workshops, the Centre offers to all sincere truth-seekers an in-depth study of the Science of Mind through its comprehensive program of accredited classes.

I am personally thrilled to participate in these classes that are set up to be an open door to the works of such remarkable metaphysicians of spiritual genius as Ralph Waldo Emerson, Judge Thomas Troward, and Dr. Ernest Holmes.

Here is a quote from Dr. Ernest Holmes that clearly illustrates what this teaching is about: "We should learn to control our thought processes and bring them into line with Reality. Thought should tend more and more toward an affirmative attitude of mind that is positive, stable and - above all else - toward a real unity with Spirit that is already complete and perfect."

In this light, I now gladly introduce a poem I wrote recently. It is written as an energizing affirmation to meditate upon or to speak out loud.

Beyond Doubt to Faith

As I awake and leap beyond doubt to Faith
Wisdom new-found fills my consciousness.
Perfect Life flows through me and strengthens me
And I am thrilled to sense that It cares but to bring
Harmony, Beauty, Glory and Victory
In all facets of my daily living!

Every single challenge is now answered with love
And I come to expect a good outcome in all affairs.

I am to others an Emissary of Light
As discerningly I choose
To now sing the song I am here to sing.

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Experience Joy Yoga in your front room each week as Nateshvar guides you through breath, alignment, flexibility, strength and stamina postures.

**This NEW weekly show follows Okanagan Magazine & airs
Thursday 7:30 & 11 pm, Friday 6 pm, Saturday 11:30 pm
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JOY YOGA

WEEKLY CLASSES ... starting February 8th

Penticton

Monday - JOY YOGA - 7:30 - 9:30 pm
at the United Church - 696 Main Street

Thursday - DANSKINETICS - 7:30 - 9:30 pm
at the West Bench School Gym - West Bench Drive

Kelowna

Tuesday - Combination of JOY YOGA & DANSKINETICS
7:30 pm - First United Church - 721 Bernard Ave - Kelowna

Please arrive at 7:15 pm to register... etc.

Classes are \$12 each or 6 for \$60

1 Day Workshops - Penticton

JOY YOGA

February 28th - Sunday - 10 am to 5 pm

YOGASSAGE (Doubles Yoga)

Please register with a Friend

March 6 - Saturday - 10 am to 5 pm

Workshops are \$35 per person

for more information or to register for classes or workshops
please phone ... **Angele 492-0987**

JOY YOGA classes or workshops brings the vastness and diversity of Yoga into play. Experience freedom of movement as the body flows through a series of postures that awaken the energetic spine.

YOGASSAGE workshop provides an experience of yoga in union with another. Through stretching, rocking, massaging, spine to spine we go beyond our limits. Bring a partner and double your fun.

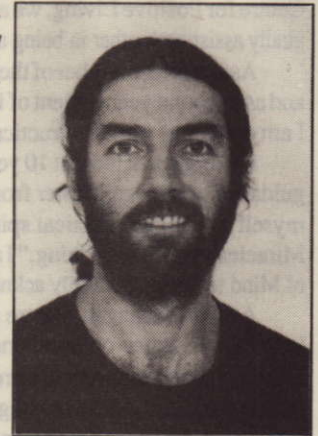
DANSKINETICS is a marriage of yoga to the many forms of dance. Set to worldbeat music this class leaves you joyfully energized and is invigorating yet refreshingly non-competitive.

JOY YOGA

by Laurel Burnham

Yoga enthusiasts and others inclined towards the holistic body/mind approach to fitness will be glad to welcome Nateshvar (Ken Scott) to the Okanagan. Some of us have already had the opportunity to meet Nateshvar, and sample some of his gentle enthusiasm for his self-styled discipline which he calls Joy Yoga.

Nateshvar arrived in the Okanagan this winter, originally from Toronto via Hollywood, where he states with a positive twinkle in his eye, he was teaching yoga to the stars. The glitter wore off for



Nateshvar, and underneath he discovered what he felt was an unhealthy and competitive atmosphere, even amongst yoga practitioners.

Nateshvar's yoga career extends past Hollywood, however. His initial inspiration was a gentleman of his youth, a gymnastics instructor who maintained a level of fitness throughout his life that afforded him an ageless vitality. Nateshvar started the first Dancerciser Fitness Studios in Toronto some 16 years ago. Since that time, he studied tai-chi and martial arts before becoming a certified yoga instructor at the Kripalu Institute in Boston.

Nateshvar credits Yogi Amrit Desai for the vision of Joy Yoga, which is more movement oriented than what is considered traditional yoga postures. If you have ever had the good fortune to experience first hand Yogi Amrit Desai's "posture flow" you will immediately appreciate the experience of Joy Yoga. My background knowledge of the history of yoga is minimal, but my understanding is that the postures or asanas are actually frozen moments of the experience of pranayama, the dynamic flow of energy through the human body, expressed in spontaneous movement. I was able to participate in a slightly modified class that Nateshvar instructed, and I was impressed by his obvious love and playful joy in teaching/sharing his innovative approach to this ancient discipline. It was also a change for me to be in a movement class taught by a man, and I found his warm masculine presence an interesting change.

I found the postures that Nateshvar has developed for couples/partners particularly good, and people who have a well developed degree of flexibility will find them a refreshing challenge.

Nateshvar's philosophy of life, teaching and yoga is well integrated. He finds the human body a fascinating playground, as well as being a storehouse of ancient wisdom. He feels that there are lessons to be learned through every part of the body, that go beyond the capacities of the intellect. Nateshvar continues to be inspired and intrigued by the different dimensions and capacities of the body. He also believes in having fun, and toys with the thought that joy itself is an expression of love.

People who already have a good background in yoga will be inspired by Nateshvar's teaching, and those who do not will find his classes an exciting challenge. Welcome to the Okanagan, Nateshvar, and here's to ... More Joy! ❖

REFLEXOLOGY

by Diane Wiebe

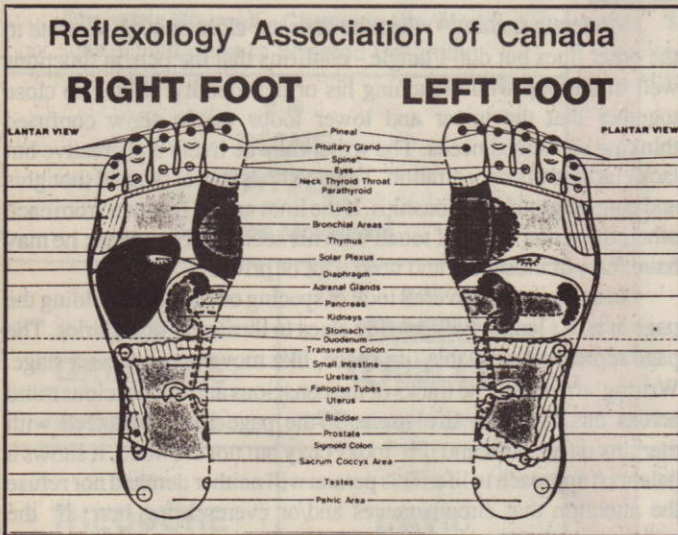
Reflexology is a natural healing art based on the principle that there are reflexes in the hands and feet which correspond to every part, gland and organ of the body. Through application of pressure on these reflexes, reflexology relieves tension, improves circulation and promotes the natural function of the related areas of the body.

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Healing Waters

THE WORLD TEACHER, MAITREYA THE CHRIST — who is now living in London, England — has been appearing “out of the blue” (and disappearing) before large gatherings in different parts of the world. These places include Mexico, the former Soviet Union, Europe, the Middle East, North Africa, India and Pakistan.

In the vicinity of each place, Maitreya has “charged” water with miraculous healing properties. Near Tlacote, Mexico, Dusseldorf, Germany, and New Delhi, India, wells or springs of “healing waters” have been discovered. Similar manifestations will soon be found near other cities at which Maitreya has appeared.

*These “healing waters” are but one of the many miracles
with which Maitreya is now benefiting the world.*

For free information about Maitreya, contact:

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Brainwriting

with Angele

Spacing takes on many dimensions in a person's handwriting and I like to think of it as elbow room. It relates to how much social closeness or distance a person is comfortable with. Spacing appears between letters, or words, or lines, or in proportion to the overall look of the page and tells the analyst how close or distant the writer wishes to be with other people or situations.

If the person is sociable, the middle zone letters are as tall as the spaces between them. If the letters are taller than they are wide, the person is shy about demanding his own space and may feel isolated. If the letters are wider than they are tall, this usually represents an outgoing, uninhibited person with a strong sense of belonging.

Spacing between words indicates the manner in which one relates socially to others and tells of social skills or their lack in the writer. If the spaces between words are as wide as the letter “m” in the script, it shows self-sufficiency. If the spaces are crowded and the words very close together, the writer crowds other people. If the spaces are wide and the writing flow looks interrupted, the person could easily get overwhelmed in communicating social needs and will demand privacy and distance.

Spacing between the lines shows the distance one places between oneself and society, be it in the family, the workplace or any other organization. Additionally, line spacing gives clues to clarity of thinking.

Moderate spacing - when the lines are close enough to relate to the other lines but don't tangle - confirms that the person functions well in a group while retaining his or her identity. Lines so close together that the upper and lower loops tangle show confused thinking and social needs. The writer may be lively and creative but lack clarity and concentration. Tangled lines reveal tangled thoughts and tangled group relationships. If the lines are set far apart from each other, the writer is out of touch with his social surroundings; he may have fears of closeness and need a lot of privacy.

In analysing the overall look of spacing on the page, holding the page at arm's length will provide clues to territorial boundaries. The page represents available life space, like movement across a stage. Writing strokes are the tracks of the conscious and unconscious mind across this available life space. If the page looks balanced with margins on all sides and if it looks cozy but not crowded, it shows a balanced approach to life. This person will neither demand nor refuse the attention that circumstances and/or events bring her. If the writing covers the entire page with very little empty or white space, this person fills his life with people and activity and can't bear to waste space or anything else. If the page has extra wide margins and lots of space between the letters, words and the lines, this person's private world is most important and she focuses on the self and individual activities. She may have a developed sense of social protocol; or a strong sense of design and aesthetics. In the extreme, the type will feel overwhelmed by an active social environment and seek refuge in seclusion.

The arrangement of space between words and between the lines reveals the writer's aesthetic sense and how he or she organizes life in general. Good spacing indicates orderliness, the ability to think and speak clearly and to arrange life intelligently.

Subliminal Dynamics

by Richard Baker

That man someday in the future would discover ways to access the diverse and incredible powers of the mind and thus begin utilizing 'the other 90%' of the brain has never really been in question. That someday in the future the scientific community will have no alternative but to acknowledge the validity of the results of the proven powers of the mind upon matter even as they now acknowledge the validity of proven scientific principles also has never really been in question. The only questions have been how and when. The answers to these questions are the topics of this article.

Imagine training your mind to be able to absorb information at the rate of hundreds of thousands of words per minute - and to retain 100% of it, always accessible, for the rest of your life!

Imagine being able to program your subconscious mind to exert influence over your environment, including your physical body, to the degree of being able to fulfill your wishes, your needs and even giving you the ability to achieve and maintain good health!

Imagine increasing your mind's sensitivity to being able to perceive more information through all the senses -with full recall!!!

Imagine being able to program your dreams to solve problems you may have or those yet to confront you!

All of these exceedingly desirable capabilities are now accessible as the result of the inexorable determination of Richard Welch, founder of Subliminal Dynamics, who has spent millions of dollars and sixteen years of research and discovery stripping the layers of obscuring misinformation, misunderstanding and disbelief from the path of unfettered learning and personal fulfillment by learning how to open the door to the subconscious mind. After all the testing and research, it became obvious that that part of the mind being utilized, the subconscious, possesses phenomenal abilities and it has been basically unexplored territory.

Currently well over 10,000 people have been taught this evolving process which achieved its present structure in 1984. I.Q.'s ranging from retarded to genius and ages ranging from five to 92 have learned the process and have been tested. The success ratio is over 98%. People from all walks of life, students, business and industry, education, professionals, law enforcement, military, scientists and others have been taught the method successfully. Research continues and new innovative courses are being tested.

To understand the operation of the process the most necessary thing to realize is that while the four three-hour intensive sessions provide you with all you need to know and have: an instruction manual with instructions, practice routines, information, examples, tests, test results, relaxing tapes and the future ability to take a refresher course at no cost, it does not provide the practice time which is necessary for this process to become second nature to us.

As it is with most skills, a substantial amount of practice is required to become proficient at the processes. Remember that the operative part of this process is accessing the subconscious and that is something for which most people by maturity have lost the skill. Actually it takes approximately 6 weeks of daily organized practice as specifically outlined in the course and in the instruction manual before the wide open easily demonstrative abilities manifest. However, even during the course the student is shown to have a surprising amount of natural skill at using the technique.

Imagine becoming accustomed to approaching all challenges with more confidence, more information, a greater sense of awareness and to a probable considerable degree, a higher intelligence. Subliminal Dynamics used daily as a natural part of living might well grant these.



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The Benefits of Colonic Irrigation Therapy

by Hank Pelser

Colonic Irrigation is a branch of hydrotherapy. It is an internal bath that helps cleanse the colon of toxins (poisons), gas and accumulated fecal matter. The therapeutic value of colon therapy is widely recognized in Europe and to a lesser extent in North America, Today, as North Americans

become more aware of the benefit of preventative health, the benefit of colonic irrigation is becoming more well known as a tool for the prevention of disease.

The colon is a tube approximately five feet long and 2 1/2 inches in diameter. It completes the digestive process. It absorbs minerals, nutrients and excess water from the digestive residue of food we have eaten. The colon is also one of the main organs of elimination; through digestion, much of the waste products are transported to it for expulsion from the body. The circulatory system also transports metabolic wastes and toxins to the colon for excretion. Through years of stress, improper diet, insufficient water, insufficient exercise, overeating and ignoring the call of nature; fecal waste will tend to accumulate, resulting in impaction and deposition of hardened, 'rubbery' crust along the colon wall. This prevents proper absorption of nutrients, results in the absorption of toxic material and in the loss of muscle tone in the colon. By cleansing, we assist the body in removing the old waste products and toxins. Many conditions that are caused by toxemia (presence of toxins) can be improved by the use of colonic irrigation therapy.

During a colonic, the person lies on a massage table which is draped with either a clean sheet or towels. A special, hygienic speculum is gently inserted in the rectum. Water flows into the colon via a small water tube and leaves the colon through an evacuation tube as it carries out excess, impacted fecal matter, gas, mucus, etc. As the water leaves the colon, the therapist gently massages the abdomen to help release its contents. Water is only allowed to enter the colon gradually, a little at a time, so that waste is cleared out before additional water enters. In this manner, gradually increasing volumes of water are used (as waste is cleaned out) until eventually the entire colon is cleaned. A series of colonics is most often necessary to dislodge hardened toxic waste, and quite often herbal and dietary cleansing is suggested, which work well with the colonics.

By cleansing the colon of impacted and putrefactive waste matter, colonic irrigation offers relief from a variety of disturbances. Fatigue, gas, headaches, irritability, skin problems, lethargy, constipation and chronic diarrhea are among the symptoms people have found relieved by cleansing the colon. With colonic irrigation, your sense of well being is often dramatically improved. You feel lighter, more energetic.

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Further reading:

Tissue Cleansing Through Bowel Movement by Bernard Jensen
Colon Health by Dr. Norman Walker

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for information

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or write Natural Health Outreach,
160 Kinney Ave, Penticton, BC, V2A 3N9.



Focus on Women

Editor

Laurel Burnham

THE MEN'S MOVEMENT?

As I sit down to write this column, my son Galen, now 2 1/2 years old, plays at my feet. "I shoot you," he lisps, "I shoot the (Xmas) tree!" and he proudly holds out the plastic blocks he has put together, in the vague shape of a gun. He is just a little boy, very much in some ways still a baby, a small person who has never to my knowledge witnessed a violent act, never watched any cartoon killing, never been smacked or spanked by an adult, only ever known all the loving kindness that conscious, attentive parenting can provide. There are no weapons in his toy box.

The feminist/pacifist/mother in me sighs an age-old sigh. Why should my own son, the child of my body/mind/heart even pretend to shoot his mother? Are all the theories I have considered about aggressive behavior being innate in males actually about to be proven true? If Galen were a she, would she make a gun with these same plastic pieces? I doubt it.

Here is a newspaper, reporting an ordinary day in the life of late 20th century North America. This man raped and then stabbed this young woman, several times, and left her body in a ditch. This man stalked and killed his former girlfriend and her pregnant roommate, and left her four year old son to watch them die. Yet another Roman Catholic priest is on trial for sexually abusing native children over a twenty year period. This man is on trial for beating his wife. Another is going to court for molesting his daughters. Two male warlords in Somalia have done their very best to destroy millions of people. My gorge rises at this. I often literally feel sick with the violence and destructiveness some men are demonstrating on this planet, right here in this community where I live.

And I come back to Galen, my precious, beloved child, still playing at my feet, still nursing at my breast. What kind of legacy will we leave him, and his generation? What kind of images, models, roles do we present these precious people, our children, to follow? There is a very clear message about men being broadcast in our times—and it is very simply that men cannot be trusted. Whether it is the men who batter, rape and abuse, or the thousands of men who completely renege on their responsibilities as fathers, there is something very wrong with a society where this kind of behavior is becoming the norm.

You and I know that nothing is ever as simple as it seems on the surface. I know this is not the absolute truth. There are men who can be trusted, whom I would trust with my life, and the life of my son. There are men who are wonderful fathers, despite the obstacles the mothers of their children often put in their way, despite the conditioning men are subjected to that makes them strangers to parenting, to nurturing and compassion. And there are women who are capable of great anger and violence and abuse.

Virtually all of my adult life I have been a keen student of human behavior, and therefore acutely aware of the differences between men

and women. Studying gender has been the source of much delight, rage, frustration, curiosity, pleasure, mystery, fear, sorrow, pride and a whole host of unnameable and unspeakable emotions. And because I am the mother of a manchild, I have all the more reason to come to terms with the differences between us. You and I, we desperately need to understand ourselves as women, each other and the others...the men. Many lives hang in the balance.

Many of us are familiar with theories that posit that women are biologically superior to men. According to psychobiologists, for example the Y chromosome that makes men male is possibly an incomplete X chromosome. At the very least, that Y chromosome has relatively little genetic information, except for the gene that makes men male. Women are more complete, more "perfect" a biological entity than men, according to some theories. The evidence to support female's greater strength and resilience over male is quite substantial. Proportionately, a greater number of male children die of Sudden Infant Death Syndrome. A greater percentage of miscarriages are male fetuses. More boy children are hyperactive. Men die sooner/younger at every age than women. Male life expectancy is shorter than female.

Because of their genetic makeup, men are in fact more vulnerable to biological and environmental elements than women. Male hormones (androgens) don't in and of themselves cause violent criminal or sexual behavior, but they apparently create an inclination in that direction. Men consistently demonstrate a low level of arousability, a lack of responsiveness to external stimuli.

A rather interesting study was done in this regard. Groups of men and women were hooked up to two kinds of measuring devices: E.E.G.'s to measure brain wave activity, and G.S.R.'s to measure galvanic skin response, to record the response of the autonomic nervous system, the innate "fight or flight" response programed in us all. Both groups were then shown videotapes of scenes designed to provoke strong emotional responses. Upon watching these scenes, it was shown that women's bodies and brains would respond simultaneously to the stimulus. In men, their autonomic nervous systems responded, but their brain waves did not change.

I have often heard women say "The men just don't seem to get it." Well, maybe they don't. So where does that leave us? There is a certain futility in using the idea of biological superiority as a kind of lever to change our society. This is precisely the argument that has been used to deny women full participation in society for thousands of years.

Back to this discussion of male hormones, the androgens. In adults, this biological need for extra stimulation appears to be connected to higher rates of criminal behavior. In humans as well as animals, male hormones, the androgens are associated with a number of traits such as: assertive sexual behavior, territoriality, pain tolerance, status-related aggression, transient bonding, spatial reasoning, sensation-seeking and predatory behavior.

Many of the behaviors that women fear in men are obviously related to these characteristics, yet these androgens make men male. We cannot separate males from their androgens. Human history and biology have reinforced these characteristics, and in turn created the kind of people men are. To succeed in the workplace, or in the business world, a high value is still placed on aggression and competitiveness. Men today are faced with a society that in some ways is demanding that they go against their own male natures. But this does not mean we can condone abusive male behavior. The idea that male aggression and violence is inevitable because of biological programming is a great excuse for self-indulgence and avoidance of responsibility.

continued ♦♦

Joan Casorso

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10 sessions from February 11 - April 15, 7 - 9:30 pm

Contact Joan Casorso 769-7424 or Anita Moor 766-2178

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8 sessions from February 10 - April 7, 9:15 - 11:15 am

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Contact Marijean Crowley 492-4638 or Roz Bryant 492-2823

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8 sessions from March 23 - May 11, 7 - 9 pm

Contact Lori Fowler 545-4574

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Please call Joan @ 769-7424 for any additional information.

CHILDREN'S CREATIVE TIME with AUNTIE POPPIE

As a Mother of young children, the perennial question arises, if I have time to myself, whose going to look after my kids? And what will they be doing, if I'm taking a dance class, for example. If you've signed up for Joan Casorso's Inner Rhythms Workshop in Penticton, wonder no more, Mother dear! For while you're finding your inner rhythms, the kids will be playing happily with Auntie Poppie.

Poppie Angus has had over twenty years of childcare experience, having raised her own children, she still delights in their enthusiastic company. Every session, the children not only read stories, sing songs, pretend to be flowers or growly bears, but they finish their session proudly clutching their latest craft project to a delighted (refreshed and relaxed) mother.

Here we have one more reason, why you as a busy mother of young children should not hesitate to sign up for the winter session of Inner Rhythms, with Joan Casorso.

We are also guilty of self-indulgence if as women we continue to blame men for all the problems of the world. It is certainly easy enough to do. If one is to adopt the rhetorical stance of laying all the ills of the world at the feet of men, courtesy of the patriarchy, as (mea culpa) I confess to have done on numerous occasions, we are denying the part the women have played in this whole sorry state of affairs. In doing so, we are merely mimicking the biblical Christian stance that places all the blame for the sins of the world on women. Women have been considered the "weaker sex" and also blamed as the scapegoats for virtually every ill the world has experienced. The advantages afforded by the current social/political/economic systems are also enjoyed by women, and children, as well as men. It is important to see beyond our all-too-human tendency to want to see "justice done on somebody else."

I take great exception to the incredibly flaky New Age idea that downplays the current escalating trend of male violence towards women by suggesting that somehow it is our karmic just desserts, because women psychically violated men in Atlantis and/or Lemuria. I doubt very much that the majority of women that are beaten and children that are abused consciously or unconsciously chose a lifetime of terror. We don't need to ask what kind of people derive satisfaction from explaining away the misery and suffering of others, by blaming the victims themselves for their plight.

There is no denying that as women we have a right to be outraged by the violence, the dehumanization, destruction and oppression we see too much of in our world today. We are also right in calling men to account for their roles, their actions and their unwillingness to face the responsibilities that too many have denied.

In the spirit of fairness, it is important to acknowledge the efforts which men are making to redress the inequalities and suffering caused by male dominance. It is important to acknowledge that men also suffer as a result of the status quo. They must struggle with the doubt and guilt associated with a history of economic privilege and social pre-eminence. The system which supposedly provides them with so much also alienates them from their families and their feelings, damages their bodies, numbs their emotions and destroys their souls...and kills them in great numbers. Many men have grown up without any kind of positive male role model. Fathers have often been absent, because we have told men that they are the providers, and must go out and wrestle a living wage from the world. They are trained from a very early age to be competitive, aggressive, and to stand alone denying their feelings, an essential part of their very humanity.

Out of this pain and guilt and isolation, in the recent years has come the men's movement. As someone who has been committed to women's struggles for equality, I view this phenomenon with a definite mixture of emotions. I am glad to see men coming together, hopefully with a view to end the soul-destroying isolation men must feel from one another, to begin to relate to one another as familiars, rather than antagonists/combatants. I am thankful that men are beginning to recognize that they have been cut off from their fathers, and need to take decided steps to fulfill their own responsibilities as fathers to their children. Just as women must search for and sometimes create for themselves models of strong, assertive womanhood, so must men seek out those attributes which would lead them to developing the nurturing, compassionate male. It is my feeling that men must learn what it means to be a whole man, not a shadow, a poor twisted imitation of strength and nobility. And men must come to terms with their inclinations towards dominance, their hatred of and violence towards women...and men must stop male violence. Men must also be ready and willing to give up the privileges of

dominance...they have to start sharing the power...economically, politically, spiritually, socially.

I question the validity, however, of completely immersing oneself in a mythopoetic reality, which the men's movement leaders, such as Robert Bly promotes. We do not need "a kinder, gentler patriarchy," nor more mother-blaming. We do not need any more "Iron men." We do not need to romanticize history, to paint prosaic pictures of a-once-upon-a time were men where men and boys were not subject to the despotic parenting of their mothers, and disputes were settled by the sword and King Man ruled over all. I am not a fairy tale princess, languishing in a tower, waiting for Prince Charming to come over the hill, and I am certainly not waiting for my father to hand me over as a prize. Painting war, warriors, kings and the patriarchy in fairy tale colors as Bly does is remarkably naive. It has the effect of trivializing the centuries of misery and oppression that women amongst others have experienced, and continue to experience at the hands of those men who consider themselves to be warrior/kings.

Where I can see the positive effects of getting in touch with one's "wild man" or "wild woman" for that matter, it's going to take a whole lot more than weekends of heavy drumming to change the course of human nature. Authentic or natural behavior is not put on and off like a mask...pretending to be a primate does not get one off the hook for one's essential obligation to true humanity. An aspect of the men's movement as such that can be identified as truly creative and nurturing is the need that is seen to provide rites of passage for boys into manhood. Both boys and girls would benefit enormously from a deep positive sense of gender identity. Men and women have always sought out their own genders, and traditionally had places apart, where they could participate in those rites which honored the mystery of being male and female. Young people need to be grounded in their own male or female essence, and taught to respect and honor the differences of the other gender. The best interests of the human race will not be served by alienating young men from their mothers or from those human attributes which are considered feminine.

As someone who finds her association with groups of her own gender enormously rewarding, in fact essential to my mental/emotional/spiritual health, I cannot help but think that men and women need to do much more bonding with their own gender. Perhaps then men would stop expecting that women should be able to meet all of their emotional needs. Women would stop looking to men to validate them, to provide their sense of identity and self-worth.

If men can take time out from drumming and soul-searching to do something constructive with all that testosterone, then miracles can and do happen. Notable examples of this kind of activity are groups of men who have facilitated such activities as laying 70 tons of gravel over salmon spawning grounds of the Nickomecl River (in one day!) or building trails through wilderness areas. There are other men's groups committed to ending male violence, which we definitely need.

The men's movement is not the other half to the women's movement, and I suggest that we would be doing vast numbers of courageous and intelligent women a grave disservice to think it so. If the men's movement has been created as a response to those nasty feminists, then men are missing the point. If the intention of the men's movement is simply to reinforce patterns of male dominance, by blaming women for men's problems, then it is no movement at all, but merely a holding pattern.

The essential goal of the women's movement is simply that all human beings be treated fairly and well, each individual honored and respected equally with all others, regardless of gender. ♦♦

INTERNATIONAL WOMEN'S DAY REASONS TO CELEBRATE

MARCH 8, 1993

WOMEN...It's time to celebrate! Spring is just around the corner, change is in the air, and it's time once again for International Women's Day, March 8th. Celebrated around the world since 1874, the tradition of honoring women and women's work, whatever, and wherever we may be continues, late in the 20th century.

In virtually every community, you will find some kind of event marking this occasion, and the Okanagan is no exception. So won't you join us, sisters, mothers, daughters, and friends in this wonderful opportunity to honor and celebrate the unique creativity and spirit of womankind. Lest we forget...March 8th this year is also a full moon...all the more reason to let yourself shine!

IN PENTICTON:

International Women's Day Festival, Sunday March 7th. Penticton Trade and Convention Centre. 12:00 noon to 9:00 pm
Featuring: A variety of ethnic food, women's arts and crafts, plus a wonderful day full of women entertainers. Dance, music, and theatre. Childcare provided. Everyone welcome.

For more information: Phone 493-6822 Sponsored by the Penticton and Area Women's Centre, 319 Martin St., Penticton

IN VERNON:

Images of Women Conference on Women's Health. March 6th, Village Green Motor Inn, Vernon. 9:00 am. Workshop topics: Women and Breast Cancer, Women & Mental Health, Eating Disorders, PMS, Menopause, Women & Caregiving, Women & Aids, Women & Aging, Women in the Media. Registration \$12.00

Reservations required for childcare. For more information: Phone 542-7531. Sponsored by the Vernon Women's Centre.

IN KELOWNA:

Contact the Kelowna Women's Centre: 762-2355

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When this goal is reached, when men and women are equal partners in the workplace and the home, when children are loved and cared for equally by both genders, and people everywhere are safe in their own homes and upon the streets, then neither the men's movement or the women's movement will be necessary any longer. ♦

The Happy Gardener

by Sharon Rempel

Although it's cold and snowy, once January comes I feel the urge to get my hands back into soil. I find myself fussing with the house plants, and spending hours looking at the many seed catalogues that have found their way to the top of the pile on the kitchen table. As you ponder what to grow in this year's garden, let me give you some ideas.

First, consider growing 'open pollinated' varieties, and saving the seed from the varieties that you prefer, and that grow well in your growing area. The Heritage Seed Program offers a seed swap by mail, and you can become a member for \$15/year; write RR 3, Uxbridge, Ontario, L9P 1R3 for information. Check the January/February issue of Harrowsmith for addresses of seed companies that offer open pollinated varieties. Certainly grow some hybrids (indicated by F1 type or numbers in the seed listings) but remember the hybrids are often good for only one generation; you will have to buy new seed because the seed you save may be sterile, or not at all like the parent plant.

Canada has had Plant Breeders Rights for nearly two years now. It is possible to buy a patent for a 'new' plant and often the new plant has been developed by genetic manipulation. It is possible to mix animal and plant genes in the test tube, and it will be most interesting to see how these Frankenstein wonders survive and adapt as a life form once introduced into gardens. You really have no way of knowing the life history of a plant or seed unless you have control on the whole life cycle of the plant, so it is a wise investment to start saving a few crops, and swapping seeds with folks in your area.

I have spent the last year studying in England. I visited garden centres across Europe, and saw exactly the same varieties offered in every garden centre. Does that mean the Greeks eat the same foods as the Brits? No, but it does show what 'mass marketing and uniformity' can do to the commercial availability of basic commodities once the politicians decide to eliminate trade barriers. The grass roots heritage seed groups struggle to survive in all the countries, trying to save what few varieties remain. Because of rigid Plant Breeders Rights laws it is illegal to sell seeds of most old crops, so the groups offer seed libraries, and other strategies to try and keep the varieties around. We have much to learn from their experiences.

Small seed companies in North America are subject to terrific pressures. One of my favorite companies, Seeds Blum, from Idaho, has probably collapsed. Lawsuits have been launched against Jan, the woman who owns the company because she did not get seeds out to customers last year yet cashed order cheques. Jan's catalogues illustrated her passion for plants, and I assume that there is more to the story than poor business management skills. Yet Jan offers some varieties no one else does, so I hope she can keep going, somehow.

I have noticed that wheat straw lengths are shorter, both in the heritage wheat fields of The Grist Mill at Keremeos, and in the fields of the roof thatcher, Steven, in England, and elsewhere. We both credit the climate changes with this plant adaptation. Does this mean that the nutritional composition of the seeds had changed, too? Time will tell. Friends at Kew Gardens, London have noticed sunburn on some plants as well as on the gardeners.

Well, as a scientist I continue to monitor the changes with interest. I now have an M.A. in Conservation Studies, and have a pretty good idea of restoration of old buildings, gardens and landscapes. I am working on a Canadian Plant Conservation Network,

4th Annual Heritage Seed Swap

The 4th annual 'Seedy Saturday' will be held February 6, 1993, 10 am to 5 pm at VanDusen Botanical Garden in Vancouver at 37th and Oak Street.

'Seedy Saturday,' you might ask? That's the day you'll find enthusiastic gardeners from all over the Pacific Northwest trading diminishing and hard to find heritage and heirloom seeds with other gardeners, to keep them propagated for future generations.

The day's activities will include speakers, exhibits ranging from scion wood and heritage beans, to displays of third world seeds and grains. Workshops on various aspects of gardening and seed saving will be ongoing throughout the day.

The event will be organized by the Seed Group of VanDusen Gardens in co-operation with the Unitarian Service Committee of Canada and the Health Action Network Society. For information call VanDusen Gardens at 266-7194. Admission by donation in the Floral Hall.

Exhibitors will include B.C. Assoc. for Regenerative Agriculture, Abundant Life Seeds, City Farmer, Good Earth Organic Gardening Society, The Grist Mill in Keremeos, Gulf Island Seeds, Mity Gro, Manhattan Farms, Jim Barre and Vallee Luntzmann, Salt Spring Seeds, Heritage Seed Program, Tsolum River Heritage Forest Society, Nyala Ethiopian Restaurant and more.



Sharon L. Rempel

M.A. Conservation Studies

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and developing a data base to list living artifact collections (plant, animals). I am also looking forward to planting some old wheats that I brought back from the mountains of Greece; I suspect these may be ancestors of our modern (1800's and 1900's) wheats. And, the zucca melon, the 120 pound bottle gourd that has come back to the valley, has gone to the Summerland Research Station for analysis. It may be the crop that puts the Okanagan and Similkameen valleys back into financial success again.

I have decided that the best therapy for me is to start an indoors worm compost bin, so I await my shipment of Rock Creek worms with excitement (Lucy, 446-2381). I may have a bin of night crawlers, and a bin of red wrigglers, just to see the differences between the worms. Aristotle called worms the 'intestines of the earth' and as 1993 promised to be a year of intense spiritual change and growth, as well as a demanding year with wars and chaos, I figure that a worm bin is as close as I can get to watching the regeneration of garbage into soil. And I will control my urge to plant the tomatoes for a couple more months. I hope that you too feel the energies of spring and rebirth coming to you as the days get longer and the sun gets warmer. ❖

THE TRUTH ABOUT TAMPONS: HOW TOXIC CAN YOU GET?

If you are still using tampons, you run a higher risk of contracting Toxic Shock Syndrome than a single woman not practising safe sex has of getting AIDS. TSS is not necessarily fatal, of course, but the long term effects of the syndrome are not pleasant. If you want to run the risk of: permanent deafness, hair and fingernail loss, amputation of fingers and toes, chronic fatigue, memory loss, shortened attention span, arthritis, headaches and double vision...use tampons.

TSS first made headlines in the 1980's, when a rash of cases of women with flu-like symptoms were being admitted to hospitals across the United States and Canada. The symptoms were often misdiagnosed, and the victims became very ill, rapidly. Some women died. Eventually, the cause of the illness was traced back to tampons...virtually all of the women who became ill were menstruating at the time, and using tampons.

Toxic Shock Syndrome is caused by the release of a toxin by some strains of *Staphylococcus aureus*, a bacteria which is normally present in healthy vaginas. The tampon provides an ideal medium for the bacterium to grow, fed by the nutrient rich menstrual blood, and the presence of oxygen in the tampon itself. The vagina is designed for growth...the toxin just makes itself at home.

There is now a warning that comes with tampon boxes, I doubt many tampon users have actually paid attention to it, preferring to ignore the fact that they are running the risk of contracting a serious illness for the convenience of habit. It's kind of like that warning on cigarette packages...if the threat of lung cancer isn't enough inducement to quit, you've got a big problem.

Why doesn't this make the news if it is such a problem, you may well ask. Partly because of the vagueness of the Toxic Shock Syndrome symptoms, partly because women's health issues are never treated with the same concern by the medical establishment, and partly because big business is involved in the production of "sanitary supplies," and also because the safety of women and the menstrual products they are using are not very high on the government's priority list. Tampons, napkins and panty liners are big business.

Tampons are not made of some harmless natural substance. They are increasingly being made of viscose-rayon, and other synthetic fibres and treated with a surfactant called polysorbate, to improve absorbency. It is speculated that for each additional gram of fluid absorbed by those "super-absorbent" tampons, there is a 37% increased chance of TSS. Add to that boron, aluminum, copper, waxes, alcohols, acids, nitrogen compounds and hydrocarbons which have been determined to be present in the average tampon. Why would any sane, health-conscious woman want to insert a tampon into herself? By the way, despite their pristine appearance, tampons are not sterile. If running the risk of Toxic Shock Syndrome is not convincing enough, there are other aspects of tampon usage that are also harmful. The perfume in "deodorant" tampons can disrupt a woman's microbial balance and cause internal irritation. The absorbency of tampons also dries up the vaginal mucus, and in combination with the fibres present causes vaginal ulcers. The plastic "petals" on some applicators can scratch a woman internally, causing post-period bleeding. All of these little traumas leave delicate internal membranes vulnerable to further infection. If you are having problems, try giving up tampons on your next period and see if there isn't an improvement. ♦

Nancy White

is coming to
Penticton

March 15 - 1993

Community Centre Theatre
7:30 pm

For more information: 493-6822
Penticton & Area Women's Centre

NANCY WHITE COMES TO PENTICTON

The Penticton and Area Women's Centre is bringing Nancy White, feminist singer/song writer extraordinaire to Penticton Community Centre Theatre, March 15, 1993. Nancy is well known nationwide for her wonderful wit and skilled contemporary satire of Canadian politicians and modern life in general. She is well known to those of us who listen to CBC radio and Peter Gzowski. One of her more recent albums is entitled *Momnipotent: Songs For Weary Parents*, with such memorable hits as: *I'm Babbling and Daughters of Feminists*. For more information, please call the Penticton and Area Women's Centre at 493-6822.



If the health risk isn't big enough to convince you to give up tampons, maybe the environmental factors will. Where do you think those little pink applicators go, folks? What do you think biodegradable plastic becomes? Plastic dust...with a half-life of two hundred thousand years. Any tampons or pads that do find their way into the sewage systems degenerate into fibres which eventually get caught in sewage treatment systems skimmers and strainers. Even before they are used, and thrown away, they wreak environmental havoc. Both pads and tampons are made of wood pulp which has been heavily bleached with dioxins and other organochlorines. Mills that produce rayon that is used in tampons are heavy industrial polluters as well, spewing millions of pounds of neurotoxic carbon disulfide into the environment.

There are a number of alternatives to tampons and regular sanitary pads on the market, but it does require that all women make a conscious effort to change. As with so many consumer goods, the price we all ultimately have to pay is not totalled at the check-out counter. ♦

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Spring Schedule

January 29

Inner Rhythms Workshop, Vernon, p. 20

Inner Child Workshop, Salmon Arm, p. 9

February 1

Caravan Books Celebration Move!
Penticton, see back page.

"The Journey Series" Workshops start.
Feb. 1 & 3, Kelowna, p. 10

February 3 - March 10

"Personal Mastery Series" In this six week series we will discuss: Emotions; Balancing Work and Play; Compulsive Behaviour; Power of Communications; Loving Relationships; Living your Dream. Led by Gayle Hill and Barb Powick
Date: Wednesdays - Feb. 3, 10, 17, 24, March 3 & 10, 7 - 11 pm
Place: Inner Directions Consultants Training Centre. For more info: Kelowna: 763-8588 Vernon: 542-3102 Penticton: 492-3394.

February 6

Seedy Saturday, Vancouver, p. 22

February 6 & 7

MAPS, Kamloops & Vernon, p. 11

February 8

Weekly Classes start this week in:

Joy Yoga, Penticton & Kelowna, p. 14

Iyengar Yoga, Kelowna, p. 9

Inner Rhythms, Penticton & Kelowna, p. 20

February 12 - 24

Shiatsu Workshop, Kelowna, p. 25

February 13

Journey of the Heart, Kelowna, p. 10

February 20 & 21

Touch for Health, Kamloops, p. 11

February 21

One Day Stress Release, Oliver, p. 2

February 25 - 26

Subliminal Dynamics, Kelowna, p. 17

February 26

Handwriting Analysis Seminar, Osoyoos, p. 16

February 26 & 27

Woman's Role in Healing the Planet,
Salmon Arm, p. 9

February 27

"Love, Sex and Intimacy"

In this workshop you will discover:

** How to remove the fears to greater intimacy

** How to achieve and maintain masculine/feminine balance.

** How to feel more loving and innocent about yourself.

One day workshop led by Patti Burns and Mary Klein - Date: Sat. Feb. 27 - 10 - 6 pm
Place: Inner Directions Consultants Training Centre - For more info: Kelowna: 763-8588 Vernon: 542-3102 Penticton: 492-3394

February 28

Joy Yoga Workshop, Penticton, p. 14

March 4

Introduction to Reiki, Vernon, p. 7

March 5

Spiritual Interns starts, Kelowna, p. 2

March 5 - 7

Psychic ESP Fair, Penticton, p. 4

March 6

Yogassage Workshop, Penticton, p. 14

March 6, 7 & 8

International Women's Day Activities, p. 21

March 11

Introduction to Reiki, Penticton, p. 7

March 15

Nancy White, Penticton, p. 23

March 18

Introduction to Reiki, Kelowna, p. 7

March 18 - 21

Subliminal Dynamics, Kelowna, p. 17

March 19-21

Touchpoint Reflexology, Penticton, p. 15

March 20 & 21

Touch for Health, Kamloops, p. 11

March 27

Inner Rhythms Workshop, Penticton, p. 20

March 29

Colon Therapy Course, Penticton, p. 18

March 30 & 31

Handwriting Seminar, Grand Forks & Rock Creek, p. 16

ROOM for RENT!

Non-smoking, responsible, female preferred: willing to consider a single Mom with a daughter 5 to 7 yrs. old. Near KLO & Gordon in Kelowna. Interested? Phone 861-9510

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**Next Deadline
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in ISSUES is
March 10**

ONGOING EVENTS

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

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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: Sundays: 7-8:30 pm-1725 Dolphin Ave
Phone Inner Directions: 763-8588 in Kelowna.

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

Pentiction: Wed. 1 - 2:30 pm - #124 - 246 Martin St.
Phone Patti Burns: 492-3394

SCIENCE of MIND CLASSES

Vernon & Kelowna: 549-4399
Kelowna: 768-0468

DIFFERENT DRUM GROUP: Meeting in Kelowna, 2 & 4th. Thur. 6-7 pm. Memorial Room of the Memorial Arena, Ellis St. To build true community and peace, as described in Scott Peck's book, 'Different Drum.' 769-3861

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Ph. 762-0638 Kathy Appel

1993: A DREAM YEAR

If you feel things are bound to get better in 1993, you're in good company!

At his recent New Year's Peace Concert at Alice Tully Hall - Lincoln Center in New York, the peace philosopher Sri Chinmoy says 1993 will be one of the brightest years ever! In fact, he looks toward a decade of unprecedented global peace and fulfillment.

Sri Chinmoy sees: "The world-power — the United Nations — and the heart-power of the world are becoming infinitely more powerful than the mind-power I see that brightness and luminosity have already started blossoming." His 1993 New Year's Message of Hope and Newness offers:

"God is dreaming,
Newness singing,
Oneness blossoming,
Fulness dancing.

Hope no more gropes,
Life without slopes.
Splendid depths and heights
Transform bondage-nights."

-Sri Chinmoy

So it this is the year you want to try something new, go for it! This "dream year" heralds in new hope to turn our dreams into fruitful realities. Everyone can make a bright and confident new start!!

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Follow your Dreams

by Mariah Milligan

Dreams give us an opportunity to peer through a portal into our unconscious and integrate its contents into our daily lives. As a physical reflection is what we see in a mirror, so a dream is a subconscious reflection of what we see in our Souls. Dreams offer us an opportunity to venture into the mythological lands of our psyche. We have the chance to explore and find lost treasures, meet magical creatures, heroines and heroes full of courage, altruism and love. On the darker side we may meet murderers, rapists and intruders who terrorize us out of our restless sleep, and make us fearful of falling asleep again lest we venture back into those dark depths. Some of us may seemingly, on the other hand, experience very ordinary scenes from daily life. Familiar scenery such as work or home-related imagery and familiar people may fill our dream life, such as our spouse, family relatives and friends.

In all areas dreams facilitate awareness of what we don't know about ourselves. They bring unconscious material to the surface where it can be acknowledged, accepted and worked with.

For instance, dreams may show us what personal talents we have and how we can fully develop and express them. We may have writing, musical or artistic ability that we don't give much attention to but which could provide us with a great deal of satisfaction.

Dreams may lead us to greater awareness of, and help improve our talents in our work place. Perhaps new strategies and insights are revealed of which we have not been consciously aware. They may direct us toward another field of work that would give us more satisfaction and allow us to reach our true potential. Dreams can often shed light on the true state of our relationships such as marriage, friends, or family. They can show us how to improve them or, if necessary, how to let them go with love.

More importantly, dreams can give us cues and information that we have consciously missed. In the areas of relationships, dreams often touch upon new contacts that we have made. For instance, if we have just met someone new with whom we are anticipating a romantic involvement, dreams could bring to the surface characteristics we were not conscious of. Can we trust him? Is he right for us? Perhaps a dream may reveal a hidden sensitivity or a talent within him of which we were not consciously aware.

In the area of physical or emotional health, dreams can warn us, far in advance, of an approaching illness and how to prevent it.

Throughout the vast areas that dreams cover, they always act in a benevolent and wise manner, encouraging us to express and act in a manner that offers the best of all concerned. It is generally accepted that 90% of our brain's activity lies in the realm of the unconscious. Our dreams, therefore, always reflect our real selves; what we really want, think or feel.

Why then do we consistently ignore and discredit this valuable window into our deepest Self? Why do we not accept these wise offerings? Perhaps we don't understand its language. To some of us dreams appear like a surrealistic foreign movie that is bereft of basic logic, sequence, space and time. Dreams are logical, but not in the way we consciously and daily apply logic. Dreams use a metaphorical and symbolic format based on a picture language not unlike the ideographical characters of the Chinese. We are all well aware of the ancient Chinese proverb "a picture is worth a thousands words."

Dreams are out of our time and space matrix because dreams can fuse past memories, present circumstances and future possibilities into one scene. They can be infuriating because they disobey the

MIDLIFE ISSUES

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

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

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

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

Phone 868-2588

natural laws by which we daily live. However, when we spend time and show willingness to work at understanding their symbolic picture language, then dreams yield up to us their infinite wisdom.

A second reason why we don't honour our dreams is because our modern society does not fully support using our time to reflect on our inner lives. There is a strong social belief that our worth is measured only in terms of our tangible productivity. Tragically the cost of such a belief system is often counted in terms of failed relationships, poor health and unhappiness.

A third reason may be that we are afraid of what resides in the unconscious. We are afraid of the unknown, and perhaps even more afraid of what we might be required to do to correct a problem. For instance we might be forced to take an honest look at how really unhappy we are in our marriage or job. This awareness would bring denied pain to the surface as we are called to accept responsibility for our own problems. In fact, the pain of not accepting the truth and dealing with it when it is first revealed.

On a positive note, just as we often repress our dark side we may just as easily repress our positive side. The unconscious has a multitude of delights and treasures to offer us. Dreams are an invitation into an adventure of discovery of our whole Self.

For those of you who would like to start working with dreams I would offer the following tips:

1. Put pen and paper beside your bed to record dreams upon first awakening.
2. Recognize that not all dreamwork techniques are time consuming.
3. Share dreams regularly with family or friends.
4. Start a regular dream group.

Finally remember,

"A DREAM UNEXPLORED IS LIKE A LETTER UNOPENED."

Mariah is listed in NYP under Counselling & Therapy

Networking for Change



Dave Cursons
Editor

Since the first edition of *Issues* this column has focussed on people and organizations who are making a difference in their communities around quality of life concerns. The environment (air, water and soil) has been a primary interest and, everything being connected to everything else, we include public health and social justice issues as well.

The most important issues in the south and central interior of British Columbia relate firstly to the multiple global crises of ozone depletion, atmospheric warming and pollution of air and the seas. The Rio Conference last June was a disappointment. The power and the leadership passed the buck, bureaucracy covered its ass and growth and development interests preserved the status quo around the sustainable development hoax.

COMMITTEES DELAY ACTION

Closer to home we witnessed the machinations of the new social democratic (NDP) government in Victoria. So far the NDP's commitment to the environment has been reflected in the formation of a multitude of committees which are well en route to describing in full detail what everyone already knows.

A political party with a progressive environmental platform at election time turns out to be less than determined once elected. Our Forest Minister Dan Miller (presently working from the wings) defends the sale of raw logs with "that's the way it's always been" rhetoric. In Saskatchewan NDP Premier Roy Romanow defends uranium mining by saying, "we have to create wealth before we can distribute it."

THE ENEMY IS US

Again and again, in the contest between costs of social programs and the protection of our environment "we meet the enemy and he is us".

The province is an economic engine upon which we have all come to depend for livelihood and comfort. Changes in how we acquire a livelihood and accumulate comforts are necessary in order that we cease fouling our own nest yet no government to date dares make potentially unpopular policies for real change.

For example, we are still trying to clean up community water supplies by adding chlorine to the water or capitalizing multi-million dollar water treatment facilities instead of banning clearcuts, clamping down on public and private pollution and getting cattle out of our watersheds.

Further we are still devising multi-million dollar flush water sewerage systems instead of adopting the cheaper dry-composting household systems and their industrial variations including biotic processing ponds. There are chemical compounds including those used in non-sustainable agriculture which should be prohibited by law.

We need municipal politicians who will dare to advance policies to drive back to source the influx of paper, plastic, glass, metal and associated toxins that swell and breach our landfills. The three R's of recycling start with reduction of material destined to be waste and that means civic bylaws banning the sale or distribution of products with wasteful packaging.

Individual consumers have been urged to carry the burden for change by educating themselves and thereafter weaning themselves from the plethora of consumer habits that endanger home and community. Meanwhile, their governments at every level continue to license, in one way or another, the sale and distribution of the contaminating goods. Whose side is government on, anyway?

The answer that we repeatedly hear from our elected politicians is that we want a thriving economy and a clean environment. But the thriving economy they are talking about is the very thing that is destroying the environment.

Few of the options in conservation or technically available alternatives in non-fossil energy, non-toxic agriculture, non-polluting industry are advanced with any vigor.

Governments are on the bridge of an insatiable industrial machine driven by faith in progress derived from the energetic deployment of money designed to earn more money to enlarge and further energize the machine. The trouble is the machine is grinding up the life-support systems of the planet.

WHAT IS TO BE DONE?

Firstly, let's not panic or get caught up in one of the stages of grief. Anger and denial are bad enough. Presently we appear to be negotiating with the realities of environmental collapse. For example, maybe if we sort and recycle our garbage the problem of wasteful packaging of environmental contaminants will recede. Nor likely.

On a more empowering level we might try living more simply, organizing lobbies and protests, challenging politicians at election time, peacefully sabotaging the system ... even praying. Particularly empowering is the networking activity.

Networking means learning and teaching, talking and listening and, above all, expressing our faith in one another. The faith that we can do these necessary things, overcome our own despair and move with others into a better relationship with the living systems that sustain us and ensure our future as a species.

If you would like to advance an idea, activity or the work of a special group or interest please write to *Networking for Change* through this magazine.

The Canadian Broadcasting Corporation IDEAS Program

has a transcript list that is stunning to the explorer of alternate perspectives on social, political and environmental issues. Get the list and the current program schedule from

IDEAS ... CBC Radio P.O. Box 500, Station A
Toronto, Ontario, M5W 1E6

Forest Planning Canada

Canada's Community Forestry Forum is published by Woodland Planning Publications led by Bob Nixon, Professional Forester (Society of American Foresters) and a hardworking editorial team who, in the latest issue (December 1992) we are asked by editorial and an abridged CORE submission to consider whether the problem of our forests is really a matter of changing public perception rather than changing the rate and manner of cutting.

"These measures include ... protecting our markets in Europe and elsewhere by bringing union, industry and government together to correct the misinformation that's been spread about British Columbia's forest practices in the 1990's" - Premier Harcourt to IWA Oct 26, 1992

Forest Planning discusses how Integrated Management Guidelines are being ignored by logging companies in B.C. and asks whether the (Steven Owen) Commission on Resources and the Environment is any different from the forest "reforms" of the 1970's ...deja vu?

Forest Planning talks about how forest companies get cozy with the Ministry of Education and local school districts to hijack education in environmental issues.

Forest planning discusses MOF audits that show that 85% of northern logging roads fall short of existing standards and says that

"Forest Law in British Columbia explicitly prohibits professional foresters from interfering with the desire of logging companies to build logging roads for the least cost, regardless of the resulting damage to the forests and associated values."

If you are interested in Bob Nixon and company's "hawk's eyes" in B.C. Forests, consider a subscription to FPC

P.O. Box 6234 Station C, Victoria, B.C. V8P 5L5
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B.C. Wildlands - The Thompson Okanagan

Are you one of those people who want to see the natural systems that make this region so liveable, kept liveable and enjoyable to our own and to future generations?

The Canadian Parks and Wilderness Society (CPAWS) have published a colorful and informative monograph on parks and wilderness in this region and it's available from

CPAWS, Box 33918, Station D
Vancouver, B.C. V6J 4L7

Gold and Cyanide-Local Opposition

Mining is "bird-dogged" in America with a journal called *Clementine* by a group called the Mineral Policy Centre headed by former U.S. Secretary of the Interior, Stewart Udall with the help of people like J. M. McCloskey of the Sierra Club.

At Chesaw, Washington, *Clementine* tells us that residents of several small communities in the hill country surrounding the Okanogan National Forest have united to form a strong voice; they are challenging a proposal by Battle Mountain Gold and Crown Resources to develop a large open-pit gold mine on **Buckhorn Mountain**. The project is called the "Crown Jewel Project", a term that many people feel is more fitting for the countryside without the mine. A new community group, the Okanogan Highlands Alliance,

has been organized to serve as an umbrella organization for citizens' concerns.

Okanogan Highlands Alliance
P.O. Box 163, Tonasket, Washington, 98855, USA
Telephone: (509)485-3844

North of the border the **Grand Forks Watershed Coalition** awaits the January 19th verdict in a \$100,000 public prosecution of Union Mines' on site engineer, Robert Serathim, over a 1989 cyanide spill 40 miles north of Grand Forks.

Don Pharand of the Coalition reminds us that his group argued against the mine in two public hearings, at two appeals and finally in an appeal to the Ombudsman pressed for enforcement of the Union Mine permit which resulted in a quick shut-down in 1990 followed by formal charges followed closely by a declaration of bankruptcy by Sumac Resources.

Contact: Grand Forks Watershed Coalition
c/o Don Pharand, Box 1706, Willow Road,
Grand Forks - Phone: (604) 442-8342.

Also in Grand Forks, City Councillor Kathy Hutton helps lead the Community Round Table advancing the Grandby Wilderness between Kelowna and Grand Forks as the last, largest, unprotected and undeveloped watershed in the whole of the Southern Interior of B.C.

Contact: Grand Forks Community Round Table
c/o Kathy Hutton (604) 442-3614.

At Hedley, Condorado Mines seeks a renewal of its permit to operate a cyanide, gold-leaching operation there.

Contact: Richard Tarnoff
Hedley: 292-8692 or Vancouver: 255-8819

Continental Thirst and B.C. Rivers

In face of the North American Free Trade Agreement as with the Canada United States Free Trade Agreement concern is raised about the status of Canadian River systems as they are surveyed as conduits to the southwestern United States and Mexico.

Nelson Riis, Kamloops MP says that "sale of our fresh water will definitely be of major importance as we approach the twenty-first century." Riis asks that people in his region consider the following points.

The Canadian/American firms interested in diverting water from the North Thompson River are very serious in their proposals. They have formally approached the provincial government and have put together feasibility studies and business plans.

Diverting rivers is not new in B.C. The recent agreement (with a deviously obtained exemption from a full federal environmental review-ed) to divert the Nechako River will see 80% of that river's flow reversed.

The Columbia River Treaty, to be renegotiated in 1997, is an existing treaty which gives Americans control over water in British Columbia.

Contacts: North Thompson Diversions
Chief Nathan Matthew or Eddie Celeste,
North Thompson Indian Band at 672-9995.

The Nechako Diversion - The Rivers Defence Coalition
P.O. Box 2781, Smithers, B.C., V0J 2N0

also The Nechako Neyenkut Society
Box 183, Vanderhoof, B.C. V0J 3A0

No Dam Way Save the Similkameen Coalition

Princeton Power and Light Company is an independent family-owned utility that buys power from West Kootenay Power and Light and distributes it through the Princeton Similkameen area. Its President, John Hall, wants the Ministry of Energy, Mines and Petroleum Resources to approve the plan for an earth-filled dam to be located upriver from the Similka Mines site, waste heaps and tailings pond.

Many Princeton residents wear caps that say "Dam Good". Like the Weyerhaeuser Mill and Similka Mines the dam means jobs, jobs, jobs ... for a while anyway. This is the plucky little town whose Council is ready to take Lower Mainland special waste in a local landfill and reclamation project.

Downstream from Princeton The Upper and Lower Similkameen Indian Bands along with many concerned residents oppose the dam project with concerns such as:

- * proximity and risk to downstream tailings containment
- * proximity and stress to Boundary Fault and Asp Creek Fault
- * seismic activity in proximity to proposed dam site.
- * potential for collapse of the dam due to present underground mine works and their potential to contribute to collapse of any dam
- * silt build-up in the type of dam proposed has had disastrous outcomes in Argentina and Hungary and are clear-cut logging practices acceptable above such a dam reservoir?
- * the potential for reservoir contamination from explosives used in mining over the years is important since this is the proposed source of loose rock for the earth dam.

The Save the Similkameen Coalition has written to Energy Mines and Petroleum Minister Anne Edwards to say that none of their concerns have been given serious consideration in the Environmental Assessment Branch's evaluation which says "There do not appear to be any major environmental issues related to the project that would prevent its regulatory approval"

Contact: Save the Similkameen Coalition
Box 310, Keremeos, B.C. V0X 1N0 - Telephone:499-2221

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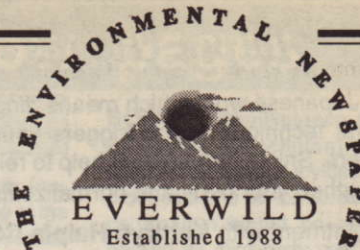
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Ortho-Bionomy

and the application of the
Natural Laws of Life

by Tanya Sarah Pauls



To start with the name, 'Ortho' means straight and Bionomy 'life.' It is a gentle, complete re-educational system of bodywork, that applies the natural laws of life, integrating comfortable positions and movements to encourage self-corrective responses from structural imbalances and muscle tensions in the body.

The body is 're-educated' by relaxing in the position of comfort, it lies in, which is its preferred posture and is allowed to re-live the state it came to be in, whether through habit (ie: constant movement in a job, or accident) This way the body is merely reminded of harmony which is its true state, forgotten through an emotional block. Then it simply strives back towards this feeling of balance away from pain, instinctively by itself.

This can be demonstrated by clenching your own fist, as much as possible. Notice that the body wants to release and straighten to its limit, the body wants to bend the hand. This proves the body always wants to find the balance in between the first two extremes.

In the second stage post-techniques are applied, throughout the body, to get the parts of the body moving to full capacity, as much as an individual will allow.

Thirdly home-exercises and posture training, so individuals can look after themselves and bring about a state of ease and more flexibility in the way they carry themselves.

It was discovered by Dr. Andrew Lincoln Pauls, who trained as a Osteopath. He came across a paper in 1964, written by a Dr. Lawrence Jones from Ontario, Oregon, who outlined his method of correction without force or manipulation caused 'Spontaneous Release through Positioning.' Dr. Arthur Lincoln Pauls changed and expanded Dr. Jones work based on his experience of balance and movement in judo and his knowledge in osteopath, that 'structure governs function.'

It is taught from Phase 1-4, focussing on various techniques and principles applied to its physical body in a hands-on approach.

In the next stage of Phase 5 the relationship between the emotional aspects of tension and imbalance in the body are explored, subtly applying hand-on.

In the more advanced steps of Phase 6 the body's energy or aura is approached and how it affects the well-being of the individual is looked at and how it can be influenced to bring about change from certain patterns, which inhibit the person from expressing physically and emotionally their true potential.

I will be holding a workshop at the Wholistic Health Centre in Kelowna. I will show how the principles are applied and students will follow to help the body adopt a better working arrangement. Posture training is included. Please don't hesitate to contact me for more information on workshops or experiencing a session.

Please see ad to the left for details.



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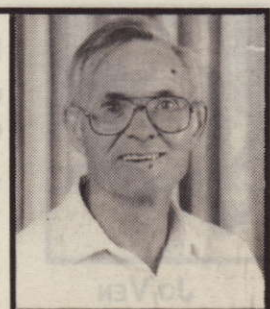
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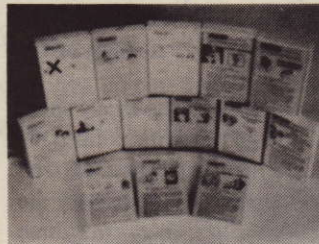
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JOURNEY TO TLACOTE VIA IXTLAN

by Alberto Anaya

Inspired by the writings of Carlos Castaneda, I travelled to Mexico a number of years ago and was introduced to the sacred mushrooms by a Mayan elder. Last month I returned to Mexico, this time to bring back several containers of water from a small village called Tlacote near Mexico City. The water is reported to have healing properties and people of all nationalities are lining up for several days to procure some of it, in the hope of curing diabetes, epilepsy, heart disease, arthritis, cancer and even AIDS.

My interest in the water came from reading an article in the September issue of *Share International* magazine, written by a British nurse who had travelled to Tlacote. She believes that the water has been charged with cosmic energy by Maitreya, the World Teacher for the Age of Aquarius, and that he has given it as a gift to mankind, a sign that he is indeed in the world and that 'the age of miracles' has begun. A few months after transforming the water, the magazine claims, he appeared out of the blue to large prayer gatherings in Mexico City, in October '91 and January '92, and has since appeared in several other cities world-wide where similar springs will eventually be found.

I have not seen him personally but with the suggestion that the water in Tlacote could be the 'calling card' of a great spiritual being, and with so many people claiming it to have curative powers, I decided to go there and investigate for myself. I had some free time, and I thought it would be worthwhile to get some water if the claims turned out to be true because so many people I know are sick or dying.

Once at the ranch in Tlacote where the well is located, I found the people to be very helpful. They offered to carry the heavy containers of water for weary travellers and no one charged for the service. These people said that they had been healed and were there just to help out newcomers. The lack of commercialism was striking, in spite of the potential to make some quick money, as hundreds of people were lining up daily, sometimes waiting for more than a day to receive water. The rancher has no intention of ever charging for the water.

My Spanish being fluent, I readily spoke with the locals about the water and their experiences with it. Villagers had first noticed the change a year and a half ago, when a sick dog drank from the well and recovered soon after. People then began to cautiously try the water and many of them reported healings. Since then, over three million people have apparently come to the farm where the spring is located. Their medical records fill the whole side of a room.

My own conclusion is that the water is somewhat analogous to the sacred mushrooms: you must treat it with respect, as if it is an entity. Mexicans call the mushrooms "god", and teach that if you don't treat them with respect, you simply get sick from taking them. If you ask the god about the future, answers will come to you in lessons or in a dream. I believe the water to be similar: you must command it, but with respect, and let it work for you in whatever way you need.

I did not go seeking the water for myself, but once I had some, I decided to try it for my digestive problems and for my hernia. During the long hot journey home in the bus, I sipped some water now and then because of the heat but I woke up one morning to find that my hernia had receded. I believe a membrane is growing over it because it is no longer causing problems. I also find that I can eat a much greater variety of foods than I could before.

Have the claims been borne out in any other way? Once I returned to Canada, my friend Bruce and I visited friends and acquaintances with various illnesses, offering the water. Many have taken it and benefited, and most have passed some on to friends. It has already gone to Hungary, Australia, London, England, Arizona, New York, and other points around the globe. We saw enough wondrous occurrences in the first week alone of distributing the water that I am convinced there is something to it. A diabetic has stabilized his condition and no longer takes insulin, a blind lady has partially regained her sight and several crippling physical or psychological conditions have vanished.

Bruce himself regained his energy after a 20-year battle with chronic fatigue syndrome, and he is suddenly not tired when he 'should be.' He is also one of several who claim to have experienced subtle perceptual changes. He says it is as if he is noticing creation — the sky is bluer, the trees are greener, and somehow he has more depth perception. The world is more sharply defined. He keeps saying "Why did I not notice it to be quite like this before?"

Like the nurse in London, Bruce is sure that the water comes from this great teacher Maitreya. He told me the following story before I left for Tlacote. About four years ago, when he was sleeping out in the desert in New Mexico with a friend, someone appeared to them. "Who are you?" Bruce asked and the man answered "My name is Maitreya," and continued to speak with him for a while. Bruce says the encounter left him with an incredible experience of love — "like the most tender love from your mother, together with the best sex ever," he describes it — and he felt compelled to investigate the name because he had never heard of this mysterious person. Soon after, he discovered books written about Maitreya by Benjamin Creme, the British esotericist who claims that a man of that name is living in the Indo-Pakistani community of London, England, and that he is the Christ for the Christians, the Messiah for the Jews, the One Awaited by all the great religions.

Whether people accept that Maitreya exists and has blessed the Tlacote water or whether they pray to Jesus or a deity such as the god of the sacred mushrooms to cure them does not seem important to me. In my experience, you don't even need to believe in the water for it to have curing effects. Some of the biggest sceptics I distributed it to experienced the most dramatic healing.

Still, there have been so many signs that I have decided to keep an open mind. I have heard of ancient Mayan tablets which forecast that miracle waters would appear to cure illnesses, seven of which were to be yet unknown at the time of the prediction. Newspapers in Tlacote speculate about Jesus causing the miraculous cures. The ranch owner Mr. Chahin even has a framed photograph of a television set on which appeared the face of Christ crowned in thorns. (The photo was taken by a visitor to the ranch who had gone home cured. The television was off at the time but the print came back with the face clearly visible).

Could the Christ be in the world creating such healing waters? Benjamin Creme states that this great teacher will be invited to appear on television to the whole world at once to inaugurate his mission, and that we haven't long to wait. Who knows? One can only go by one's own experience and observe the signs of the times. Having experienced the Tlacote water miracles as part of the equation, I'm keeping my eyes open.

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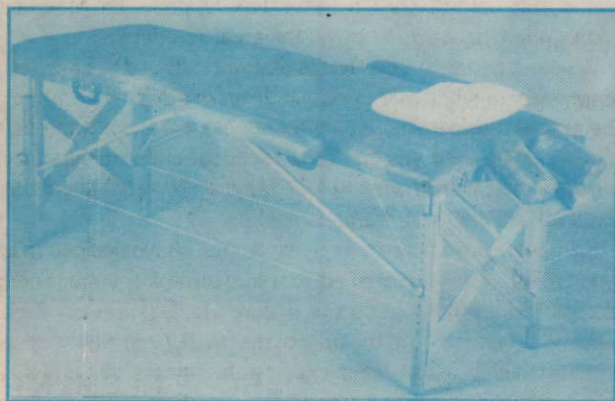
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