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# ISSUES

M A G A Z I N E

FOR PEOPLE WANTING ANSWERS

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Environmental Concerns  
The **KAMLOOPS** Fall Festival Program



**"Plucking Geese"**

to find out more  
Read 'Musing' ... page 04

**June / July / August 1993**

Volume 4 - Number 3



# The Orca Institute

presents

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Sheldon Bilsker - CCH, RCC and Sharon Burrows - MA RCC

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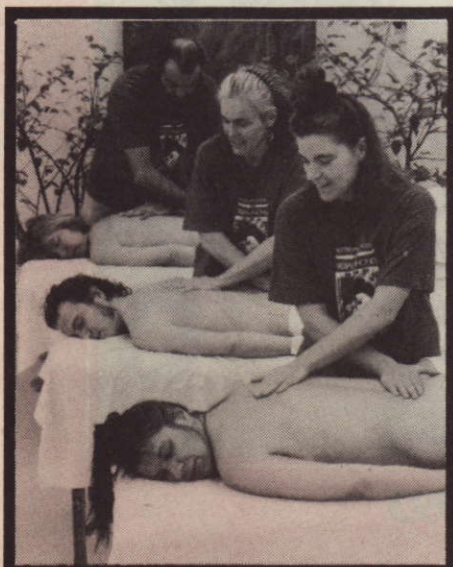
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To register phone John Alton at 352-6168 - Accommodation Available



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**Relaxation Plus Clinic,  
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or phone (604) **354-3811**



## THE CENTRE FOR HUMAN AWARENESS AND DEVELOPMENT SOCIETY OF CALGARY

*Presents*

**Dr. Audrah Maayefield**

Dr. Audrah Maayefield is the founder and Executive Director of the Centre for Human Awareness and Development Society of Calgary. She has a Doctorate of Esoteric Philosophy and a degree in music from the Royal Conservatory in Toronto. Her background of studies includes mind expansion; sound, color and vibration; Universal laws; meditation; energy flows; akasha; kundalini; mathematical principles; as well as other fields of esoteric philosophy. These studies combined with her involvement in corporate and small business



small business enables her to shed an insightful perspective on the realities of everyday life. Her understanding of the Universal Laws and her ability to show others how to apply them within the context of day to day living makes her systems simple, workable and refreshing. She has an enormous capacity to teach and her humour and compassion shine through in all her activities. In addition to giving classes and lectures, she offers private intuitive counselling and energy balancing sessions.

### SUMMER WORKSHOP AT KIMBERLEY, BC

*Silver Birch Chalets - July 24 to August 2, 1993*

#### "At the Centre of My Being"

It would appear that most people grow up with the idea that success, love, security, prosperity are somewhere out there in the world and we must look for them and move fast in order to snatch them all up.

In reality, all of these qualities are to be found within us, in our inner world, waiting to be contacted and expressed. The question then would be, how do we gain access to this inner potential? There is a key.

Goethe said:

"From the power that binds all beings,  
That man frees himself who overcomes himself."

Deep meaning lies in these words for they show us clearly what lies in the heart of evolution. This is that man develops his inner feeling through rising above himself. Thereby we lift ourselves, above ourselves.

In this workshop we will use methods of meditation, music, reflective quiet and expression to begin to touch our inner being.

The soul that overcomes itself finds the path that leads beyond itself to the highest treasure of humanity.

Cost: Workshop and Accommodation (9 nights) \$735.00 includes GST & food  
(lodging price based on shared accommodation of eight per chalet)  
Reserve early - limited accommodation

Note: Deposit of 50% required by June 30, 1993 (terms available on balance)

*For more information and/or registration call (403) 245-9221 between 5:00 - 7:00 p.m., Mon. - Fri.*



# Musing

with  
Angele

Publisher of ISSUES

## Plucking Feathers



Photograph by Steve Tomlinson

Many seniors tell me how much Mom's photographs remind them of their earlier days of living on the farm. It seems the world is changing so quickly that the reminders of the past are appreciated. Some days, I feel like I am in a time warp. Sometimes I hear comments from people my age and I can't relate to them. I wonder if my upbringing had anything to do with it? It seems that surviving physically is not enough any more and we must learn to work with the emotional body as well. So here is another glimpse into living history as I share another insight into why I am the way I am.

The front cover of this month's ISSUES is a photo of me and my two older brothers David and Phillip plucking feathers from some ducks and geese to make ourselves a sleeping bag from an old parachute that Grandad had. Paul and Bill are the ones helping to stuff the feathers into a pillow case, quick like because the slightest bit of wind would blow away the goose down.

Last week, after the Spring Festival of Awareness came to another successful close, Urmi, my Children's Festival Coordinator, said to me that she didn't want anyone under the age of 14 years volunteering to help with supervising the younger children because she felt they needed time to be children, not adults. My brother Mike who lives in Terrace, a logging town forty miles from where we grew up, now has seven children. The oldest two are girls and Patty, Mike's wife, depends on them for lots of assistance. When they attended my 41st Celebration of Life in February this year, Urmi said that she didn't like hearing comments about what perfect little mothers they were. "It isn't fair, if they have to act like adults before they are grown up; young children need to time to play," she said. These words of wisdom sparked some deep thought in me. I had to work hard as a child to help my Mom look after my brothers, and I seem to have turned out all right. Doing the laundry and dishes, with no running water, for a family of ten was work and I didn't always enjoy it, but I knew it had to be done, so I accepted my chores quite cheerfully and I got a lot of self-satisfaction in doing a good job. I can remember making mental notes about what I would do differently when I had a family and even as a child I promised myself that I would not raise my children as my parents where raising me. I remember making a conscious choice when I was about ten or eleven years old never to argue because it didn't seem to be of any use to anyone. Mom and Dad had argued continuously for as many years as I could remember and I didn't like it.

I was seldom criticized as a child, probably because I was the only girl, protected by my Mom's wrath if Dad had any negative things to say. He chose instead to pick on Phillip, the brother who is one year older than me, for he was a big growing boy who was not

as quick on his feet as David, the first born. Grandad Brousseau, Dad's Dad, had taught him using ridicule and boasting and so Dad was trying to teach his young brood to survive in the only way that he knew. Mother was different: she liked to use the strap and usually demonstrated her power by doing it with all of us watching, the way she was taught in the convent. Her mother was too busy to raise her, and she was sent to a boarding school, which was the thing to do back in the thirties, if you could afford it. I don't think my Mother has many happy memories of that era of her life. The little bit she does talk about is her summer vacation time, when she got to go home or visit with Grandma. As a child I learned very early in life that to survive you had to work hard, do as you were told and never argue. Grandad's advice was, "Do your best, for life is what you make it."

When I was about twelve years old, life seemed to get easier for me for a while. Mom decided she had had enough of Dad and took us kids and moved to town, leaving Dad to look after the homestead by himself. One day Dad showed up on the steps while Mother had gone grocery shopping and asked the boys if they wanted to go fishing. They zipped past me in a flash as I shouted that I was going to tell Mom. That was last I saw of my brothers for a few years, for Dad had train tickets back to the States, where his ten brothers and sister lived. I was thrilled for life got a lot easier for me, and I didn't understand why my Mom cried. I sure didn't miss my brothers and their being gone made it a little easier on her to make ends meet financially. After a few years and a few court battles, she got custody of the younger ones.

A short time later, Mom was in a trailer that exploded and she was given twenty-four hours to live or die. She lived, for she is a very determined, headstrong person and with the help of Aunt Cathy who stayed in the hospital and made her fresh carrot juice every day, her burns healed very quickly. While she was away, it was Grandad and I that looked after my three youngest brothers. I worked two part-time jobs and did babysitting to help pay the bills, as I continued my grade nine education. Grandad cooked, cleaned and kept the home fires burning. Mom's brothers sent us money to keep the bank happy and many neighbours donated baked goods.

The following year, I met Rae, who had a car. I appreciated that because I no longer had to walk the two miles to school every day. I was still babysitting at night and working at Woolco on weekends, so we didn't see much of each other except at school. But once in a while, we would go skating or swimming. I was never boy crazy as some of the girls in school were. After living with six brothers most of my life, boys that came closer than a ten foot pole seemed too close for my liking! But Rae was different from my brothers and he was teaching me to have fun. One fine spring day, we played hookey from school and I got pregnant.

I can still remember the shock that whitened my Mom's face when I told her I was pregnant and the coldness of the silence when she refused to talk to me about it. But getting pregnant at seventeen and raising one small baby was the easiest thing I had done in a long time. I remember thinking to myself that marriage was a life of leisure compared to the full-time responsibility of looking after children just slightly younger than myself. Raising my own child was easy and I was doing it my way, which gave me great satisfaction.

As a teenager I was very naive. I still am in many ways, but back then, I thought I was doing what women were supposed to do. I knew Mom wanted me to go to college and become a teacher, but I knew I couldn't afford college and she had no money to help. Rae offered me an option, not that I had been looking for one. I weighed all my choices very carefully for about two weeks after the doctor told me



I was pregnant. Abortion and adoption were both out of the question as far as I was concerned. Rae seemed anxious to get married. Most of the girls who got pregnant in grade 11 got dumped by their boyfriends shortly after they heard the news, so I felt very fortunate that Rae wanted to marry me, because he didn't have to. So I thought I would give it a try, and gave Dad a phone call because I knew my mother was not about to discuss the possibility. Dad was thrilled and agreed to sign and pay for the marriage licence. I took the \$400 out of my bank account that I had been saving for the past few years and flew to Michigan with my three younger brothers, determined not to live in Terrace. When I arrived in Michigan, Eva, one of my aunts took a real liking to me. She made my wedding cake, did all the flower bouquets and helped me mail out party invitations to let the relatives know they were invited to the wedding. Dad paid for some cotton fabric so that I could make myself a long white dress, but as far as he was concerned this was just another party, so he wasn't about to spend much money on it. The reception was held at the local beach with everybody bringing their own food. In the evening, my older brothers cleared out the garage and some local boys who had a band came over to play complete with a strobe light. The ritual that I didn't understand was now over and I was glad. Rae's relatives had offered Rae and me a cabin for two weeks in the hills near Montreal, so we decided to make that our honeymoon. Rae then found work with an elevator company in Montreal while we stayed in the spare room at his grandfather's home. About a month later his parents phoned from Terrace and offered him a plane ticket home to help with some work at their bowling alley. I cried all that night for I knew it wouldn't be long before he would send for me, and I didn't want to go back to Terrace.

I knew, deep down I would do whatever was best for the baby. Several weeks later I took the train back to Terrace and adjusted quietly to being a lady of leisure, for by now my belly was starting to swell. I borrowed an old guitar and tried to teach myself to play and sing and was quite happy doing very little. Rae went to work every morning and I made sure dinner was ready when he got home every night. I even had time to watch our black and white TV and read a few books. It was a time I thoroughly enjoyed for I never had morning sickness or anything else ... I just moved a little slower than usual.

I remember how wonderful it felt to be doing so little other than breast-feeding a baby and preparing food for the two of us. Once our second child was born, things started to speed up, for by then we had purchased an old house with a large garden complete with ducks and chickens. Four years later our third child was born, I was now busier than ever, because my husband had decided to buy a garbage business and needed me to do the paperwork, answer the phones and be the back-up driver. At the same time I felt like my days consisted mainly of loading diapers into the washing machine and dishes into the dishwasher, but I still managed to find time to sew and quilt and fix up the old house.

Looking back, I am grateful for every minute of my life. I believe I am living an enchanted life, for all those years of training and working and organizing gave me the confidence to do what I am doing now. I am just starting to realize that I am perfect in my role as networker, and I am performing a service that is very dear to my heart. I also believe that my saving grace has been my deep connection to my soul. It speaks to me clearly and I usually pay attention. That knowingness gives me the power to resist peer group pressure, the wisdom to think twice about advice from my Mom, and the self-esteem to sing off-key the songs that I enjoy singing. My oldest boy, Gordon, my Mom and I howled as we watched the video



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*\*No previous voice training necessary to participate\**

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*For further information and registration please contact:*

**Vision Mountain Leadership Training Ctr.**  
P.O. Box 479, Nelson, B.C. V1L 5R3

Phone (604) **352-5955**



tape of the Saturday Night Entertainment of this year's festival, during which I told a **Musing** story and sang my **Theme Song**. I don't think I would do it for strangers for they would not appreciate my lack of subtlety, as Laurel puts it, but I'm sending my heartfelt thanks once again for the round of cheers I received from those attending. I believe that my high self-esteem comes from my connection to my soul, and that connection gives me the knowingness that each of us is perfect and doing what we need to do, whatever that may be, whatever way we have chosen to learn it, unconsciously or consciously.

*Love &  
Smiles  
Angele*





# IT'S MY TURN

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### WHAT PEOPLE ARE SAYING ABOUT THE PROGRAM...

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

The next Personal Empowerment Program starts **June 19, 1993**

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# PERSONAL BEST

*Live it!*

In other words, creating a passion for living life to the fullest each and every day.. How do we do that?

Susan McGoey, President of Kelowna's Personal Best Seminars says, "It's easier than you might think. It's a process of tapping into resources that already exist within each of us."



Susan utilized these resources to branch out from the Calgary-based company to open Kelowna's Personal Best Seminars in October of '92. "My Dream was to own my own business assisting others to accomplish their goals, to follow their dreams. A key part of this was to do it in the Okanagan Valley. I'm here LIVING IT and this is a direct result of what I learned through my own participation in the Personal Best Course.

What makes us different is we do not simply rely on motivation and positive attitudes. Each individual discovers for themselves the fundamental beliefs that impact the attitudes and dictate the behaviours. Ultimately, these determine the direction our lives take. If you keep doing what you have been doing - you'll keep getting what you have been getting. This applies to all areas of our lives, Personal and Professional."

Sue Eykelbosh, Director of Marketing and involved with Personal Best since 1985 says, "We all have areas in our lives in which we are successful. It's about becoming aware of what works for us in these specific areas and applying it to the areas where we want improvement. Personal Best facilitators will assist you in discovering these things for yourself. Our clients are the decision makers."

The Personal Best course is an experiential seminar designed to enhance personal and professional effectiveness and consists of three levels. LEVEL 1 is becoming more conscious of the beliefs that colour and shape your experience of yourself and the world around you. LEVEL 2 expands the examination of values and beliefs into your relationships with others. LEVEL 3 concentrates on the integration of the concepts presented in Levels 1 and 2. It is this long term integration that makes Personal Best Seminars different from most 'quickie' seminars. Personal Best focuses on LIVING IT!

Other seminars presented by Personal Best are LOSING WEIGHT FROM THE INSIDE OUT, THE SINGLES SEMINAR, MONEY/HOW TO GET IT - HOW TO KEEP IT, FAMILY and TEEN workshops and the upcoming IT'S MY TURN (for ages 50 and up). Sue states "The kind of people who take our courses come from all walks of life, but they all have one thing in common, whatever they do in their lives they want to do it even better!"

Personal Best Seminars is a registered educational institute, therefore tuition is tax deductible and the results pay dividends for the rest of your life - in terms of health, happiness, personal satisfaction and results.

*For further information on Personal Best Seminars and course availability, please call Sue or Susan at 763-BEST (2378) in Kelowna or Verda at 545-0004 in Vernon.*

## 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)**  
#102-346 Lawrence Ave, Kelowna, B.C., V1Y 6L4

**Phone 868-2588**

## PERSONAL GROWTH CONSULTING TRAINING CENTRE



**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!

*For further information or to be on our newsletter mailing list please contact us at 372-8071.*

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# TAKING ACTION

Working Together for Positive Change In the Community

TAKING ACTION is a guide for people who do not think of themselves as activists, yet want to work toward positive changes within their Community. Defensive action is not always required, as Mungall points out: "Organizing a lunch-making co-op, play school, even a recycling depot may be difficult to organize, yet they will, in fact, change the Community and the people in it." It will put citizens on the right track to making a difference and, at the same time, build a stronger, more closely knit Community.

The book includes a list of resource organizations that can help Community groups with their campaign, advice on how to stay on top in the bureaucratic snakes and ladders game, and a discussion on whether civil disobedience is an acceptable tactic. The authors even offer tips on how to keep your personal life in order should the issue start to snowball.

Amer and Mungall wrote TAKING ACTION for the courageous citizens who are working together to protect and improve their communities in the 90's. As Amer points out, "We can take action and work together for positive change in our Communities."

Across the country, Canadians are waking up to the fact that their Communities are not immune to bureaucratic indifference, careless city planning, or ineffective local governmental policies. Every citizen has concerns or ideas about issues that affect his or her Community, however, most do not know where to start when it comes to initiating action on these issues.

You can fight city hall and win, as groups in every corner of Canada have proved:

-In Victoria, B.C., members of the Fernwood Community Assn. successfully countered developers' plans to erect high-rise, high priced condos by coming up with a co-op housing plan that saved the old neighbourhood's character as well as created low-cost housing and jobs.

-In Pickering, Ont., "People or Planes," thwarted plans for an airport development. The group won support by hosting a 'bulldozer tea' in a historic church that would become a runway if the plan was pushed through - white-gloved ladies served tea and cucumber sandwiches while a smoke-belching bulldozer idled outside, deftly symbolizing the civility of their cause.

Elizabeth Amer, co-author of TAKING ACTION, says that mounting a major Community campaign can be quite a job if not properly prepared. The objective of the group must be clearly defined, power structures well understood, and action well-focused in order for Community groups to plan efficient and effective local action.

Amer, a veteran citizen activist and Toronto City Councillor, wrote the book with journalist Constance Mungall. They show, step-by-step, how grass roots groups can get their message out and get it heard. They include case histories and examples from their own experience in action groups to help people get organized and get things done in their Communities.

*This press release was sent to ISSUES from the Self-Counsel Reference Series, a publishing company in Vancouver. They have an extensive catalogue on self-help books: legal, business, psychology, retirement and reference manuals. For your own catalogue please write Self Counsel Press, 1481 Charlotte Road, North Vancouver, BC, V7J 1H1 or phone 986-3366 Fax 986-3947.*



# TRANSFORMATIONAL HEALING:

## *The Magic Within Us*

by Andrew Schneider

Transformational Healing (T.H.) is the most comprehensive synthetic approach to health and well being now being taught anywhere. Its principal proponent is Andrew Schneider of Canada, who teaches and practices Transformational Healing in his native country as well as in Denmark and Sweden.

The philosophy of T.H. is based upon esoteric principles, the most fundamental one being that when there is a health problem of a physical, emotional or mental nature, there is a misalignment between the personality and the Soul of the individual. In order to treat any condition, therefore, it is necessary to identify the precise nature of this misalignment and then to do something about it. The correction will always involve a change in consciousness as well as possible changes in such things as behaviour, attitudes, physical activity, diet, etc.

It is the contention of T.H. that treating symptoms is only useful when causes are also being treated. If the cause is not dealt with, then the problems resulting from the cause will continue to manifest in some harmful way.

Preventative medicine is emphasized in T.H. so optimal health maintenance programs are designed by individuals for themselves with some guidance and direction.

When treatment is required, the fields of both orthodox and alternative medicine are drawn from, depending upon a person's inclination and knowledge. In the T.H. courses, natural remedies such as herbs, flowers and plant essences, tissue salts and aromatherapy may be suggested to assist the healing process.

Alternative medicine is also a part of T.H. where participants learn how to use their own voice for healing, how to be effective with healing touch, and how to use such aids as color and sound. Learning to develop the sensitivity for accurate analysis using a pendulum (Radiesthesia) is also part of the training so that precise remedies or procedures can be chosen accurately.

Since T.H. is based on a wholistic view it promotes a whole person, whole brain, whole being approach to life. The attainment of peace, harmony and fulfillment in all aspects of life is therefore addressed. For

# Transformational Healing

with Andrew Schneider,

*esoteric psychologist, healer and international teacher*

- ▲ A powerful 9-session two-year course
- ▼ A unique and practical whole person, whole brain approach to health and healing based on esoteric principles, research and experience.

## Free Introductory Lectures:

**August 31 - Salmon Arm**, The Centre, 40th St. NW - 7 to 8 pm

**Sept. 8 - Kelowna**, Sandman Inn, Hwy 97 7:30 - 8:30 pm

Introductory Cassette Tape: only \$5.00 (includes shipping and tax)

## Information & Tape: OTHER DIMENSIONS SERVICES

Box 2269, Salmon Arm, B.C. V1E 4R3

Tel/Fax 1 - (604) 832-8483

Free lectures on Transformational Healing and on the T.H. Training Program will be held as follows:



June 18 - Calgary	(241-0004)
June 19 - Edmonton	(435-0283)
June 25 - Nanaimo	(753-0688)
June 28 - Victoria	(658-5188)
Aug. 31 - Salmon Arm	(832-8483)
Sept. 08 - Kelowna	(832-8483)

example, if a person hates her job or is in an abusive or destructive relationship, these issues need to be explored since they are obstacles to well-being.

Being able to control our emotions and to have our minds able to be directed to uplifting and life-enhancing feelings and thoughts when we choose are skills that the T.H. program teaches.

Understanding the meaning and purpose of all aspects of life is within the domain of T.H. All participants learn different ways to come to that understanding for themselves. They are guided on inner journeys to connect with their own inner wisdom and are trained in symbol interpretation to better understand their experiences.

Since no individual is separate from the

rest of humanity or from the environment, the relationship with others and with the environment is addressed in order to assess the mutual effect as well as to determine one's responsibilities.

Perhaps more than a system of treatment, Transformational Healing is a program of empowerment. It gives people the tools, directions and spirit to discover what they need and the means to fulfill those needs. It helps people understand themselves and all their relationships - inner and outer - so much better. And it really impresses upon people that everything is meaningful and purposeful, and that behind all appearances there is the presence of love magically nudging them toward greater integration, health and wholeness. ♦





## **TEMENOS** for Women

Between the Okanagan and Kootenay Valleys lies the small town of Christina Lake and its namesake - the warmest lake in B.C. It's a clear, clean, narrow lake that's 12 miles long and set in the mountains.

At the edge of town in a beautifully renovated turn of the century farmhouse, Sherry Dupee, a qualified creative art therapist, and Juno Shenstone, trained in hospice work, are offering five-day retreats for women. The retreat space is called Temenos, which means a sacred domain - a protected place within and without.

Women can come here to discover and tell their own story through art (clay, mask-making, painting), music (numerous musical instruments and drum making) and movement. "This is a very strengthening and healing process," says Sherry. "This will not be a time for lots of input or new information for you to learn, but a time to give form to what is already within."

Organic food will be served right from the garden. Kayaks, hiking trails and mountain bikes are available.

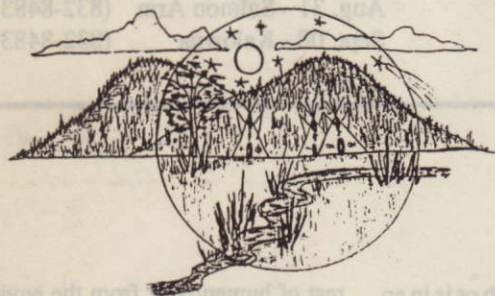
### **FIVE-DAY RETREATS**

\$595 sharing a room/ \$695 private bedroom.

Dates: Aug. 9-13 or 23-27, Sept.13-17, Oct.11-15.

Also: three-day retreats or book a special retreat as a group.

Write: Temenos, Box 76, Christina Lake, B.C. V0H 1E0. ☎447-6463



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## **THE HAPPY GARDENER**

by Sharon Rempel

It is spring and time to look at all the new growth around the valley, including both natural and man-made growth. The year away in England was a time machine for me; I returned to the valley to find new houses on hillsides that once were covered with plants. Keremeos' campground on the river is now a subdivision. I am a newcomer to the area; I came in 1988. I recently purchased a small seven acre farm in Cawston and went to visit the Regional District office in Penticton regarding the new property. I waited for nearly an hour while a man debated the zoning restrictions with the clerk; in the 'old days' of the eighties, you could go into the office, get your map and be on your way within twenty minutes.

Once I got to the counter, I was asked how many houses I wanted to put onto my land. I replied that I wanted to grow plants on my land and that one house was all the land needed. The shocked look on the clerk's face told me the story; he told me that ninety percent of the people visiting their office want development permits.

I think that the grassroots will have to start stirring, and rallying the troops. At a recent meeting of City representatives and members of the cultural arts communities the Town Plan was discussed. Many of the older people in the groups voiced concerns about the rapid developments in the area. These people may well be considered the elders of our community. Their voices should be heard, and respected. An independent Esthetics Committee that would approve all new developments is lacking in this area (and most of Canada, but exists in some parts of the world). This committee would have guidelines to respect the spirit of the place, including the cultural, historical and ecological spirit. Architecture would be added that respected the spirit of the place.

Perhaps the idea of a carrying capacity fits into the picture. How many people can a land base support before the life support systems collapse? At what price are we losing the empty fields and open spaces both in town and throughout the valley? Will we continue to allow signs to be put up that distract from the visual beauty of the landscape?

Does each community have a community, or a place where the people can socialize, recreate and grow some flowers and tomatoes? Does each community have a green space that combines both passive and active recreational pursuits? Some of us simply enjoy sitting by a creek hearing birds and the water, and not radios, motorized bikes or boats. The baseball fields and skateboard arenas are also important but not at the expense of the landscape. The active sports groups tend to speak their wishes a little louder to the politicians than the passive recreationists.

Has each region identified the plant and animal components of its ecosystem? Has each region developed legislation protecting these fragile living entities from development and possible extinction? Does each region participate in a provincial conservation strategy, that is part of a national and global conservation strategy? How will garbage and waste be handled?

What is going to happen to the fragile desert ecosystem with the increased number of people living in this area? Will the landscape be pillaged for plants or urban gardens as people realize that dryland gardens are the only way to survive growing water shortages? Will the increasing number of people demand more golf courses and shopping malls? When people tire of the crowded living conditions they will go to the wilderness for refreshment. They will seek their

*continues on page 11*



# OZONE IS OUT TO GET YOU

by Doug Smith

Ozone is a trace element in the atmosphere, the worldwide outdoor average being around 0.03 ppm. It is generated by lightning flashes, waves and waterfalls, photochemical reaction, sunlight on fields of snow and even by rotting vegetation. Without ozone, life, as we know it, could not exist. We go into the woods or to the seashore on vacation to experience that feeling of well-being that is such a vital part of our health. The air we breathe there is full of ozone.

Ozone is very short-lived, having about a half-hour half life. Most of us open our windows at every opportunity to let in the fresh air that is full of ozone. In the winter, however, that is a luxury we cannot afford and even in the summer we generally keep our windows closed to keep in the cool conditioned air. Without ozone in a closed building, bacteria run rampant, mold spores and mildew set up camp in nooks and crannies, chemicals from our carpets, cabinets, paint, furniture and everyday cleaning chemicals continue to release their toxins, pet odors permeate the drapes and the furniture, toxins in cigarette smoke invade our lungs and the smells from the baby's diapers do battle with the remaining odors from the fillet of sole from a week ago.

The solution to indoor pollution and the sick building syndrome is a very simple one and that is to create indoors what naturally occurs outdoors. A little ozone generator, producing the same amount of ozone in your home that occurs naturally outside, about 0.03 ppm, will clean the air in just about any environment. It will kill bacteria and mold spores, break down toxic and noxious chemicals and produce, very inexpensively, a cleaner, healthier environment. Filtration systems don't do this job because even the best will only clean the particles down to .1 micron and there are 600,000,000 molecules in .1 micron. Plus filtration systems can only clean the air that can be pulled through the machines, whereas ozone searches out the unsaturated molecules in the indoor environment to neutralize them.

As for the safety of such a device, studies concluded that ozone levels of 0.30 ppm have had no adverse effects on people, even those with respiratory abnormalities. That is 10 times the amount of ozone necessary to maintain freshness and cleanliness in most indoor areas!

In addition to it being used in air purification, ozone is being recommended by the American EPA and more and more widely used as a purifier of water. The European athletes refused to swim in the chlorinated pools at the 1984 Summer Olympics in Los Angeles until the chlorinated water had been removed and ozonated water put back in. Since then the largest water ozonation plant in the World has been installed in Los Angeles. Ozone sterilization machines are used in operating rooms to sterilize surgical tools. Ozone is used in air conditioning, as a bactericidal agent, in paper bleaching, as a food preservative, in sewage treatment, and the list goes on. In Europe, ozone has been used for decades in pools, water treatment, and in health care. But in recent years one of the most noted uses has been ozone's medical uses.

In 1983 the International Ozone Association held their conference at which medical abstracts were presented by dozens of prominent physicians. They noted different aspects of ozone and what it was used for. Included in the papers submitted were studies of the uses of ozone in cancer therapy, resistant ulcerations, peripheral arterial circulatory disorders, herpes simplex, herpes zoster, viral hepatitis, physiological changes in the blood and how to effect

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them, coronary circulatory diseases, rheumatoid arthritis, and added to the list since then is the use of ozone in the treatment of AIDS.

Ozone has always been here and the more we learn how to use it, the better our lives will be. ♦

### The Happy Gardener *continued*

"Walden's Pond." But where will they find it in this area?

I urge all individuals and groups to make their views known to the politicians for they are the ones who make the rules for the development in the area. If Agricultural Tourism is to be promoted in this area, then we will have to identify the many facets of agriculture in the area. I believe that this Valley can become an oasis of natural living, organic growing and living in harmony with nature. It could become a little paradise. However, we are going to have to start speaking and acting now, for tomorrow it might be too late. ♦



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## DISCOVER YOUR VISION

by Cheryl Hart



What would you like others to say about you? "She is so courageous, she inspires me to take more risks." "He lives his life as though he is in constant communion with God." "She loves her fellow man." "He loves himself and extends that love to others."

All of us like to be acknowledged and loved by those around us. We like to think our friends and colleagues say nice things about us. What we want others to say about us is our secret desire for ourselves, our vision of our true self. In order to make our vision come true, we must move through our fears and act as if we are that person. I admit ... in my own life this has been easier said than done.

I used to think that my vision was some grand complicated plan where I gave up me for some greater cause. I romantically envisioned myself, the wonderful sacrificer, never thinking about myself just going around doing good on the planet.

I now recognize that my vision is not necessarily what I do for a living. For it is the content of my contribution not the form that matters. A loving waitress committed to joyously serving mankind is living her vision. Those who take the time to love and be loved, neighbours lending a helping hand to neighbours, volunteers generously donating their time and money are all people who are living their vision. When we decide to make a difference we discover what our vision is. Life then becomes a moment to moment decision to inspire love instead of fear.

I also discovered that for my vision to be joyous, it needs to include my wants and desires. Doing what gives me pleasure and recognizing someone else can receive from it, gives me an incredible experience of peace and fulfillment. I now know it is by giving value to someone else we discover our worth. I also know when we discover our worth we want to give it to others.

CHERYL HART is a director and teacher at Inner Direction Consultants. She facilitates six month empowerment programs where students are inspired to dissolve their fears and make a difference.

### Second Coming - continued from page 19

few years later. "It was so far outside our left-brained aerospace view of reality that it would take several years before either of us felt comfortable speaking about it in public," O'Leary says.

Exploring as a "closet parapsychologist" was possible for only so long. Finally he had to come out of the closet. Anyone who has had the courage to live according to his or her own truth, and in the process lost connections and privileges of his or her earlier professional life, will empathize.

O'Leary's path led to exploring what he calls the "new, new physics" and encounters with the "free energy" subculture. I was delighted to read his clearly-written summaries of the theories of New Energy researchers Thomas Bearden and Moray King. The bottom line, according to Bearden and King, is that in principle it is possible to create conditions of anti-gravity and free energy devices by some "smart engineering" of the fabric of space.

In the words of Marilyn Ferguson, author of *The Aquarian Conspiracy*, "The real-life implications of avant-garde research are rarely put in words... Brian O'Leary deserves our thanks..."

*The Second Coming of Science* is published by North Atlantic Books, 2800 Woolsey St., Berkeley, CA. 94705 \$12.95 US





The Spring Festival of Awareness CREW would like to thank all the participants, volunteers and facilitators who helped make this year's festival the best ever.

*Urmi, Angele, Jan, Judy, Elaine, Laurel & Daryl*

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## WHAT IS KINESIOLOGY?

by Diane Wiebe

Conventionally, the word kinesiology (kin-easy-ology) means the study of motion, in particular the study of how muscles act and coordinate to move the body. However, in the natural health field, the term kinesiology is used to indicate the many systems which have sprung from Applied Kinesiology and Touch for Health. Here, muscles become monitors of stress and imbalance within the body. The concept of "muscle testing" becomes a very effective and versatile tool for detecting and correcting various imbalances in the body which may relate to stress, nutrition, learning problems, injuries, and so on. This exciting aspect of Kinesiology is also called "muscle kinesiology," muscle balancing or more recently "specialized kinesiology" and can be found in courses such as Touch for Health, Educational Kinesiology/Brain Gym, and One Brain.

Kinesiology has its roots in the early sixties with an American chiropractor, George Goodheart, DC. Goodheart began to use muscle testing to evaluate and correct the state of various bodily functions. He took the study of movement (kinesiology) and looked for ways to correct any weaknesses and imbalances detected. He formulated Applied Kinesiology, a system he made available to other chiropractors and professionals. Then in the early seventies another, chiropractor, John Thie, DC, who found the techniques simple and practical for anyone to learn, systemized kinesiology for the lay person. He wrote the book *Touch for Health*, and began teaching courses to interested people. Since then, the book has been translated into many languages and taught to millions of people in 50 countries.

The techniques of kinesiology have developed since these times. They are still being taught to individuals from all walks of life, and today their powerful and broad application has blossomed greatly. Many students, clients, instructors and practitioners are dealing with the subtle but numerous imbalances that lie behind all the physical, mental and emotional problems which are experienced today.

One of the great virtues of kinesiology is its versatility. Its concepts and techniques can be applied almost anywhere at any time. They can be expanded upon and developed to suit individual tastes or needs and can be used on oneself, within the family or in a professional situation.

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## Some Little Known Lore about Gems and Crystals

by Joan McIntyre

No matter what books you read or what the experts you talk to, the information you receive concerning gem stones and crystals is bound to conflict. The reason for this lack of agreement among the so-called experts may rest, in part, in the fact that much of the current gem and crystal information had been "channelled" and that the specific information passed on pertains to the individual channeler rather than the human population as a whole. In addition, some confusion is likely. Still, there are a number of areas where there is historical as well as current agreement and those areas are a good jumping off point for the modern gem and crystal researcher.

**LEPIDOLITE** (mica) is a lovely soft-hued purple stone reputed to be a soothing and gentle relaxant for the environment. It has been used in bedrooms, on the bedside table or headboard area to promote a restful sleep. It is often found in combination with rubellite (red tourmaline) and when worn is purported to act as an emotional balancer for the wearer. (Does the lithium content have something to do with its balancing qualities?) Lepidolite is one of the few stones which has little or no mythology associated with it.

**MOLDAVITE** is a deep green silica based tektite, (meteorite) which some say fell to earth approximately 15 million years ago. It was first found along the Moldau river banks in Czechoslovakia. Researchers say it promotes the healing of the brain/nervous system network by aiding in the creation of bridges between synapses which no longer fire. Some say its vibration is exceedingly strong thus the stone must be worn or carried with great care. Whatever the case, holding moldavite in your hands is exciting, especially if you hold the thought that it may have travelled to earth through extraterrestrial or extragalactic space. And now it is sitting in the palm of YOUR hand!



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# WALDORF - EDUCATION TOWARDS FREEDOM

by Denise Kilshaw

Several years ago, my eldest son entered grade one in the public school system. After one month I was approached by his teacher who told me he wasn't "fitting in well." I left the conference feeling disheartened and concerned for my little boy. I started to think about what I could do. Was there a place where my dreamy, imaginative child would "fit"? I began to look for an alternative and attended a workshop on mathematics held by the Waldorf School. As I had always had difficulty understanding math myself, I was particularly interested in this workshop. In a softly coloured room bright with watercolour paintings and plants, I stood in a circle with nine other adults. We numbered ourselves 0-9 and a ball of yarn was thrown by 0 to 2, 2 to 4, 4 to 8 and back to zero, and we formed a pentagram made of yarn. We continued to play this game with other number combinations, forming a star and triangle. All of a sudden, a bolt of lightening struck me as I stood quietly a member of this math circle. Math is relationship! It was a magical moment for me as I understood that numbers create form and pattern. A simple concept perhaps for many, but here I was at age 32 finally seeing and experiencing real understanding for the first time. As I spent the day exploring more about the Waldorf approach to language arts, science, and languages, I was impressed with the subtle and profound methods of teaching I was experiencing. I enrolled my little boy, who blossomed; his self esteem remained intact and I continued in my discoveries of Waldorf education.

One might ask "What is Waldorf education, how is it different?" On one occasion I was asked, "Oh, isn't that the school where the kids run wild and can go to class if they want to, don't they have a lot of freedom?"

In 1919, Austrian born philosopher and visionary Rudolf Steiner was asked to found a school for the children of the workers of the Waldorf-Astoria cigarette factory in Stuttgart, Germany. There he put into practice an approach to education that begins with a deep insight into the child - what he is, how she develops, why he responds and reacts. The uniqueness of the curriculum lies in how the children are taught. The development of the child is seen to be threefold; the will forces, feeling forces and thinking forces. As well, the rhythms or cycles which influence all our developmental processes play a great role.

From birth to age seven, the child is firmly rooted in the physical body, in the development of the will. Learning and thinking at this age are not abstract but occur through imitation and movement. Thus the Waldorf kindergarten teacher creates an environment worthy of imitation using warmth and rhythm, fairy tales and song, and toys of natural materials which leave the child with freedom of imagination. The celebration of the festivals reflects the sense of rhythm so important at this age. There is the rhythm of the day, of the season, and of the year all creating a sense of connection with this earth we live upon.

Around the age of seven, when the child's baby teeth begin to change, imitation and movement as a focus are replaced by the life of feeling and imagination. Academic subjects are taught using images, stories and the subject's relationship to the human being. The students draw and write their own textbooks from the main lesson of the day, and subjects are not taught as an end in themselves but as an aid to develop the child's inner growth. The daily main lesson is taught in a "block" of three to six weeks.

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For instance, a block on ancient Greece in grade five would include history and biography woven with the legends and myths. Perhaps painting and paper mache masks would be part of the immersion into the subject, and long after the conceptual content of the lesson has been forgotten, the artistic experience continues to live within the child. Throughout the first eight years of school, the children ideally journey with the same teacher, growing and learning from each other socially. Differences of belief and culture are appreciated and celebrated, and the understanding that we are a group working together is integral to the style of learning. Because so many of the methods of learning involve interaction (i.e. the math circle described previously) there is the sense that we don't simply live for ourselves, that we work together as we learn.

After age fourteen, the child begins to awaken to powers of independent thought. The High School meets these changes with corresponding changes in curriculum and structure. The class teacher who has stayed with the class from grades 1-8, providing continuity and real insight into the child as she grows, is replaced by specialist teachers, each an expert in his field. The natural authority of the class teacher born of love and respect is replaced by respect for the knowledge and experience of the subject teachers. Now the subject material of the elementary years becomes a rich resource available for the child's newly emerging intellect.

Although Steiner gave many indications for teaching the curriculum, each teacher brings her or his own "aliveness" to each subject and communicates this to the students. Education becomes an art, an act of creativity renewing the teacher, and she grows as a human being as well as the children. The teacher's relationship with the students is based upon an authority which is rooted in love and respect. The school day is structured with singing and flute playing, the main lesson, eurythmy, languages, crafts, woodwork, clay, gardening, games and orchestra. There is a sense of order and attention to detail so that the children and teachers create an environment full of care and reverence for the experience of being alive.

Waldorf education is in harmony with the child's nature and meets the child's needs. Thus, Waldorf students are educated in recognition of their own spirits and in rhythm with their physical, mental, and emotional development. Their lessons are alive and interesting, they challenge and stimulate the imagination - for the children are addressed not as beings of head alone, but of hands and heart as well. Rudolf Steiner once said, "Our highest endeavor must be to develop free human beings who are able of themselves to impart purpose and direction to their lives." And this is the true meaning of education towards freedom, freedom to be truly content within, freedom from the neurosis to think only of oneself and to be of real benefit to this world we live in. ♦



# DR. TED J. ZABLOTSKY

by Steve Kemper

*You've said, "I know of no pain of muscle, joint, or nerve that cannot be relieved through the proper use and placement of magnetism."*

That was taken out of context. But it's close. As long as you choose the right magnet and apply it in the right spot, then it has to work. If you have an over use injury, say tennis elbow, and you increase blood flow to that inflamed area, you're going to relieve the tennis elbow - in less than 12 hours there can be a significant reduction in pain. It works very simply, with sound principles of physics and medicine. Basically, the magnets cause an increase in blood flow. The benefit of that is well understood in medicine - an acceleration of the natural healing process. There are no side effect.

## **How do the magnets increase blood flow?**

The principle of physics that all this is based upon is called the Hall Effect, which says that if I have a moving electrical current, and I put a magnet at right angles with respect to that current, then the particles in that current are going to react in a certain predictable way. The blood is chock-full of electrically charged particles. The reactions to the magnet cause the blood vessel to widen, and more blood comes to the area. It's not a miracle, it just acts like one. The reason we got into this is that my sister-in-law was in a car accident about nine years ago. She went through everything modern medicine had to offer and was basically left crippled, using a walker, with heavy-duty doses of anti-inflammatories, muscle relaxers, and pain killers. A friend of my father's from Germany came to visit, and he had about half a dozen of these new magnets with him. She tried them and she started getting better. My brother said, "What do you think of these?" I said what any good American doctor would say: "It's nonsense. It's all in her head." But she got more of the magnets and she continued to improve, to the point where she wasn't using her walker any more. So I did a computer search of the medical literature. I didn't expect to find much. I got back a single-spaced stack of paper an inch and a half thick telling me that everyone in the world knows about magnetic field therapy except us here in the States. All around the world they're using magnets.

## **So you gave up your medical practice to do this?**

That's right. The more work I did, the more I realized that this is the future. There's no if. It's a matter of when.

## **I've heard about people sleeping on magnetic mattresses. Do you believe that's beneficial?**

I sleep on one. The rationale is simple. Lots of studies correlate geomagnetic disturbances - when a solar flare affects the earth's natural magnetic field - with an increased incidence of suicide and depression. Yet modern construction techniques bend the earth's magnetic field away from us, and if you spend a third of your day in your car, you're shielded from the earth's magnetic field. Take a compass and sit in your car and identify where north is, then move out of the car and watch the needle move. All the studies we have conducted have shown that if you can recreate the earth's natural magnetic field where you spend a third of your day sleeping, then a lot of problems disappear, such as sleeplessness, depression, loss of appetite.

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# Video Review

## RECREATIONAL REFLEXOLGOY

By Chris Shirley - Review by Celeste Yara

Reflexology is a healing practice that involves massaging the feet. Each part of the foot corresponds to a specific part of the body - including the internal organs. This video walks you easily and thoroughly through a full, basic treatment. It explains each reflex area, and also includes a foot chart for quick reference.

It was a pleasure to watch this video and I learned a lot about reflexology after just a couple of viewings. I practiced on a little six-year-old friend who loved it. Ideally, of course, you will have a partner who can practice on you too. I must admit to being a little envious of Carla, Chris's fiancée, who is the recipient of his demonstration on the video. Chris is obviously an expert, and in spite of a little stiffness in a couple of places where he addresses the camera directly, this is an excellent video that has been professionally done. Each step is clearly explained and demonstrated and the relaxed pacing gives you time to practice each step as you follow along. I would venture to say that with just a few viewings and practice sessions, anyone would feel confident in their ability to give an effective reflexology treatment.

*Please see his ad at the bottom of the page.*

## HEALING SPIRIT

Review by Sue Lucier

'Healing Spirit' presents us with an opportunity to investigate our beliefs about illness and 'dis-ease', and addresses the responsibility that we, as spiritual/human beings have in facilitating our own self healing process.

Throughout the presentation, Drs. Deepak Chopra and Bernie Segal, along with Marian Woodman, enlist their philosophies and personal and professional experiences to introduce us to the concept that by investigating our emotional and mental attitudes, we assist with the healing on the physical level.

This film addresses ailments such as AIDS and depression, and encourages us to expand our focus beyond the realm of modern 'technological' medicine into the areas of spiritual healing, the power of Love, and the triumph of spirit over matter. It further challenges our 'comfortable' interpretations of health and healing and presents us with some powerful new definitions.

Through disclosure of the personal experiences of a fourteen year old named Michael, we are introduced to the process involved. During a visit to the doctor, tumours showed up on Michael's x-rays. By tapping into his Inner Power through meditation and visualization, he gradually achieved a remarkable healing of both body and spirit. At the next visit, the tumours were gone, and Michael enjoyed an extra year of life, including summer camp. Then the cancer returned, but Michael was ready now and in the fall of 1992, he passed away in his sleep. Michael's death did not diminish the healing he had experienced. Each of us houses our own source of healing. This film introduces ways that different people have accessed connection with that Inner Spirit.

*This video was sent to ISSUES from the National Film Board and is available for sale. (If you wish more info. 666-1569 Vanc.) Caravan Books in Penticton have a copy available for pre-viewing if anyone wants to.*



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# Book Review

## THE SECOND COMING OF SCIENCE

Written by Brian O'Leary - Reviewed by Jeane Manning

A new energy science is blossoming! About the time that 400 people gathered in Naramata for the Spring Festival of Awareness 1993, a landmark gathering of scientists was held in Denver. It was the first New Energy symposium hosted by the International Association for New Science (IANS).

IANS co-founder Brian O'Leary was in our country on May 2. Since there had been no time for a lengthy interview in Denver, I interviewed him in Calgary after he gave a workshop for the Centre for Positive Living. The title of his workshop was the same as that of his latest book, *The Second Coming of Science*.

If you want to know what's coming, order the book. With self-revealing honesty, he takes the reader on his travels through the paranormal -- to visit Sai Baba, crop circles, Brazilian miracle worker Thomaz Green Morton and other wonders, ending with "free energy" possibilities.

Brian O'Leary earned a Ph. D. in astronomy at the U. of California, Berkeley. Recognized as a planetary scientist, he joined NASA as an astronaut during the late-sixties Apollo program. Continuing on the path of honors, affluence and academic prestige, he taught at Cornell, California Institute of Technology, U.C. Berkeley, and Princeton University.

It was an exciting time for a scientist. Remember the days when NASA seriously considered spending on futuristic concepts? I remember reading about the expansive visions of O'Leary's colleague Gerard O'Neill -- about colonies in space. (Recalling that thrill, I feel sad about my negative reaction this winter, to the Russian mirrors-in-space caper. Maybe a feeling of urgency over the need to clean up our planet has narrowed my vision. I've narrowed it, for example, by focusing too much on the fact that the U.S. government shifts ALL the blame for ozone depletion to the people, instead of owning up to its own role in partially destroying the ozone layer -- with nuclear blasts and with rocket fuel. And that today, ironically, NASA is applauded for shooting its fossil-fuel burning equipment up to study the ozone. But enough carping -- in the 'sixties, NASA was where the action was!)

Back to O'Leary's odyssey: He was on top of the world, working alongside famous scientists, provoking learned discussions with his ideas, and publishing papers. Then came a weekend workshop. It turned out to be more than he had expected; it included a life-changing experience.

What does a Princeton professor do when he has an unexpected experience with an expanded state of consciousness? To discuss it in the faculty lounge would mean instant ridicule. To persist would mean eventual ostracism.

"I was in denial for years," O'Leary says.

But fortunately for readers of this and his previous book, *Exploring Inner and Outer Space*, his drive to explore won out.

He and Princeton's dean of engineering, Robert Jahn, each secretly developed an interest in psychokinesis in the late '70s. Such subjects were frowned on by their Princeton peers, and O'Leary and Jahn did not find out about their sharing of a mutual interest until a

continues on page 12



**Julie Locke-Nylkos**  
Psychology B.A. M.B.A.

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with Angele

The most revealing single feature in your handwriting is how you write the personal pronoun I (PPI). This lone letter represents your personal self-image and contains tell-tale clues to the quality of influence that mother and father figures have had upon your personality development. This one letter actually gives the analyst a more complete and realistic view of ego development and self-image than does the signature.

When studying the shape of the PPI, imagine that the spine of the letter represents the character or strength of the individual. If the backbone of the PPI is bent into a circle, twisted or tilted, it describes a specific aspect of ego formation. The down stroke should be heavier than the upstroke as it expresses innate energy or will power; frustration is revealed if the energy is misplaced and the upstroke is heavier.

In a way, the PPI draws us a picture of the way the person perceives himself. It simultaneously keeps track of the internal emotional expressions and reactions as the stroke moves up, over or circles each movement.

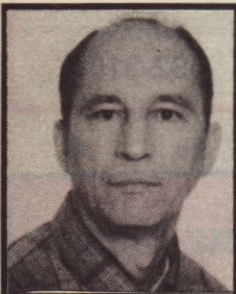
Whether the PPI is embellished or simplified, it is important to keep in mind the script as a whole. For example, a simple stick-figure is usually made by a positive, independent person, but if the writing is weak or immature, it could suggest withdrawal or a deceptive, self-conscious change in self-image.

Although certain letter forms, like the circle, angle or stick are found throughout a person's writing, they take on added importance in the ego letter. From them we learn about psychological states such as fear (circling), anger (angularity), independence (sticks), dependence (roundness), confusion (tangling), reserve (narrowness), repression (retracing) or emotional warmth (loops).

Keeping in mind the basics, multiple clues to the inner personality exist in a writer's script and give us a foundation to work from. The angle at which the writing slants tells us of the person's emotional barometer. Size predicts how much room a person is comfortable taking up in the world. Sweeping movements result in roundness and cramped movements in angularity both of which are replicated in the personality. Pressure and smoothness of movement show the physical nature and current state of health.

While examining your own complexities, see if you can remember the way you actually were taught to write the I. For most of us, it was the McLean or Palmer method. The differences we find between the script that we were taught and how we actually form the present PPI will provide a wealth of information on our self-identification and what we are comfortable with.

The written or printed capital I is symbolic of the person himself and it stands out uniquely from the rest of the handwriting just as vividly as any person stands out from the rest of mankind. The I, standing alone, represents the core of the conscious self. Graphologically, the PPI is like a magnifying glass which presents the writer's vulnerabilities and assets and clearly demonstrates elements of harmony and flexibility or their opposite. Even to the untrained eye, the variety of shapes that are formed to represent the PPI will reveal distinct differences in personality.



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# HEALING WITH HEART, HANDS, MIND & VOICE

*An Artistic, Creative Approach*

by Rob Bedall

Healing is, in a general sense, a process of moving toward perfection on all levels of our Being. If we consider the activity of Kundalini and its biological ramifications, healing could be considered an integral part of the process of evolution. In this latter context especially, there is an intellectual void concerning the actual nature of our Being, and therefore, what steps are necessary to facilitate the healing of our minds and bodies.

The introduction of Eastern metaphysics and healing arts to Western culture has provided at least a quantum leap toward understanding ourselves and ways to improving our existence.

The application of knowledge to healing, whatever its source, has usually been facilitated through an intellectual, systems-based approach. These systems have been of great benefit, but can sometimes take too general an approach for individual needs.

My approach, which has evolved over a period of years, is to combine, and most often replace, the intellect with the intuition as the primary means of functioning. This has two advantages. One, although the same energies are being applied, the intuitive approach allows the healing energy to respond to the recipient's needs in a totally unique, moment to moment basis. And secondly, this use of intuition or 'Inner Guidance,' a trusting of the senses of subtle perception and knowledge, is a powerful means for 'Unfoldment.'

There is no substitute for direct experience, in terms of both validity and satisfaction. If we have never truly experienced a phenomenon, we cannot 'know' it. True Knowingness can never be an intellectual abstraction. It must be based on a direct sensory experience, and this experience can be beyond the physical senses.

In this 'free form' process, healing becomes a truly Creative experience, in which the tools of perception (sight, hearing, touch, etc.) become the means for 'Manifesting Perfection'. As we send sound and light with our voices, heart, hands and Third Eye, we gradually learn to perceive these energies at work. Sound- 'Voice Energy'- is a powerful means to develop clairvoyance. As it is reflected back to us, our brain, like a dolphin's, has the ability to form pictures of the object reflecting it. Oftentimes, in past workshops, participants have remarked that they began to 'see' the spine as they focused energy at a partner.

This process of unfolding our Inner Knowingness is ongoing, and the Creative process of functioning spontaneously can be applied to other creative endeavours, the biggest challenge being Life itself!

Learning to function spontaneously in the Healing Setting is actually easy. In the past, many people have found it to be fun, liberating, and empowering. This free form healing permits a transfer of energy or a physical manipulation which is optimally suited to the needs of the recipient. It does require a small leap of Faith, but the resulting experience will make it worthwhile.



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## SOME THOUGHTS

Rev. Donna Maurice-Winchell  
Pastor, South Okanagan  
New Thought Center



Using the Science of Mind has often been described as planting a metaphysical garden. Our subconscious mind is the creative medium upon which mind works and through which we have a demonstration.

When I first started gardening, I didn't realize how involved it was. My first attempt at creating a garden ended in failure as I didn't know the first thing about preparing the soil, fertilizing, or especially, keeping the weeds down. I had moved into my new home in the fall and found the garden area to be totally over-run with thistle and crabgrass. I hired someone to rototill the weeds into the soil believing that they would then die and rot and the following spring I would be able to start my "wonder-garden." Little did I know that the weeds had all gone to seed and by rototilling, I had helped plant even more weeds - at least a hundred fold. The following spring, much to my dismay, instead of my imagined vegetable garden, I had a bumper crop of weeds which I spent the next few months battling. Realizing I had to learn how to do this properly, I began reading organic gardening books and discovered how to ready my garden in order to produce the crop I wanted. After much preparation, fertilization and composting, I finally had the soil I had dreamt of. It took a few years, but eventually my crops were extremely bountiful.

What did I learn from this? When I first discovered how powerful thought was and how creative it could be, I tried to use the Science of Mind to make my life more complete. I knew that putting thoughts into subconscious mind set the Law in motion and that I would demonstrate my fondest desires. However, what I didn't realize was that my subconscious was filled with "weeds" which included self-doubt, low self-esteem, powerfully negative race-consciousness, and fear. When I began planting ideas into my subconscious, nothing demonstrated except more weeds. My life didn't change - it actually became more difficult.

What was I doing wrong? I had to realize that my subconscious was just like my garden and that in order to experience the "crop" I desired I was going to have to prepare my mental soil in much the same way as I prepared my garden. I began to pull out the mental "weeds" - learning how to recognize and stop negative thoughts before they could take root. I began to fertilize my mental soil - reading many spiritual books, listening to those who had gone before me, meditating and communing with that Spirit of the Universe I felt so close to. After awhile, I noticed that my experiences were changing. I was having less stress and creating fewer challenges. My life actually was beginning to reflect the highest and best of my thoughts. I had learned to "plant my metaphysical garden" and my harvest became plentiful. My life is now filled with joy, harmony, love and abundance - a truly spiritual harvest!





# YOU CAN HEAL YOUR LIFE

by Wendy Klein

Louise L. Hay, author of the best-seller, "You Can Heal Your Life" has this message: "If we are willing to do the mental work, almost anything can be healed." Ms. Hay has a great deal of experience and first-hand information to share about healing, including how she cured herself after having been diagnosed as being terminally ill with cancer. From personal experience, Ms. Hay knows that 'dis-ease' in our physical body and body of affairs can be healed, if 'WE ARE WILLING TO CHANGE THE WAY WE THINK, BELIEVE AND ACT.' She believes that we create every experience in our lives, including illness. The body, like everything else in life, is a MIRROR of our inner thoughts and beliefs about ourselves and all of life.

Ms. Hay took the ministerial training program through Religious Science International in New York City under Dr. Raymond Charles Barker. She became very active in the church, classes and social activities. Through the course of study, known as 'THE SCIENCE OF MIND', she was inspired to write, HEAL YOUR BODY, YOU CAN HEAL YOUR LIFE and THE POWER WITHIN.

Some points from Louise L. Hay and the Science of Mind philosophy:

- \* Every thought we think is creating our future
- \* We are each 100% responsible for all our experiences
- \* It's only a thought, and a thought can be changed
- \* When we really love ourselves, everything in our life works
- \* Self-approval and self-acceptance are keys to positive change
- \* Love is the healing power in the Universe
- \* There is a Power for Good in the Universe

The Science of Mind philosophy is alive and well in the beautiful Okanagan Valley. The Okanagan Centre for Positive Living, Church of Religious Science was founded in June, 1991 by Reverend LLOYD Everett Klein and his wife Wendy, a licensed practitioner. Recognized as one of the finest programs of metaphysical studies, the Science of Mind classes will inspire you to blossom in all areas of life. Through this ministerial study program you too, can become a practitioner, counselor, teacher or minister. These wonderful classes and church services are held weekly in both Vernon and Kelowna.

Reverend Lloyd and Wendy had the privilege of meeting and taking seminars several times in Banff from Dr. Raymond Charles Barker, the teacher and minister of Louise L. Hay.

The Okanagan Centre for Positive Living is very excited to present "YOU CAN HEAL YOUR LIFE" professional study course by Louise L. Hay as a four week summer program, facilitated by Reverend Lloyd and Wendy Klein. The course includes teaching, workshopping, mirror work and Meditation, using the book, "YOU CAN HEAL YOUR LIFE" by Louise L. Hay. Discover and use the full potential of your own CREATIVE POWER. An excellent program for restructuring one's life and finding self-love and self esteem.

The four week program will be held on Wednesday evenings, July 21st, 28th and August 4th and 11th in Vernon.

Reverend Lloyd and Wendy invite you to join them on the road to self discovery and healing in a very loving and supportive atmosphere.

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If you are interested please call Dave 496-5494  
Early mornings or late evenings.

## June 4, 5 & 6

**Clearer Eyesight** with Robert Kaplan  
Nelson - 352-6168

## June 9

**Klara Fine - Intro Evening** - page 25

## June 13

**Natural Medicine for Cancer** sponsored  
by Health Action Network Society - page 25

## June 15 & 16

**Ted Zablotsky & the Science  
of Bio-Magnetics.** page 17

## June 19

**Intensive Personal Empowerment**  
Inner Directions - page 06

## June 21 - 26

**Colon Therapy Certification Course**  
Penticton - Hank Pelser - 492-7995

## June 22

**Gem & Crystal Sale** - page 15

## June 25 - 27

**Klara Fine - Workshop** - page 25

## June 25 - 27

**Advanced Spiritual Intensive** page 23

## June 26 & 27

**Polarity Therapy, Level 1** Contact Tanya:  
Kamloops 828-1726 or Bonnie Vernon 558-0141

## July 9, 10 & 11

**Hatha Yoga with Sandra Sammartino,**  
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energy and emotions. Nelson - 352-6168

## July 16, 17 & 18

**NLP & Ericksonian Hypnosis**  
with Ragini Elizabeth Michaels.  
Lakeside Park Centre in Nelson - 352-6168

## July 17

**Spirit, Love & Energies** - page 37

## July 24 & 25

**Tarot Week-end** - page 23

## August 9 - 13 or 23 - 27

**Temenos Retreat for Women** page 10

## August 14 & 15

**Health-O-Rama, Vancouver** - page 21

## August 15 - 21

**Centre for Awareness Retreat.** page 26

## August 20 - 22

**Klara Fine - Workshop** - page 25

## August 2 to 28

**Counselling Hypnotherapy Certificate  
Program** with Sheldon Bilsker of Vanc.  
In Nelson - page 2

## August 31 & Sept 8.

**Transformational Healing**  
with Andrew Schneider- page 9

## September 6-10

**The Power of Sound** with Judy Armstrong  
in Nelson - page 05

## September 17 to 19

**Kamloops Fall Fair** - pages 29 to 31

## September 24

**Canadian Healing Arts Institute**  
Acupressure Certification Course. Back page

## October 1

**The Kootenay School of Rebalancing**  
starts its 6-month integrated bodywork class.

# 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

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

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

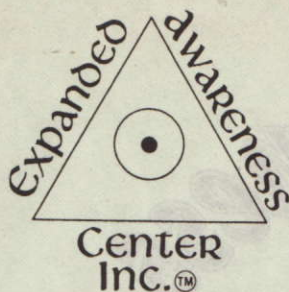
**Kelowna:** Monday: 7:30 pm - 1735 Dolphin Ave.  
Phone: The Dolphin Centre: 868-8088 for info.

## SCIENCE of MIND CLASSES

Vernon: 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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featuring

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Holistic Medical Doctor and  
recent Mayor of Whitehorse.

**ROXANNE DAVIES,**  
reporting on the results of research  
material collected from cancer treatment  
centres around the world.

**Sun. June 13, 1 - 5 pm**

Burnaby, BC

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Learn chakra balancing, vibrational and emo-  
tional/ awareness, craniosacral unwinding,  
auric field/intuitive/esoteric healing practices  
and transformational counselling skills.

**Introductory Evening in KELOWNA**  
Wednesday - June 9, 7:30 - 9:30 pm

Phase I Week-end - June 25, 26 & 27th

Contact:

Hazel 868-2513 or Dolphin Ctr. 868-8088

**August 20, 21 & 22**

**NELSON - Phase I Weekend**

Contact: Joan 352-5479 or Sylvia 352-5596

**October 25 - 29th**

**5 1/2 day INTENSIVE TRAINING**

sponsored by Vision Mountain Leadership Ctr.

Contact: Vision Mountain: Nelson - 352-5955

## SOME SIGNS & SYMPTOMS OF INNER PEACE

A tendency to think and act spontaneously  
An unmistakable ability to enjoy each moment

A loss of interest in judging other people

A loss of interest in judging the self

A loss of interest in interpreting the  
actions of others

A loss of interest in conflict

A lack of ability to worry  
(This is a very serious symptom)

Overwhelming episodes of appreciation

Feeling of connectedness with others  
& with nature

Frequent attacks of smiling

An increasing tendency to LET things  
happen, rather than MAKING them happen

Susceptibility to the love extended by others  
and the uncontrollable urge to extend it



12th Annual

# Centre for Awareness RETREAT

August 15 - 21

Northport, Washington

This year's Theme: "Power of Purpose in Life"

Join us for 6 rejuvenating days of rest, healing, sharing and learning in the areas of wholistic health and self awareness. This quiet mountain retreat offers workshops in Tai Chi, Yoga, Polarity, Acupressure, Nutrition and Natural Foods Cooking, Massage, Meditation, Stress Reduction and much more!

## WORKSHOP FACILITATORS



**GLENNESS MILETTE** lives in a small village of Elko in the East Kootenays. She is a Reiki Master in Usui Systems and offers Reflexology, Acupressure and her seminars as a medicine woman from her log home. Her life is an ongoing flow of unconditional universal love, light and laughter. Glenness will offer Reiki Initiation level I & II at the retreat to those interested.



**BILL ROMANIUK** is an avid naturalist and lives in Rossland. Bill has spent a lot of time in nature and will share stories during the evening campfire, about his connection with the plant and animal realm.



**SHARON O'SHEA** lives and plays in Kaslo, BC. She has studied Astrology for the last 23 years. Sharon will share subtle aspects of the feminine quality of asteroids and Chiron and birth of "the Aquarian Age." She would like to help each person find their purpose during these times of profound inner changes. Bring your chart for an Astrological Reading.



**DENISE CLAIRE LAVERTY** will share the joys of living simply and in harmony with OURSELVES. We will create sacred circles in which we sing, listen, trust and bring forth our intention using the heart beat of the drum to help us journey inside ourselves.



**PAUL PITCHFORD** will teach Confluence of Oriental Healing Arts. This includes Zen and Taoist meditation and supporting dharma's, T'ai Chi movement, traditional Chinese healing principles and dietary/herbal therapy so that we may joyfully rediscover. Paul directs the "Wellness Clinic" at Heartwood Institute in California. Author of "Healing with Whole Foods: Oriental Traditions and Modern Nutrition."



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



**GAIL, SHOOTING STAR** is an astrologer, rebirther, environmentalist and social activist. She will share her knowledge, rebirthing and astrology.



**AFRI-I, BOYD KENAUSS** will construct and share Sweatlodge ceremonies. He also offers gentle Rebirthing experiences, & shares his background in herbology.

**Cost \$325.00** (\$250 US) .... Includes all workshops, meals, facilities and C. F. A. membership  
*Attendance limited to members of Centre for Awareness*

**For information and to register contact: Centre for Awareness, phone (604) 362-9481**  
or write Sid Tayal, Box 300, Rossland, B.C., V0G 1Y0





## Focus on Women

Laurel Burnham

### WOMEN'S WORK SACRED WORK

This column is dedicated to the women and children of the Maquiladoras of Mexico. Their struggles to survive are not forgotten by those of us who have everything except courage.

I find that more than any other season, summer brings us all a little closer to a kind of paradisiacal state. It makes us shed our layers of clothing, it brings our pallid northern bodies out to play in the sunshine and fresh air. We are reconnected to the beauty and vitality of the natural world, once again. I love summer, but I always find that I am even busier and more active than the other seasons.

I am sure that this is so, for many women. Women with or without children, women with gardens, women with relatives and company, women with jobs and volunteer commitments. Women lead busy lives, taking care of everyone, not to mention trying to find time for themselves. One of the most valuable affirmations that I have learned is very simple. Taking a couple of minutes (the supper dishes can wait) to say, out loud... "I am enough. I have enough. I do enough."

Speaking of dishes, I have a load of them waiting for me, right now. And strangely enough, I have never minded doing the dishes. I started out doing the dishes very young, standing on a chair at my mom's kitchen sink. I was the eldest, and the only girl of five children, so there were always lots of dishes. Mother had a wonderful system, using lots of hot soapy water, starting with the silverware, then the glassware, plates, and serving dishes, then the greasy pots and pans, saving the dirtiest for last. There is a lovely view from her kitchen sink, looking out onto a garden that is full of life, regardless of the season, whether it is the laburnum tree with its yellow tresses blowing in the spring breeze, or the transparent apple tree glowing greenly with its slowly ripening summer bounty, or the small birds in the holly bushes, escaping the cat's hungry claws in winter...it is a feast for the eyes and soul.

Something about the hot soapy water, the light shining off the clean washed dishes, right down to dealing with the scungey bits left in the drain, impressed itself upon my young self as being something that was right, and a good thing in the universe. It was at my mother's kitchen sink that I learned my first lesson in the sacredness of "women's work." As long as people are cooking food and eating it, there will be dishes to wash. And somebody is always going to have to pay attention to the dirty tea cups and the sticky honey spoons and the bits in the drain. Such a simple, ordinary necessary, humble every day act, washing the dishes and a perfect meditation. BLESSED ARE THEY WHO CLEAN UP.

I think making beds was the next lesson in divine order that I learned from Mom. She had been a student nurse during the Second World War, and had learned the art and science of bed-making from an extremely exacting teacher. I learned to make "hospital corners"

making the sheets so tight, that you could bounce a coin off of them. Getting all the blankets smooth and tucked under the mattress "just so" was the next step, and the next important chore was fluffing up the pillows. Something about the way all this was accomplished was in and of itself an act of love and caring. Climbing into a bed made up so snugly was a great comfort.

There were other lessons, like ironing, starting with the pillowcases, and graduating to Dad's shirts, vacuuming and dusting, and the ever muddy kitchen floor to wash. Another great and secret joy had to do with laundry...and the scent and feel of clothes sun-dried on the line.

I also learned about the joy of cooking from Mom, about the simple pleasures of preparing food to nourish the bodies and souls of the family. The ultimate expression of this kind of caring happened at holiday times, particularly Christmas and Thanksgiving, when she would get out the "best dishes" and "the good china" and lovingly unfold the special tablecloths and napkins and spread before our enchanted eyes a feast "fit for kings."

I have my own household now, with endless dishes to wash and beds to make and rooms to tidy. My favorite and virtually only time to wash the kitchen floor is midnight, after the pets have been fed and every one has safely "beached their little boat in Blanket Bay." It's a great delight to me to wander around my tidy house, the smell of a new stick of incense tickling my nostrils, the clean surfaces gleaming, everything echoing love and attention back at me. It has taken me a long time to appreciate the lessons I learned in my mother's house, about the sacredness of housework. So much of what our society values has so little to do with the humble, daily, endless round of activities of maintaining a home, and yet those activities are essential to the maintenance of life itself.

As a feminist, I went through a certain period when "housework" was considered a form of oppression and enslavement, unique to women. But after living in incredibly untidy communal houses, I learned just how much clean dishes and a tidy bathroom meant to me. And I have always enjoyed doing the dishes.

There is a fine line to walk here of course. It is not an easy thing, to always value one's work as a housewife, to continually maintain a meditative state when faced with the daily round, especially when small children are involved. They have a tendency to complicate the daily round immeasurably...because nothing stays clean or tidy for long. It is not my intention to consign myself and other women in perpetuity to the role of family servant.

I think that there is a great deal of significance to every aspect of our lives as women. Just as Anne Morrow Lindberg in her book "Gifts From the Sea" describes how she would pick up a sea shell and slowly turn it in her hand as she contemplated her woman's life, so I believe it is possible to find meaning and divinity by examining our common, every day experiences.

I find so much goodness and delight in the simple, uncluttered joys of life. I liked climbing into a bed with freshly laundered sheets. I enjoyed doing the dishes. I liked the look and feel of a house that was clean and well-tended. I enjoyed weeding the garden. It gave me pleasure to cook a big meal and feed anyone who came within range. It pleased my heart to put a vase of flowers in the middle of the kitchen table. I knew that these things were important on some profound and fundamental level, because they were all physical expressions of the appreciation of life, and they were essential to our health and well-being. I also found infinite richness in my relationships to others...and in love.

When women find and name the sacred in their lives, the world



begins to take on new meaning. The sacred becomes embodied, it appears in many forms, and in many places not traditionally considered "holy" at all.

Everyone has and needs a home. Our homes are our sanctuaries, our sacred spaces away from the busyness of the world. Women, for the most part, take the responsibility for maintaining and creating homes. It is only when we take the time to appreciate our own efforts, or to reflect on the efforts of our mothers and grandmothers, that we realize the value of what women do, and have done.

This brings us to housework, and the perpetual demands of the material plane. Until someone (and it will probably be a woman) invents a totally self-cleaning house, there will always be housework to do. Doing housework is taking the ultimate responsibility for one's presence on the earth. If everyone had learned the simple lessons that housework has to teach, about cleaning up after oneself, I'm sure pollution would not be a problem! Mom always used to say to me "You can do what you like in the kitchen, dear, as long as you clean up after yourself!" In that statement was the perfect blend of creative freedom and responsibility.

The other dimension that has traditionally been considered "woman's work" is the preparation and serving of food. Just as we need a place to sleep, to restore and refresh ourselves, so too do all humans need to eat. It was not until I had fasted that I realized just how much time and energy is literally consumed by the activities involved with shopping for, preparing, serving and cleaning up after meals.

Also, when we stop to consider how many of the major cultural events that give meaning and rhythm to our lives are centered around food, we realize what significance food has as an expression of caring and connection between us. Christmas, Thanksgiving, Easter. And less we forget...the birthday party. It is an essential ingredient of a happy childhood to experience being the centre of festivities, to have a beautiful cake glowing with candles placed in front of you...to have yourself recognized and honored as individual, unique and important. The birthday cake is the central symbol that marks the anniversary of our arrival on earth.

As women we have come to realize the power of food, for both good and destructive purposes. It is not always possible to stay connected with essential and profound nature of the act of cooking, as our lives become increasingly busy, and our tendency is often to

resort to the "quick fix" of packaged food or a restaurant meal. Many women struggle with the dark side of their relationship to food, as there are intricate connections between food and self-esteem, food and power. We have learned that this relationship has a negative side, as well as the positive, nurturing, life-sustaining aspects. I think it is in our growing awareness of the importance of what and how we prepare for ourselves and our families to eat that will restore a sacred dimension to our work in our kitchens. Fresh vegetables and grains, carefully chosen and lovingly prepared are "prasad," blessed, and nourish the soul as well as the body. Instead of giving our power away by fighting the inescapable necessity of preparing, serving and eating our daily bread, we honor and empower ourselves by recognizing this, too, as sacred.

Of all the tasks that are considered "women's work" perhaps the one least acknowledged is the work that women do in creating and sustaining relationships. Our greatest amount of creativity and care go into the connections that we have as humans. Women give to others and one another constantly. Whether it is a new toothbrush for a child, or a quick phone call to a friend, or a small gift sent off to a distant relative, all of this seems inconsequential when stacked up against a pay cheque or a 40 page report or an important sale. As insignificant as it may seem, the little things, the small acts of kindness and concern bring extraordinary riches to our lives, and to the lives of others.

If you want to know a family's history, ask the woman. She'll remember who married and when, and when the babies were born and where they moved to. She'll remember Aunt Martha's plum cake and the color of her grandfather's eyes. She'll be busy weaving the threads of past and present to make sure that there is a future. This, too, is "women's work" and a holy chore.

It is a struggle sometimes, to find meaning in our lives. It is particularly difficult as we live in a culture that places so little value on the art and science of the tasks of sustaining life. Choice is important, as well, to realize that the arts of nurturing are not the sole and only responsibility of women, and that every human being, regardless of gender, should know how to care for themselves and their families. It is empowering for us as women, to find meaning where there might have been only drudgery, like finding gold nuggets at the bottom of the kitchen sink.

May the long time sun shine upon you, and fill your kitchens and homes with light, my sisters and friends. ♦

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# Kamloops Association for Holistic Inspiration

## Fall Festival

September

17.18.19 1993

Did I hear you say,  
The other day,  
Autumn sings a sad song?  
Oh no ...you're wrong.  
Autumn leaves may turn and fall,  
But can't you hear its life force call?  
All endings are the Autumn Leaves,  
That soon repose beneath white snows  
Before they bloom as budding signs of Springtime  
New Beginnings.



Whispered Wisdom, Mary Summer Rain

The purpose of the KAHF Fall Festival is to celebrate the continuation of the cycle. With the Spring Festival we celebrate spring. The Fall Festival gives us the opportunity to plant the bulbs for beautiful spring flowers in our souls.

The fall is a time of reaping. We harvest the fruit of the seeds we plant in the spring. With that in mind the Fall Festival was born. As the Gardeners of our own destiny, we now have the opportunity in the fall to plant little worlds of life force that will explode dramatically in the spring.

This year the festival will be held at the beautiful Sorrento Center on Shuswap Lake, Sorrento, B.C. just one hour's drive east of Kamloops. Astral travelling is available. We offer vegetarian food and cosy accommodation.

Peace & Light  
Ronni Olivier,  
Festival Coordinator



## WORKSHOP LEADERS - Kamloops Fall Fair - Sorrento Ctr. - Sept. 17 - 19, '93

### Rob Bedall

KELOWNA 763 1764

#### Workshop # 01

##### **Healing with the Heart, Mind (third eye) and Voice**

This is a unique, spontaneous and precise yet unlimited approach to healing. It is 90% participation & experiential

#### Workshop # 02

##### **Spinal Alignment with the Mind & Sound**

The specific application of the above to spinal alignment using the subtle energies to align the light, body and physical.

### Cecile Begin, D.N.

Peachland 767 6465

#### Workshop: # 03

##### **Stay Young & Healthy With Juicing**

Find out why we juice our vegetables and fruits, how much juice you can take safely and how it helps your health, energy, weight and relief from scores of common ailments.

#### Workshop # 04

##### **A Healthy Colon, A Healthy Body and a Healthy Mind**

Tired of being tired? Tired of being sick? How do we know if we have a toxic colon? What can we do about it? We will show how the eyes (Iridology) show the condition of the body.

### Brock Tully

Vancouver 922 - 8440

#### Workshop # 05

##### **Listening to and Following our Hearts**

A Multi Media presentation through slides, music, magic and juggling intended to bring us more in touch with our one voice full of love and away from the many voices in our head that teach fear! Based on Brock's 'Reflection' books. (Saturday Evening)

#### Workshop # 06

##### **Relationships - a lot of 'Heart' Work**

A Multi Media presentation (through slides, music, magic and juggling) intended to leave us seeing and feeling that relationships really don't take any work at all - the real 'challenge' is getting back in touch with our 'own' hearts. Based on Brock's "Reflection" books.

### TENT SPACES ARE AVAILABLE FOR MERCHANTS ROW

This is space for people wishing to sell their own items.  
Phone Bev at 372 9874 for more information

### Laurel Burnham

Penticton 492 7717

#### Workshop # 07

##### **Changing Woman (women only)**

In this workshop we will invoke and honor changing woman. Thru the wheel of the year we will examine the many changes of a woman's life. The springtime of birth, the summer of youth & menarche, the harvest of pregnancy and motherhood the autumn of menopause - and our crowning glory - the winter of old age. We will explore & share ways to create our own rituals and celebrations to honor these passages in our lives and in the lives of our daughters, sisters, mothers and friends.

#### Workshop # 08

##### **Autumn Equinox Ceremony (all welcome)**

This is a time of harvest, of thanksgiving and celebration. Time to ask ourselves what have I harvested? What must I do to balance the light & dark in my life? This will be a ritual/ceremony of thanksgiving and earth healing. Each person is asked to bring an object that symbolizes the harvest of this year, and a candle in an autumn color.

### Marni Rama Marriott

Kamloops 372 - YOGA

#### Workshop # 09

##### **Yoga In Every Day Life**

Using postures for releasing stress; relaxing at home or work - breathing patterns to use in stressful moments e.g. traffic jams, confrontations, problem solving.

#### Workshop # 10

##### **Meditation with Movement**

Using inherent energy, focusing on breath, and releasing the mind's chatter to allow automatic body movement. A deeply invigorating and relaxing experience.

### Sid S.Tayal

Rossland 362 - 9481

#### Workshop # 11

##### **Accupressure for Stress/Pain Relief**

Through the knowledge of this oriental body work technique each person can help his/her self or friends overcome stress/pain. Can be used as preventive/curative tool. Hands on workshop.

#### Workshop # 12

##### **Self Help Polarity**

Brief summary of polarity and hands on techniques to help your self regain and rejuvenate health and balance energies.



## WORKSHOP LEADERS - Kamloops Fall Fair - Sorrento Ctr. - Sept. 17 - 19, '93

### Dave Nordstrom

Falkland 379 2466

#### Workshops #13

**Celebrating Maleness (Men & boys only)** For all ages. Positive Maleness embraces a wide range of choices, but focuses on inner and outer dynamics of balance and harmony, enhanced awareness of challenges and limits, nurturing of self and others, and respect for positive femaleness. We will explore these choices through stories, chant songs and dances.

#### Workshop # 14

##### Growing Down

Freeing the inner/outer Child to play and grow with a preschool playmate, share playful, creative growthful activities that let your child lead.

### Harold Hajime Naka

KELOWNA 762-5982

#### Workshop # 15

##### "Flying Without Wings"

Integration of Taoist philosophy and tai chi principles in moving meditation. We will discover how this timeless art can help release restrictive physical, emotional, and spiritual blocks, opening the way to understanding one's true nature. When the body is allowed to move naturally and spontaneously, the spirit soars.

#### Workshop # 16

##### "The Way of the Centered Warrior"

The centered warrior's actions come from being peaceful, not by wanting peace. To be centered requires that one be present in the moment with a calm, open mind and a relaxed, aware body. This workshop will explore, in a playful; cooperative way how we can bring these qualities into our practice.

### Angele Rowe

Penticton 492 0987

#### Workshop # 17

##### Handwriting Analysis

Like a candid photograph, snapped in an unguarded moment, your handwriting can say more about you than you think. No matter what you learned in school your handwriting will eventually take on your own personal style and become unique to the character you have become. Angele is a certified graphologist, who will show you graphically where your comfort zones are and where you are looking for recognition. This fast paced seminar will teach you the basics plus some hands on analysis as time allows.

### Tanya Thompson

Kamloops 828 -1726

#### Workshop # 18

##### Polarity Therapy

Polarity Therapy is a form of bodywork which applies the knowledge of the five elements and the Chakras. Polarity Therapy increases health by releasing patterns of holding and disease. This process ignites the healer within, making health an individual journey.

#### Workshop # 19

##### Ayurveda

The healing science of Ayurveda is based totally upon the knowledge of the individual constitution. In this short class learn about Pitta, Vata & Kapha so that you may understand how the cosmos works inside of you.

### Victor Sherwood

Kamloops 828-6192

#### Workshop # 20

##### Using Accupressure to recover the Lost Self

Our true self is often lost to us, walled away behind layers of tension that hold back authentic emotions that once upon a time were not okay to express or even feel. This workshop explore thru lectures and hands on experiment, the process of releasing bodily tension to discover the deep self. We use a simple neck release as an example of ways to get in touch with this deeper self.

### Moreen Reed

Kamloops 828-6206

#### Workshop # 21

##### 1993 the year of \_ \_ \_ \_ \_ ?

Come explore ways to handle the momentous changes in our world and our lives. Using the symbolic language of Astrological cycles to gain insight into our times. Bring your natal chart.

### Theodore Bromley

Enderby 838 7686

#### Workshop # 22

##### Huna Healing

This workshop will include a meditation, a lecture on Huna teachings, deep breathing, chanting, visualization and will incorporate many Huna principles. The object is to show how small groups of people can become powerful Huna Healing Centres in their communities.

**We have an exciting program planned for the Children, so don't leave them at home.**



# THE KAMLOOPS FALL FESTIVAL

## SCHEDULE OF ACTIVITIES

**Early Morning - 6:45 to 7:30 am- Sat. & Sun.**  
**Tai Chi** with Harold Naka in Caratas or **Yoga Stretches**  
 with Marni Marriott at the Beach or Nova Vita if is raining.

	Saturday Morning			Saturday Afternoon	
	8:45 to 10:15	10:30 to 12:00		1:15 to 2:45	3:00 to 4:30
<b>CARATAS</b>	#20 <b>Victor Sherwood</b> Using Jin Shin Do Acupressure to Recover the Lost Self			#17 <b>ANGELE ROWE</b> Handwriting Analysis	#10 <b>MARNI MARRIOTT</b> Meditation in Movement
<b>NOVA VITA</b>	#03 <b>CECILE BEGIN</b> Stay Young & Healthy with Juicing	#07 <b>LAUREL BURNHAM</b> Changing Woman (Women Only)		#16 <b>HAROLD HAJIME NAKA</b> The Way of the Centered Warrior	
<b>LIBRARY</b>	#14 <b>DAVID NORDSTROM</b> Growing Down	#18 <b>TANYA THOMPSON</b> Polarity Therapy		#01 <b>ROB BEDALL</b> Healing with the Heart, Mind & Voice	#06 <b>BROCK TULLY</b> Relationships A lot of Heart Work
	Sunday Morning			Sunday Afternoon	
	8:45 to 10:15	10:30 to 12:00		1:15 to 2:45	3:00 to 4:30
<b>CARATAS</b>	#15 <b>HAROLD HAJIME NAKA</b> Flying without Wings			#21 <b>MOREEN REED</b> 1993 the year of ... ? (Astrology)	#11 <b>SID TAYAL</b> Acupressure for Stress & Pain Relief
<b>NOVA VITA</b>	#08 <b>LAUREL BURNHAM</b> Autumn Equinox Ceremony	#13 <b>DAVID NORDSTROM</b> Celebrating Maleness (Men only)		#09 <b>MARNI MARRIOTT</b> Yoga in everyday life	#19 <b>TANYA THOMPSON</b> Ayurveda
<b>LIBRARY</b>	#22 <b>THEODORE BROMLEY</b> Huna Healing	#04 <b>CECILE BEGIN</b> A Healthy Colon A Healthy Body & Mind		#11 <b>SID TAYAL</b> Self Help Polarity Therapy	#02 <b>ROB BEDALL</b> Spinal Alignment with Mind & Sound

### SATURDAY NIGHT ACTIVITIES

**BEACH JAM ...** so please Bring your Rattles, Instruments & Voices **or**

**EVENING WORKSHOP # 05** with Brock Tully - Listening to and following our Hearts **or**

**Watch a VARIETY of VIDEOS - 5 to 11 pm** in the Library



# Kamloops FALL FESTIVAL • SEPT. 17, 18, 19, 1993 • REGISTRATION FORM

Adults \_\_\_\_\_

Children \_\_\_\_\_

Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov \_\_\_\_\_ P.C. \_\_\_\_\_

Phone No \_\_\_\_\_

## Festival Fees

Registration by mail	Week-end	One Day
	\$55.00	\$30.00
At the door	\$60.00	\$35.00

There are no half day fees

Children	For children ages 3 to 12 years	\$25.00	\$15.00	No late fees for children
	Child Minding	\$25.00	\$15.00	

## Meals Required?

Adult food prices are for children 11 years and older. Children prices are for ages 4 to 10 years old  
Meals must be pre-ordered before September 3rd, 1993. Otherwise you are on your own!

## Meal packages

Adult all 6 meals	\$49.00	_____
Adult first 5 meals	\$36.00	_____
Child all 6 meals	\$32.00	_____
Child first 5 meals	\$24.00	_____

## Individual Meals

<u>Saturday</u>	<u>Adult</u>	<u>Child</u>
Breakfast	\$5.00	\$3.50
Lunch	\$6.50	\$4.25
Dinner	\$10.00	\$5.50
<u>Sunday</u>		
Breakfast	\$5.00	\$3.50
Lunch	\$6.50	\$4.25
Dinner	\$10.00	\$5.50

**Total**

Tea available all day. Please bring your **own mug**, no styrofoam cups available.

Accommodation Required? Yes \_\_\_\_\_ No \_\_\_\_\_

No. Adults \_\_\_\_\_ No. of Children \_\_\_\_\_ Both nights \_\_\_\_\_ Friday night only \_\_\_\_\_ Saturday night only \_\_\_\_\_

<u>Caritas</u>	Private \$50.00	2 Singles \$54.00	3 people \$66.00 per night
<u>Nova Vita</u>	Private \$30.00	2 Singles \$40.00	
<u>Cabins</u>	up to 7 people + \$40.00 per cabin per night		
<u>R.V. Space</u>	\$35.00 per night includes electrical hook-up Partial hook-up \$25.00		
<u>Tent</u>	\$17.00 per night, no power		

Tent & RV space have a central bathroom, with laundry, shower and kitchen/ picnic area. The accommodation spaces fill very quickly. First-come first-serve.

**Festival Fees** \_\_\_\_\_ Adults @ \_\_\_\_\_ = \$ \_\_\_\_\_  
\_\_\_\_\_ Children @ \_\_\_\_\_ = \$ \_\_\_\_\_

**Meals** \_\_\_\_\_ \$ \_\_\_\_\_

**Accommodation** \_\_\_\_\_ \$ \_\_\_\_\_

**Total Amount Owning** \_\_\_\_\_ \$ \_\_\_\_\_

**Amount Enclosed** (50% deposit required) \_\_\_\_\_ \$ \_\_\_\_\_ 25% non refundable

**Amount Left Owning** \_\_\_\_\_ \$ \_\_\_\_\_



75% refunds available till September 3rd. After September 3 refund of 50% on registration fees and none on cabin or meals. Please make cheque payable to KAHI Fall Festival and send care of: Marni Marriott #9 - 440 Victoria Street, Kamloops V2C 2A7. For more information phone 372-9642.





# Letters to Angele

Many thanks to everyone who took the time to write articles, continue to keep them coming, the next deadline is August 10th. Please **keep them short, sweet** and on **time**. Thank you to the people who took the time to talk or write to me about how they would like to see ISSUES develop.



This is your Networking Magazine and I need all the help and guidance I can get. This is a time of great change. I am positive that we can assist each other in finding the common ground with positive solutions for our concerns.

Editor Re: "Focus on Women - The Beauty Trail," April/May

I found Laurel Burnham's Utopian view of a new, beloved sisterhood somewhat nauseating. While certainly I respect her right to her opinion, I have a question why she thinks her vision — one that appears to not only totally exclude men, but to criticize, discount, belittle and generally trash every institution and system they ever devised — can in any way, shape or form be considered by any thinking person as "progressive."

If Burnham "had this world to make over," she "would not recreate anything in its present form." She has no use for our political, monetary, legal or educational systems, nor for any churches or hospitals, not for our housing, transportation or agriculture systems, and on, and on, *ad infinitum*.

If it were up to Burnham and her inner voice, we would apparently all be living in caves, and spending our days and nights engaging in birthday celebrations, albeit minus the four-foot birthday cakes, buckets of ice cream and groaning tables of presents. And in such a pristine world — what would we live on, what plant life? and wear what, leaves? to keep warm — everyone would be mellow, and problems would either be non-existent or would somehow magically solve themselves.

Oh yes, and women would be the great creators. After all, "we are the creators of human life itself." It goes without saying that men have nothing at all to do with this process of life-making.

I suppose the creativity of Michaelangelo, Rembrandt and Tennyson, the political achievements of Gandhi, the music of Mozart, and the architecture of Frank Lloyd Wright and Charles Rennie MacIntosh are insignificant, meaningless and senseless — nothing that Burnham would care to recreate in her perfect world.

If our greatest strength as women is our ability to create, our greatest weakness is our lack of man-like bonding and solidarity. Any woman in corporate life can tell you her greatest enemies are not men, but other women. The great sisterhood goes down the pipe when money, status and power are at stake.

Well. I am a woman — a strong, centered, loving, creative woman. And guess what? I happen to believe that while in some ways, maybe many ways, men have screwed up royally, the way only men could, at least some of the time they have the recklessness, the guts, the decisiveness and yes, horror of horrors, the creativity, to have an idea and to try it out — to pioneer, to explore, to majestically fail perhaps, but to refuse to be static observers in a dynamic world.

And yes, I have been hurt by men. But for every man who has hurt me or put me down, there has been an unsung hero who has lifted me up, protected me, stood by me, and enriched my life.

And I happen to like living "in isolation" in my house. And no, I will not switch to reusable menstrual protection. And yes, I do roast a chicken occasionally, and yes, I happen to like a lot of men, and I greatly admire at least some of their achievements.

Spare me the arrogant, mind-numbing, man-bashing rhetoric of

the divine sisterhood, and spare me also the outrageous implicit assumptions that this drivel reflects the thoughts of a majority of women.

"Let us walk in beauty" — men and women, as equals — and please, let us have some respect, and let us truly "move beyond the wounds of the past."

Jane Harris, Calgary, AB

Dear Angele:

I felt compelled to write you a letter in response to your attitudes about vegetarianism vs. meat eating, that have been expressed in ISSUES Magazine.

For twenty years - from the time I was eighteen until I was thirty-eight - I was a vegetarian. My diet consisted of mainly organic food...brown rice, millet, tofu, beans, peas, seeds, nuts, home grown vegetables and fruit. I believed that "ideally" everyone should be a vegetarian. A year ago after a long period of health problems, and upon the advice of a holistic health practitioner that I greatly respect, I began eating local farm chicken and our own organic beef. I had no trouble digesting the meat and began feeling stronger and healthier within a month.

The change from vegetarianism to meat eating has been a lesson for me in 'non-judgementalness' and openness to listening to my own body and its own unique needs. My inner voice told me to eat meat for a year before I actually did. I did not listen because "it was not right to eat meat." I did not want to kill an animal. I still would prefer not to. But the fact remains, that right now at this time in my life, I need meat to be healthy. When I eat meat I do so with much gratitude and appreciation for the health I am being blessed with.

For me, it is important that people be able to be comfortable and responsive to their own inner knowing of the needs of their body without being judged by others or judging themselves because of prevalent biased attitudes. Our bodies need to change.

To eat meat or not to eat meat? For me what is at the core of this question is not which we choose to do but the consciousness we bring to our decision. It is possible to eat meat or to be a vegetarian and to do either with reverence and appreciation for life, the planet and our own bodies.

Naomi Silver, Tappen, B.C.

P.S. I also appreciate ISSUES and all the time and energy that go into it, Thanks!

Dear Editor:

We are sending you this information with the hope that you will help us inform people of 20/20 VISION, British Columbia, and an additional service it is now providing: joining with a new international network, EARTHACTION.

Started in B.C. in 1990, 20/20 VISION provides busy, but concerned people with a way to act with others in protecting the planet. Here's how 20/20 VISION works: Each month our core



group committee (all volunteers) contacts local, regional, and national peace and environment organizations. We ask them what twenty minute action (letter or phone call) would be the most effective for our subscribers to take that month. At our monthly research meeting, we review and select the issue most urgently in need of action from all the recommendations we've gathered. Then we check and double-check our facts.

Our actions are timed to have the greatest possible legislative impact. When possible, we focus on the link between spending on the environment vs. spending on weapons or military components.

We send one postcard per month to our subscribers giving brief background information on the issue we have selected to focus on that month, along with the recommended action, and policymaker's name, addresses and phone number. We keep it simple and focused.

Non-government participants in last June's EARTH SUMMIT in Rio de Janeiro concluded that our best hope for protecting the environment and promoting peace and disarmament is persistent, concerted action by large numbers of people. It was with this idea in mind that EARTH ACTION was launched at Rio de Janeiro.

Imagine the power of thousands, perhaps millions of people acting on the same issue, sending the same message to the same person at the same time! Now with the partnership of 20/20 VISION B.C. and EARTH ACTION, this will be possible. This is powerful, grassroots, citizen lobbying!

Together, even in the midst of our busy lives, individual voices can become a loud, clear, and united voice for peace and the environment. Thank you for your help.

Sincerely, Jean Gelwicks, 20/20 Vision, 1475 Chamberlain Drive, North Vancouver, B.C. V7K 1P8. Phone: 984-2643

Dear Ms. Rowe:

PETS QUARTERLY has been trying to compile a list, for our readers, who want their pets to benefit from holistic care also.

I wondered whether your publication lists any practitioners who work with animals? Any information which you could provide would be most welcome. PETS QUARTERLY is a forum for the promotion of pet health, care and nutrition, offering pet-lovers helpful information on traditional and alternative approaches to diet, health, grooming, training and other aspects of responsible pet ownership.

Many readers have asked for alternative medicine practitioners for which there is no established listing. Whatever assistance you may be able to provide would be most appreciated.

Subscriptions are \$13.00 per year and include the gst.

Looking forward to hearing from you.

Sincerely, ROBERT W. OATES  
Publisher, PETS QUARTERLY MAGAZINE,  
Box 26051, Richmond, BC, V6Y 3V3

**ISSUES** - It is my pleasure to announce the International Ginseng Conference - Vancouver 1994 that will be held in Vancouver, July 17 to 22.

The theme of the conference will be "The Challenges of the 21st Century." The conference will have three major components: three days of conference sessions and presentations, a trade show, and tours of the ginseng production region of British Columbia.

**Dr. W.G. Bailey, Conference Chair, IGC '94**  
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*Mary Thanks ... Steve*

## IT'S A LONG ROAD, LORD STANLEY

by Allen Robert Gibson

There's been a storm brewing inside me for several months now. A tempest about love and sex and money and the roles I am expected to play in life.

My body cries out to me. "Ground me!" it screams, "Give me some roots! A route!"

A route is what it'll be if I don't answer my body soon.

Two paths lies before me. Society's choices or my choices. And it seems that many people this year are facing the same conflicting paths.

The Maple Leafs won the seventh game of a series in overtime. It doesn't matter in the larger scheme of things. But there was a joy, and a peace, in my heart to have that root at least. One binging continuum from my childhood - to the Leafs of '67 and that o-so-glorious win over the hated Habs.

Hockey. It's been a tradition. MY tradition. Me and my dad's.

I cry now to think of the poignant pain we shared over a bad goal, or the team not playing well every Saturday night for years! It was one of the few places we two males could share emotions. Joy, Excitement, Despair, Rage. All directed safely at the T.V. set.

Those defining moments of maleness - of what it means to be a man - have coloured my life for good and ill ever since. Now I finally realize that to be fully human, I must go beyond being society's MAN. Beyond the institution of hockey, beyond being the bread-winner, beyond only expressing feelings in sports, or at the television.

Because by defining myself as a MAN in this culture of ours, I am also defining myself as innately superior to WOMAN. And since women are defined as emotional - which means weak - which means illogical - I am also defining myself as being superior to those particular qualities.

Men, in our culture, are expected to rise above, to dominate their feelings and their 'illogical' (or intuitive) natures. Unfortunately, it is precisely those qualities that are called for in today's world.

How could men go to war, if we allowed ourselves to truly feel the pain of those we kill and those we leave behind?

But before you get the impression that I am somehow against men, or male qualities, let me set the record straight. All I am saying is that people - both sexes - need to get past their gender-identification enough to allow BOTH SIDES of their HUMAN nature to come out.

I love maleness!

And Hockey!

Yes, I respect those gladiators on ice immensely. It amazes me to realize just how important being on a TEAM has become to me. It's one of the cries of my body, my Being.

"Put me on a valiant team, And let me play to win!"

I'd just like to have some women on the team.

*Allen has returned to the Okanagan following the call of his spirit to help set up a retreat center. He offers personal consultations on creating your future. You can contact him at 764-7809 in Kelowna.*



## IN LIGHT OF MEN

by Joyce Egolf

When I was growing up, I lived a magical childhood. My father was the gentlest man I ever knew. He was loved by babies, animals and little old ladies adored him. My parents never argued. When they did not agree on a topic, they would sit down and discuss with each other (sometimes for days) their respective points of view until they reached a mutually agreeable solution. Sometimes, one would have to give in, but neither one ever gave in more than the other. They lived (and still do) a harmonious existence trusting and respecting each other.

It was a wonderful way to grow up, but unfortunately for me, it was not a "normal" childhood. I stepped into married life totally deluded that I, too, would live in such harmony. I thought I was getting a "life Partner," he thought he was getting a totally self sacrificing, male worshipping, mindless, spineless, sex machine. Needless to say, neither of us were getting what we were expecting, making an unhappy union that did not last long.

After recovering from the breakdown of the relationship and the divorce, I figured that I must have picked a mutant in the "Male Supermarket" and decided that I could truly find a Life Partner. This time I picked the exact opposite of my first relationship. He was tall, blonde, and handsome. We had more in common - common goals and common values. I thought I was getting a best friend, a partner, a defender, a playmate. He was doing his very best to turn me into a totally self sacrificing, male worshipping, mindless, spineless, free ride, sex machine that would occasionally double for a punching bag.

I began thinking that there must be something wrong with ME. I must work harder at the relationship, because two for two is not a very good average. I stayed in that relationship a lot longer than I should have, but that one did not last long either.

As I began to heal my emotional wounds, I heard the term "All men are pigs" (my father excluded) close to my heart. I wrapped my soul up in that statement, that thought, that energy.

One day as I heard on the news some travesty committed by yet another cerebrally deficient male, I repeated my favourite statement out loud, looked down and locked eyes with my son. Those gorgeous crystal blue eyes pierced deep to the hard rock walls I had piled so high around my heart. I could tell I had just hurt the most precious person in the world to me. He was confused, I was confused. He was very hurt, I was very sorry. I did the best I could at the time to smooth things over, time will tell how good a job I have done. It was too bad that it took damaging my most precious little buddy to make me stop and think.

Are all men really pigs? Well, no, my father isn't. And I could think of a handful of other men that were nice guys (already taken, of course.) What makes some guys nice, some guys pigs? I am still working on that one, but I know their upbringing, 99% of the time, is a major factor.

In the '90's, I see women penetrating the long-protected strongholds of men. In the workplace and in the play space, women are beginning to infiltrate these once 'taboo-to-women- strongholds. It is wonderful for the women, but I think it must be very confusing to a lot of men.

Do they hold the door open any more? Do they wait for the women to be the first on and off of the elevator? Do they pick up the tab? And what about boy's room profanity??? I do see most men

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really making an effort. A lot of them, however, not knowing what to do, do nothing, and refuse to grow and change. I see these men in unhappy, unhealthy relationships everywhere.

Change is coming. I see more and more young men regarding women not as baby producing maids, but as intelligent human beings and it is truly wonderful. I applaud the mothers of these young men for gently but firmly planting the seeds of trust and respect for women in their hearts.

I think it is important for everyone to realize that we are all human beings first, we all need love and respect second, and we are male or female third. The women's movement is a good thing, the men's movement is a good thing, but they are without balance. We need a united, mutually trusting, and respecting movement.

No, men are not pigs. They, like women, are human, just trying to make their way down life's path the best way that they know how. Some are walking in the light, some are walking in the darkness. I think it would be best if those of us in the light did not push or shun those walking in the shadow, but gently, firmly, help to guide them to see the light. ♦



# Networking for Change



with  
Dave Cursons

In article in the June Issue of OMNI magazine, science journalist James P. Hogan says no evidence exists for the ozone hole and science-fiction writer Fredrik Pohl disagrees.

A generation is with us that counts, not thermonuclear war, but ozone layer destruction as the most likely cataclysm facing them in their lifetime.

Ozone we have learned is the protective layer in the earth's upper atmosphere that protects living organisms from destructive ultra-violet rays. A chief cause of the destruction of the ozone layer is the upwardly drifting chlorofluorocarbons from freon in fridges and air-conditioners, aerosol propellants and especially industrial sources.

Scientists have said that we have seen only a part of the inevitable damage from CFCs drifting upward. It can take a hundred years for CFCs to get to the ozone layer and most CFC's were produced in the past twenty years,

Researchers and environmental activists have realized that the danger from ultraviolet rays is a danger to all life forms, such as the ocean's oxygen-producing plankton and the annual crops of cereals and grains for which sun-hats and sunscreen are of little help.

International conventions aimed at reducing CFC discharges are slow in dealing with the problem and activists continue to pressure political authorities to take the very tough legislative and economic steps needed to increase the biosystems margin of hope in the present crisis.

Most scientific indications are that the problem is real and , as Fredrik Pohl points out *"if the consensus of most scientists is wrong, and there is, after all, no danger to the ozone layer, then doing what the consensus suggests will unnecessarily cost us all some more money and inconvenience. But if the scientists are right and we do nothing, it will cost us a great deal more money, a great deal more inconvenience and a very great deal of suffering and human lives."*

Now, as to protecting ourselves from the day to day problem of ultraviolet rays not screened out by the ozone layer here are the skin protection factors of suntanning creams and lotions:

Skin Protection Factor	Degree of Protection
15 or greater	no suntanning or burning
8-15	little or no suntanning
4-6	limited sun-tanning
2-4	little protection, deep suntanning, possible sunburn hazard.

Wear your brownish and greyish tinted UV protective sunglasses close to your face with that broad brimmed sun hat. Some people, like myself are contemplating the loose covered mode of dress for the sun. Millions of Arabs over hundreds of generations can't be too far wrong.

That done, let none of us forget that while we may be covered, the unprotected life forms upon which we all depend for air and food are not.

Press local, provincial and federal politicians to stop CFC's at source by making laws against manufacture and sale of CFC emitting products and their use.

Remember *extremism in the defence of the earth is no vice*

## THE LONG HOT SUMMER TO COME CLAYOQUOT AND BEYOND

The purchase of millions of dollars worth of MacBlo shares by the NDP Government shortly before they opened up the Clayoquot old growth for logging is not a conflict of interest.

After all, the B.C. Forest Service is nothing less than a subsidiary of MacMillan and Bloedel and the mutual interest of the two is proven in the Clayoquot decision.

Some of those old growth trees are valued at \$10,000 apiece. A business opportunity like that only comes around every thousand years or so.

And the future? It seems that our elected leaders are leaving that to our creditors, our great-great grandchildren.

This the disgrace of short-term thinking and reckless opportunism.

-Editor

*Western Canada has much of the high quality, long fibre old growth timber left in the world. We can liquidate it and sell it cheaply as we are currently doing, or we can cut it on a sustainable basis, make high quality wood products and name our price. From an economic standpoint we have scarcity on our side. Because of the world demand for high quality old growth wood we can recover the cost of careful stewardship and labor intensive practices. However, this as we see is not the agenda of major timber corporations that control the forests in Canada.*

-Herb Hammond, Forestry Consultant  
"Seeing The Forest Among The Trees" quoted in the Pulp, Paper and Woodworkers of Canada forest policy booklet "Jobs, Trees and Us."

## "On The Line"

Are you ready for massive, coordinated, non-violent civil disobedience to protect the forests and watersheds in British Columbia?

If so, keep fairly quiet about it while you network with anybody or any group who may share your convictions and in whom you have confidence.

Have a light suitcase or a light packsack ready to go with enough of what you need for a week in the outdoors or possibly in some form



of detention. Have the telephone numbers of one or two people who will support your act of civil disobedience and upon whom you can rely in any pinch.

And remember the words of Henry David Thoreau who upon being jailed for withholding his taxes for the Mexican War was visited by his friend Ralph Waldo Emerson who asked,

*David. What are you doing in there?"*

*What are you doing out there, Ralph?" replied Thoreau.*

Friends of Clayoquot

P.O. Box 489, Tofino, B.C., V0R 2Z0

Telephone: 725-4216 or 725-2286

Tierra Club

525 Amelia Street, P.O. Box 8202, Victoria, B.C., V8W 3R8

Telephone 386-5255

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National Office

1091 - 1184 West 6th Avenue, Vancouver, B.C., V6H 1A4

Phone 731-1909 or Fax 731-6448

It appears that the NDP Government will try to divert the flack over their forest sellouts by helping to pit loggers against environmentalists.

The tree-spiking hysteria is a prime example. Not one B.C. logger and just one unfortunate U.S. millworker in 1989 has been hit by metals in a log. In the U.S. case we don't know if the metal was an "inoculation" by Earth Firsters or an accidental encounter.

Even Paul Watson, the much vilified director of the Sea Shepherd Society, would warn people if an area were inoculated against the infestation of clearcutting.

Of course B.C. has a law against tree-spiking, ostensibly to protect loggers. In fact, the law is to protect their multi-national masters and business as usual."

Loggers, often independent kinds of people, like their counterparts in the environmental movement, have been persuaded that it is environmental freaks that are costing them jobs in the woods. In fact, the problem lies with governments' continued kowtowing to multinationals who delete jobs with automated cutting and milling. Major interests tend to drive the smaller, more labor-intensive operations out of business.

Some environmentalists forget to express that there is conscionable work in the woods using advanced cutting techniques, including selective logging and much smaller clearcuts coupled with increased local value-added manufacture.

It really steams The Green Party to hear Dan Miller, the formerly anticonimonious opposition critic on forestry, stand at Question Period in the Legislative Assembly to defend the continued export of raw logs and raw log cants.

It's time that loggers and environmentalists got together to save jobs, communities, and the future of our forest watersheds.

The Green Party

1331 Commercial Drive, Vancouver, B.C., V5L 3W6

Telephone 254-8165 or Fax: 254-8165

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may be sent to: The Okanagan Greens,  
P.O. Box 563, Penticton, B.C., V2A 6K7

## Knowing and Gathering Medicinal Herbs

*Update on Federal Herbs and Botanical Preparations Schedule  
705 Food Directorate, Health and Welfare Canada*

Your editor got a letter from the Food Directorate which describes in extensive detail the efforts of certain interests through government to control the use of traditional herbs and botanical applications 'in order to protect everyone's health and well-being.'

The Food Directorate's Herbal Committee or Expert Advisory Committee were two pharmacists, a physician, a Thomas J. Lipton representative, a herbal remedy company representative, a Wild Rose Health Centre (Calgary) representative, a nutritionist and a herbalist.

If the Food Directorate gets control on behalf of corporate interests and, of course, 'all of our best health,' then as with seed patent legislation underground networks will spring up and hopefully flourish, as they have for centuries, outside the aegis of 'legitimate authority.'

The interests involved in this legislation, like the interests of those who promoted seed patent legislation is the same. Profit.

So hang onto your non-hybrid seeds and trade them around. Hang onto the knowledge you have about herbal remedies and pass that around.

Keep sowing and growing, gathering and putting by.

However, if you intend to make wholesale/retail money with herbs get ready for a lot of government paper-work, accounting to bureaucrats and evading the big-time competition.

Contact: Circling Dawn Organic Foods Collective  
1045 Commercial Drive, Vancouver, B.C. V5L 3X1  
Telephone: 255-2326 Fax: 255-2370

C.E.E.D.S.

C-184, Horse Lake Site

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Food Directorate, Health and Welfare Canada  
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# August 10th

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Dr. Gail Gill recovered her health through herbs and better nutrition. A graduate of Science, she went on to study nutrition and graduated as a Doctor of Nutripathy. She specializes in Biological Immunity Analysis.