

Priceless



Serving B.C.'s Interior
Kamloops to Nelson

FREE

ISSUES

M A G A Z I N E

FOR PEOPLE WANTING ANSWERS

Holistic Practitioners
Consciousness Raising

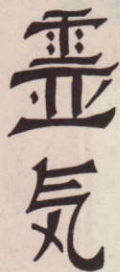
THE NETWORKING NEWS!

The ol' Homestead
Rosswood, BC
to find out more
read 'Musing' ... Page 6



November / December 1993 & January 1994

Volume 4 - Number 5



Take the Next Step in Activation of
Your Indwelling Ability to Heal Through
INITIATION INTO REIKI

REIKI is the Japanese form of an ancient Healing Art that originated in Tibet thousands of years ago. This sacred art was also used by the Essenes and was called "Laying of Hands." REI means Universal. KI refers to the vital force or energy which flows through all living things. KI or Life force contains within it all that is needed for healing, restoration, and rejuvenation of the entire Body, Mind Spirit System. Reiki can be practiced by anyone and it can be used for self as well as others. It complements all other healing systems. Your desire to assume a more active role in Healing is your prerequisite for level 1.

IN PENTICTON:

REIKI Level I Nov 27th - 9 am to 2 pm

REIKI Level II Nov 28th - 9 am to 2 pm

IN KELOWNA:

REIKI Level I Dec 4th - 9 am to 2 pm

REIKI Level II Dec 5th - 9 am to 2 pm

Contact Reiki Master Peter Mik-i-el Hutt: 494-9355 (Summerland), Dolphin Centre: 868-8088 (Kelowna) or Penticton's Naturopathic Clinic: 492-3181 for classes or more information.

Mastery Level Certification is available for those who are guided to become Reiki Teachers.

PERSONAL EMPOWERMENT PROGRAM



A loving, safe atmosphere is created for the unfolding of the person you have always known you could be. This experiential course is designed to facilitate the process of changing your perception, interpretation and reaction to life. This transformation will ensure a happier and more effective you.

During the six month program you will receive individual and group support, massages, monthly workshops, weekly breath sessions, recommended reading material and great friends.

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 **January 29, 1994**

INNER DIRECTIONS CONSULTANTS, INC.
1725 Dolphin Ave., Kelowna, B.C. - Phone 763-8588

BIRTHING RELAXATION ASSISTANCE TECHNIQUE

by Glenness Milette

Each of us is eventually somehow enlightened as to our path in this life on our Mother Earth. My first opening experience came when the gift of the Japanese form of Universal Energy, REIKI, was introduced to me at a first degree Reiki class in April, 1989, with the second level class in October, 1989 opening more spiritual doors for me. When the short, intensive focused dream came during sleep in late November, 1989, the message was loud and clear. The voice said, "You are to use your Reiki for women giving birth." "You are to call this the BIRTHING RELAXATION ASSISTANCE TECHNIQUE." The end? No, just the beginning. The next three years were a pilot project of learning how Reiki, Chi, Prana, etc. (as it is all universal energy) would be beneficially implemented to women giving birth.

As a coach during women's pregnancies, labor and birth in those three years, the results were very encouraging. Now with Midwifery legalized in British Columbia and other Canadian provinces, it brings for many, the hopes and prayers that this spiritual aspect of birthing will be an important part of the body/mind side of birthing. Legalizing Midwifery comes directly into "The Plan" of opening our unconditional Love of Universal Awareness for future births. Congratulations to all those who diligently donated their time to this achievement.

B.R.A.T. is no longer a pilot project in the nest, but a fledgling in full flight. Preferably, the parents or parent and coach or midwife would contact me even before conception so as to ask a special soul to come to this woman and man with Love Energy being nurtured throughout gestation, during labor of Love and the Birth of the soul to life on Earth, ongoing postnatally and all through their lives. My first hospital experience was with a couple having a VBAC birth (vaginal birth after cesarean). Not exactly the easiest to begin with, but we all came through with flying colors, (literally). I openly cried as that new beautiful being of mind, body and soul took his first breath. The emotional miracle of birth spread throughout the delivery room staff, becoming a most memorable birth for all.

The following B.R.A.T. births were equally memorable spiritual events for everyone involved, spreading each time to others in the hospitals, families, friends and neighbours. I ask that the parents and coaches, etc., receive their Reiki Level one as a gift for themselves on their path of awareness. This strengthens the energy bond between the woman and her partner and/or coach. There is also a monetary fee when I accompany the woman to the hospital or go to her home for her labor and birth. We are the connectors for Mother Earth and the Universe. There has been a "short-out Disconnection" for too long. With learning our re-connection through Unconditional Universal Love Energy, we become once again part of the Healing and Awareness for ourselves, for our planet, and for all living things.

Now I understand why the dream came, not only to me but also to others in different parts of our world who have related to me, their experiences of this very same message, from? The Angels? Of course.

Anyone wishing to share this gift of birth with me, please phone 604-529-7719 or write to *Glenness Milette, Box 1066, Elko, B.C. Canada V0B 1J0*

In Light, Love & Laughter to All.

Reiki Essence & Presence



with Vicki Allen, Holly Biggar & Jane Hill-Daigle

Nov. 19, 20 & 21st - Penticton

A time for personal exploration using the Creation of Ceremony, Council, The Game of Transformation and the Presence of 3 Reiki Masters, Teachers & Counsellors.

**\$ 250.00 includes meals and billeting
10% discount if registered by Nov. 1st**

Please contact: Judy Byer in Penticton: 492-3696

Painting From the Source

— with Jeanette Dunagan —

**A spiritual approach to self-expression
and self-discovery!**

Art Lessons "Painting from the Source"

Nov. 4 - Dec. 9th - 6 sessions

Thursday evenings: 7 - 10 pm - \$96

Healing Sessions

"Images that Heal"

Nov 6th & Nov. 20th

2 Saturdays: 10 - 3 pm - \$40

Classes, Workshops & Individual Sessions

Men Only "From the Source"

Introductory Class - Nov. 17

7-10 pm - \$16 plus materials

All sessions held at the **Dolphin Centre**

#105-1735 Dolphin Ave, Kelowna, BC, 868-8088

Pre-registration requested

JEANETTE DUNAGAN

#304-1685 Ufton Court, Kelowna, BC, V1Y 8G7
762-2399



Spirit Dancer

Books
&
Gifts

Specializing in.....

*Self-Help, Metaphysical Books & Tapes
for Body, Mind, Spirit & Planet.*

Crystals, Jewellery, Stained Glass and more.

Resident Astrologer

Moreen Reed

for insight into Personal Growth, Compatibility & Direction

270 Lansdowne St. - ☎ 828-0928

Kamloops, B.C. V2C 1X7

CARAVAN

BOOKS & WARES

YOUR METAPHYSICAL OASIS

for your convenience

Open ... Monday to Saturday

Noon to 7 pm

Corner of Nanaimo & Martin St
317 F Martin St (in the Penticton INN) V2A 5K7



493-1997

Penticton



ARADIAS

"A Magickal Place"

- ★ **BOOKS**
Pagan, Wicca, Spiritual, Mythology ...
- ★ **DIVINATION**
Tarot, Runes, Pendulums, I Ching
- ★ **CRYSTALS**
Tumbled, Raw, Spheres, Points
- ★ **INCENSE & OILS**
Resins, Powders, Sweet Grass,
Custom Oils & Bath Salts
- ★ **MAGICKAL SUPPLIES**
Wands, Statues, Dream Pillows
Hand Drums, Charm Bags
- ★ **JEWELLERY**
Silver & Crystal



•Tarot Readings, in the store, by appointment •

66 Front St., Penticton (604) 490-9670



Books & Beyond

Your Personal Growth Centre

**COME, JOIN US FOR OUR
CHRISTMAS CELEBRATION SALE**

SATURDAY, DECEMBER 11TH



- 10% off Storewide
- 20% off Calendars
- 15% off Christmas Tapes
- 15% off Children's Books
- 50% off Selected Jewellery



REFRESHMENTS & DOOR PRIZES

1561 ELLIS ST, KELOWNA, BC
PHONE 763-6222 - FAX 861-4929

HEALING YOUR INNER CHILD

by Wendy Klein

What is our inner child? Inner child refers to belief systems that we have about ourselves and life that were developed as we were growing up. Each one of us creates our experiences by our thoughts and feelings. What we believe about ourselves and about life becomes true for us. When we grow up, we have a tendency to recreate the emotional environment of our early home life. Louise L. Hay, famous author of "You Can Heal Your Life", says we recreate in our personal relationships the relationship we had with our parents, or what they had between them. She also adds that we treat ourselves the way our parents treated us. Were you scolded and punished or were you loved and encouraged?

No matter what our challenge is, our experiences are just effects of inner thoughts. Thoughts produce feelings and thoughts can be changed. Change the thought and the feeling must go! The past has no power over us. It doesn't matter how long we have had a negative pattern in our own life - we can begin to be free in this moment by "LOVING THE SELF"

The Okanagan Ctr. for Positive Living is presenting a workshop with DAVID WHITE from Oregon called "HEALING YOUR INNER CHILD." It features skills and awarenesses to heal painful and unresolved core beliefs learned in early childhood. This breakthrough workshop is ideal for individuals who carry over from the past - hurt, anger, resentment and other painful emotions. Healing the Inner Child is also for those wanting to just let go of the past and get in touch with present moment joy, creativity and self-esteem. It will incorporate insights and skills from Hakomi inspired body-centered healing techniques, the writings of family expert, John Bradshaw, self-parenting author John Pollard and practical life skills of Ken Keyes, Jr. ♦

Okanagan Centre for Positive Living Church of Religious Science

presents **Science of Mind**

Sunday Services: Healing Meditation 10:15-10:45
Sunday Celebration & Junior Church 11:00 am

Weekly Accredited Classes:

Science of Mind I - Tuesdays 7:15 - 9:45 pm
Science of Mind II - Wednesdays 7:15 - 9:45 pm
Science of Mind III - Thursdays 7:15 - 9:45 pm

..... other Full Church Services available

**Seminars, Counselling, Youth Church, Relationship
Renewal Support Groups, Metaphysical Bible Study**

'HEALING YOUR INNER CHILD'

with

DAVID WHITE

FREE INTRODUCTORY TALK
Thurs., Nov. 4th 7:30 - 10 pm
Workshop - Nov. 5, 6 & 7th

Mailing address Box 1556, Vernon, BC, V1T 8C2

Office & Church: #202-3315 - 30th Ave.

Rev. Lloyd Klein: 549-4399 or 549-2729

The Tortoise & Hair Co.

your **NATURAL BEAUTY** salon

The Stress Relieving Aromatherapy Treatment

-the ultimate treat for jangled nerves, this
indulgence includes a scalp, neck &
shoulder massage, while pure **AVEDA**
essential oils captivate your senses and
soothing music pampers your ears.

Why not give yourself or a friend the
gift of relaxation!

-it only takes half an hour

and for the month of **NOVEMBER**

it's at a **SPECIAL** price of **\$10** (from \$15)

♦ ♦ ♦

Call **493-1818** for an appointment today!

Vital Life Force Energy & the Electric Body

A detailed lecture on the electro-magnetic energy field that teaches you about the aura, chakras, yin/yang polarity and how your life force flows.

With that understanding you can also learn how you can open up to become a clear channel to access energy from the universal life force.

Melonie Old is a professional Kinesiologist working specifically with emotional stress. She is a pioneer in the work of the 'super consciousness' level of clearing energy. She has her practice in Calgary.

Leir House - Penticton

— Friday - Nov. 5 —

7-10 pm, \$15

▣ **Caravan Books: 493-1997** for more info.

Musing

with
Angèle

Publisher of ISSUES

The ol' Homestead



Photograph by Steve Tomlinson

Change is eternal and internal and change is reflected externally for all to see. The world as we know it is changing so fast, reflecting our personal changes. At the Fall Festival in Sorrento, I listened to presenter Mooren Reed, an astrologer from Kamloops, describe the energies of the planets and the purging effect that is happening worldwide. She remarked that this clearing process has been escalating for the past twelve years and will continue for four more years. According to her, astrologers figure that the amount of purging will triple. Past mistakes will be made public so they can be released from our energy fields. This is good, because suppressing our thoughts and feelings or hiding our mistakes can be very detrimental to our health, although most of us are taught to do just that at a very young age.

The front cover is the ol' telegrapher's cabin that we called home for about two years while my parents arranged to purchase property and start building. The dirt road that separated the house from the barn and the cabin where Grandad stayed was the public highway, and anyone who was going fishing at Kalum Lake drove through our yard. When I visited Rosswood several years ago, big changes had occurred. They had rerouted the highway; all that marked our homestead site was a lilac bush.

As I browse through the pictures I feel that an era of my life is over. Karmically I feel a shift inside of me, a feeling of completion. The next few years will be the integration of my soul as it readies me for the next phase of my life ... whatever that may be.

So here is one last story about Rae and me. At the time we were making the decision to separate after twenty years of marriage, I felt torn in two: part of me wanted to please him and part of me knew that changing was important ... I just wanted him to change with me. I believe there is an unconscious, unspoken agreement between two souls in relationship. When one soul changes there is no longer a valid agreement, and it is time to either renegotiate or separate. As usual, I asked for guidance from the universe. I wanted a clear message of what I should do. I had a dream that night that was so clear I can still see the images.

There was a full moon shining on a lake. Rae and I watched a couple in a row boat chatting, there were more couples holding hands and walking on the steep grassy terrain. Several men approached and handed Rae and me shovels. Instantly, I knew what to do. I started digging, and in a matter of minutes, I had my grave dug. The men came back astonished; they couldn't believe it. Was it the right length? They measured it. "Yep, it was six feet long." They stared into the hole and found that even the corners were squared! I laid down in the hole and they put the casket on top of me. As darkness descended, I saw a small hole with light at the end and started crawling. I emerged into a steamy warm room. I waited in the line-

up to see the man at the front desk ... Rae was right behind me. As I approached the man I saluted, and he said, "Job well done." When I woke up there was a sonic boom in my ears. I looked at the ceiling and said, "What was that all about?" The voice in my head said, "Karmically it's over. The choice is now yours." I woke Rae up by poking him in the ribs with my elbow and said, "You're right, it's really over." He listened sleepily to me as I recounted my dream, but it did not have the same impact for him.

For me, there was a feeling of completeness, so separating our worldly goods and signing the divorce papers came very easily. It was an amazing and simple process. We drew for first choice and then we each took turns choosing what we wanted. We started laughing when it got down to the pots and pans, for we had pulled them out of the cupboard and onto the floor. Then he picked one and I picked one till they were all gone.

Another change that is happening for me is the pronunciation of my name. Some of you may have noticed the little mark over the è. That accent gives my name a French sound and yes, at mid-life I am going to ask people to pronounce my name the way it was given to me. For those of you that haven't heard this story before, I was named after a large black French poodle my Mom met when she visited her aunt in California. The minute she heard the name, my Mom thought to herself "If/when I have a girl, I will name her Angèle." Her wish came true and so I was named. About fifteen years ago a cousin of ours was doing some family research and discovered that I have two ancestors named Angèle. One lived in France in the 18th century and the second one moved to Quebec in the 19th century. So I guess it was no coincidence that I have the name for the 20th century or that my mother loved it when she first heard it.

I believe that we carry genetic coding in our cells that make us repeat the patterns of our ancestors. Our children will act out this patterning (sometimes skipping a generation) till that energy is brought into the open and spoken about, not with shame, but with knowingness. Only then can we heal family patterns and heal the world.

I have never hidden from my children the fact that I got married at seventeen because I was pregnant with the hope that they would not repeat the experience, because raising a family when you are that young is a lot of work. Parenting does teach us about unconditional love and I don't regret the experience, I just wish I knew more.

About ten or twelve years ago I read a book that said, "Children come here to teach their parents lessons." Realizing that my children chose me as their Mom helped me change my attitude and parenting became much more enjoyable. Now, when my kids come to my apartment to visit, I wonder how it must be for them. Each time they come, I have these new ideas and ways of understanding the world.

I enjoy being with my boys and appreciate their way of thinking. When I was that age I knew what I wanted, for my conditioning was strong. Rae was the perfect match for me, even though it took me years to realize and appreciate it, for he is slow, steady and very grounded. He would always be my reality check. When I came home from a workshop brim full with ideas on how to improve the world or ourselves, he would have the perfect comment and I would settle down. Then slowly I would try to implement the changes that I wanted to see happen.

Right now, I feel like I am completing the final details of my past life. I have spent time reviewing my past lessons and sharing some of them with you ... now it seems time to start building. I have decided the next series of front covers will focus on building the new homestead. Starting from scratch Mom, Dad, Grandad, Uncle Chuck and us kids built a large home, complete with a well, root cellar, barn, wood sheds, wash house and outdoor toilet. ♦

INTENSIVE PERSONAL EMPOWERMENT PROGRAM



The six month Intensive Personal Empowerment Program is designed to support each participant in healing the guilt and pain of the past. Through recognizing your vision and balancing the four aspects of your being: spiritual, mental, emotional and physical, you will enjoy a greater sense of love, innocence and prosperity. Join us for this exciting experience of personal transformation.

TOOLS AND TECHNIQUES APPLIED IN THIS COURSE ARE:

Inner Child Healing, Breath Integration Sessions, Psycho Drama, Gestalt, Public Speaking, Universal Principles, Synergy, Affirmations, Life Skills Training, Balancing of Masculine / Feminine Energy, Kinesiology, Massage, Acupressure, Indian Sweat, Tai Chi, Visualization Techniques, Financial Planning, Career Counselling, Diet, Exercise, Meditation, Time Management, Business and Office Management Skills, Anger Management, Parenting Skills.

INCLUDED IN THE PROGRAM ARE PUBLIC WORKSHOPS ON VARIOUS TOPICS:

Self Esteem, Sexuality, Prosperity, Addictions, Relationships, Communication

**We invite you to a preview evening on Wednesday, Nov. 10, 1993
the first of 8 Wednesday evening support groups
Starting Date of the next program is Saturday, January 15, 1994**

This six-month program is a prerequisite to the Practitioner, Leadership and Master Teacher training.
These trainings are based on A Course in Miracles.

PERSONAL GROWTH CONSULTING TRAINING CENTRE

257-4TH Avenue, Kamloops, BC Canada, V2C 3N9, Telephone 372-8071

Dolphin

CENTRE FOR HEALING ARTS

FAYE STROO

Counsellor

Transformational Counselling & Therapy
Relationship & Individual, ACIM

LANI LEE

Counsellor / Facilitator

Soul centered Counselling, Group Facilitation
Individual, Relationship, Empowerment
Initiation Training & Personal Development



HEIDI BENNETT

Growth Facilitator

Self Discovery & Empowerment
Thru the Creative Process
Individual & Workshops

RHOYALLE TAYLER RYANE

Reiki Practitioner

Emotional Release Work
Stress Reduction, Joy of Aging

NOVEMBER

"Journaling to Your Centre"

November 21, Sunday
10 to 4 pm

DECEMBER

"Anchoring Your Angelic Presence"

Dec. 7 & 9th, Tues & Th 7-9:30 pm

"CHRISTMAS CELEBRATION"

Dec. 13 - Monday 7:30 pm

JANUARY

"OPEN HOUSE" Jan. 6th - Bringing in the New - 7 pm

"Transformational Leadership Program"

Introductory Evening - Jan. 12th 7 pm - Everyone Welcome!

Body Blend - Jan. 10 - Feb. 28, Mondays

#105 - 1735 Dolphin Ave, KELOWNA, BC - ☎ 868-8088

EXSULA™ Products

are available by contacting ED BURKE

1-800-668-3999

Members Needed!



Special Offer
to New Members
\$ 46.95
at time of
registration only

EXSULA PREMIUM

(formerly EXCELA 50)

Combines these highly
concentrated superfoods

regular price
\$ 64.95
30 day supply

BARLEY GRASS JUICE * WHEAT GRASS JUICE
* DUNALIELLA CAROTENE * CHLORELLA *
* ULTRA PURE SOYA LECITHIN W/ VITAMIN E *
* HAWAIIAN SPIRULINA * COENZYME Q10 *
* RICE KERNEL MEMBRANE * ROYAL JELLY *
* ENZYME SUPER SPROUTS *
* SOLUBLE APPLE FIBER * ICELANDIC KELP *
* NOVA SCOTIA DULSE *

PREMIUM is the best EXSULA for most people to start with.

Special Offer
to New Members
\$ 58.95

EXSULA ADVANCIUM

adds to the formula

SUMA * SIBERIAN GINSENG * MILK THISTLE
* BILBERRY * PYCNOGENOL (from grapes) *
* ECHINACEA * GINKGO BILOBA *
plus a complete probiotic beneficial microorganism complex

regular price
\$ 82.95
30 day supply

These fresh products are FREE of fillers, caffeine,
artificial flavours and synthetics.
For higher vitality, clarity & health

☆ ☆ ☆

It tastes great blended with your favourite juice
or in a delicious ENERGY SMOOTHIE

2 cups juice, 2 scoops EXSULA, and 1 banana
BLEND INGREDIENTS WITH A FEW ICE CUBES

Why Not Supercharge Your Day ?

CAROL'S CORNER

by Carol Stroshein



There's an old saying, "You really don't know what you got till it's gone!" Well, it's coming true for Canadians who choose to practice preventive health care and use natural remedies and herbs in their personal quest for health. The giant pharmaceutical companies and the Health Protection Branch seem to have joined forces to erode our freedom of choice in health care.

At a time when our health care costs are soaring out of sight and people are disillusioned with the "fight" against disease, some are looking instead to "prevent" disease. As people are turning towards natural products and remedies to treat and heal their ills and are rebelling against over-prescribing of dangerous and pharmaceutical drugs, the Health Protection Branch is clandestinely removing even more herbs and herbal combinations from the market.

Herbs such as goldenseal, ginkgo biloba, hawthorn, comfrey and sienna, which have been used for centuries, are being banned, but drugs with known life-threatening side effects and poorly researched for less than ten years, are on the market.

In this year alone, 64 herbs are slated for removal. These herbs will be given over to the giant pharmaceutical companies to "study" and will only be available through a doctor's prescription at greatly inflated prices. One problem with this is that most doctors are not educated about herbal medicines. But the most obvious objection is that our freedom of choice in health care is being eroded even more - and worse, without our knowledge or input. Furthermore, even allopathic doctors who choose to prescribe homeopathic remedies, and/or EDTA (chelation therapy) are being investigated and threatened with removal of their medical licence. In more enlightened countries such as Europe and Britain, herbal remedies are prescribed as often as pharmaceutical ones. In this country, it is getting to the point where columnists, companies and health food stores are afraid

continues to the right.



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

New Age Services INTUITIVE ARTS

- * Astrology
- * Tarot
- * Runes
- * Numerology
- * Homeopathic-Healing
- * Astro Logos
- * Counselling (individual or group)
- * Self Actualization
- * Relationships
- * Workshops to suit your need
- * Affirmation tapes

Box 273, Kelowna, B.C. V1Y 7N5
Phone (604) 491-0333

BODYMIND INTEGRATION A NEW SYNTHESIS OF BODYWORK & HUMANISTIC PSYCHOTHERAPY

by Sarina Chauhan and Eddie Kendrick

Most of our Western medical, educational, religious and philosophical institutions have based their philosophies on the assumption that mind and body are two quite separate aspects of our lives, and accordingly have developed completely separate schools and systems to deal with difficulties and problems arising in either area of our being.

Our medical, chiropractic, physiotherapy and massage schools usually focus exclusively on the physical body, often treating only systems and manifestations of an underlying mental condition, while psychoanalysis, hypnosis, psychotherapy, etc. address a problem at the level of the mind, neglecting the body aspect of the "disease." As a result a temporary relief of the condition is often found, but in many cases the problem soon seems to shift to a different area or recurs in a different form, true healing rarely being achieved.

But within the last twenty years a more holistic view of the human condition has brought the understanding that body and mind are not only interconnected but an inseparable unity. From the moment we are born, every emotionally charged experience is recorded in the body tissue which responds to trauma, fear, frustration, unexpressed anger, etc. by shortening, thickening and gradually, pulling the body out of its balanced vertical alignment, thus blocking the free flow of energy, inhibiting a strong and positive body-sense and preventing us from feeling fully alive. As these tensions and holding patterns become chronic and lock into the musculature, they feed back into the subconscious mind the same patterns of fear, resentment, depression, etc. that caused them in the first place, thus hooking us into a vicious circle of life negative attitudes.

As the body begins to soften and let go of its rigidity and tensions through deep connective tissue work, the underlying emotional holding pattern and mental attitudes emerge and can be addressed through a variety of techniques such as breathwork, emotional release, flushing, hypnotherapy and such. With the gradual dismantling of the body armour, the posture returns to its natural alignment, energy can once again move freely through the body, free-flowing motion and full self expression can be regained and a positive life affirmative attitude established.

Sarina Chauhan and Eddie Kendrick bring this work to you from New Zealand where they trained with Master BodyMind Integration Therapists from Europe and Australia. Having a holistic practice for the past three years, they decided it was time to bring this special blend of work to Canada - Sarina's home country. They have also combined their life transforming work into a series of social meditations and workshops promoting POWER, PASSION and TRUTH.

For more information see the Method Meditation ad to the right.

Carol's Corner continued

to write about or advertise an effective herbal remedy for fear the HPB will remove it because it "works"!

Our personal right to freedom of choice in health care must be maintained. We must make our feelings known by writing to our local MLAs and federal MPs. In BC, write to the Health Action Network Society at 202 - 5262 Rumble St., Burnaby, V5J 2B6 for more information on the endangered herbs. ♦

Glen D. Hill R.M.T.

202 - 3140 Lakeshore Road
Kelowna, B.C. V1W 3T1

860-3826

MASSAGE THERAPY ASSOCIATES



Experience the

METHOD MEDITATION

The **Method Med** is a powerful 3 hour social process. It is designed to release emotional and energetic blocks through the use of role playing and meditation: rebuilding your positive life energy to feel more joy, greater clarity, love and power in a safe and sacred Space.

FACILITATORS : From New Zealand - Sarina & Eddie

VENUES	: KAMLOOPS	: KELOWNA
	: Oddfellows Hall	: Kinsmen Fieldhouse Hall
	: 1305 Battle Street	: Lexington Dr. (off Gordon)
DATES	: Friday November, 12th	: Sunday November, 14th
TIMES	: 6:00 P.M. Registration	: 2:30 P.M. Registration
	: 6:30 Start 9:30 Close	: 3:00 P.M. Start 6:00 Close
PHONE	: 376-9254 from Nov. 8th	: Gayle Konkle 766-2962

KEEP YOUR ENERGY MOVING AND MEET NEW FRIENDS

What people are saying about the Method Med

"A total cleansing, release & recharge of emotions & energy." Joanne-Lab Tech

"I found myself in a powerful place inside myself, feeling very alive. And this feeling stayed with me for...well...days now. Thank you" Christina - Bodyworker

"The most worthwhile workshop I have ever done. I felt so safe." Dineen



"WONDERFUL SHEEPSKIN SLIPPERS,
A UNIQUE HANDCRAFTED GIFT
FOR ALL THE FAMILY."

Call 499-2557 or write for Catalogue to:
MAGIC EARTHWEAR, Box 564, Keremeos, BC, V0X 1N0

HEART ♥ TO ♥ HEART CONNECTIONS

with
Karen McNamara



Through the innovative use of group mind and music, get to the heart of the issues on abundance, relationships, resolve conflicts & develop creativity to its fullest. Find your strengths, address concerns & weaknesses. Learn to resolve issues & to manifest your heart's desire with ease. Eliminate emotional blocks & allow success to flow in all areas of your life. Guaranteed to change your life through learning to follow your vision.

♥ November 19 - 21, 1993 - ABUNDANCE

A New Start - How to create more passion with your gifts, talents and creativity. Releasing your own special resources for yourself and the world around you.

♥ February 11 - 13, 1994 - RELATIONSHIPS

How to Have 'em, Keep 'em, Love 'em - Understand family dynamics and your role/responsibility in relationships. Develop a perception of how to improve all your relationships. See how old patterns keep "cropping up" in your current relationship and then learn how to change this.

♥ April 8 - 10, 1994 - CONFLICT RESOLUTION

Creative Solutions - Making decisions and resolving differences effectively. Learn to recognize the signposts along the way and transform potential problems into success.

Investment: \$145 if paid 2 weeks in advance or \$175 at the door

The Essential Body, Rossland, B.C. ... Phone: 362-7238

Write: Box 1187, Rossland, BC, V0G 1Y0

READING

...as a family

by Evelyn Debusschere

Once upon a time, in civilizations around the world, children were taught through the art of storytelling. Then the world evolved and the printed word allowed for the publishing of books and families gathered at the end of the day, while darkness settled upon the world outside, to light their lamps and share the wonders held within the pages of a book. Listening to the resonance of the voice of their loved ones, children sat entranced, bathed in the warmth of rich vocabulary, their minds filled with images, as stories of the past were unfolded before them. When new ideas or thoughts needed to be pondered, the story was stopped; discussions followed, parents and children interacted until the listener was satisfied. The story was continued.

Then the world continued to evolve and television was introduced into the home. Gone was the gift of shared reading and in its place was swiftly changing images that could not be stopped. No discussion took place. Individual viewers sat in isolation without any interaction between them. Parents had limited control over the images and ideas that were presented to their children, or the impact that these images had on their children. But perhaps the greatest loss was the sound of the loving voice of the parents and in its place was the sound of strangers, loud music and sometimes chaos.

Reading together provides the opportunity for building and strengthening family bonds. It allows for an exchange of ideas to take place between adults and children, developing channels of communication. Reading together as a family allows parents to participate in the development of their children's minds. There is a tremendous wealth of quality literature available to parents today, much of it spanning the cultures of the world. So next time you wish to "treat" your children to a movie, treat them to a book instead.



EveLynn Debusschere is the owner of Windward Tales, a mail order company dedicated to Children's Literature. She has a catalogue of over 2,500 children's books and can be contacted at 763-3769 or write Box 571 Stn.A, Kelowna, BC, V1Y 7P2

Wild Rose College of Natural Healing

HEALTH CARE CAREERS

1 YEAR

Practical Herbalist Certificate
Wildcrafting/Growing/Manufacturing/Retail

3 YEAR

Clinical Herbalist Diploma
Professional Botanical Medicine Specialist

1 YEAR

Counselling Practice Certificate
The Wholistic Approach to Health

3 YEAR

Community Health Counsellor Diploma
Preventative Health Care Professionals

FINANCIAL ASSISTANCE AVAILABLE / STUDENT LOANS
FULL & PART-TIME STUDIES DAYS, EVENINGS, WEEKENDS

Ask for our Fall Schedule Now

101 - 2182 West 12th Avenue, Vancouver, B.C. V6K 2N4

Telephone: (604) 734-4596 • Fax: (604) 734-4597

New Diploma Program Legitimizes Mind-Body Healers

by Dan Rennie

Our existing health care system is facing major changes. Soon we'll see a health care system that is more responsive to our needs. One that gives us greater control over our own healing. One with many more health care options available to us.

In fact, our governments are taking major steps to give us all greater access to this revolutionary, community-based, *preventative health care* system. In the area of counselling, this means that professional practitioners, well-trained in complementary healing and mind-body techniques will be in big demand.

To meet this demand, Wild Rose College, in Vancouver, is the first school of natural healing in Canada to offer a full-time, transpersonal therapy diploma program.

Known as the Community Health Counsellor Diploma Program it was developed by internationally known master herbalist, Dr. Terry Willard, founder of Wild Rose College, and Sharon Burrows, Director of Counselling Education at the College. Developed to meet the growing and anticipated needs of the public for holistically trained counsellors, it will also legitimize mind-body healers as professional health practitioners.

The three-year, Community Health Counsellor Diploma Program teaches students the most advanced transpersonal (i.e. psychic, spiritual, vibrational), holistic and Jungian therapy skills available. The program trains students in several disciplines including kinesiology, hypnotherapy, Neuro Linguistic Programming (NLP), nutrition, and herbology.

Totalling over 1300 hours of classroom and field instruction, students will learn to work as counselling therapists, with clients and self-help groups who are dealing with post-traumatic syndromes like physical and sexual abuse, and co-dependency. They'll also be well equipped to help people with chronic conditions like addictions, allergies, fatigue, HIV/AIDS, cancer and skin conditions. Training in areas like women's and Native concerns will also help students take a positive, supportive approach to these important issues.

As part of the diploma program, Wild Rose College also offers a one-year Counselling Practice Certificate Program. It is equivalent to the first year of the Health Counsellor Diploma Program. It prepares students to

work as volunteers or paraprofessionals in group homes, halfway houses, women's and crisis shelters. If a student is already a practising health care practitioner, like a nurse, naturopath, massage therapist, etc., the Certificate Program will personally enrich and professionally prepare them to reach new depths of healing for themselves and for their clients.

When asked what kind of person would most benefit from enrolling in this program, Sharon says, "Although fluency in English, and Grade 12 equivalent are our only prerequisites, the mature person with diverse life experience, who wants to explore new areas of personal growth, professional enhancement, or new career directions will get the most out of our program." She adds, "Many of our students have come to the program with previous training, certificates or degrees, which may be recognized for credit within our program."

And when career opportunities exist for graduates of the program? When it comes to jobs, Sharon is excited about the prospects for her grads. "With the definite trend toward preventative health care, professional transpersonal therapists - or Community Health Counsellors - will work cooperatively with allopathic (i.e. western medicine) and holistic physicians, naturopaths, psychologists and other therapists as legitimate and healing practitioners. Our counselling program will also allow Community Health Counsellors to effectively, and confidently use their passion for mind-body healing, to enrich the lives of those around them. And in doing so, they'll be suitably recognized and compensated for their efforts and expertise.

Wild Rose College appears to be well positioned to take advantage of the major changes in our health care system. With a newly expanded faculty, curriculum and facilities, the College continues to attract some of the top teaching professionals in North America, so their students learn from instructors who are leaders in their fields. And this is good news, too, for the general public, who will be able to consult with some of the best-trained preventative health care practitioners available."

For more information about the Community Health Counsellor Program and a schedule of courses, call the College at 604-734-4596 or read their ads.



Kelowna

Parapsychology Association

Best Western Hotel - Kelowna

Meets last **Wed.** of each month - 7:30 pm
New Members Welcome! \$6.00

November 24

The Etheric Body & the Immune System

with **Troy Lenard**

January 26

Sweden's New System of Energy Balance: ADITI

with **Bobbie Duncan**

For more information
about speakers please phone

Gayle Konkle: 766-2962

Looking for exciting personal growth, professional enhancement, and career opportunities?

Community Health Counsellors will be in big demand. Be one of the first to benefit from this new opportunity!

Our Community Health Counsellor Diploma Program - the first transpersonal therapy program in Canada - could be for you!

- You'll be trained to offer lifestyle enhancement and recovery counselling. It combines the most advanced educational, holistic, psychological, and transpersonal counselling techniques available. Skills that will be in big demand.
- You'll work with other allopathic and holistic health care professionals as a legitimate mind/body healer, within the newly developing, community-based, preventative health care system. Meaningful work that feeds your passion for healing.

Registration for our January 1994 enrollment is limited, so call or fax us today to receive important details about government financial assistance and courses.



Wild Rose College of Natural Healing

1745 West 4th Avenue., Vancouver, B.C. V6J 1M2
Tel. 734-4596 • Fax 734-4597

Joan Casorso



Inner Rhythms

A Celebration of Dance and Movement for the Body, Mind & Spirit

DRUM, DANCE & VOCALS

A one-day workshop with the dynamic

Afro-Cuban trio, Maurilio Gonzalez & Kana

Date: November 13, 1993

Time: Saturday 10 am - 4 pm (1 hour lunch break)

Cost: \$40 (\$50 if registering after November 8)

Open to one and all!

KELOWNA CLASSES

Dates: January 27, 1994 - April 7, 1994

(10 sessions- classes not held during spring break.)

Location: St. Josephs Hall, 839 Sutherland Ave.

Time: Thursday evenings 7:00 pm - 9:30 pm

Cost: \$150 (\$165 if registering after January 18)

Deposit: \$50 non-refundable



NEW FOR '94

Daytime classes combining • disciplines of Yoga and Tai Chi • postural alignment • self-massage • sensory motor learning and relaxation techniques. Workshops, private and small group sessions.

Location: Healthbridge Clinic #115, 207 Harvey Ave.

PRE-REGISTRATION IS A MUST

for all classes and workshops.

Please send cheque or money order to: Joan Casorso
RR 6, Casorso Road., Kelowna, BC V1Y 8R3

For a free brochure write to the above address or call:
Joan Casorso 860-2834 or Poppy Angus 769-5564

Inner Rhythms t-shirts and sweatshirts available.

TEMENOS

A Sacred Place Within & Without

WOMEN'S RETREAT HOLIDAYS

Creativity is healing and Stories are good medicine

Working with paint and clay, with movement & a variety of simple musical instruments* is a pleasurable way of discovering & expressing our untold stories.

Juno Shenstone (Hospice worker) and **Sherry Dupee** (Creative arts therapist) will help you get started making music, masks, or whatever you like, & the materials will be available at all times. We will not be giving much new input, but will help you to give form to what is already within you.

Temenos offers you a relaxed structure with time on your own, some time in a small group, time to rest, to play and to create. The accommodation is beautiful and the food lovingly prepared.

* Locally made drums are available for sale or you can make your own.



3-Day Retreats:

Nov. 19-21	April 15-17
Jan. 28-30	May 13-15
Feb. 18-20	June 17-19

We will also create special retreats for your group on other dates.

Box 76, Christina Lake, B.C., V0H 1E0, Tel. (604) 447-9734

Networking News

The Expanded Awareness Center in Kamloops has decided to close its doors.

Kelowna has 2 more Naturopaths...

Dr. William Russell and Dr. Douglas Lobay. Plus Dr. Jeffrey Hunt in Trail. *Welcome to the Valley !!*

Bob Walsh is now back working in Winfield with a Computerized Health Analysis Machine. Wynne is doing Aromatherapy. (She moved from Prince George)

Linda Vanderlinde is now a Reiki Master and has changed her name to Kryie Kramer. Congratulations Kryie!

Peter Mik-i-el Hutt is back from Hawaii where he has been doing some extensive transformations on the spiritual path. He'll be offering Transformational Yoga classes in the new year, plus Reiki initiations and spiritual healings.

Christina Lake, near Grand Forks has three healing centres. They now have **Temeneos, Juno & Sherry** offer deluxe accommodations, vegetarian food and sacred space to help you explore and express your untold stories. Plus **Pedar Hodsman** is making an official announcement that **The Center for Health Awareness** continues to grow and expand, and he is ready to assist you on your transformational journey to wellness. Also **Sharon Hample** and **Patricia Albright** have joined forces and bought a Motel to offer a retreat facility for people wishing to do fasting, resting and healing retreats. Check it out the next time you are there!

Faye Stroo has some new business partners at The Dolphin Centre in Kelowna. Welcome Lani Lee, Heidi Bennett and Rhoyalle Tayler Ryane. They are having a Christmas Celebration - December 13 and an Open House, January 6. Or drop by and say Hi. They are open 5 days a week.

The Holistic Networker TV show continues to air in Penticton and Summerland, now starting its 5th year of interviews with most interesting people who live in or visit the valley. Show times are listed in the Herald and The Western.

The Spring Festival of Awareness Annual General Meeting is Sun., Nov. 7th at Leir House. Potluck 6 pm. Meeting 7:30 pm. Everyone is Welcome. Info? 492-0522.

Karen Timpany has moved back to Winfield. Her business is now called **Nuthery Institute of Natural Healing**. She has ongoing classes in a wide variety of healing subjects and has space for rent. 766-4049.

Kamloops and Kelowna both have a Personal Empowerment Programs starting at the end of January. If interested they have Free preview evenings beforehand.

Jeanette Dunagan is back at the Dolphin Centre teaching her spiritual approach to self-expression by painting.

The Addiction Resource Centre of Penticton is bringing in Dr. Callahan from California. Highly endorsed by the Medical Profession for his fast technique for eliminating addictions. Everybody is Welcome to learn his technique.

Peter Morris will be visiting the Valley soon. If you would like an appt. with him phone me: 492-0987.

Sarina and Eddie have moved back to Kelowna and are offering to share their knowledge. They have been trained in New Zealand and Australia.

Karen McNamara is coming to Rossland thanks to Karen and Jane, registered massage therapists at The Essential Body.

Cheryl Grismer said she still has a few spots left in her Spiritual Intensive.

Dale Hill has left Vancouver to practice in Kelowna. He's been a registered Massage Therapist for eight years.

Marsha Warman, RMT is ready to open the doors to HEALTHBRIDGE, a complementary Health Clinic in Kelowna. She is looking for workshop leaders and practitioners to share/rent space.

The Canadian College of Acupuncture and Oriental Medicine of Victoria and Wild Rose College of Vancouver are now government approved for **Student Loans!!!**

As you can see, big changes in Health Care are happening at governmental levels.

****If you have information you would like to contribute to the Networking News please phone me and help spread the word on what's happening in your part of the valley.**



SHIATSU

Japanese Finger Pressure

Kathryn Halpin

Certified Shiatsu Therapist

Penticton: 493-7600

Lakeside Fitness Club

Summerland: 494-1230

Cosmos Hairstyling

**Canadian Graphology Assoc.
Handwriting Analysis
Diploma Program
via ... Home study Courses**

write: D. Simmons
PO Box 4172 Main
Vancouver, BC V6B 3Z6

**Phone 739-0042
between 9 - 1 or 6-9 pm 7/wk**



Energy Releasers

Vent your frustrations
on a 100% natural cotton,
heavy duty punching bag.

Custom designed,
variety of colors & stuffings.

Starting at \$29.95

Okanagan Canvas: 860-1998

#1 - 2300 Hunter Road., Kelowna

Cheryl Grismer

presents

Spiritual Intensive

Recommended to those committed to turning their life in a new direction that is closer to their heart's truth.

2 dates and locations to choose from:

Nov. 5-7, 12-14 & 19-21

Peachland

phone Cheryl Grismer 767-2965

Investment \$575

Young People's Introduction to Psychic Development

When I have enough people, I will do the class so phone if you are interested and between 15-19 yrs.

1 Week-end in Kelowna: Cheryl 868-8252

Investment: \$200

Private Counselling Sessions

1 - 1 1/2 hours of intuitive counselling.
A psychic art portrait of your energy field
with taped interpretation.

phone Cheryl Grismer

Peachland: 767-2965

SOUTH OKANAGAN NEW THOUGHT CENTER OF RELIGIOUS SCIENCE



A spiritual community that love is expanding

Sunday Services: Healing Meditation 10:30 a.m.
Sunday Celebration 11:00 a.m.

Okanagan Mission Activity Center

4398 Hobson Road (at Sarson's) in Kelowna

Phone 768-0468

SOME THOUGHTS

Rev. Donna Maurice Winchell,

Pastor South Okanagan
New Thought Center of
Religious Science



Thoreau said: "I know of no more encouraging fact than the unquestionable ability of man to elevate his life through conscious endeavour."

What do you know about yourself? That you are unlimited? That you are fabulous? That you are a wonderful demonstration of Divine Mind? This is what you really are. What about other people? Because we are all one, created out of the same Mind and there is no separation in this Unity that is Mind, each person is a fabulous, unlimited and wonderful demonstration of Divine Mind.

What on earth does that mean?... To explain: One of our basic teachings is that we are spiritual beings. We are not what we appear to be -- we are far more than this body. We are spiritual beings having a human experience. We are created out of this Universal Mind with all the wonderful attributes of this Mind already within us. What we really are is Love, Harmony, Wisdom, Intelligence, Beauty...all that this Universal Presence is.

If I don't feel this way, then I need to realize that I can choose to begin to feel this way with "conscious endeavour." It all starts with me. Everything begins in my mind because my world is created by my thinking. I have a choice about what I will think and therefore, I have a choice about what I will experience. If I believe that I am limited in any way -- then my experience reflects this and is one of lack and limitation. However, I do have a choice. I can choose to expand my awareness, to become aware of the possibilities within me -- the capabilities that I have -- and I can choose to learn to live more fully and completely. I can let go of limiting beliefs! I can choose to believe that I CAN DO ANYTHING -- and my life will reflect this.

What is the most limiting belief that most of us entertain? The belief THAT OUR LIFE IS AT THE MERCY OF OUTSIDE FORCES. These outside forces can be a person, a thing or a situation. Through this belief, we give our power away. What is the truth then? The truth is that each of us has within us the same enormous Power -- the same everlasting Life -- the same infinite Intelligence -- the same unlimited possibilities! Each has within us the Wisdom to control our own destinies.

We can let go of the old belief of being limited by our physical form. We can let go of being limited by any situation or outside force. Life is a journey -- a beautiful journey, filled with wonderful people and wonderful events -- a time we have to grow and expand spiritually -- a time to learn about who we really are and what we are really all about -- and people are put into our life to help us along on our journey. Therefore, we can choose to be grateful for every person and every situation in our life. We do have a choice. I choose a life free of limiting beliefs! And so it is!

You are invited to join spiritual searchers like yourself on Sunday mornings (see the ad) for a wonderful, uplifting experience. Christmas is going to be especially wonderful with a candlelight service on Christmas Eve at the OK Mission Hall at Lakeshore and DeHart at 7:00 pm., December 24th. This is the most beautiful service of the year and everyone is invited to attend. ♦

SPIRITUAL GUIDANCE

by Cheryl Hart



It is our belief that Jesus' primary message was one of personal transformation. The great dramas of the Bible and the Course of Miracles reveal the truths of our potential in becoming what God intends us to be. When we are reawakened to God's love we are uplifted to the truth of our Spirit. We become grateful for our unity of purpose and know that we are indeed blessed, unlimited, love-filled, powerful sons and daughters of God.

When I first attended workshops and visited wholistic practitioners my primary motivation was to improve my relationships and be happier. I quickly discovered that under my suppressed emotions was the peace and love I had always sought. A journey inward not only allows us to release the pain and fear from our past it also leads us to God.

"The Course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim however, at removing the blocks to the awareness of love's presence, which is your natural inheritance." A.C.I.M. Text

My spiritual awakening was a shift from an intellectual belief in God to a heartfelt experience of God. It is not always an easy task to use the spiritual principles from the Bible or the Course in Miracles. It is a lot easier to blame or feel like a victim than take responsibility for our interaction with the world. To feel innocent when I make mistakes and not defend myself when I am attacked are the great challenges of my life. When I hand over my mistakes to God and ask for forgiveness I often feel I am unworthy of the love and acceptance that flows into my body. The growing strength of Spirit's call to joy has made it easier, over the years, to surrender my will and humbly ask for support.

God speaks to each of us in small ways to change; to be a little kinder, to have more patience, forgive a hurt or extend some love. It is only our fears that prevent us from accepting and trusting that guidance. The message of Jesus is as true for us today as it was some 2000 years ago. "Thou shalt love the Lord thy God with all thy heart...and thy neighbour as thyself" Luke 10:27

Cheryl has studied ACIM for 14 yrs ... please see ad below for info..

SUNDAY CELEBRATION

sponsored by Inner Directions

Come and enjoy the experience of shared love, friendship and fun, highlighted by an inspirational talk based on *A Course in Miracles* or the Bible.

"The truth in you remains as radiant as a star, as pure as light, as innocent as love itself" T615 ACIM

SUNDAYS ... 11:00 -12:10

German Canadian Harmonie Club
1696 Cary Road, Kelowna.

We offer both a children's and a teens program

For more information call **763 - 8588**

A salute to

Judy Armstrong

for her remarkable
new recording

Inside of Me



Inside of Me is an album which takes you by the hand and lets you know that you are not alone. It gently accompanies you through the sunlight and rain of your emotional being. It touches the heart of your essence, the child within, and allows you to open to the healing wonder of your musical journey.

Now available in central BC at the following locations:

Spirit Dancer Books - Kamloops
Books and Beyond - Kelowna
Wholistic Living Centre - Vernon

Bayside Books - Kaslo
Caravan Books - Penticton
Oliver Books - Nelson

Judy Armstrong

is one of Canada's most versatile artists.

As a singer, actress, musical director, composer, keynote speaker, and workshop facilitator, she has inspired thousands around the world. Coming from a song in her heart, *Inside of Me* is the outpouring of an awakening process which she expresses with extraordinary vocal gift.

For further information contact: **Tink and Judy Productions**

Box 973, Nanton, AB, Canada, T0L 1R0

Phone (402) 646-5519, Fax (403) 646-3185

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

POSTURAL INTEGRATION

by Pedar Hodsman

My name is Pedar and I would like to introduce you to Postural Integration, a form of deep tissue bodywork that embraces the whole person. It is my work as much as it is my delight to be of service to others in this way.

We have learned to keep our feelings inside. A dysfunctional emotional pattern of energy begins with a feeling/emotion that (for whatever reason) is denied full expression at the time. Once denied, it crystallizes in the cells of the body and each time a particular anchor to the original suppressed emotion stimulates it, the same emotional reaction repeats as though the old scenario is happening again. Anchors can be smells, touch, music, gesture, tone, even taste that evoke the original suppressed pattern of energy. Note that the key word here is "suppressed." Suppression is contraction. Expression is expansion. The natural healthy state of emotion is to emot or express what it feels. When we suppress, we cut off our emotional life-force which is, after all, the power which endows the fire of purpose to all that we do.

A Postural Integration therapist is trained to compassionately recognize the bodily positions we assume around suppressed material and gently return them to a state of relaxed dynamic alignment.

Our bodies never lie. We have all seen shoulders hunched in constant fear, a neck thrust forward in over eagerness to compensate for a feeling of failure. There's the young woman with a collapsed ribcage who is nursing a fear of accepting life. Sometimes the shoulders are turned in on the heart she feels compelled to protect. There's the business executive who's legs turn out like a waddling insecure baby trying to find balance. There's the tight buttocks of the bodybuilder who carries the unspoken attitude, "No one's gonna dominate me!" and then there's the overly optimistic school teacher who suffers from constant pain between his shoulder blades. Some of us will fight subconsciously against a bodily tendency such as rounded shoulders by forcing them back, thereby compounding the situation. Not only do we create tension in the held muscles between the shoulder blades but we also deny letting the body assume its round shouldered position which brings us more into contact with what our body could communicate to us.

When Mary came to me she was pale and drawn. She was immersed in spiritual concept and belief and at the same time felt like her life had ended. She explained to me that she was chronically depressed and lonely. When I asked her to breathe deeply, she expanded her chest full of air but was out of touch with her abdominal breath (gut feelings). After much effort together she realized she was avoiding breathing down into her gut. I coaxed her to assume the bodily position that felt most appropriate to how she was feeling. As she curled up like a baby in the womb, she found her breath expanding fully into her belly. Her face flushed with color as she cried with tremendous grief and pain. She expressed how she had hidden from a traumatic episode that was unbearable. She told me how she had taken on New Age thought as a way of "getting there" because she couldn't bear to be "here" and allow her feelings the release they needed.

We are living, breathing expressions of consciousness, manifesting through an individuality ... unique, like a multi-faceted gem. No one sees or does anything quite like you do. A Postural Integration therapist honors the multi-dimensional self that we are; our spiritual consciousness, our feeling selves, our intellectual consciousness, our emotions, our physiochemical and musculo-skeletal systems. Each of them is seen as a point of reference from which we can examine the single beingness that we are.

Pedar Hodsman

POSTURAL INTEGRATION

**Dynamic Deep Tissue Bodywork
& Emotional Release.**

Includes Rolfing, Gestalt, Reichen, Acupressure, Deep Breath Work, Bioenergetics and Rebirthing.



Breath and its influence on the mind, body, emotions and spirit as a means for personal development and relaxation has been a focus of Pedar's for 20 years.

He is a Certified Neuro Linguistic Practitioner and did extensive personal work and training with Jack Painter: Author, developer and international educator of P.I. (Postural Integration)

Pedar is a gentle sensitive man dedicated to change. He and his wife Kalia have The Centre for Health Awareness in Christina Lake, BC.

For appointments in Kelowna or Christina Lake ☎ **447-6642**

As a P.I. practitioner, I work deep into the tissues of the body and can dissolve the crystallized energetic patterns there. As we begin to experience the release through the body, we can experience the original movie, re-enact the script, recall what we told ourselves about that, relive the emotion but this time, say what you were afraid to say then and feel the completion and resolution of the once suppressed material. You can realize what resentments, judgements and beliefs you formulated to support the denial of your feeling small, helpless, controlled and from your new viewpoint, let them go. They no longer apply in your new picture of reality.

While training with Jack Painter in California, Jack was giving me Session III. Throughout the session I was feeling closed and guarded. As the session concluded, I was feeling agitated. Jack asked me what was bugging me. Immediately, I exploded with anger at my father for the emotional and physical abuse he imposed on me. My anger was totally accepted and I felt uninhibited by feelings of guilt. I had never experienced anger like that before. When I stood up, I felt such an energy liberated in my body that tears and laughter were flowing out of me uncontrollably. I realized that my dammed up anger had been allowed full expression for the first time and in letting out what I had held back vocalizing to my father, I felt a freedom and love towards him that felt unfamiliar in my interactions with him.

Emotion needs acceptance before it can move. Many people consider certain emotions unloving and their minds place those emotions outside of love. Full expression of what we would define as "negative" emotion is exactly what we need to actualize our lovingness once again. Consider the possibility that what you thought was wrong with you might just be something that is right with you. Through loving acceptance of feelings such as anger, we break the structures of guilt and shame that define it as bad, harmful, evil and not loving.

Release the emotion and harm no one. Things are not the reason that we are triggered and those that we feel triggered by are not the enemy. Mostly, it is a scenario from long ago that we are projecting onto the present situation.

If you feel drawn by what you have just read, Postural Integration may be your next step.

Pedar is giving sessions at The Centre for Health Awareness in Christina Lake and the Wholistic Health Centre in Kelowna. See ad.

NEW DAWN

by Sharon Hartline



On Oct. 25, 1991 my fourteen year old son Michael was killed in a car accident. Grief instantly became an overwhelming reality in my life. Today, nineteen months later, I see the world differently. I have learned that Michael's death was not the end of my life but a catalyst for my personal transformation.

To walk through grief is not easy. I was angry that life still went on as usual. I was angry at

God. I blamed myself for not being able to change circumstances. I felt like a failure as a parent. I felt alone in my pain. I became silent, holding my pain inside. I knew I had to fight for my life to find a way out of the overwhelming guilt I felt for being alive. It was hard to motivate myself to keep going day after day. I felt like I was only half alive. As the numbing grief began to lift I began to feel like there was hope.

Just before the car accident I had taken a six month Intensive Personal Empowerment Program based on *A Course In Miracles* and had learned that you can start over at any time, in any moment. *A Course In Miracles* teaches, "In every moment you can be reborn and be given life again." (T.543). I learned that life is a continuous spiral of joys and adversities with my grief being only one part of that cycle.

I began to receive counselling again at Personal Growth Consulting Training Centre. With support from everyone at the Centre I allowed myself to access and feel the unspoken grief I carried so that I could move past it. I learned that I stayed in pain by blaming myself for everything that had happened around Michael's life and his death. This held me back from reclaiming my own life.

The more I learn to forgive myself for the past the more I am able to get on with my life. As my grief becomes less and less a reality, I am able to find peace in my heart. *A Course In Miracles* states, "Forgiveness stands between illusion and the Truth, between the Hell of Guilt and Heaven's Gate." (T.249) The truth is, the past is gone and I can not bring my son back to life but I can remember all that he brought to my life.

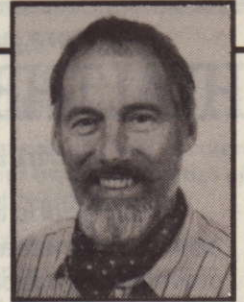
I am now completing my Practitioner Training at Personal Growth Consulting Training Centre. I can laugh again and I feel more peace in my heart than I have ever dreamed possible in such a short time after Michael's death. Life is more precious. I am grateful to all my friends and family who have stood beside me no matter what. To my teachers at the Centre, I am eternally grateful for your loving support as you walked beside me through my grief and my training to show me clearly that after darkness there is always a New Dawn.

Sharon Hartline is a Breath Practitioner at Personal Growth Consulting Training Centre in Kamloops.



Peter Morris

is sharing a
3 day live-in



Meditation Retreat

- ✓ Simply by using the abilities you already possess - take control of your life again.
- ✓ Heal your hurts - spiritual and physical.
- ✓ These 3 days of enchantment will give you the key to your future development.

The fee of \$250 includes food, accommodation (near Oliver) and a private consultation.

Jan 29, 30 & 31st

Sat, Sun & Mon.

*Mirror Lake Guesthouse
Bed & Breakfast*



For more information and/or to register phone
Gwendell: 495-7959 or Peter Morris 883-9733.

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 individual counselling with the breath integration method as well as 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.

257- 4th Ave, Kamloops, BC V2C 3N9

☎ 372-8071

We are pleased to announce
HEALTHBRIDGE CLINIC
 in Kelowna, BC

Our goal is the development of a core staff from complimentary health services to provide a preventative, educational approach to health care.

We will be establishing ongoing classes, lectures and workshops in Tai Chi, Yoga, Strong Stretched & Centered, Creative Dance, Stress Management and other resources for creating better health.

To find out more about the clinic interested persons, practitioners, instructors or workshop leaders please contact:

Marsha K. Warman, RMT
#115 - 2070 Harvey Ave
 Kelowna, BC, V1Y 8P8
Clinic ☎ 762-8857 or
Program & Services ☎ 762-8789

A Gentle Approach to Healing

Reiki

An individual technique that
 can be learned by everyone



***FREE Introduction on Thursdays**

***Nov 4th ... Thursday 7:30 pm in Salmon Arm**

1st Degree ... Nov 5 & 6 ... Fri. 7-10 pm & Sat. 9-5 pm
 Contact ... Marie Paul Wiley 832-8176

2nd Degree ... Nov. 3 & 7 ... Wed. 7-10 & Sun. 9-5
 In VERNON - Contact...Lea Henry 838-7686

***Nov. 11th ... Thursday 7:30 pm in Penticton
 at the Leir House...220 Manor Park**

1st Degree ... Nov. 12 & 13 ... Fri 7-10 pm & Sat. 9-5 pm
 2nd Degree ... Nov. 10 & 14 ... Wed. 7-10 & Sun. 9-5
 Contact...Jan Stickney 492-0522

Reiki Master ... Vicki Allen
 Silverton, BC, 358-7786

Advertising as an Investment

**Determine how much you can afford to invest in
 order to reach advertising objectives,
 and why you can't afford NOT to spend!**

by Wendy Priesnitz

Even though your accountant looks at the cost of advertising as an expense, you should consider it, at least partially, as an investment. In addition to being part of the cost of current sales, it is an investment in future sales.

When planning an advertising campaign, designing an ad, and evaluating the success of specific advertising, consider both the immediate sales generated as well as long range goals. Letting prospective customers know that you are in business is, of course the main purpose of advertising. But it is just part of the overall picture. Good advertising also registers and/or reinforces your business or product name in the minds of potential customers. It awakens and cultivates the minds of potential customers the recognition of a need for your product or service, and builds prestige, acting as a continuous placeholder in the marketplace for your business.

In addition, advertising should be seen as just a small part of your overall marketing package, albeit an important one. Too often, companies will place a big ad in one carefully selected publication, sit back and wait for publication day, then complain a few days later because customers haven't beaten down their door. More often than not, this approach is taken as a futile, last ditch attempt at success by business which are close to insolvency. What the owners or managers of these businesses have failed to understand is that advertising is only the front-line sales generator; it is designed to, over time, stir up interest in what you have to offer, but it shouldn't be expected to work alone. Nor should it be expected to work immediately.

Successful advertising is consistent and repetitive. Keep your ad in front of your market on an ongoing basis, even if it means placing smaller ads; one large, unsupported splash is usually ineffective. In order to cut through the multitude of advertising messages that are inundating your prospective customer, your message must be persistent and clear.

Successful advertising is consistent with your company's overall marketing approach. It is placed where your target customer will be most likely to see and respond to it. It is designed with your target customer's demographics and purchasing habits in mind.

Successful advertising is supported by effective sales promotions, whether that is in the form of catalogues, brochures, flyers, samples, sales calls, mail-outs or demonstrations.

Successful advertising costs money. One guideline is that advertising costs should not exceed 12.5 per cent of total overhead expenditures. Newer businesses usually need to spend more than established ones. Smaller businesses tend to have a higher ratio of advertising-to-sales.

But the best method of determining an advertising budget is to set a number of objectives and determine how much you can afford to invest in order to reach those objectives ... (and how much you can't afford not to spend!) You will then be more easily able to view your advertising budget as one of a number of tools that are designed to increase net profit.

Reprinted from the Alternate Press, c/o Natural Life Magazine,
 Box 684, Stn P. Toronto, ON, M5S 2Y4. Your ONE-STOP Source of
 Home-Based Business and Home Schooling Materials.

THE CALLAHAN TECHNIQUES

submitted by Jamie Marshall, M.Ed

Imagine a lifelong fear of public speaking overcome in one day. Envision being free of smoking, alcohol, drug or eating compulsions without suffering the pain of withdrawal. Picture unhappy people, frustrated in their love lives for years, having their fears and obstacles to success in love and sex eliminated rapidly and completely.

What sounds like magic is actually the remarkable new discovery of Roger J. Callahan, Ph.D. who has developed the most rapid treatments ever known for all kinds of psychological problems. These innovative treatments promise to revolutionize the way psychotherapy is practiced. When it becomes generally known just how effective Dr. Callahan's techniques are, it is hard to imagine people going for months or years for traditional treatment when relief can be had so quickly and painlessly.

Not expecting people to take him on faith, Dr. Callahan has repeatedly demonstrated the power of his techniques, not merely in the privacy of his office with clients who have chosen to come to him for help, but in the live public arena of television and radio.

Working with skeptical strangers, he has successfully treated over 90% of everyone he has attempted to help, in person, on television, and even on the radio with telephone call-ins. Millions of viewers and listeners in the U.S. and Canada have witnessed this unprecedented phenomenon. Lifelong problems, problems which have caused their victims to lose hope have been relieved, often in just minutes, with the revolutionary CALLAHAN TECHNIQUES.

Why is this approach so much more successful than any of the other methods which attempt to relieve psychological suffering? Dr. Callahan believes that it is because the approach works with the body's energy system. He believes that this is the same or related energy system that is discussed in the cover article in the April '86 issue of Discover magazine. This article is about the work of the Norwegian radiologist and member of the Nobel Prize Selection Committee, Dr. Bjorn Nordenstrom, who "....claims to have found in the human body a heretofore unknown universe of electrical activity.....that is as critical to well-being as the flow of blood."

This energy system appears to work, according to Dr. Callahan, as a servo-system that governs the emotions as well as many other reactions in the body. When the emotionally disturbed person's energy system is properly balanced, the disturbed emotions are gone. The Callahan Techniques can free you from years of problems that have stopped you from living your life fully. Open an avenue of expanded personal competence and extraordinary self-confidence. Try the most powerful approach to positive human change that has ever existed - THE CALLAHAN TECHNIQUES™. ♦



RAPID TREATMENT for PHOBIAS, ANXIETY & ADDICTIONS

===== A ONE DAY WORKSHOP =====

with

ROGER J. CALLAHAN, Ph. D.

PENTICTON - Coast Lakeside Resort

Thursday - Nov. 18, 9-5pm

KELOWNA - Capri Hotel

Friday - Nov. 19, 9-5 pm

The Callahan Techniques is based on thirty years of clinical experience. Dr. Callahan has developed a fast, effective and efficient technique to deal with anxiety, phobias and addictive disorders. Working with skeptical strangers, he has successfully treated over 90% of everyone he has attempted to help. His concepts are based on the emerging new paradigms of energy medicine with its emphasis upon elimination of "emotional body memories" that stand in the way of traditional treatment.

Dr. Roger J. Callahan, Ph.D. is a graduate of the University of Michigan. He received his Ph.D. in clinical psychology from Sycacuse University. He has numerous videos available and several books.

Who should attend:

Anyone who works with clients who might experience phobias, anxieties, panic, addictions or drug or alcohol cravings. This would include Psychiatrists, Psychologists, Medical Doctors, Dentists, Chiropractors, Nurses, Therapists, Counsellors, Hospital workers, Addiction Counsellors, Health Care Workers, Mental Health Workers and anyone interested in learning more about treatments for phobias, anxiety and addictions. It is not limited to professionals and all are welcome.

Topics to be covered:

- ✓ Origin of psychological problems from "Energy Model" perspective.
- ✓ Psychological reversal: What is it and how to deal with it.
- ✓ Causes of addiction and the energy addiction connection.
- ✓ The application of "rapid treatment" techniques to phobia, anxiety and addictive cravings.
- ✓ This workshop will allow for ample opportunity for 'hand-on' practice and demonstrations.

Registration: \$75 before Nov. 5 '93: \$90 thereafter.

For more information please call 492-0400

Presented by:

**PENTICTON REGIONAL HOSPITAL DEPT. OF SOCIAL SERVICES
and CHEMICAL DEPENDENCY RESOURCE TEAM
in partnership with
PATHWAYS: ADDICTION RESOURCE CENTRE**

OZONE GENERATORS FOR AIR PURIFICATION

To learn more about the use of ozone
write or call and ask about using a

QUANTUM AIR PURIFIER
for a One Week **FREE** Trial

Universal Bodymind & Spirit

#47-251 Harvey Ave., Kelowna, V1Z 6C2 • Ph: 769-0369

True Essence Aromatherapy

*"Feel The Life Force
of Pure Essential Oils"*

Inquire about Home Study
and Certification Programs

TRUE ESSENCE AROMATHERAPY LTD.
403-283-5653 FAX 403-283-3194
1910 BOWNESS ROAD N.W.
CALGARY, ALBERTA, CANADA T2N 3K6



LIFE ENHANCEMENT

Health - Environment - Lifestyle

Habit Control

Weight Reduction

Health & Wellness

Stress Management

NLP - Self Hypnosis

High Life Formula Products

Stop Smoking with Laser-Hypnosis

Kelowna, Vernon, Penticton - Call 868-8746

A delightful way to spend quality time with your family & friends.

RECREATIONAL REFLEXOLOGY VIDEO GUIDE

NEW

only \$29.95
plus taxes & shipping

AN EASY-TO-FOLLOW, STEP-BY-STEP GUIDE TO
GIVING A COMPLETE FOOT REFLEXOLOGY SESSION

REFLEXOLOGY CENTRE OF VANCOUVER 535 W. 10th Ave..
VANCOUVER, B.C. V5Z 1K9 (604)875-8818

To order: Send \$38.00, or request C.O.D. Delivery

DEALING WITH STRESS THROUGH MASSAGE THERAPY

by Glen D. Hill

Stress is the way our bodies react to a situation or challenge which is presented to us. The body adjusts or adapts to the stress or strain we put on it. However, there is a limitation to the amount of prolonged higher stress levels the body can handle before it starts to break down.

Stress can affect many different levels of the body, such as the physical, mental, and emotional. It can be caused by the memory of things from your past experiences. The stress or the stimulus can come from the loss of a loved one, relationships, school, your work place, pain, financial stress, deadlines, public speaking and even Christmas.

Stress can be totally different for every person as every person is different. We need a certain amount of stress in our lives to feel challenged and motivated in a positive way. When it starts to control our lives it turns from stress into distress. When we're distressed it's more unpleasant and harmful than good.

I'll explain what generally happens physiologically in the body when we're under stress. The Autonomic Nervous System stimulates the adrenal glands which in turn cause the glands to release adrenalin into the blood stream. This release causes what is known as a "Fight or Flight" response. What happens next is: the heart rate increases, there is an increase in blood flow to our active muscles (arms and legs), a decreased blood flow to the organs not used for rapid movement, there's also an increased blood sugar concentration, and an increase in blood pressure.

Having your body in a stressed state is good for a short controlled amount of time. When the body is under stress it's ready for rapid activity, which means, basically it's not ready for healing itself.

Prolonged stress can cause many different signs and symptoms or conditions. The following are a list of some of those conditions; High blood pressure, fatigue, nervousness, hypertension, irritability, insomnia, ulcers, poor digestion, tension in the stomach area, and, increased blood sugar. Stress can also help bring on certain problems such as: skin conditions, respiratory conditions, and migraine headaches.

Massage is a drug free way to help maintain a healthy balanced stress level. Not only is massage used for the maintenance of lower stress, it can also be useful for the prevention of higher levels of stress.

How massage works on stress is: massage helps slow down your nervous system, which causes the adrenal glands to release less adrenalin into your blood stream, your respiratory rate becomes more even and deeper as you relax, your mental activity becomes more normal, your neck, back and face start to let go of the tension in the related muscles. Also your digestive tract starts to function more naturally.

Registered Massage Therapists use a variety of different techniques to achieve the effect they are trying to establish. For some patients/clients deeper work such as myofascial trigger point therapy is relaxing and very effective, yet for other clients a technique such as craniosacral therapy, which is often only 5 grams of pressure can be just as effective.

Registered Massage Therapists are trained to have a sense of depth at which to work at for each individual client, and condition.

In today's busy world massage therapy not only helps keep you physically healthier, but it also improves your general outlook on life.

Glen D. Hill has recently moved to Kelowna.

COLOUR THERAPY

THE MIRACLE OF LIGHT AND COLOUR

by Karen Timpany

The history of healing with colour is extensive and the results are so convincing that the natural conclusion is that all healings should begin and end with colour.

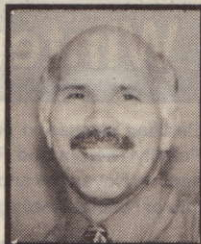
Records taken from the pyramids reveal the use of colours in their healings among the ancient Egyptians.

The Rosicrucian society with its highly developed knowledge of the esoteric, have used colour healing successfully since the 15th century. In the latter part of the 19th century, Dr. Edwin D. Babbitt wrote *The Principles of Light and Colour*. This major contribution in modern times, told of the many values in colour healing nearly a century ago. In the early part of the 20th century, Colonel Dinshah Pshadi Ghadali developed colour healing to an exceptionally high degree. The writings of Edgar Cayce provide additional evidence that colour has many healing qualities.

From many authors on the subject, we find the results and conclusions are so impressive as to warrant an all-out effort of further research into this highly effective system of healing.

Records from experienced researchers have proven over the years in actual cases of every variety that colour is superior in every way to any form of medication, shots, chemotherapy, or surgery, with absolutely no adverse side effects. The continued superior results in untold thousands of patients and students around the world attest that using colour for healing should be highly promoted and taught so that more people may have the great advantages it has to offer. Einstein writes that all forms of matter are light waves in motion vibrating at distinct and measurable rates.

If we are out of sync, not vibrating at a constant and harmonious rate, we will not have wellness. Any deficiencies or overloads in the body of the chemical and/or mineral balance can be attributed to the same thing. Think of a beautiful rainbow with one, two or three colours erased from its arc. It is no longer harmonious nor is the vibration balanced because a part of the picture is missing. All created things have colours, tones and forms of their own. Colours are vibrations of creation. Colour is the result of chemical action. Colour creates chemical action and matter. There is a constant aura of colour around each of us. These colours vary according to the condition of the body. Wherever there is a deficiency of minerals and vitamins, there is also a deficiency in the colour aura. Therefore, if cancer is primarily a deficiency of sodium and potassium in the body and the yellow spectrum has sodium as one of its chemicals, magenta has potassium, it makes sense to assume that creating a non-deficiency or balance in the body using these two colours and others if needed, should bring about the balance required to eliminate this disease. In using colour to promote healing and corrections the following is a simple example. When a person is burned, (first, second or third degree), or has a high fever, there is a surplus of red, which is hydrogen. This is intercepted by the projection of a blue light which is oxygen. The oxygen and hydrogen combine producing water — perspiration. In the case of the burn, all pain is gone in one hour. A complete healing takes approximately 20 days without scars. This has been demonstrated again and again and can be duplicated by anyone who cares to try it. By the scientific application of colour to our bodies, we introduce a natural energy that enables our bodies to eliminate wastes and congestion. At the same time, colour can repair every form of damage due to injury or sickness; providing the causes whether mental, physical or other are dealt with or removed, the repair should remain permanent. ♦



Dr. William Russell

NATUROPATHIC PHYSICIAN

868-8578

Preventative Medicine
Allergy Testing - Chronic Illness

Back & Body Clinic
206-2365-Gordon Road, Kelowna, BC, V1W 3C2

Dr. Craig Wagstaff, N.D.

Naturopathic Physician



11270 Robinson Rd.
Winfield, BC, V0H 2C0

Phone 766-2633

Via Medicatrix Naturae
Naturopathy



**Penticton
Naturopathic
Clinic**

Dr. Alex Mazurin

202-55 Padmore Ave
Penticton, B.C. V2A 7H7

Telephone
492-3181



NUTHERAPY

Institute of Natural Healing

May I Help you?

- * Nutritional Consultant
- * Reflexology
- * Acupressure,
- * Intuitive Healing
- * Polarity therapy
- * Reiki Master
- * Colour Therapy
- * Ear Candling

— — — — — Courses Available — — — — —

Karen Timpany - 766-4049 Winfield

VITA FLORUM

**A SPIRITUAL ENERGY
for challenging times
in practical forms:**

**Drops, tablets, ointment,
massage oil, lotion, talcum
powder & salve**

Free information package
1-800-468-8482

Body Therapy

*Celebrate your body with
a relaxing, revitalizing
massage*

*Various techniques used
including aromatherapy.*

Lynne: 492-7978 Penticton

BUY

Quality Recycled Toilet Paper

Paper Towels

Recycled Garbage Bags

**Phosphate Free Laundry
Detergent & Cleaners**

"NEW" Energy Efficient Lighting

Wholesale to you

CAMCO SUPPLIES LTD.

Phone 493-6944

**2350 Barnes St.,
Penticton, B.C.**

Winter Schedule at a Glance

Certified classes in Reflexology, Acupressure, Polarity Therapy and Reiki attainments beginning again in November and January. Nuthery Institute of Natural Healing. Winfield: 766-4049.

November 1

PERSONAL MASTERY "MAKING IT ALL WORK"

A series of evening workshops. This series is for people that have already done some personal growth and would like to be empowered by a group. The value of participation and the power of synergy will provide you with an accelerated learning experience. Come and learn practical tools to help you easily receive more of the love and joy that life has to offer. Led by Patti Burns. 6 Monday evening - Nov. 1 to Dec. 6th, 7-11 pm. \$495 includes GST & a Breath Integration Session each evening.

Inner Direction Consultants Training Centre.
Phone 763-8588 - 1725 Dolphin Ave., Kelowna

Nov. 4 - Dec 9th

Painting from the Source, 4 Thurs. Kelowna. P. 3

Nov. 4, 5, 6 & 7

REIKI with Vicki Allen, Salmon Arm. P. 18
Healing your INNER CHILD Wksp., Vernon. P. 5

Nov. 5

Vital Life Force Energy & the Electric Body
with Melonie Old. Penticton. P. 5

Nov. 5 - 7, 12 - 14 & 19-21

Spiritual Intensive, 3 week-ends. Cheryl Grismer
Peachland, P. 14

Nov 6 & 20

Healing Images. (Painting) Kelowna. P. 3

Nov. 8

Introductory Talk on Handwriting, Angèle Rowe
Nelson. Phone John or Lucie: 352-6168

Nov. 11, 12 & 13

REIKI with Vicki Allen in Penticton. P. 18

Nov. 13

Drum, Dance & Vocals. P. 12

Nov. 12 & 14

Method Meditation with Sarina & Eddie. Kamloops
& Kelowna. P. 9

Nov. 17

Painting from the Source- Introduction. P. 3

Nov. 18 & 19

Rapid Treatment for Phobias, Anxiety & Addic-
tions, Penticton & Kelowna. P. 19

Nov. 19, 20 & 21

Reiki Essence & Presence with Vicki, Holly &
Jane. Penticton. P. 3

Temenos, Women's Retreats, Christina Lake. P. 12

Nov. 21

Journalling to your Center. Kelowna. P. 7

Nov. 24

The Etheric Body. KPA speaker. P. 11

Nov. 26, 27 & 28

1st Degree Reiki with Holly Biggar & Kyrie Kramer.
2nd degree class to be announced.
Phone Kyrie 763-7629.

Nov. 27 & 28

REIKI - Level 1, Sat. Level 2, Sun. (9-2 pm)
Penticton, with Peter Mik-i-el Hutt. P. 2

Nov. 30

Tai Chi Workshop, Salmon Arm, P. 27

Dec. 4 & 5

REIKI - Level 1, Sat. Level 2, Sun. (9-2 pm)
Kelowna, with Peter Mik-i-el Hutt. P. 2

Dec. 7 & 9

Anchoring your Angelic Presence. P. 7

Dec. 11

Books & Beyond Christmas Sale- Kelowna. P. 4

Dec. 13

Christmas Celebration at the Dolphin Centre P. 7

Jan 6

OPEN HOUSE at the Dolphin Centre P. 7

January 12

Transformational Leadership Program Introduc-
tory Evening - Everyone Welcome! 7 pm. P. 7

January 10 - Feb 28

Body Blend - Mondays. P. 7

January 15

Intensive Personal Empowerment Program
6 month program starts in Kamloops. P. 7

January 26

ADITI with Bobbie Duncan. KPA speaker. P. 11

January 27

Joan Casorso - Inner Rhythms classes start. P. 12

January 29

Personal Empowerment Program, 6 month pro-
gram at Inner Directions, starts. P. 2

January 29, 30 & 31

Meditation Retreat with Peter Morris. P. 17
Temenos, Women's Retreats, Christina Lake. P. 12

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: 1696 Cary Rd., at the German Canadian
Harmonie Club, 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.

PERFECT LINK

Valley Wide Dating Service
For Discerning Singles
Confidentiality Assured

CALL TODAY

763-5048

769-6913

SMALL ADS WORK!

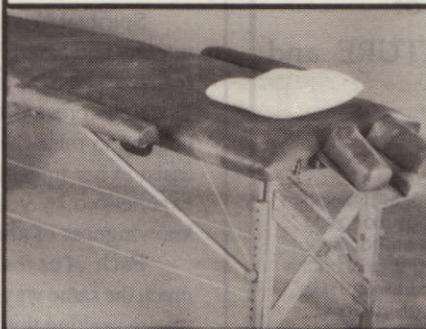
\$35 per 'ISSUES'

13,000 Copies

FREE Lay-out,
Advice & Networking

☎ Angèle at ISSUES
492-0987

Sturdy, Strong, Silent,
Attractive and Lightweight
Very High Quality....Yet Affordable!



Portable Bodywork Tables

5 year Guarantee ... 4 Models
Made in Victoria by Cox Design

phone Angèle Rowe
for a catalogue 492-0987
or write #304-973 Forestbrook Dr.,
Penticton, BC, V2A 2E9

ISABEL WELTI

IN

LITTLE SHUSWAP RIVER

Opens a quiet space for you to come
to discover your own potentialities of
peace, joy and health through

- * HUMANIST NUMEROLOGY
- * METAMORPHIC MASSAGE
- * AROMATHERAPY

See you Soon! **679-2861**



Tarot Numerology
Past-life Regressions
Shamanic Healings

Sasanne brings her insight to:
inspire your growth
for fun & enlightenment
Call
769-3760

Invest in Your Future ...



Revolutionary life changing products...

Biomagnetic Therapy ... seat covers, insoles, face
masks, etc. Oxygen Therapy, Natural Energy
Drink, Mineralized Water Filtration System & more.

Although each product can stand alone in the
market place, they compliment each other by
design; a collection of all-stars playing together
on the same team.

Weekly Product Demonstrations

Phone toll-free 1-979-0922 for time & places
of products demonstrations.

BUSINESS BUILDING PRODUCT TRAINING

Join NBA Gold Medallist Darrall Imhoff,
Director of Sales & Marketing for a

ONE DAY Workshop.

Sat. - Nov 13 - 8 to 5 pm

Lodge Hotel in Kelowna \$50

Join in the spirit of free enterprise
on the road to health and prosperity.

Connie Lisowecki ... Phone/Fax: 768-0136 ... Winfield or Toll free 1-979-0922

Subscribe to ISSUES

Name: _____ Address: _____

Town: _____ Prov. _____ Postal Code: _____ Phone # _____

Enclose ☐ \$12 Canadian or \$20 American for 1 year Make cheques payable to ISSUES

Mail to: #304, 973 Forestbrook Drive, Penticton, B.C., V2A 2E9



CANADIAN
COLLEGE of
ACUPUNCTURE and
ORIENTAL
MEDICINE

In a three-year Diploma program, the CCAOM offers training in traditional Chinese acupuncture and herbology alongside basic Western sciences. The CCAOM focusses on Traditional Chinese Medicine as a distinct form of health care, and on the development of the personal, professional and clinical skills necessary to individuals involved in the healing arts. Financial assistance may be available

Established in 1985. For information or catalogues (\$5) contact:
CCAOM, 855 Cormorant St., Victoria, B.C., V8W 1R2
Tel./Fax: (604) 384-2942

SPIRITUAL HEALING

by Peter Mik-i-el Hutt

Spiritual Healing once considered be the domain of the great masters and carefully guarded as sacred, beyond the reach of "non-realized" beings, is now flourishing in a myriad of expressions. Openings created by these new paradigm healing techniques are helping to raise the frequency of the consciousness of the earth to assist in her transition to a higher octave of vibration. A vibration experienced by you and me as a feeling of peace and love, and a knowingness of abundance in all ways.

Each of us resonates to a particular source of spiritual nutrition much the same way as we favour particular foods. Consciously or not we are seeking that which fulfills us and brings us what we need to experience in our quest for growth on whatever level we are creating upon.

Because our desire to go beyond limitations of existence as reflected in many lifetimes of struggle has called us to this particular point in time and space called now, we have the choice Now to reclaim ourselves as whole and perfect, and to enter a pathway of being which allows us to live as such, in harmony with all of life. This is available as a living reality for those who are willing to accept the possibility and to be open to receive it.

With this concept we can "remember" with a simple shift in consciousness that the past does not have to be the blueprint for the future, for now is the place of empowerment in creation. Thought and intention determine what shall be created in any given individual reality, in the instant. With this comes the freedom to consider the possibility that wellness is indeed a viable, always existent alternative to one with a history of disease, illness or disharmony of any kind.

You have heard of the power of the mind to manifest and create. We create with our thoughts and are the living demonstration of them. This is not something that occurs randomly or without reason. Because we are not always consciously aware of belief systems or thoughts which we project into being and radiate out into the universe, we may not logically be able to see the connection between the cause which we have initiated, (with thought) and the effect which may be the disease which we have created. However we all create with these tools which are our thoughts. This is a simple law of life which the human mind wants to complicate, for it has been programmed by the ego to assign responsibility to sources outside of the self such as fate, punishment by God, bad luck, or accident to create the concept of victimhood and denial of the self as its ultimate distortion.

Because mankind has free will as one of its parameters for being, we get to create and learn by our creations however painful, destructive or illfounded they are, including our own suffering and even death, for all creation learns by the lesson it gives itself in pursuit of an endless path of evolution.

If we can allow ourselves to surrender to the idea that we are worthy to be well and to hold that thought and accept that as a possibility, however it differs from all that we have experienced in our perception of the past, we have opened to be healed. We have replaced doubt in the self with trust and reconnected with the inner source.

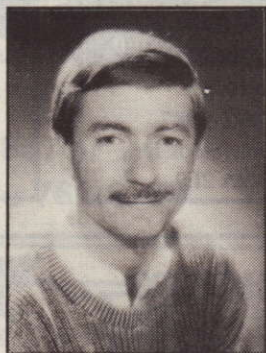
Acceptance is crucial in all healing, for God or Prime Creator by whatever name you perceive the source of all, will never impose Divine will upon you in violation of this fundamental law of free will, in order to make you change your perception of yourself.

In truth you are already perfect and in this state are you held as the son or daughter of your perfect and ultimate parent. Life therefore can be viewed as an ongoing process of experiences designed by

continues to the right

Its Great to be Back !

A warm hearted hello to those of you read ISSUES magazine. I'm Peter Mik-i-el Hutt and I have just moved back to this very special place, this Okanagan valley, after a journey of unfoldment. Perhaps you are looking for an opportunity to meet someone who can really help you, and you're not sure even how, and so you turned to this page and we met...

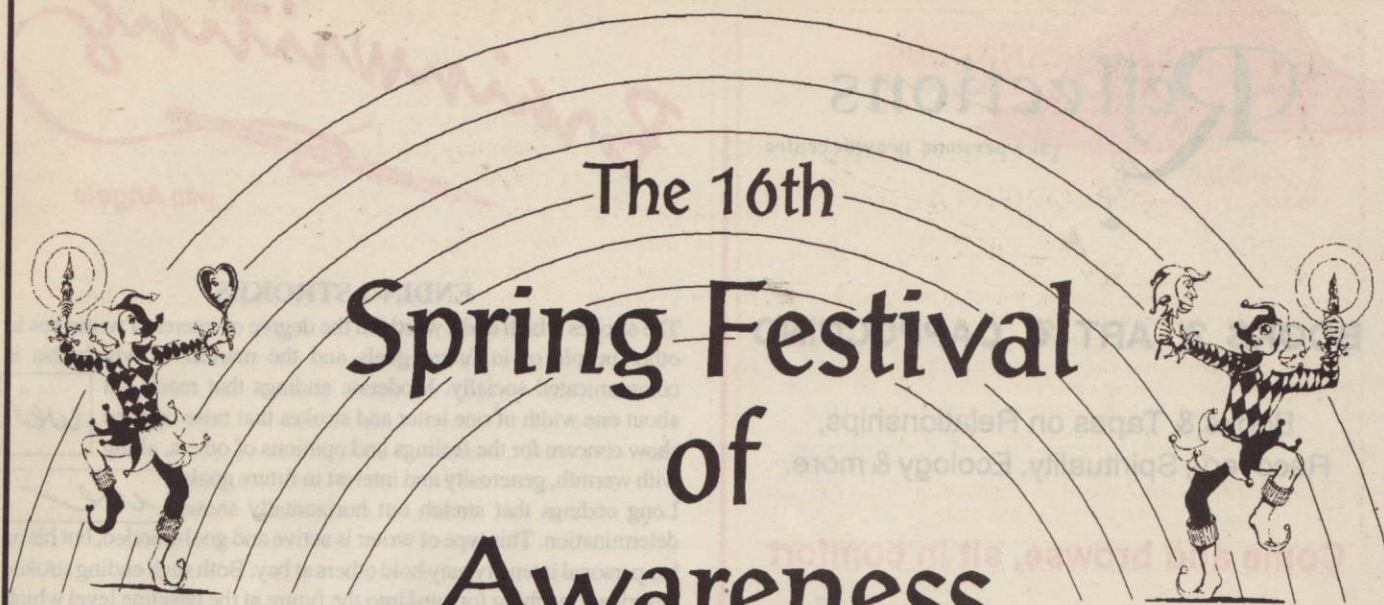


I'm here to actively serve in the healing process of those who are looking for another way. I work with Light of various frequencies which I channel as well as other vibrations such as love, peace or whatever the body needs to feel in order to become rebalanced. I read the consciousness of the body and I become the vibration that is needed. I am able to enter into the emotional, etheric and physical "subtle bodies" which you know as your aura and remove negative energy and energy blockages.

I work with you on many levels to reprogram the cells to understand the truth of who you are so that you may go beyond a frequency of disharmony and enter a place of oneness. My role in this process is to surrender completely to the infinite source of eternal Love and Light, to serve your Divine spirit.

I also teach Transformational Yoga, Reiki, and Interdimensional love and understanding by working with the inner child... Above all I am happy to be here for you.

Please contact me for consultations in Penticton at 492-3181, Kelowna: 868-8088 or Summerland: 494-9355 Mahalo! Peter Mik-i-el.



The 16th Spring Festival of Awareness

April 22, 23 & 24th, 1994 at Naramata, BC

The February / March ISSUES will have the complete outline of Instructors & Times.

Instructor Application Forms are in the mail so if you didn't get one and would like to apply phone Jan now! If you are a healer and would like to trade your talents for registration fees phone Jan soon and have your name put on the mailing list and an Application Form will be mailed to you in February. Jan's phone number is 492-0522.

Spirit to lift the veils of illusion so that you may return home to awareness of this true self, the one that knows everything that you need is within you, waiting for you receive this priceless gift of self realization.

Although there is no time limit for this discovery of the radiant self, many souls are realizing that this is the lifetime to make the leap across the canyon of separation. This separation is identified as blockages and walled off disconnected areas of the self where unexpressed feelings and emotional disharmonies arising through errors in thought have created disease and imbalance in the physical, emotional and mental bodies.

To assist this healing process and to provide a quantum leap in the time frame for so doing, there are now available channels of light, those who have agreed to bring the Light into the body, on all levels to raise the vibration of the body and to help correct karmic patterning which contributes to the manifestation of dis-ease. Along with this reprogramming of the cells with Light, by reading the consciousness of the body new thoughts may be implanted so that a new frequency of being is established, one that honours and loves the self. This assists with alignment to that perfect blueprint that is waiting to express itself through the individual's acceptance of his or her own highest ideals. This state of being acknowledges its divine expression as a living gift from the God source, All That Is.

Integration of these new core beliefs on both conscious, and unconscious cellular levels reinforced with the wholistic network of support systems such as attention to diet, and naturopathic supple-

mentation, intake of pure water and air, exercise and bodywork, meditation and visualization will be infinitely valuable in this rebirth of the real you. Consideration of what you are listening to and watching in your vulnerable receptive state in exposure to one way communications systems such as the media; use of beneficial sounds and colour and above all listening to the guidance that is always available to you and honouring that source, will assist you to maintain balance and harmony in your life and relationships with others. Take an active role in your life, and restore yourself with love.

In your own creation of wellness your beliefs are always the most important ingredient, without your belief nothing can change. As you heal you give that gift to the world, making it easier for everyone else who are waiting for you to go first...

There are limitless opportunities and choices available as you choose to live fully in the now. I invite you to let go of the past, to feel, to love and trust that it is safe to do so, as you magnificently heal yourself, and see yourself as whole.

Peter Mik-i-el Hutt is a Spiritual Healer who has recently relocated to the Okanagan after studying the past 6 months with Radiant Master Virginia Ellen, advanced healing techniques at the Temple of Eternal Life on the big Island of Hawaii. He is a Transformational Yoga instructor, Reiki Master, and Spiritual counsellor and Channel of Light. Please contact him for consultations at the Penticon Naturopathic Clinic: 492-3181, in Kelowna at the Dolphin Centre: 868-8088 or his home in Summerland: 494-9355. ♦

Reflections

your personal growth centre

BOOKS ☿ ART ☿ CAPPUCCINO

Books & Tapes on Relationships,
Recovery, Spirituality, Ecology & more.

Come and browse, sit in comfort

**191 Shuswap St. N.W.
Salmon Arm, BC
832-8892**

**Now OPEN! Mon - Sat. ... Fri. till 8 pm
Extended Christmas Hours!**

**"IDEALIA" has returned to this area after being
away for the last year and a half.**

Thomas and family "IDEALIA" are pleased to announce that the village is about to begin. As we stated in our plans before leaving, we have gathered various like-minded people from throughout the land and are now ready to create a self-sustained life in the wilderness of BC. Before we begin our adventure into this wonderful spiritual endeavor, we will be raising funds to buy the property and offering to any other spiritual minded persons who might be drawn to find out who we are and what we are about this wonderful opportunity to come and join us in beautiful Christina Lake for a relaxing hour, day, or week of massage and all around healing, spiritual therapy, reflexology and the greatest pampering available on request. This will last for the next eight months only and then the village begins.



*If you wish to contribute to a very worthy spiritual cause then please send your generous donation to: Thomas Millard, General Delivery, Christina Lake, BC, V0H 1E0 - Phone 447-6143
Thank you in advance with much love from our house to yours.*

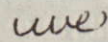
Brainwriting

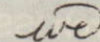
with Angele

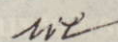
ENDING STROKES

The strokes which end a word tell the degree of interest a writer has in other people or in future goals and the manner in which this is communicated socially. Moderate endings that reach out about one width of one letter and strokes that raise upward show concern for the feelings and opinions of others, along with warmth, generosity and interest in future goals. Long endings that stretch out horizontally shows determination. This type of writer is active and goal-minded, but his or her personal intensity may hold others at bay. Both such ending strokes describe a reaching forward into the future at the baseline level which represents day-to-day activities.

Absence of endings where the letters stop at the baseline shows control. Usually the writer lacks social skills and is possibly reclusive. He or she may lack compassion, depending on supporting traits. Ending strokes are easy to make on the way to the next word. In fact, it takes longer to stop abruptly and then pick up again, so it not more efficient to exclude them. Notice the form endings take.

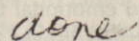

GARLAND


ARCADE

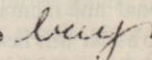

ANGULAR

Garland (bowl shaped) endings are friendly, sociable; arcaded endings (arches) show intention to hide something from others or a need for protection; angular endings are temperamental or mean and thready endings are hasty and adventurous. Endings are supposed to release to the right, thus their orientation to the outside world and the future. If they end upward, the writer looks for friends who are spiritual, intellectual or imaginative or immerses himself in those realms instead of social activities; outward endings embrace or reject socially (depending on the form); downward endings replace social expression with sexual or physical activity, or may reveal the writer to be socially inhibited, sadistic or abrupt.

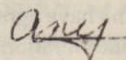
A Raising ...Ending Stroke



A Downward ...Ending Stroke



Angular and lower zone ...Ending Stroke



Once again. I remind you that endings need to be taken in context and balanced against the overall form of the writing. Is it creative, simplistic, neglected or flowing? Does the end taper off or is it blunt? Are the endings all the same or is there a variety of styles? Does the ending look like it is reaching out in a welcoming way or pulled in for protection? Is the writing small and concentrated or large and showy? There is much to discover about ourselves by looking at our own writing or printing. If you are interested in learning more, attend the evening seminar in Nelson ...Nov. 8th. Phone John or Lucie to register 352-6168. Or phone Angele at 492-0987 and organize one in your town.

'Double Winds' Tai Chi Chuan

by Kim Arnold

Tai Chi Chuan was first thought to be practised by a Taoist Monk called "Zhang San Feng." There are many myths and legends about him which China is so rich in, but little in the way of true documentation. "Tai chi" means "Grand Ultimate" and "Chuan" means first. "Tai Chi" alone could be a label on a bag of rice so the proper Chinese name is "Tai Chi Chuan." There are many styles of Tai Chi Chuan. The "Chen Style" is generally considered the original style and was practised by the Chen family (or village) in the 1500's and was kept secret for many years. Chen is a very lively and snaky type of style. It was generally performed by more athletic people and was primarily used for fighting. Eventually, a member of the Yang family was allowed to learn the Chen and from it he created the Yang style. It was still a martial art and there are many tales of superhuman feats; it was the first style to be taught to the general public and Tai Chi Chuan was no longer a great secret.

With these art forms came many health benefits much like we in the west learned from our military development and the space programs where people are always searching for that extra edge. The Yang style has been developed more for the health benefits as seen in its wide sweeping form and upright positioning but always follows the martial art principles such as proper body alignment, weighting and performing the moves as it was initially intended. If these principles are not followed there is a chance of someone causing injury to their lower back, hips and knees as evidenced by the number of articles being published in Tai Chi magazines. Following these principles will create a better flow of energy from rooting the moves in the feet and thus allowing energy to move freely up through the body. This follows the basic philosophy of many martial art styles both internal and external.

In the 1950's, the Chinese, wanting to make their nation strong, brought together a number of well known masters to create standard forms that could be promoted to the general public. These are the main forms we practice and teach. The beginning "24 form" is performed and written about worldwide and there are a number of books published on it including those from Beijing Medical and Sports Society. We teach the "24" form first and then we teach a variety of two-person application forms and after that the "48" form which is a combination of the five main Tai Chi Chuan styles. Following the hand forms we teach a variety of traditional weapon forms. These forms were taught to us by "Grand Master Raymond Chung" of the Vancouver Tai Chi Chuan Association" who brought this traditional system from China and was the first master to teach publicly in B.C. I started with Grandmaster Chung in 1966 and he had been my teacher as well as Heather's ever since. We still attend his classes today. It is their complete and traditional system that we teach.

Heather has practised and taught Tai Chi for over 15 years. We have also taken other instructions from a variety of teachers and styles which include some of the other "sister internal art forms" that are similar to Tai Chi Chuan. We have a strong background in the "White Crane Style" We have been teaching Tai Chi Chuan in Salmon Arm since 1979. We choose the name "Double Winds" because in all the Tai Chi Chuan forms there is a move called "Double Winds." Tai Chi Chuan is an important part of our lives, we have a private studio in our home and practice constantly. After so many years it becomes part of your life and it is hard to imagine lessons are given in Salmon Arm & we are in our studio and other communities. ♦

Foreign Affairs



IMPORTED GIFTS & HANDICRAFTS
DISCOVER EXOTIC TREASURES
FROM AROUND THE WORLD!

**Orchard Park Mall
Kelowna - 860-7915**



**Kim Arnold
Heather Arnold**

**Salmon Arm, BC
832-8229**

TAI CHI CHUAN WORKSHOP

Yang Short Form (24)

Sat. - Nov. 30 - \$20.00 Limited enrollment

Beginners / Form Corrections

**Weekly Lessons & Private Workshops.
Instruction in short and long form.
28 years of experience**

"Certified Instruction"

Traditional System as recommended by the
Chinese Medical Association.



Gift Basket Service

*Specializing in
Aromatherapy Collections*

♦ Energy ♦ Sensuality ♦

♦ Relaxation ♦ Celebration ♦

493-3701

CIRCUMCISION-An Infringement of Rights

by Deborah Golledge, DC, MSc

Circumcision has been around for two centuries but research has yet to prove its necessity. On the contrary more and more evidence extols the virtue of leaving the male (and in some countries - female) genitals in tact, the way nature intended them to be. Parents have the responsibility to find out all aspects of any procedure performed on their infants, in terms of safety, need and pain to the child. Circumcision is no exception.

Circumcision is not painless. I can no better exemplify this than to relate the story of Marily Fayre Milos, RN, a founder of National Organization of Circumcision Information Resource Centres.

Ms Milos witnessed a circumcision when starting her nursing training. The experience catapulted her into fighting this barbaric procedure. In her words, "We students filed into the newborn nursery to find a baby strapped spread-eagle to a plastic board. He was struggling against his restraints - tugging, whimpering and then crying helplessly. No one was tending the infant. When I asked my instructor if I could comfort him, she said, 'Wait till the doctor gets here.'

"When he did arrive, I asked if I could help the baby. He told me to put my finger into the baby's mouth. I did and the baby sucked. I stroked his little head and spoke softly to him. He began to relax and was momentarily quiet.

"The silence was soon broken by a piercing scream - the baby's reaction to having his foreskin pinched and crushed as the doctor attached the clamp to his penis. The shriek intensified when the doctor inserted an instrument between the foreskin and glans or head of the penis, tearing the two structures apart. (They are normally attached to each other during infancy so the foreskin can protect the sensitive glans from urine and feces). The baby started shaking his head back and forth - the only part of his body free to move - as the doctor used another clamp to crush the foreskin lengthwise, which he then cut. This made the opening of the foreskin large enough to insert a circumcision instrument, the device used to protect the glans from being severed during surgery. The baby began to gasp and choke, breathless from his shrill continuous screams.

"How could anyone say circumcision is painless when the suffering is so obvious? During the next stage of the surgery, the doctor crushed the foreskin against the circumcision instrument and finally amputated

it. The baby was limp, exhausted, spent. Even more shocking was the doctor's comment, barely audible several octaves below the piercing screams of the baby. 'There's no medical reason for doing this.'"

The First Few Days

A horror story to make a point? No, the truth. Even in those few cases where anesthetic is used, it is usually inadequate, because to properly block the pain the injection must be given at the base of the penis. Tricky to say the least. Not to mention that as soon as the anesthetic has worn off, the baby feels the pain of the wound and will do so every time he urinates or defecates. As far as the argument goes that he will not remember it, we have strong evidence that this is not true. Experiences occurring during the preverbal period of life affect the person forever. According to Dr Rima Laibow, infants do retain significant memory traces of traumatic events. When a child is subjected to intolerable, overwhelming pain, it conceptualizes mother as both participatory and responsible, regardless of mother's intent. The consequences for impaired bonding are significant. Dr Frederick Leboyer, famous for his gentle birthing methods, also expresses concern about the lifelong consequences of circumcision.

"Once we remember that all that takes place during the first days of life on the emotional level shapes the pattern of all future reactions, we cannot but wonder why such a torture has been inflicted on the child. How could a being who has been aggressed in this way, while totally helpless, develop into a relaxed, loving, trusting person?"

A look at the normal anatomy and physiology of the foreskin will better explain why it should be left alone. The glans or head of the penis is covered with skin before birth. This skin is not loosely attached, but firmly, like the skin on your hand. At about 17 weeks into fetal development, cells in the area of separation between the future foreskin and the head initiate the process of creating the space between the head and intact foreskin. They begin to form microscopic balls comprising multiple layers of cells. As these whorls of cells enlarge, cells at the centre are cut off from nutrients, die and create a space. These minute spaces coalesce, eventually becoming the "preputial" space or space between the glans penis and the foreskin. This process is completed by age three in 90

per cent of boys but it may take as long as 17 years for some boys to have a fully retractable foreskin. So at birth this separation process is just beginning. Circumcision interferes with normal development, demanding that the sensitive tissues be forcefully torn apart. Doctors are not "breaking adhesions" when pulling the foreskin back. They are in fact destroying normal layers of flesh not yet meant to be disrupted.

For more information contact NOCIRC at PO Box 8824, Sante Fe, NM 87504 USA. They publish a quarterly news bulletin full of current data and resources.

*Dr. Golledge practises in
Bracebridge, Ontario.*

Recommended reading:

Help Your Child With Homeopathy,
by S. Harrison (sc) 96pp \$12.95

Is This Your Child?
by Doris Rapp (sc) 603pp \$37.95

**"reprinted with permission from
alive magazine issue number 133"**

Note from the publisher... I wish I had had this information when I was pregnant; I do believe what she says is true. For after I delivered one of my boys I was walking around the hospital and heard my baby crying. When my doctor emerged from the room I quizzed him. "Why is my baby crying?" He shrugged it off and said "It'll sting for only for a minute, he's just a baby. It's painless when they are that small." He then described the simple and easy procedure that he had done. He reassured me "It's better to have it done now, cause it could cause a lot of problems if we waited. Besides they would have a lot of questions if they looked different from their Dad."

Rae and I asked a lot of questions before we made the decision. The doctor convinced us both that it was for the good of all concerned. We were young and I couldn't find any other information on the subject so we accepted his experience as truth.

It is with great pleasure that I pass this information along to my readers and I hope you will copy or pass along this information to pregnant mothers so they can make an informed choice! If you are not a regular dedicated reader of *alive*, it's about time you started. It's available at your local health food store... **FREE**. They have great articles on health and nutrition. ♦

IMPRESSIONS OF A ROSICRUCIAN

by Eric Metke

As a young person I was not satisfied with accepting and believing whatever was handed down to me. I wanted very much to learn for myself, to *know*, to experience and understand within my own mind and consciousness the *truth* regarding the many unanswered questions about God, life, death, soul, immortality, and much more. This thirst for knowledge and understanding led to the reading and study of many books and other literature dealing with philosophy, metaphysics, the psychic and other subjects. When I eventually found the Rosicrucian Order AMORC and became a member and student, I knew intuitively that this was the pathway toward the knowledge and understanding that I had been searching for. I have now been a member and student of the Rosicrucian Order AMORC for some years and my early evaluation of the Rosicrucian Order has been confirmed and added to. I would not exchange the many benefits that I have realized from my membership in the Rosicrucian Order for any amount of money or material wealth, any prestigious position, or any degree of fame or social status.

Occasionally in conversation with a friend I am asked the question - "If I were a member of the Rosicrucian Order just what benefits might I expect to realize?" That is not an easy question to answer because it depends very much upon so many variables. We all come from different backgrounds. From the time we were born into this world and throughout our lifetime we have each been subjected to many different kinds of influences. For example, different parental upbringing, different kinds of education, different friends and associates, different environment, and so on. In addition to all the different influences we have each experienced in this lifetime we have also each brought along with us from past incarnations the growth and evolvement of many previous lifetimes. All of these things tend to shape the nature of our individual values, our aptitudes and our aspirations in life. Also the degree of success that any person will realize in attaining aspirations of any kind depends very much upon the degree of that person's sincerity and dedication.

Each member of the Order is provided a weekly monograph or lesson, the quarterly magazine, *The Rosicrucian Digest*, and other literature relevant to the studies. Students may write to Grand Lodge for any additional clarification or assistance they might require. The teachings include so many subjects relevant to nearly all aspects of life that it would not be possible to list them all. To mention just a few: the development of mental and psychic faculties such as concentration, intuition, visualization, attunement with the inner self and the whole Cosmic and much more. The member is taught to understand many natural Cosmic laws and how to use and apply those laws toward the realization of better health, inner peace, happiness, success and other worthy goals and aspirations in life. The Rosicrucian teachings are arranged in an orderly sequence so that there is always a good balance between intellectual understanding and mental and psychic development. The Rosicrucian teachings are not dogmatic in nature. Members are encouraged to think for themselves and put the laws and principles to the test by applying them in a practical way in the affairs of life. Rosicrucians develop an inquiring mind. There is an old saying that a Rosicrucian is a walking question mark. Membership in Grand Lodge also entitles a member to attend and become a member of affiliated bodies such as Lodges, Chapters and Pronaoi. There is a Rosicrucian Pronaos in Kelowna.

Very briefly then, among the many benefits that a member of the Rosicrucian Order AMORC might expect to realize are: the development of mental and psychic faculties which makes it possible to realize many other benefits. For example, a better intellectual understanding of the nature and purpose of life, logical and provable answers to the mysteries and unanswered questions about life, death, and immortality. Very important - the development of higher levels of intuition thereby making the student more receptive to inspiration and new insights. Higher levels of consciousness and happiness, and higher levels of peace and tranquillity within. Although the student is taught how to use natural Cosmic laws toward the attainment of success in vocational, professional or business pursuits, it is my belief that success in the mundane affairs of life comes about naturally as a sort of by-product or spin-off of the above mentioned attainments. By using the latent powers within, the potentials of attainment are limited only by the level or degree of a student's sincerity and dedication.

Anyone wishing more information is invited to write to:

Okanagan Pronaos AMORC. P.O. Box 81, Stn. A., Kelowna, B.C. V1Y 7N3

TOWARD THE INFINITE



EXPAND YOUR LEVEL OF CONSCIOUSNESS

Your consciousness has no limits—if you let it rise above its present bonds. Inspiration and Intuition are not just haphazard events. You are an infinite part of the *Universal Cosmic Intelligence*. You can draw, at will, upon this Intelligence for seemingly miraculous results. This Cosmic Intelligence flows through you. It is the very vital force of life. It is not supernatural; it is a natural phenomenon. Learn to reach for this higher level of your consciousness and avail yourself of its intuitive enlightenment.

Free Booklet

These statements are not idle fantasy. They are made by the *Rosicrucian Order, AMORC*, a worldwide cultural organization. For centuries, it has made its dynamic teachings available to thousands of men and women who are serious about self-development. For more information, send for a free copy of the booklet, *The Mastery of Life*. It tells how you may start learning to derive the utmost from your Self—and life.



THE ROSICRUCIAN ORDER

Phone toll free

1-800-882-6672

Or write to

Rosicrucian Order, AMORC
1342 Naglee Avenue,
SAN JOSE, CA 95191-0001

BODYWORK

by Maxine Spence

What if everything you had ever experienced in your lifetime was stored as memories in the cells of your body? And what if you could heal your body today by getting in touch with those past memories and releasing them?

This concept simultaneously fascinated and frightened me. Perhaps it could explain the heaviness in my life—all those memories crammed into so many infinitesimal cells was bound to slow a person down—but exactly how does one pry these cells open? And how badly did I want my cells oozing on some stranger's massage table?

I did my usual dance around the idea, until a chance conversation with Marilyn Renaud pushed me past speculation into action.

Marilyn explained that Therapeutic Bodywork is an alternative form of preventive health care which helps people get in touch with their true selves. It unlocks bodies, freeing people from limiting patterns of belief that show up in chronically tight muscles or misaligned joints.

I could relate to the tight muscles—my neck and lower back were in constant competition for the title of “most rigid of them all,” but how could massaging them lead me to my “true self.” Who was that anyway? And why hadn't she revealed herself the three times in my life I had gone for a massage?

I began my journey with a timid tap on the door—an introductory session in which Marilyn could get a sense of who she was working with and I could decide if I felt comfortable. I was to learn that Rebalancing was nothing like the massages to which I was accustomed. It involved a variety of techniques including Reiki, Polarity, Trager, Chakra Balancing and Energy Balancing.

Marilyn follows a ten-session system which provides a basic framework yet allows the uniqueness of each individual to be honored. She uses her intuition to decide which technique would be the most beneficial for her client at a given moment. At times she uses Reiki, an ancient healing art that radiates healing energy through the practitioner's hands to the client. Other moments call for Trager, a gentle rocking and lengthening of the client's body.

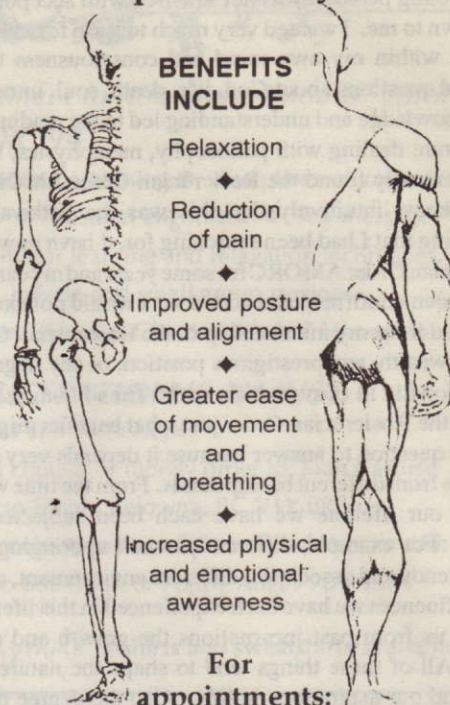
The basis of Rebalancing focuses on proper breathing, skeletal rocking, joint release, deep tissue massage, and plain, old awareness. It is amazing how many people—including yours truly—walk around totally numb to what is going on in their bodies. And our bodies hold the key to our selves. Turning that key is a slow process. Sometimes the changes are so subtle that a person is hard-pressed to pinpoint when and how the shift occurs. For that reason, Marilyn suggested that I keep a journal to chart my growth over the next few weeks.

The first session she used primarily Reiki. I was struck by the gentleness of her touch. I was exhausted by the end of that ninety minutes, but also relaxed, peaceful, as if something had been released from my body, something intangible, but heavy. And that was just the get-acquainted session!

I was to learn many things in the subsequent weeks, but one of the first was that Bodywork is not a passive method. One does not just lie on the table and have one's “body worked.” It is a dynamic process and I was expected to pull my own weight by staying present in the thick of what was happening rather than letting my thoughts float off to la la land and coming back when it was over.

In a society grown accustomed to having things fixed for them, the temptation to “leave” while our body is being “done to” is huge. Isn't that what happens in surgery? And, in some instances, during the birth process? During my Bodywork sessions, deep breathing

REBALANCING Therapeutic Bodywork



For
appointments:
MARILYN RENAUD
762-3633 - Kelowna

kept me present and was as important, if not more so, than the work Marilyn did. She was always quick to point out that she was just the facilitator. I was doing all the work.

And the work didn't end when I got up from the massage table. There was a ripple effect that splashed over into the days between appointments. The “aha's” that materialized out of nowhere. The information to read. The questions to ponder. The feelings to acknowledge and record. Feelings at first repressed . . .

Marilyn believes we hold our emotions, our pain, and our trauma in our bodies and she prefers to work directly with the source of the pain, not its symptoms. Massaging the fascia, the sheath covering the bundles of muscles, releases tension and stress which are what hold on to emotional wounds and hurts in the body. And our breath (including yawning, I was relieved to discover) moves that unlocked energy out of our body.

In my case, there were lots of tears and anger (and yawns) although there were sessions in which I felt an urge to laugh and at times I just lay there with a beatific smile on my face. I did have a lot of heavy stuff to work through—memories buried from my childhood—and Bodywork with Marilyn meshed perfectly with the work I was doing with my therapist. But a person needn't be plagued with pain—either emotional or physical—in order to benefit from this type of work. We could all do with regular mileage checks. How many of us are really in tune with our bodies—those overweight/underweight, cramped, rigid, pain-filled shells we camp out in? How many of us let our genders/roles/jobs define who we think we should be?

Bodywork is a way to throw off those limiting yokes. Instead of just reading a book or having someone tell us about it, we can actually experience the full joy and flow of energy we were meant to have in our lives. And Marilyn facilitates our dance to freedom. ♦

CANCER UPDATE

by Robert Wolfe

The war against cancer is not being won. Over the last 20 years, the U.S. has spent over a trillion dollars on treatment and research. In 1992 the bill was \$110 billion.

Statistics supplied by the American Cancer Society show that the odds of getting cancer during your lifetime are now 1 in 3.

Many observers note that even the small increases in survival rates are the result of increased early detection of many cancers and not from improved treatment methods. The traditional medical approach has changed little in the past 50 years, being surgery, radiation, or chemotherapy. Not surprisingly, many medical researchers are switching their focus to the causes of cancer and possible strategies to prevent it as well as changing the conditions in the patients' life so cancer does not recur after removal of a tumor.

The causes of cancer are still hotly debated, but there is no doubt that a breakdown of the human immune system is involved. This can be caused by environmental pollution, bad nutrition or other physical factors, but the main factor is probably psychological stress.

When operating efficiently, the immune system controls cancer cells. A white blood cell, the T - helper, circulates in the body with another immune cell, the macrophage. These cells counter tumor antigens with certain chemicals; tumor necrosis factor, interleukin, and interferon. These chemicals are the body's equivalent of chemotherapy, except that they don't damage normal cells as chemotherapy does.

The immune system is jeopardized by emotional stress and a new branch of science, psychoneuroimmunology, grew from discoveries that people's thoughts and belief systems can effect changes in the brains' neurotransmitters and influence their immune system. In short: how we respond to psychological stresses appears to determine how well our cancer fighting mechanisms act.

Helene Smith, head of cancer research at California Pacific Medical Center compares survival rates for 2 groups of patients with metastatic breast cancer. Both groups got identical medical treatments, but one group received additional psychotherapy. This latter group lived twice as long. "If this were a new drug, the developer would be running to the patent office," she says.

Michael Lerner, author of *Choice In Cancer: Integrating the Best of Conventional and Alternative Approaches to Cancer*, president of the Commonweal cancer treatment centre in Bolinas, California, uses spiritual, psychological, nutritional, and physical approaches.

Bill Moyers' five part PBS television series, "Healing and the Mind" devoted an entire show to the Commonweal program called "Wounded Healers." Henry Dreher describes the program at Commonweal in *Natural Health Magazine* (March/April 1993).

Small groups of eight cancer patients gather in a week long retreat with several therapists and a medical director. Diet, yoga, art movement, massage and group therapy are used extensively, but: "one of the most fruitful methods employed is the sand tray. One room at Commonweal is devoted to this activity, a Jungian technique in which people place objects in a sand-filled tray, allowing imagination to take over in what amounts to a consciously directed dream-play. Afterwards, the person is helped to interpret the emotions and the meanings of the scene he or she has created. The many shelves of figurines, small toys, and stuffed creatures both fierce and friendly seem to lure the participant into a near state of enchantment - a ticklish flirtation with limitless possibilities. The creative impulses and images that bubble up originate from that early time when the

SAND PLAY THERAPY

FOR KIDS & ADULTS



ROBERT WOLFE R.Psych.
REGISTERED PSYCHOLOGIST

By appointment: telephone **493-1566**

Suite #208 - 483 Ellis St., Penticton

capacity to play was hardly dampened by social constraints".

The Commonweal program works in conjunction with conventional medical treatment. As Rachel Naomi Remen, M.D. (the medical director) explains: "Almost everyone hopes for a biological "cure," but cure is not the guiding principle. The guiding principle is **healing**, which overlaps but is not synonymous with cure. Cure refers to a complete recovery brought on by medical means. Healing refers to a multi-levelled phenomenon, one that takes place on psychological and spiritual levels, as well as physical. Healing can usher in biological changes that favor the host's resistance to cancer, possibly enabling the person to make a passage from disease back to wellness. But healing can also occur as the individual makes a passage from life towards death. Both leaders of Commonweal attest to this, with stories of people who experienced a transcendent healing even as they approached death."

It appears then, that if we live in a reasonably clean environment (like most of us do in Canada) - and eat a generally balanced diet (like most of us do), we are left with this elusive factor of psychological or emotional stress. What is it? How can we reduce it?

Hans Selye, a noted stress expert considers a certain amount of stress healthy and positive. We would probably "die of boredom" if there was no stress at all, but when is there "too much" stress?

I see 3 kinds of stress; one is in the immediate environment, like stress in the workplace, another is interpersonal stress such as marital difficulties, and thirdly intrapsychic stress or personal emotional conflicts (often partially unconscious). Ultimately it comes down to how we cope with stress.

This then, is what the Commonweal program is all about. It is designed to help us discover our unique personal connection to our body and soul. Each cancer patient is different and each person has to discover the meaning of the disease for themselves. ♦

the 'NATURAL' yellow pages

ACUPUNCTURE

OKANAGAN TRADITIONAL ACUPUNCTURE
Rosalyn Harder, D.T.C.M.
Acupuncture, Counselling, Member of A.A.B.C.
649 Burne Ave, Kelowna, B.C. V1Y 2P3
by appointment: 862-9003

VERNON ACUPUNCTURE CLINIC
Marney McNiven, D.T.C.M., 3105 - 31 st Ave.,
Vernon: 542-0227. Residence: 546-2918

ASTROLOGY

LEAH RICHARDSON.....Peachland
767-9597 Astrological Counselling & Teaching.

MOREEN REED....Kamloops: 828-6206
Explore your life's lessons and cycles of unfoldment, including compatibility, right livelihood and children. Office at "Spirit Dancer Books" 270 Lansdowne

PSYCHIC ASTROLOGER
Heather Zais Kelowna 766-5032 or 862-1445 or FAX 868-9202. Past Life, Present & Future, Tarot, Cards, Horoscope, Clairvoyant, Palms, Aura, Dreams, Magnetics, etc.

BED & BREAKFAST

MIRROR LAKE BED & BREAKFAST, & ORGANIC ORCHARD—Fax 495-7959
Welcome to Oliver and our seven-gabled heritage B & B. Psychic Counsellor on the premises.

NELSON LAKESIDE PARK B & B
Great view, close to downtown and beach.
John or Lucie: 352-6168

SHAMBALLA HOUSE - NELSON, BC
Clean, comfortable and in town. 352-2928

TIPI CAMP Unique Lakeside Accommodation
Kootenay Lake East shore.....227-9555

BIOLOGICAL DENTIST

JOHN SNIVELY, # 201 - 402 Baker St.,
Nelson B.C. Phone 352-5012

BIOFEEDBACK

R.E.S.T. & BIOFEEDBACK CLINIC,
Vernon.....545-2725

COMPLETE COMPUTERIZED HEALTH ANALYSIS - Showing pollutants, vitamins, mineral deficiency, risk factors. Natural remedies available. R & R Health Resources
Winfield: 766-3931 or toll free 1-800-661-3455

BODY / MIND FITNESS

JOAN CASORSO STRONG, STRETCHED & CENTERED
Integrating Postural Alignment, Breath Awareness, Tai Chi, Yoga, Dance & Drum Exploration, Relaxation Techniques. Classes, Workshops and Personal Training. ... Phone 860-2834

BODYWORK & HEALING

ACU-LITE THERAPY & RHUMANT Distributor for pain, rheumatism and arthritis.
Princeton - Robert and Betty Pelly.
Light attracts life...Ask us. Phone 295-6179

ACUPRESSURE & NUTRITIONAL Counselling - Nelson, Castlegar & area.
Your home or mine. Margaret Carroll: 365-2490

CENTRE FOR AWARENESS...Rossland
Sid Tayal - 362-9481 Bodywork, Polarity, Yoga, Reflexology, Chinese Healing Arts, Counselling, Rejuvenation program. Annual retreat in Aug.

DONNA'S TOUCH Merritt: 378-6429 Touch for Health, Reflexology & Pure Life Distributor

F.M. ALEXANDER TECHNIQUE
Gwen Dobie & Giancarlo Rizzo, qualified teachers. Private Lessons and Introductory Workshops in Nelson, Kelowna & Vernon: 352-9119

"HEALING CONNECTION"
Salmon Arm...832-7162 Massage, Reflexology, Reiki, Touch for Health, Iridology, Roling, Psychotherapy & Counselling.

LEA HENRY - Enderby / Salmon Arm 838-7686
Ear Coning, Massage, Reflexology, Touch for Health, 2nd degree Reiki, Nutritional Products

NUTHERAPY INSTITUTE OF NATURAL HEALING Winfield: 766-4049
Certified in Reflexology, Acupressure, Polarity Therapy, Ear Candling, Nutritional Consultant, Reiki Master, Intuitive Healing, Etheric & Cell Memory Clearing and Balancing.

MARSHA WARMAN
Kelowna: 868-0446 Cranial Sacral. Explore Body/Mind Healing. Counselling on all levels.

THE ESSENTIAL BODY
Karen Stavast & Jane Theriault
Rossland: 362-7238....Aromatherapy, Registered Massage Therapists, Three in One Concept (Identification & Diffusion of Learning Disabilities), Workshops & Individual Consultations

POLARITY THERAPY.....Oliver: 498-4885
Carole Ann Glockling, Certified Polarity Therapist, Certified Reflexologist & Bodyworker.

REBALANCING BODYWORK
Margery Tyrrell.....Penticton..... 493-8439

REBALANCING, DEEP TISSUE & INTEGRATIVE BODYWORK...MOE MILLER
Winfield: 766-0996
Serving Kelowna, Vernon, & lake country area

RELAXATION PLUS CLINIC
1016 Hall Mines Road in Nelson...354-3811
Rebalancing, (Deep Tissue) Bodywork, Breath Energy, Offering six-month Bodywork Courses.

RHOYALLE TAYLER RYANE
Emotional release work (Unicorn method)
Certified Practitioner
Kelowna, Dolphin Centre: 868-8088

ROYAL CHINESE ACUPRESSURE
2 certificates, Penticton, Carolyn Cooper: 493-7030

WELL-QUEST HOLISTIC HEALTH CENTRE.....Winfield: 766-2962
Myotherapy, Reflexology, Integrative Bodywork.



Margery Tyrrell, B.A., B.Ed

**Certified Rebalancer
Acupressure Massage
Tai Chi Instruction**

493-8439

Penticton

Carole Ann Glockling

**CERTIFIED POLARITY
PRACTITIONER
CERTIFIED REFLEXOLOGIST**

OLIVER: 498-4885
#1 - 34445 - 97th Street

PENTICTON: 492-3181
AT DR. MAZURIN'S EVERY THURSDAY & FRIDAY
55 E. PADMORE, SUITE 202



the 'NATURAL' yellow pages

WYNNESSENCE AROMATHERAPY

Specific preparations for the individual, transformational therapy, relaxing & stress management. Winfield: 766-3931 or toll free 1-800-661-3455

BOOKS

ARADIA'S - 66 Front St, Penticton: 490-9670

BOOKS & BEYOND - Phone 763-6222. Downtown Kelowna - 1561 Ellis St,

CARAVAN BOOKS & WARES

Penticton...493-1997 317 F Martin St., in the Penticton INN. Your Metaphysical Oasis.

OAHSPÉ, THE WORLD'S TEACHER.

The New KOSMON (AQUARIAN AGE) bible in the words of JEHOVIH. A teaching and guide for all people of all races and religions on earth. Write for free literature to Oahspe Service, PO Box 2356, Stn R., Kelowna, B.C. V1X 6A5.

OTHER DIMENSIONS BOOKSTORE

Salmon Arm: 832-8483 Books & tapes, metaphysical, esoteric, self help, healing and more.

REFLECTIONS "Your Personal Growth Ctr."

Books, Art, Cappuccino- come in and browse! 191 Shuswap St, N.W. Salmon Arm: 832-8892

SPIRIT DANCER BOOKS & GIFTS

Kamloops...828-0928..270 Lansdowne St. Crystals, jewellery, stained glass and more.

WHOLISTIC LIVING CENTRE

Books to help you with personal growth Phone: 542-614 0, 2915 - 30th Ave, Vernon

BREATH PRACTITIONERS

CLEAR INSIGHTS CONSULTING

Offering Breath Integration Sessions/ Rebirthing, Self Development Workshops and "A Course in Miracles." Castlegar: 365-5040 Hazel Forry

INNER DIRECTION CONSULTANTS

Offering Breath Integration Sessions, Self Development Workshops, Sunday Celebration and "A Course in Miracles". Kelowna: 763-8588 Cheryl Hart, Patti Burns, Cheryl Bassett, Gayle Hill, Anne Twidle, Peggy Budd, Sandy Haldane, Heather Marshall. Penticton: 492-3394 - Gayle Hill

PERSONAL GROWTH CONSULTING TRAINING CENTRE

Individual & Group Breath Integration (Rebirthing) Sessions offered, One-day and Weekend Self-Empowerment Workshops, Six-Month Personal Empowerment Program - a prerequisite for Breath Practitioner and consecutive training. Sunday Celebration, *A Course in Miracles* Study Group and much more! Executive Director - Cyndy Fiessel, Senior Staff - Susan Hewins, Marilyn Puff, Sharon Hartline, Pete Pilling, Murray Stadnichuk. Phone Kamloops: 372-8071

WELL-QUEST HOLISTIC HEALTH CENTRE

Winfield: 766-2962

Rebirthing with Gayle Konkle

CHIROPRACTORS

Dr. Barbara James..... 868-2951

#101 - 1823 Harvey Ave., Kelowna

Dr. Condren Berry..... 492-7027

228 Eckhardt Ave. E., Penticton
Extended Hours.

Call for your Appointment Today!

Dr. James B. Wickstrom..... 545-5566

3002 - 33rd Street, Vernon

Dr. Richard Hawthorne..... 492-7024

228 Eckhardt Ave. E., Penticton
Extended Hours.

Call for your Appointment Today!

Souch Chiropractic Office

Penticton.....493-8929

Dr. Bill Souch, 225 Brunswick Street

CHURCH GROUPS

OKANAGAN CENTRE FOR POSITIVE LIVING - CHURCH OF RELIGIOUS SCIENCE

is a full service (including Junior Church) Religious Science Church teaching and living the "Science of Mind" principles. Accredited Science of Mind classes Tues. Wed. & Thurs. in Vernon. Church Service includes 10:15 am Meditation & 11:00 am "Celebration of Life" in Vernon at 202 -3315 - 30th Ave. Pastor Lloyd Everett Klein. Phone 549-4399 or 549-2729. "Positive Living is for Everyone."

SOUTH OKANAGAN NEW THOUGHT CENTRE OF RELIGIOUS SCIENCE, a

"Science of Mind" Centre, with Sunday Services at the Okanagan Mission Activity Centre at 4398 Hobson Road (Sarson's Beach). Healing Meditation at 10:30 a.m. and Sunday Celebration at 11:00 a.m. Call Rev. Donna Maurice-Winchell at 768-0468 for further information. Come and join "GREAT THINKERS" like yourself!

COLON THERAPISTS

Kelowna: 763-2914 Diane Wiebe

Penticton: 492-7995 Hank Pelsner

Peachland: 767-6465 Cecile Begin

Salmon Arm: 832-9767 Pamela Rosa

Clearwater: 674-3067 Susanna Rossen*

** also does Iridology and Touch for Health

COUNSELLING & THERAPY

ALLEN R. GIBSON

Release the Past, Invision the Future!
Phone 764-7809. The Call is Free.

ANJA NEIL

Certified Master N.L.P. Practitioner
Kelowna: 765-2145

BARBARA JAMES

Certified N.L.P. Master Practitioner
Kelowna: 868-2951

Handwriting Analyst



Angèle Rowe

Certified with the Canadian Graphology Assoc.

Available for

- ◆ Informative Seminars
- ◆ Evening Lectures
- ◆ Staff Inservices
- ◆ Willing to Travel

◆ 492-0987 - Penticton

Marsha K. Warman

CRANIAL SACRAL SOMATOEMOTIONAL RELEASE

Phone 868-0446



the 'NATURAL' yellow pages

CHRIS MORRISON, M.A. Psychotherapist
"The Healing Connection" Salmon Arm
 Phone 832-7162 Counselling, Groups,
 Workshops, Personal Growth

FAYE STROO, D.C.T.
 Kelowna...868-8088 or 868-8820
 Transformational Counselling, Concept Therapy
 Individual & Relationship Counselling
 Counsellors Training Workshop
 ACIM Workshops & Week-end Healing Retreats
 5110 Frost Rd, Kelowna, B.C., V1Y 7R3

GORDON WALLACE, MA Kelowna
 868-2588 Counselling Psychology, Midlife Issues
 Jungian approach to dream interpretation.

JO VEN, Peachland: 767-6367 ... Registered
 Professional Counsellor, Inner Child Work, Dreams

JOAN MCINTYRE, M.A., 542-6881
 Registered Clinical Counsellor ... Vernon &
 Kelowna. Women's issues, Grief and loss,
 Transformational Counselling.

LIFEWORCS COUNSELLING SERVICE,
 Reta Derkson, BA ... 545-4043: Vernon
 Life Skills Coach, ACOA, Sexual Abuse &
 Women's Issues

MARIAH MILLIGAN, BA -Vernon: 545-4194

MARLENE MCGINN, BGS
 Body Mind Therapist - Individual counselling and
 couples therapy - Kamloops: 372-2769

MUSIC THERAPY - Penticton: 493 - 3782
 with Jan Pearce of Soundscapes. An accredited
 music therapist. Individual and group sessions to
 help release emotions and facilitate healings.
 Specializing in Guided Imagery in Music (GIM)

CRYSTALS

ARADIA'S - 66 Front St, Penticton: 490-9670

CRYSTAL THERAPIST... Joyce Egolf
 Have you got a special crystal/gem that needs
 setting? I can design one just for you!
 Wizard of Stone - Keremeos ... 499-5522

CRYSTALS *Natural Clusters or Points
 Plus gem stones of all kinds. Maureen 493-3755

HIGH QUALITY CRYSTALS & GEMS
 Joan McIntyre 542-6881 - Vernon

MAIL ORDER beads*gifts*jewelry*minerals &
 xtls. Retail cat. #3. Wholesale with proof of busi-
 ness. Order **Crystal Clear** Sealia's new cross
 referenced book \$11.75 (includes GST & p&p).
The Crystal Room, Box 622, Stn A, Kelowna,
 BC, V1Y 7P2 - (604) 766-5526.

THEODORE BROMLEY
 The "Crystal Man" Enderby 838-7686. Assorted
 Crystals, & Minerals. Crystal Workshops and
 Healings. Huna & Reiki Practitioner.

EARTH BASED SPIRITUALITY

VICKI ALLEN... Reiki Master & Gestalt
 Therapist...Silverton.....358-7786. Classes
 taught in earth based spirituality using ritual.

ENVIRONMENTAL

ENVIRONMENTAL PROGRAMS
TIPI CAMP .. Phone for our '93 educational
 calendar... 227-9555 - see Places to Play

QUANTUM AIR PURIFIERS for your Home
 Call or write: Universal, 2650 Lakeview Rd.,
 Kelowna, BC, V1Z 1Y4. Phone: 769-0369

WATER PROBLEMS? I CAN HELP!
 Free water test... call Chris: 496-5986, Naramata

**WORKSHOPS for Healing Ourselves &
 the Planet** ... Chris Morrison MA ..832-7162

FLOAT CENTRES

R.E.S.T. and Biofeedback Clinic
 Vernon: 545-2725

FOOTWEAR

MAGIC EARTHWEAR.....Phone 499-2557
 Sandals, sheepskin slippers, children's moccasins.
 Send SASE for free brochure and foot chart
 Magic Earthwear, Box 564, Keremeos. VOX 1N0

FLOWER REMEDIES

YARROW ALPINE ...Salmon Arm: 835-8393
HARRY SUKKAU & Assoc ...Kel: 763-2914

GIFT STORES

CRYSTAL MOUNTAIN CRYSTAL CO.
 767-9597 Visit us 6212 Lipsett Ave, Peachland
 for unique gifts, prisms, wizards, dragons, silver,
 pewter, New Age Music. Wholesale to YOU!

HEALTH CARE PROFESSIONALS

CECILE BEGIN, Doctor of Nutripathy
 Peachland.....767-6465, Iridology, Urine/saliva
 testing, Colonics specialist, Herbalist & more.

HARRY SUKKAU, M.H. & ASSOCIATES
 Kelowna: 763-2914
 Master Herbalist, Reflexologist, Certified Touch
 for Health Inst., Educational Kinesiology, Hyper-
 ton-X, Flower Remedies, Acupressure &
 Constitutional Hydro Therapy.
 Colonics TherapistDiane Wiebe.

NATURAL HEALTH OUTREACH
 H.J.M. Pelsler, B.S., C.H., C.I. Herbalist,
 Iridologist, Nutripathic Counsellor, Certified
 Colon Therapist and more. Penticton: 492-7995

**NUTHERAPY INSTITUTE OF NATURAL
 HEALING** Winfield 766-4049 Nutritional
 Counselling, Certified in Reflexology, Acupressure,
 Polarity Therapy, Colour Therapy, Reiki Master.

HEALTH CARE PRODUCTS

EAR CANDLES Available in retail and
 wholesale quantities, salt packs, the warm natu-
 ral way to relieve ear aches, head aches, arthritic
 pain, back pain and more. Gift Certificates also
 available from Nuthery Institute of Natural
 Healing, Winfield: 766-4049.

R & R HEALTH RESOURCES

Computerized Health Analysis
 Training Available
 Natural Remedies

WYNNESENCE AROMATHERAPY

Supermind Relaxation
 Stress Management
 Transformational Therapy

WYNN JAMIESON - BOB WALSH
 Lakewood Mall ... Winfield: 766-3931
 Toll Free: 1-800-661-3455 ... Fax 766-2770

Tomlinson Photography

The Official Photographer for ISSUES
 1240 Main Street, Penticton - 493-6426

Many Thanks ... Steve

the 'NATURAL' yellow pages

EXSULA A highly concentrated Superfood. Exsula is more than nutrition. It is an experience! Call Ed Burke - Revelstoke: 837-9416 for info.

IMPROVED HEALTH & WEIGHT CONTROL

Give your body the best chance to protect itself against disease, call us NOW!

Vernon: Diane 545-7332
Armstrong: Lisa 546-2920
Enderby: Carli 838-0095
Falkland: Alma 379-2237

MATOL Botanical International Ltd
Independent Distributor..... Chris Huppertz
493-5056 or 493-5637.....Penticton

SUNRIDER Independent Distributor
Michel D'Estimauville...497-5658

VITA FLORUM PRODUCTS

A spiritual energy for challenging times in practical form. Phone Marc 1-800-468-8482.

HERBALIST

COLLEEN NICKLASSEN, CH
Kelowna: 762-3153. On staff herbalist at Kelowna Health Products store - 547 Bernard St

HARRY SUKKAU, M.H. & ASSOCIATES
Kelowna: 763-2914
Master Herbalist, Reflexologist, Certified Touch for Health Inst., Educational Kinesiology, Hyperton-X, Flower Remedies, Acupressure. Colonics TherapistDiane Wiebe.

HERBAL CRADLE HOUSE

Castlegar: 365-3512 - Netta Zeberoff
Chartered Herbalist, Herbal Nutrition, Private Counselling, Reiki, Corolla of the Sun, Crystals

YARROW ALPINE..Salmon Arm: 835-8393

HYDRO THERAPY

HARRY SUKKAU, M.H. & ASSOCIATES
Kelowna: 763:2914

INTUITIVE ARTS

ADVENTURES IN TAROT READING

Joan - Armstrong: 546-2600

ARADIA'S - Tarot Card Readings in the store, by appointment. 66 Front St, Penticton: 490-9670

CARD READINGS by "MISTY"

494-7774 or 492-8317 Tues. & Wed. 2-4 pm
at the Tudor Town Tea Room in Summerland.
Ask about Home Parties!

CLAIRE LUC LUCE, B.A. M.A.

New Age Services - "The Truth Sayer" Astrology, Tarot, Runes, Numerology, Homeopathic Healing, Counselling. Workshops to suit your needs. Speciality: Relationships. Need to Know?
Call 491-0333 in Kelowna.

DREAMSEEKERS INTERPRETATIONS

for more information write to: Verni Gardiner,
RR 1, S-2, C-15, Nelson, BC, V1L 5P4

GWENDELL - PSYCHIC COUNSELLOR

Tarot, Aura or Channelled Readings.
Mirror Lake Guest House. Workshop Space available. Phone/Fax Oliver: 495-7959.

HEIDE NEIGHBOR....Kamloops: 376-6434

Palmistry, The Tarot, Positive Body Language

JO VEN Peachland :767-6367

MAUREEN BLAINE-WHITE...490-3311

Channelling Universal Sources, including your own Spirit Guides for your Answers

PSYCHIC READERS..... Norma Cowie

or William Smith. Have an in depth taped reading. Phone 536-1220 for your appt. now!

IRIS PHOTOGRAPHS

HAVE YOUR EYES photographed by Dr. Jensen's ... state of the art ... professional camera. It will help you to understand your physical and emotional health. a detailed explanation of the IRIS photograph included... Cecile 767-6465

KINESIOLOGY

Educational Kinesiology

Kelowna: 763-2914.....Harry Sukkau & Assoc.
Gerda Neumann - practitioner

Penticton: 496-5938.....Elaine Fournier

Westbank: 768-3404Donalie Caldwell

LASER THERAPY

ACU-LITE THERAPY Phone 295-6179

Princeton - Robert and Betty Pelly.
Rhumant Distributor for pain, rheumatism and arthritis. Light attracts life...Ask us.

MASSAGE THERAPISTS

MASSAGE THERPAY ASSOCIATES

Stephen Biollo & Glen D. Hill - 860-3826
#202-3140 Lakeshore Road, Kelowna, BC.

MASSAGE THERAPY CLINIC

Marilyn & Floyd Norman 492-0238
187 Braelyn Crescent, Penticton

OKANAGAN MASSAGE THERAPY

Steve Wallinger 492-8421
3373 Skaha Lake Road, Penticton

PENTICTON REHABILITATIVE

MASSAGE THERAPY

Cliff Dickson 493-6999
#207 - 483 Ellis St., Penticton

SUMMERLAND MASSAGE THERAPY

Manuella Sovdat 494-4235
#4 - 13219 N. Victoria Road, Summerland

THE ESSENTIAL BODY

Karen Stavast & Jane Theriault, B.A. 362-7238
6 - 2118 Columbia Ave, Rossland

The Yoga Place

Healthy Living Through Yoga



Marni (Rama) Marriott
Certified Kripalu Yoga Instructor

#9-440 Victoria St
Kamloops, BC, V2C 2A7

372-YOGA (9642)

*Share Your Thoughts
Feelings and Fears
with a "Friend"*

Call the Crisis Line 24 hrs, 7 days

493-6622 Penticton
763-9191 Kelowna
545-2339 Vernon



the 'NATURAL' yellow pages

MEDITATION

TRANSCENDENTAL MEDITATION

Technique as taught by Maharishi Mahesh Yogi is a simple, effortless technique that has profound effects on mind, body, behaviour and environment. Please phone these teachers:

Kamloops...Joan Gordon 374-2462

Kelowna ...Clare Stephen 860-9472

Kootenays & S. Okanagan Annie Holtby 446-2437

Vernon...Jack Dyck 542-3762

MEN'S ISSUES

TRANSFORMATIONAL COUNSELLING

FOR MEN Transitions, Anger Management, Fathering, Spirituality, Sexuality, Relationships, Mentoring, Retreat. ... 379-2466 - Falkland

MIDWIFE

Licensed in Europe - Experience in Africa. Has done over 2,000 deliveries including over 600 homebirths. Lieve Maertens: 549-2723, Vernon

NATUROPATHIC PHYSICIANS

Kelowna

Dr. William Russell 868-8578

#206 - 2365 Gordon Road, Kelowna, V1W 3C2

Penticton

Dr. Audrey Ure & Dr. Sherry Ure: 493-6060

Penticton Naturopathic Clinic.....492-3181

Dr. Alex Mazurin, 55 Padmore Ave. V2A 7H7

Trail

Dr. Jeffrey Hunt - 368-6999, 1338 A Cedar

Winfield

Dr. S. Craig Wagstaff: 766-2633

NUTRIPATH

Penticton: 492-7995 - Hank Pelsner

Peachland: 767-6465 - Cecile Begin

OCCUPATIONAL THERAPIST

LYN WATSON, O.T

Treats structural foot problems.

Phone Kelowna 762-3322 or Nelson 354-2313

ORGANIC

CERTIFIED ORGANIC APPLES

MacIntosh & Spartans, Organic Garlic & Doe's Herbal Products: Echinacea Plus Tincture & Comfrey Salves. Four Winds Farm, Cawston. Doe: 499-2952. Wholesale enquires welcome.

MIRROR LAKE ORGANIC ORCHARD

AND B&B. Organic alfalfa hay and produce. Phone/Fax 495-7959

ORGANIC GINSENG, GARLIC, APPLES, PEACHES & ALFALFA HAY

at Snowy Mountain Farm. Phone 499-5715 Robert & Lauren.

ROLLING SAGE ORCHARD, CERTIFIED ORGANICALLY GROWN TREE FRUITS.

John and Irene Hutchinson, Cawston: 499-2094. Available in season Cherries, Peaches, Plums and seven varieties of Apples. Available June/July Cherries for canning, drying or jam.

SOOPA (Similkameen Okanagan Organic Producers Association)

SOOPA is a farmers' association which provides support services to producers and consumers of organic food. Farm certification based on peer recognition and backed by third-party verification ensures that food produced by SOOPA transitional and certified members meets our high production standards. For a copy of SOOPA guidelines, membership list and harvest times send \$5.00 to Box 577, Keremeos, B.C., V0X 1N0

ZEBROFF'S ORGANIC FARM. 499-5374

George & Anna, CAWSTON. Producing organic food since 1973. Fruit (fresh, dried or processed), Honey, Jams, Apple Juice, Eggs & Meat.

PERSONALS

CARD READINGS

Inquire at HOOT SWEETS, 469 Main St, Penticton: 11 am - 5 pm. 492-8509 or 492-4245

FREELANCE WRITER

I will write or word process anything you need ... resumes, essays, ads, brochures... all created with love and commitment to your success. Maxine Spence, Kelowna: 860-8641

WORD PROCESSING & Freelance Writer

Posters, flyers, resumes, reports, articles, etc. Let a publisher, author and keyboard whiz help. Call Les Falk 861-8969 - Kelowna

PLACES to PLAY

TIPI CAMP

Retreat / Vacation in a secluded, natural setting. Lakeside Tipi Accommodation, Water Taxi, Delicious Meals, Caring Service. Water Activities, Nature Trails and Ridgwalking. Kootenay Lake East shore.....227-9555

PRIMAL THERAPY

If you want to make more of your life, we want to assist you. Our focus is on *cellular consciousness*, to undo old patterns of behavior or experiences which so unpleasantly dwell in our system. Our training started 1978. Members of the International Primal Assoc. Agnes & Ernst Oslender Primal Center of BC. Winfield:766-4450

RESTAURANTS

SUNSEED NATURAL FOODS & CAFE

Home baked bread - Vegetarian Menu

We fresh-grind organic grains daily, Soups, Entrees, Salads, Desserts, Fresh squeezed Juices...Open Monday - Friday 9 to 5 pm.....2919-30th Ave., Vernon: 542-7892

TURTLE ISLAND CAFE

Traditional & Vegetarian Fare, 718 Main St, Penticton, BC - Phone 492-0085

Open 6:30 am to 10 pm - 7 days a week



Jo Ven

Registered,

Professional Counselor
& Spiritual Teacher

Peachland... 767-6367

POTENTIALS UNLIMITED

Confidential and Professional
Counselling Services

- ★ Relationship Problems
- ★ Abuse Issues / Co-Dependency
- ★ Loss and Grief Counselling
- ★ Substance Abuse / A.C.O.A.
- ★ Inner Child Work
- ★ Creative Dream Work
- ★ Guided Imagery / Regression
- ★ Ongoing Workshops

FIND SOLUTIONS TO:

- ♦ RELATIONSHIPS ♦ HABITS
- ♦ DEPENDENCIES ♦ ABUSES
- ♦ SELF-HYPNOSIS ♦ DREAMS
- ♦ LOSS & GRIEF ♦ BUSINESS

Penticton ... 490-3311

MAUREEN BLAINE-WHITE
COUNSELLING AND CONSULTING



the 'NATURAL' yellow pages

ZIGGS...THE Vegetarian Restarant
Incredibly wholesome & delicious foods.
2684 Pandosy - **KELOWNA** - 762-8722
OPEN Tuesday to Saturday - 8 - 4 pm

REFLEXOLOGISTS

SUSAN VOGT, certified reflexologist
Penticton: 492-5483 or Keremeos: 499-5353

CAROL GLOCKLING
Oliver: 498-4885 or Penticton: 492-3181

GLENNESS MILETTE Elko, B.C. 529-7719

BIG FOOT REFLEXOLOGY - Gwen Honigman
4A-3101-29th St., Vernon 545-2337 - Certified

HARRY SUKKAU, M.H. & ASSOCIATES
Kelowna: 763-2914

IEN VAN HOUTEN - NAKUSP - 265-3242
Certified by Reflexology Assn. of Canada
Advanced Training with Yvette Eastman's
"Touchpoint"

LEA HENRY - Enderby / Salmon Arm 838-7686

NUTHERAPY INSTITUTE OF NATURAL HEALING Winfield 766-4049
Certified Reflexologist, courses available

REFLEXOLOGY BY LESLEY
Winfield: 766-2740

WARREN'S REFLEXOLOGY
Penticton: 493-3104
Reflexologist C.R.R., Symptomologist
25 years, trained & certified through the International Institute of Reflexology.
A member of the Reflexology Assn. of B.C.

REIKI PRACTITIONERS

CECILE BEGIN
Reiki & Bodywork..... Peachland 767-6465

GLEN HILL Kelowna: 868-9691
2nd Degree Reiki Practitioner.

JAN STICKNEY Penticton: 492-6442
2nd Degree Reiki

LEA HENRY - Enderby / Salmon Arm 838-7686

MARLENA MORRIS Penticton: 493-9433
2nd Degree Reiki, Acupressure and Bodywork.

RHOYALLE TAYLER RYANE
2nd degree and Master in training.
Kelowna 860-9880 or Dolphin Centre 868-8088

URMI SHELTON.....Naramata.....496-4234
2nd Degree Reiki, for an appointment please call

REIKI MASTERS

GLENNESS MILETTE Elko, BC: 529-7719
(BRAT) Birthing Relaxation Assistance Technique with Reiki. Acupressure Therapist. Reflexologist & Polarity Training.

HOLLY BIGGAR...Silverton.....358-7757
Vita Forum, healing with flowers.

KRYIE KRAMER Kelowna: 763-7629
Full Body Treatment & 1st & 2nd Degree Classes

Noor-un-nisa JOAN SMITH
Reiki Master, counsellor, dreamwork, minister.
Box 134, Salmo, BC, V0G 1Z0. Phone 357-2475

KAREN TIMPANY Winfield 766-4049
1st & 2nd Degree attunements. Certified in Reflexology, Polarity Therapy & Acupressure

NETTA ZEBEROFF.....Castlegar: 365-3512
Chartered Herbalist, Herbal Nutrition, Private Counselling, Reiki, Corolla of the Sun, Crystals.

VICKI ALLEN Reiki Master & Gestalt Therapist - Silverton: 358-7786, Pent: 492-0522
Vernon / Enderby 838-7686. 1st and 2nd Degree Reiki classes and treatments.

VICTOR SHERWOOD Kamloops: 374-6115
Reiki Master offering treatments and 1st and 2nd degree attunements. Will travel.

RETREATS

A Natural Get-a-way ...the Tipi Camp
see 'Places to Play' for details.

MOUNTAIN TREK HEALTH SPA
Complete Fasting Program, Supervised by a Naturopathic Physician, Education & Rejuvenation, Yoga & Hot Springs. Luxury, Private Accommodation. Special \$500/week. Phone 1-800-661-5161 or write: Mountain Trek Health Spa, Box 1352, Ainsworth Hot Springs, BC, V0G 1A0

SIMILKAMEEN VALLEY TOURS
Soft Adventures - cross country skiing, easy walks, cattle drives, etc. 3-4 day pkgs include: transportation, meals, accommodation and guide, \$300 up. Phone: 295-7013, Box 1017, Princeton, V0X 1W0

SPECIAL INTEREST

WESTERN CANADA SKINNY DIPPING GUIDE '93 .. \$15.00 Ph. 832-7326 Nude Recreation Info. Ctr., or write MLKLEP Enterprises, Box 1270 F, Salmon Arm, B.C. V1E 4P4. Body acceptance is the idea, nude recreation is the way!

SPIRITUAL GROUPS

MEDITATION FOR THE PLANET
Basic training in reflective meditation as group service. English language: Marion, Penticton 493-8564. French: Groupe de Meditation Creatrice C.P. 1543 Pl. du Parc, Montreal, H2W2R5. By Mail.

TARA CANADA: free information on the World Teacher, Maitreya the Christ, now living in London, England and on Transmission Meditation groups, a form of world service & a dynamic aid to personal growth. TARA CANADA, Box 15270, Vancouver, B.C. V6B 5B1 ☎ 736-TARA

THE ROSICRUCIAN ORDER ...AMORC
A world wide educational organization with a chapter in Kelowna. Why am I here? Is there a purpose in life? Must we be buffeted about by winds of chance, or can we be truly masters of our destiny? The Rosicrucian Order AMORC can help you find answers to these and many other unanswered questions in life. For information write Okanagan Pronaos AMORC, Box 81, Stn. A, Kelowna, B.C. V1Y 7N3



Pain? Chronic fatigue? Digestion Problems?

Cecile Begin, Doctor of Nutripathy uses Iridology and urine/saliva tests to pinpoint the problems. She has 10 years experience as a colonics specialist and practices bodywork and nutripathic counselling to help restore the body's health and well-being.

Cecile Begin, D.N.
Peachland...767-6465



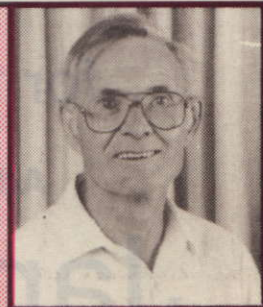
Health Centre

Natural Health Outreach

H.J.M. Pelser, B.S. C.H.

Certified Colon Therapist

160 Kinney Ave.
Penticton, B.C. V2A 3N9
492-7995



Herbalist ♦ Iridologist ♦ Nutripathic Counsellor

the 'NATURAL' yellow pages

SPIRITUAL TRAVEL

LIVING FLAME PRODUCTIONS

Spiritual Transformation Journeys travel to **Sacred Earth Sites** 769-0369. Write 2650 Lakeview Rd, Kelowna, BC V1Z 1Y4

TAI CHI

DOUBLE WINDS, Traditional Tai Chi, Yang Style as recommended by the Chinese Medical Assoc. Weekly, private lessons & workshops. Certified Instruction. Kim Arnold, Heather Arnold 832-8229 - Salmon Arm.

TEACHING CENTRES

ALPINE HERBAL CENTRE .. 835-8393

Classes on the spirit & therapeutic use of herbs. Register January to March, starts in April.

DOLPHIN CENTRE for the HEALING ARTS

868-8088. Bodywork, Workshops, Transformational Counselling & Art Therapy.

OPEN Monday to Friday 10 am to 5 pm.

HARRY SUKKAU & ASSOCIATES

KELOWNA - 763-2914

Classes in Reflexology, EK & Touch for Health

CANADIAN GRAPHOLOGY CONSULT. ASSOC.

Handwriting Analysis Correspondence Certification Program. Darleen Simmons: 739-0042, Vancouver

INNER DIRECTION CONSULTANTS -

Kelowna: 763-8588 - Offering Breath Integration sessions, six month personal empowerment program and training for Breath practitioners. Plus, Sunday Celebration and "A Course in Miracles".

KOOTENAY SCHOOL OF REBALANCING

1016 Hall Mines Rd, Nelson, BC, V1L 1G4

A six month course in deep tissue bodywork with many facets for Career and/or Self Transformation. Please phone David or Menlha: 354-3811

PERSONAL GROWTH CONSULTING TRAINING CENTRE...372-8071

257 - 4th Ave., Kamloops, BC, V2C 3N9

Offering Breath Integration (Rebirthing) Sessions, Self-development Workshops, Six-month Personal Empowerment Program - a prerequisite to Breath Practitioner, Leadership and Master Teacher Training. Sunday Celebration, A Course in Miracles Study Group, plus many other community activities. Founder and Executive Director - Cyndy Fissel.

NIRVANA Metaphysics & Healing Ctr.

Courses, Open channel readings, Store. 3611 Cottonwood Cres. .. 635-7776 .. Terrace Monday - Saturday 10 - 10

REFLEXOLOGY CENTRE OF VANCOUVER

Certificate Weekend Workshops, Reflexology Association of Canada Accredited Training Course. Sponsor a local workshop! Info: #535 - West 10th Ave., Vanc. V5Z 1K9 - 875-8818

THE CENTER.....Salmon Arm..... 832-8483

Growth & Awareness Workshops, Meditation, Retreats, Summer programs, Metaphysical Bookstore & more.... **Program catalogue free.**

TRUE ESSENCE AROMATHERAPY

Inquire about Home Study and Certification Programs. Calgary: 403-283-5653

WHOLISTIC LIVING CENTRE.....Vernon

Phone: 542-6140..2915-30th Ave, Helping you with Personal Growth in all areas, Books, tapes, crystals, seminars & workshops. Retail Store open Mon-Sat. 10 am to 5:30 pm

WILD ROSE COLLEGE OF NATURAL

HEALING - VANCOUVER: 734-4596

Diploma Programs, Workshops and Classes.

VITA FLEX

HARRY SUKKAU & ASSOCIATES

Kelowna: 763-2914 - Greg Onychuk

WANTED

FRUIT & VEGETABLE WASTE, sawdust, manure, yard waste. Any Quantity. Free Dumping near Twin Lakes. Alpine Conservation 490-0952

WOMEN'S SECTION

CHRIS MORRISON, MA...Psychotherapy

& Counselling..... Salmon Arm: 832-7162

MANY MOONS MENSTRUAL PADS

100% soft cotton. 2 styles: self-fastening velcro wings or G-string style. **Vernon: 545-9240**

VBAC ... Vaginal Birth After Cesarean

Classes, information and support.

Wendy Field: 765-2660 Kelowna

YOGA

IYENGAR STYLE YOGA ON CLIFTON RD.

Experience the exhilaration of awakening every cell of the body/mind with the asanas. Enjoy the relaxation that follows stretching. All ages welcome. Phone Margaret, Kelowna: 861-9518

DEADLINE

for the next ISSUES

Advertising and/or Articles

January 10th

Please phone Angèle at **492-0987** (Penticton)

Discover .. ISSUES in ...

OK Falls
Kelowna
Penticton
Salmon Arm
Armstrong
Kamloops
Sorrento
Osoyoos
Winlaw
Vernon
Nelson
Trail
Oliver
Midway
Cawston
Rossland
Castlegar
Westbank
Naramata
Grand Forks
Gardom Lake
Christina Lake
Summerland
Greenwood
Peachland
Keremeos
Princeton
Sicamous
Enderby
Winfield

ISSUES is published with love
5 times a yr. Feb. 1, April 1, June 1,
Sept. 1 & Nov. 1st.

Circulation: 13,000 copies.
 Distribution: Okanagan & Kootenay
 Valleys with extras sent where asked.

Advertisers and contributors assume
 responsibility and liability for accuracy
 of their claims & statements.

Publications Mail Reg. No. is 8651.

ISSUES welcomes articles by local
 writers. Please keep stories to
 approx. 500 to 700 words and
 submit on IBM disk, if possible, before
 the 10th of the month preceding date.

If you wish to advertise or have
 an article ready for publication

492-0987

Display Ad Rates

		Width x Length
\$ 22.00	1/24 page	2 1/4 x 1"
\$ 35.00	1/12 page	2 1/4 x 2"
\$ 55.00	1/8 page	3 1/2 x 2"
		(Business card)
\$ 82.50	1/6 page	2 1/4 x 4 1/2"
		3 1/2 x 3"
\$ 110.00	1/4 page	3 1/2 x 4 1/2"
		7 1/4 x 2 1/4"
\$ 137.50	1/3 page	2 1/4 x 9 1/2"
		4 3/4 x 4 3/4"
		7 1/4 x 3"
\$ 165.00	1/2 page	3 1/2 x 9 1/2"
		7 1/4 x 4 1/2"
\$ 192.50	2/3 page	4 3/4 x 9 1/2"
		7 1/4 x 6 1/4"
\$ 220.00	3/4 page	7 1/4 x 7 1/4"
\$ 275.00	Full page	7 1/4 x 9 1/2"
plus GST		

10% off for continuous ads

The Natural Yellow Pages
\$10 per line, per year

Calendar of Events
\$2.50 per line

All prices include set-up.
 Half tones \$10

Angèle Rowe 492-0987

ISSUES,

#304-973 Forestbrook Dr.,
 Penticton, B.C., V2A 2E9

HEALTH Food Stores

Kelowna

Lifestyle Natural Foods

Orchard Park North Mall: 762-9711
 Vitamins, Cosmetics, Herbs & Books
 "Helping you to change your lifestyle"
 Open Sundays for your convenience.

Kelowna Health Products

547 Bernard Ave.: 762-3153
 Vitamins, Bulk foods, Books, Herbalist on Staff.

Long Life Health Foods: 860-5666

Capri Centre Mall: #114 - 1835 Gordon Drive
 Discount Vitamins, Bonus program available.
 Friendly, knowledgeable staff. Wide variety of
 Health Foods, Books & Cosmetics

Madeline's Incredible Edibles & Health Products: 517 Lawrence Ave. 860-4224

Discount Supplements, Herbs, Books, Organic
 and Natural Food, Macrobiotic Supplies. Friendly
 and knowledgeable staff, certified Herbalist.

Penticton

Alive Foods - 492-4009

63 Nanaimo Ave. East, Penticton
 Body Aware Products, Vitamins, Supplements,
 Fresh Juices & Body Building Supplies
 Herbalist on Staff

Judy's Health Food & Deli

129 West Nanaimo: 492-7029
 A Full line of Natural Supplements
 Specialty Foods, Herbal Remedies.

Penticton Whole Food Emporium

1515 Main St.: 493-2855 - Open 7 days
 Quality Vitamin & Herbal Supplements
 Natural & Organic Produce & Dry Goods
 Natural Cosmetics & Cleaning Supplies

Edible Dried Goods

407 Main St.: 492-4080
 Okanagan Gift Baskets, Vitamins, Wide
 selection of Bulk - Natural foods, Supplements.

Nelson

Kootenay Country Co-op

295 Baker St.: 354-4077
 Organic Produce, Personal Care Products,
 Books, Supplements, Friendly & Knowledgeable
 staff. Non-members welcome!

Princeton

Vermilion Avenue Health Foods

117 Vermilion Ave.: 295-7090
 Fresh squeezed carrot juice, quality sandwiches
 soups, snacks, etc...plus vitamins, gifts, books

Kamloops

Be Prepared Centre....Aberdeen Mall

Phone: 374-0922
 Vitamins / Natural foods/ Books / Cosmetics
 Dehydrators / Juicers / Bosch Kitchen Machines

The ZONE ORGANIC MARKET

Fresh, Organic Produce, Your One-Stop Shop-
 ping Market and Restaurant. 444 Victoria St,
 Kamloops, BC, V2C 2A7. Phone 828-7899.

Osoyoos

Bonnie Doon Health Supplies

8511 B Main Street: 495-6313 Vitamins, Herbs,
 Athletic Supplements, Reflexology - Self Help
 Information "Let us help you to better health"

Vernon

Sunseed Natural Foods and Cafe

2919-30th Ave: 542-7892
 Specializing in Organic Produce,
 Fresh ground grains & snack foods.

Terry's Natural Foods 3100 - 32nd Street

549-3992 ... One of the largest selections of
 natural products in the Interior of B.C.. Low prices
 on bulk foods and environmentally safe products
 and natural footwear.

Grand Forks

New West Trading Co.....442-5342

278 Market Ave. A Natural Foods Market
 Certified Organically grown foods, Nutritional
 Supplements, Appliances, Ecologically Safe
 Cleaning Products, Healthy Alternatives

Summerland

Summerland Food Emporium

Kelly & Main: 494-1353
 Health - Bulk - Gourmet - Natural Supplements
 Mon. to Sat. 9 am to 6 pm, for a warm smile.

ISSUES is available at all of the above
 Health Food Stores

& Metaphysical Shops listed in
 Natural Yellow Pages.
 plus many other places.

KELOWNA'S "RELOCATION" SPECIALIST



Evelyn is your inner city expert.

She is knowledgeable, creative and committed to get you the results you want!

- ★ I am involved in the wholistic health and metaphysical world and would love to help you find the perfect house that would satisfy your needs: environmentally, socially and economically.
- ★ I work Intuitively and Professionally and Guarantee Results!
- ★ I offer vendors a listing agreement that states: If you are not satisfied for any reason you may cancel.
- ★ I know the public education system and the benefits of each school so your children will feel welcome.
- ★ I am a Certified Personal Fitness Trainer with ACE and Strong, Stretched & Centered / Body/Mind Institute of Maui, Hawaii. Feel free to call if you have any questions about Fitness, Motivation or Nutrition.

REFERRALS

Evelyn has been my relator for several transactions, and I have found her to be very powerful and committed. She's an achiever with a professional approach. She gets out and gets the job done. **Syl Schell** (Business woman)

Evelyn is motivated and sets goal and works tirelessly. Her energy and drive seem endless. Our conversations have been most uplifting. If you want the job done call Evelyn. **Jeannine Banser** (X-ray technician)

We enjoy her optimism and enthusiasm. She gives 100%. **Mr. & Mrs.. Harry Faucett** (retired)

She has a special way of communication with vendor and buyer as she is sensitive to the needs of both. She is honest, open and most frank. **Verne & Lily Grandfield** (retired)

LISTINGS - KELOWNA

INVESTORS - Well maintained 4 plex grossing \$2875 per month

SALE or TRADE - A super 3 bdrm. town house (Rent for \$845 per mo.) in Kelowna for a house or property in Summerland.

SALE or TRADE - Beautiful waterfront condo in 5★ resort.

RESIDENTIAL - New 3 bedroom family home in Lakeview Heights.

RESIDENTIAL - One of Kelowna's largest ranchers (3 bdrm) Absolutely beautiful - Winfield.

EXECUTIVE HOME - Over 4,000 square feet, million dollar view. West Point Estates.



Call NOW! Evelyn - Toll Free - 24 hrs 1-978-0791

.... FREE MARKET EVALUATION

Sutton
GROUP