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to find out more
read **'Musing'** ... Page 6

February / March 1994

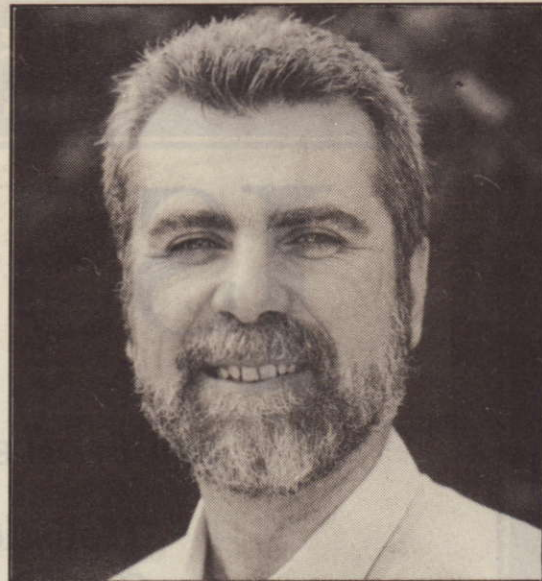
Volume 5 - Number 1

John Lee

Author, Lecturer
Teacher, Counsellor

comes to **PENTICTON**

March 11, 12 & 13th



His Books:

- The Flying Boy - Healing the Wounded Man
- I Don't Want to Be Alone
- Recovery Plain & Simple
- At My Father's Wedding
- Facing the Fire

John Lee is internationally recognized as a leader in the fields of codependency, adult children and the men's movement.

John is founder of the Austin Man's Centre, Publisher of MAN! magazine and leads workshops, trains therapists and facilitates Men's Gatherings internationally.

FRIDAY EVENING

for Men & Women

March 11 - 7:30 - 10 pm

\$20 advance tickets, \$25 at the door

An evening of stories, poetry, experiential processes, movement, emotions and information that will provide each participant with new insights and renewed energy for relationships to partners, parents, spouse and friends.

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Men and their Mothers, Lovers and Wives

March 12 - Sat., 10 am - 4:30 pm

Advance \$85, at the Door \$100

This groundbreaking workshop with John Lee will be based on John's forthcoming book from Bantam STEPPING INTO THE MYSTERY: THE FLYING BOY COMES TO EARTH. John's work goes straight to the heart. The workshop will cover such areas as "The Myth of 50/50 Responsibility," "Finding Your Own Rhythm of Closeness," "Understanding the Mother's Impact On Our Relationships," "Sacred Ordinarity," "Moving from Wholeness to Humanness" and "How to Express Anger Appropriately to Ultimately Get to Trust and Forgiveness."

The workshop will be informative, fast paced and full of humor and compassion. John Lee's down-to-earth style of delivery will satisfy mind, body and soul.

A WORKSHOP FOR:

MEN ONLY

March 13 - Sun., 1:30 am - 4:30 pm

Advance \$45 - at the Door \$55

A Workshop dealing with the Father / Son and Mother / Son relationships and how they impact all areas of a man's life from who he partners with to how he parents, as well as the way he feels about his body, addictions and recovery.

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HYPNOSIS & HUMAN POTENTIAL

EXPLORING INNER POWER

by Sheldon Bilsker

There is a revolution occurring within our society. It is not the political revolution of the sixties and seventies, but rather an awakening of the Human Spirit. It is only now that we are beginning to realize the extent of the power we have within ourselves.

One aspect of this movement is the increasing use of hypnosis to discover our potential. There are many dramatic examples of the value of hypnosis but it's important to understand what it is and how it works.

Although more aware now than ever before, the general public has had, for the most part, a concept of hypnosis which is far from reality. It seems that widespread public acceptance of such media stereotypes as Svengali and other infamous characters where hypnosis is depicted as something evil or sinister is at the root of this. Fortunately, this view of hypnosis is rapidly fading into the distance as more and more people are discovering the many facets of this simple yet effective technique.

Hypnosis has been defined in many different ways over the years. I find a good working definition of hypnosis is that it is a state of complete relaxation where the muscles are totally relaxed and the mind is calm. There are literally hundreds of techniques to induce a hypnotic state and most people reading this do not realize that they drift in and out of hypnosis at least a few times each day. Whenever you daydream, you are creating a hypnotic state and the point between being awake and asleep is a hypnotic state.

To understand how we can realize our potential through hypnosis, we must be aware of conscious and subconscious theory which states that the conscious (rational thinking) makes up about 10% of our mind and the subconscious (emotions, habits, personality, etc.) is about 90%. As a result, emotional patterns from the time we were born and possibly even beyond that are stored in our subconscious. Too often, due to stress blocks, much of this valuable information is unavailable to the conscious mind. Hypnosis, being a relaxation technique, allows one to release surface, physical stress blocks and eventually, in conjunction with therapy, release deeper emotional blocks in the subconscious.

As this clearing takes place sometimes a shift can occur and one's perspective on a problem changes dramatically and the answer or alternative seems to present itself with very little conscious thought occurring. When this happens, either through hypnosis or any other means, it quite often signifies the first step in realizing the power we all have within us to change. To become aware that our problems are nothing more than opportunities for growth, can be our greatest discovery.

We cannot talk about hypnosis and fail to mention stress. In fact, stress is the one area that hypnosis is most effective in itself. What is stress? Stress can be anything that reduces one's awareness of the control that one has over their body and/or emotions. Stress can also be positive and constructive if you are aware of how to channel that stress energy and not repress it. This can sometimes be accomplished by learning a quick self-hypnosis technique.

As we are now into an era of high technology, many of us are feeling great pressure to perform and keep up. The stress created because of this is enormous and many experts are saying that cancer, diabetes, herpes, heart disease and other diseases are related directly to stress and diet. We seem to have created a society that is very intellectually mature, yet emotionally and spiritually immature.

We are presently at a crossroads. People are discovering that power within themselves. They are learning that they have the potential to heal and change themselves if they can change their limiting thoughts and become aware that life is basically an attitude. *continues on page 30*



presents

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Musing

with
Angèle

Publisher of ISSUES

Peeling Logs



Fred Rosenberg photo

I'm delighted that the communication era has arrived and everyone has easy access to books, videos and TV programming which are constantly updating the information available. It is indeed a time of great change and I believe this process will keep speeding up as we near the end of the 20th century.

Self-empowerment and self-responsibility are key words that I hear more and more as I mingle with people. Twenty years ago, when I started searching for answers to my health problems, there were only two naturopathic doctors in Canada, one in Vancouver and one in Toronto. I remember Dr. Mersery bemoaning the fact that not many young people were studying the natural sciences. In 1975, I got my hands on one of Dr. Vogel's books, *The Nature Doctor*, and followed his advice carefully, especially whenever my family got sick. I had the local health food store bring in his products, which usually took months, and I read everything I could find on health. There were only a few books available up north and few people had any knowledge of alternative health care. I travelled to Vancouver or Edmonton to get help for myself.

Browsing through my family pictures and looking for what feels right for the next front cover helps me to start piecing the next 'Musings' together. Not knowing where to start or what to write about, I would prefer to procrastinate, but I have learned from experience that putting things off only makes them more difficult. So now I choose a day, usually a month beforehand and write it on my calendar; when that day arrives, I keep my promise to start my column. Once I start typing, thoughts and words appear and after numerous rewrites it is ready to be edited by an English teacher. She adds the finishing touches making sure my grammar is correct. Writing this column is a challenge for me as I have been told most of my life that I wasn't good at English. I am awed by the response I get from so many people, who appreciate my openness about my life's journey, and I enjoy sharing my experiences and feel if I tell one person the story, I may as well share it with everyone. Perhaps it could even help someone else get started on their journey to wellness.

This month's front cover shows my oldest brother David peeling a cedar log. Grandad, who taught us youngsters how to do things, is there for help and guidance. After the log is peeled it is cut into four-foot lengths. This particular cedar was three feet in diameter. It had a rotten centre and had fallen to the ground and dried naturally. This second photo is one of Grandad splitting it into shakes. Using a special technique, he

usually got just the right amount of thickness to each cedar shake. It took many logs and many months of hard labour to build a 60 x 40 foot log barn complete with a shake roof. Besides peeling and cutting the logs and hauling away the bark, we children got to carry the shakes to the ladder and up to the roof and hand them to Dad or Grandad as they nailed them in place. As children we were taught that it didn't matter if you didn't know how to do something at first. You were either told or shown how and then expected to be able to do it. For there was much to be done. I am learning to appreciate this part of my programming, for not everybody enjoys the risk of doing a task that you have no idea how to do except that it has to get done so you get started. And I love the thrill of completing a task.

Looking at my family pictures, I am reminded of my posture. Photos of me at the age of four show my shoulders starting to round. As a youngster on a farm I found hauling wood and water was hard work, but that didn't seem to affect my brother's posture. He grew straighter than ever. As an adult needing to know why, I asked my doctor many questions about the tightness in my neck and the pressure under my ears. The answers didn't ring true for me and I gave up asking for such advice many years ago. Today I see my doctor for my yearly massage referral and the occasional test. I find that massages ease my sore shoulders and help me for awhile.

About six years ago, I started finding books on the body/mind connection. One day, someone suggested I visit Marsha Warman, a body/mind therapist. My first appointment with her seemed normal enough for the first hour. Then she started sweating and struggling with a spot just above my heart. She pushed and she grunted till she felt it move, but she wasn't physically touching me. When it was over she said, "That block I moved was old emotional pain, probably to do with your Mom and Dad and your heart." I knew she was right and started piecing the puzzle together.

I remembered the emotional turmoil I went through each time my Mom and Dad quarrelled. At the age of eleven, I remember running to the radio and slamming it off because there was a love song playing and I knew there was no such thing as love. My parents had finished the hard work of building our new place and now they actually had to spend time together. The quarrelling increased daily as the work load decreased and we children seemed to be caught in the middle, trying to figure out the world according to our parents' reactions and emotional states.

My Mom tried her best to help me as a teenager. She kept telling me to stand up straight, she enrolled me in a modelling course and even took me to see the doctor, who gave me a series of exercises which I did faithfully for many months. I think they did help for awhile but by the age of eighteen I was busy having children, washing clothes doing dishes and tending to a large garden. I became more stooped than ever. I remember walking past a mirror in a mall and noticing my posture. I would try for the next twenty minutes to walk upright but it seemed like a lot of work, and I didn't have the knowledge to figure out what kind of help I needed. As the children got bigger, I taught them to wash their clothes and do the dishes and they helped me with the weeding. I took dancing lessons and that helped for awhile, but I didn't know what to do except try to force my shoulders back. By now my shoulders were in chronic pain and a couple hours of typing or sewing would set them on fire. I learned to



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work within my limits but now my innards started protesting from the accumulating stress of everything being pushed downward.

Appointments with Marsha and doing the passive stretching exercises she recommended gave me more relief than I had had in a long time. I continued to read books and attended a variety of workshops. Each had a unique way that helped to lighten the load I was carrying. I started to understand that as pain happens, either you collapse into it to protect yourself or you build armour. My rounded shoulders were my body's way of protecting my heart. As I look back at the photos, I can see how the various events in my life shaped my body. After five years of consistent emotional clearing, bodywork, passive stretching and yoga, my sway back is disappearing and my shoulders are straightening without me having to be constantly reminding myself to hold them up. I still have a way to go, but it is getting easier and easier to stand up straight. Today when I pass in front of a mirror I notice my posture has improved, and I know it will get easier as I am learning to listen to my body and understand its language. I am grateful to all the health pioneers and their successors who have taken the time to share their research in books or through TV. Education and preventative health care is the wave of the future. I hope it will become more accessible and affordable so that people who want to help themselves will be supported by government funding or at least get a tax break for the money they spend on alternative health care for themselves.



Cheryl Grismer

presents

Couples Retreat

Learn the beauty and power of a committed relationship. For the deeper we go with the other person, the more we learn about ourselves.

Feb. 12 & 13th, Lake Okanagan Resort

Sat 9 am to Sun 1 pm - phone Cheryl Grismer: 768-2217

Investment \$421.20 (includes accommodation & meals)

Advanced Meditation Retreat

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April 9th & 10th, 100 Mile, BC

Sat 9 am to Sun 3 pm - Cindy: 395-2601

Investment: \$130 plus GST

Introduction to Meditation & Stress Reduction

Learn to ease anxiety, reduce frustration and find inner peace. We will explore: Visualization, Self Hypnosis, Breathing Techniques, Autogenics, Progressive Relaxation, and more.

April 17th, 9 am to 5 pm - Kamloops - Leslie: 554-1525

June 12th, 9 am to 5 pm - Coquitlam - Valerie: 463-1577

Investment: \$130 plus GST

Spiritual Intensive

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

May 6-8, May 13-15 & May 20-22, Westbank, BC

Fri. 7 pm to Sun. 2 pm - Cheryl: 768-2217

Investment: \$600 plus GST

Intermediate Meditation

Experience new ways to use meditations for answers in your daily life.

June 25th - 26th, Westbank, BC

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Investment: \$210 plus GST

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Networking News

HAJIME HAROLD NAKA, is saying SAYONARA to his day job (YES!!) and continuing his journey as a TAI CHI SPIRITUAL Adventurer. His "DANCING TAO - TAI CHI CENTRE" is a space where people can experience the TAO of Tai Chi Play. He currently has classes at Healthbridge Clinic in Kelowna For info 762-5982 or 762-8789.

THE DOLPHIN CENTRE is changing names. Faye Stoo will still be maintaining an office there.

PERSONAL BEST SEMINARS is expanding into new offices! As of Feb. 1st '94 they will occupy the space that was The Dolphin Center at #105-1735 Dolphin Ave. If you need seminar or office space or wish to know more about what they offer in the area of Personal and Professional Development call 763-BEST (2378)

HOLLYHOCK Event Schedule for 1994 is available at all the Metaphysical Book Stores and some Health Food Stores in the Valley. If you can't find one phone Angèle: 492-0987.

PRANIC HEALING is making its debut in Penticton. This ancient Chinese practice is very powerful and can be used on everything from headaches to emotional disorders.

LAUREL'S COLUMN is back; thanks to Caitlin of the Penticton & Area Women's Centre, Devra in Kamloops and Joan Casorso of Kelowna for taking the time to express their interest. No one seemed to notice that Dave Curson's Networking for Change column was also missing.

UNITED NETWORK of Universal Source information services is now in operation due to the 800 phone number obtained. For this reason those who contact this non-profit organization will obtain info already acquired and channelled plus forthcoming info from other sources and persons. Contact Tsi 1-428-7986 or write U.N.U.S. Box 2926, Creston, BC V0B 1G0

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CONGRATULATIONS to Judy Armstrong for the caring and sharing, her beautiful voice and wonderful words that are on her new cassette and CD. I love it! Check it out! Looking forward to her appearance at the Spring Festival of Awareness, April 22, 23 & 24th

CONGRATULATIONS to Marsha K. Warman for making her dream come true! A wellness based clinic to support you in your awareness.

CONGRATULATIONS to **ISSUES** Now in its 5th year of publishing!

CONGRATULATIONS - KPA Ingrid Downham is the new president of the Kelowna Parapsychology Assoc.

THE SPRING FESTIVAL is looking for healers and readers. If you would like to share phone Jan 492-0522.

WOMEN'S CENTRE of Penticton is hosting the International Women's Day Festival, Sat., March 5th. They have space for people to do reflexology, reiki treatment, etc. If you have time to give sessions ph. 493-6822 Laurel or Caitlin.

WELCOME Melva & Shawna - These two Certified Metaphysical Teachers are joining Bob Walsh & Wynne in the Winfield Mall.

VEGAN POT LUCKS in Penticton. Last Wed. of each month at the Leir House. Phone Angie for details: 496-5789. 1st one.. Feb. 23.

BIG NAMES coming to the valley *holistically speaking* this spring are **John Lee** from Alabama, **Shirlee Taebo** from Seattle, **Keith Sherwood** from Washinton & **Duncan Goheen** from Victoria. Check out their workshops.

REIKI MASTER, Vicki Allen is leaving for New Mexico. Peter Mikiel Hutt and Karen Timpany are offering introductory Reiki classes.

If you have info. you would like to share phone me and help spread the word: 492-0987.

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A CHANGE OF GLOBAL ATTITUDE - 'COGA'

by Melva & Shawna

A ground swell gains momentum as it moves across the Planet. Now of tidal wave proportions, humanity's collective soul calls out. We are witness to a major stratification of consciousness throughout the globe, as we enter a time of dynamic transition carrying us from one age of values and perceptions to another.

Everywhere, everyone is going to the end of their thought. We are together inside a global planetarium with the curtains rising and falling on a thousand stages at once. As if we were seeing ourselves for the first time, the entire coral reef of human consciousness and performance upon Earth's stage comes before our eyes. Past, present and future become one.

Regardless of race, nation, status, or time period lived, we have become accountable to one another. Our civilizations reflect our integrity, our scales of values and the value of the scales.

For some it is a time of Chaos. For others the dawning of the New Age. and for still others, it is Armageddon. Earth has become the mirrored Judgement Hall: with reflections from every age, every culture and every discipline requiring global synthesis and decision.

We are responding to a Phenomenon greater than all of us together; and deeper than the first inch of our collective consciousness. Poised in anticipation, we stand on the razor's edge of History. We have been here before, long ago when the Earth was young, and Atlantis ruled the waves. As the battle raged with the hearts and minds of the collective citizenry, their moment of decision came. And it was gone. Atlantis became the legendary symbol of humanity reaching that inevitable moment: the recognition, the responsibility, the use of Power.

Atlantis is a myth? Perhaps. Regardless, we today have entered the same moment, and we all know it, consciously or unconsciously. Shall we choose a quantum leap of evolution to a New World view and system; or a devolution whose end is surely a nuclear holocaust? It is a choice, not made up of one moment, but of the cumulative moments of attitudes over time.

Humanity hungers to align ourselves, we seek peace within and without. Population control, economic order, a New World Vision. One might ask where do we start, where do we begin to CHANGE. With SELF comes the answer. Get yourself there first, change must begin with self, then as we change so do those around us, our families, our communities, our cities and we believe our world. Our lives must be the message. "COGA." (see ad to right)

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♥ 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

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MIDLIFE ISSUES

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

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

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

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by Duncan Goheen

In 60 minutes, my world view was shaken to the core. Forever changed. My reactions ranged from euphoria to bewilderment to rage.

The setting was the second floor of a three story dilapidated building in Manila. A few small electric fans to circulate the tropical heat, in a room with fifty Filipinos and foreigners. I came to observe. They came to be healed.

I was in the Philippines on a three year project with Global Institute and Rotary International. The project was a Watershed Development program, designed to assist the rural poor and to rehabilitate the environment. Jaimie Lucauco, a noted researcher and writer on paranormal phenomena suggested that I observe this healing session. I did not know what to expect.

After a short prayer, the healer, Gary Magno, a well known psychic surgeon began his work. I watched with utter amazement and failing disbelief as the laws of physics, as I understood them, were denied time after time after time. Delicate and extensive surgery, with absolutely no knives or tools, completed in one or two minutes, leaving no scars. After thirty or more patients, and my own recovery from the shock of the healing work that I had to acknowledge as real, I left the room. (I returned many times over the next two years, as a student and friend) My perceptual filters had been bypassed. My reality crumbled. I thought I had been playing with a full deck of cards. I knew now, I had been playing with only a few. And here I was, trying to make an effective response to the chronic problems of the world!!

I felt betrayed by my education, my culture, by everything that had shaped my perceptual lenses. I was angry. It was clear that this same narrow reality was causing most of the problems that I was trying to address, personally, locally and globally. And the entire Western World was in the same boat. (Except for a few small fringe groups that I began to learn about later.) At the same time I experienced hope. Hope for the future of humanity and the planet. I had just witnessed miraculous healing, that was the result of a partnership between an ordinary human being and Divine energy, which surpassed by far state of the art Western medicine. It was totally beyond current scientific understanding. It was an intentional, anticipated process that happened daily. A working relationship between humanity and spirit that resulted in profound healing, here and now, on the material plane. It was an icon indelibly stamped in my mind, for what could happen in every sphere of human activity,



replacing our destructive ignorance and behaviour on the planet, with enlightened cooperation, balance, wisdom and intelligence. A full working partnership with the Divine! The core of our own essence.

I had read about this kind of relationship. I had believed that it was possible. I had taught about it in human potential courses years earlier. But seeing it, and getting it in my gut, in the core of my being and consciousness, was quite another matter. Since that life changing event, my life purpose has been to evolve my awareness and working relationship with the Divine, and to help others do the same. For service, personally, locally and globally.

Continues on page 22

THE MAGIC & MYSTERY OF DREAMS

by Marilyn Evans



At the beginning of each New Year, we often make "resolutions" about changing our lives ...losing weight, quitting smoking, exercising, etc. etc. And within a week or two many of us find ourselves back in the throes of our old habits.

Why is this, when our intention "seemed" so clear? This happens because we have unconscious blocks and beliefs that interfere; and, until we become aware of them, they continue to rule our lives. Dreams are for many of us an untapped resource that can help access this hidden information. there are many advantages to working with dreams:

- Dreams don't lie. We have often repressed or rejected painful or "un-nice" parts of ourselves to gain acceptance from others. We bury them so well we become unaware of their existence. Unfortunately, they still affect most of what we do. Paying attention to dreams can bring these parts into conscious awareness where they can be healed.
- If we apply dream insights to our daily lives, we can often avoid acting things out in a way that is painful to ourselves and others.
- Dreams often hold the key to much of our hidden potential and creativity and can provide us with inspiration to actualize our talents.
- Most importantly, dreams can lead us to a deeper knowing of our true essence and a connection with our inner guidance.

Dreams have a delightful mystery about them. One dream may have a clear message that you can understand in five minutes. Another may have levels of understanding that unfold over weeks or months. Whether we remember them or not, whether we work with them or not, at some level they help us work out our problems.

Why don't people work with their dreams more? Some people believe they don't dream. This is not so. It has been proven in laboratories that everyone dreams every night. You CAN learn to remember your dreams. Like anything else, the more you practice the better you get.

People often are taken back by frightening or unusual dream imagery or symbols and feel discouraged about their ability to comprehend the meaning of these symbols. there are some very good and surprisingly simple techniques available to help you unlock your own unique set of imagery and symbols in a gentle and self-accepting manner. One such technique can be found in Dr. Gayle Delaney's book, "Breakthrough Dreaming."

Betty Bethards, a renown dream expert, notes that dreams can be fun and exciting as well. "Imagine," she says, "Free movies every night starring yourself!"

Marilyn Evans will be offering five classes on dream work called "Dreamweaving" starting in February in Vernon and Kelowna (see advertisement).

Marilyn has been offering classes and seminars on exploring consciousness for the past two years in the Okanagan. Her background includes a degree in Education and sixteen years experience in the social services field, as well as considerable study in the areas of personal growth and consciousness expansion.

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**Vernon
Tuesdays
beginning
Feb 15**

**Kelowna
Thursdays
beginning
Feb 17**

**To register call Marilyn in Vernon: 545-7881
In Kelowna: Faye 868-8088 - Cost \$ 95.00**



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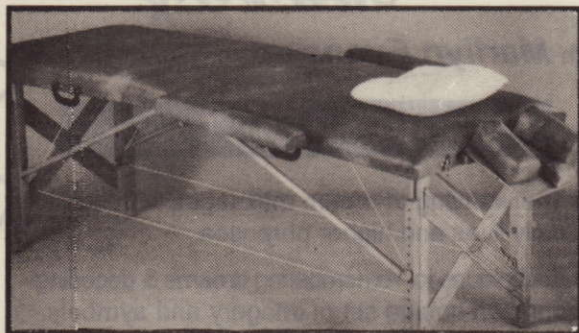
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SO WHAT IS A NUDIST CLUB?

by Shannan & Delvin Dreger

Picture this. Lying in the warm sun. Enjoying the caress of an alpine breeze on your entire body. Slithering bare through the silky waters of a cool lake. Nudists cherish experiences like these. They also cherish the feeling of freedom that comes from participating in social situations where others are likewise unclad.

Nudism is more than a form of relaxation. It's a way of loving yourself, feeling at one with nature and being accepted by others as you naturally are. It's also a way of spending quality time with the family. Nudism is one of North America's fastest growing pastimes, but there is nothing new about it. Europeans have been baring themselves at resorts and skinny-dipping on their beaches for decades. Organized nudism has been active here since the 1920's. Emerging social trends have been favorable to the nudist movement; health and body consciousness, personal growth and acceptance of one's body, equality of the sexes, increasing freedom in choice of lifestyles, to name a few.

A Little Philosophy..... Social nudists find many reasons to enjoy and appreciate the lifestyle. Some seek a healthy body through sports and fitness programs in the nude while others search for relief from mental strain and stress caused by our harsh business environment. We respect each other's individuality and our own self esteem is enhanced by our ability to accept ourselves as we really are. A certain equalization comes from the disappearance of social class distinctions which might be stated by clothing. With confidence in oneself, it is easy to accept others regardless of physical size, shape, or body condition. Consequently, the tendency to see others as "sex objects" is eliminated. It helps us live in harmony with nature, feel good about ourselves and our own place in the natural environment.

Some Hard Facts..... The Canadian Charter of Rights and Freedoms (read: Duties and Responsibilities) guarantees the right of association and freedom of beliefs for nudists. Nudist clubs are protected by the law. There are several nudist camps and clubs ranging from rustic to resort located in B.C., Canada, USA, and the world totalling well over 3 million members.

Strictly speaking, being nude in public in Canada is illegal. Skinnydippers are "nude in public" whereas people who go nude at a nudist club are not "in public." Recent events have resulted in women's right to be "topfree" in appropriate places in Ontario. Women regularly go "topfree" at Second Beach in Vancouver, and there is always the venerable Wreck Beach below UBC where close to 10,000 nudists and semi-nudists congregate on sunny days.

The Okanagan Shuswap Nudist Society based in Kelowna was started in 1989 with the purpose of networking, hosting monthly nude swims, sponsoring monthly orientation seminars, purchasing and developing a nudist park, exploring and supporting traditional nude beaches and hot springs in the BC interior, traveling to other clubs and resorts, and hosting yearly nude houseboat cruises on Shuswap Lake. The club is a member of the International Naturist Federation, a world wide organization, and is a registered BC Society.

The Okanagan Shuswap Nudist Society, at the time of writing this article (Nov.18), is negotiating the purchase of a 40 acre property. As the club is a cooperative, members can buy shares. The proceeds from the shares goes into developing the park: washrooms, kitchen, playground, swimming pool, volleyball court, restaurant, and so on.

If interested you can phone Shannan or Delvin at 542-1930 in Vernon, or Anastasia or Doug at 376-4374 in Kamloops. If you wish to make first contact by mail, write to the Okanagan Shuswap Nudist Society, Box 5149, Stn. A, Kelowna, BC V1Y 7V8. ♦

EARTHSHIPS

by Mark Bossert

Imagine...living in a home that cost you nothing to heat or cool. Imagine...building this home yourself. Imagine...growing your own vegetables year round in this home. Imagine...no utility bills. Imagine...easily available "limitless natural resources" to build this home.

Earthships are a rammed earth solar heated homes designed to provide the necessities of life: Shelter, Energy, Food, Water and Air. They use readily available "resources," used automobile tires,

aluminum cans and adobe to create a shelter that is warm in winter, cool in the summer and in harmony with the natural surroundings. Earthships are physically, financially and environmentally attractive.

The real beauty of this housing is that it is simple to build - anyone can do it. The basic skills needed to build an Earthship can be learned in a weekend. However, the work is labour intensive and physically demanding. But for anyone who has a dream of their own house, a little sweat is cheaper than today's conventional house prices. Earthships allow you to build very inexpensively - up to 50% less than a regular house. And it is possible to live in the house as you work on it, allowing you to pay as you go and avoid the mortgage treadmill.

Earthships are designed by architect Michael Reynolds of Taos, New Mexico. He says, "The Earthship concept is a method of obtaining our wings. This is a method of living in harmony with natural phenomena, instead of being at the mercy of any human structure or system. The dwelling vessels for planet Earth in the 21st century must perform and they must be more available to all without selling our souls and destroying our planet. Earthships are the result of much research and development relative to structure, performance and cost."

These houses use the earth's thermal constant, about 55° F to help heat and cool the air inside. The tires become a form to hold the

dirt that is rammed in to make concrete - like 350 lb blocks. Stacked, these form the walls. But the tire blocks are also thermal batteries. Charged during the day by the sun, they radiate heat all night to keep the house very comfortable.

Continues on page 28



Buddha Boy & Tai

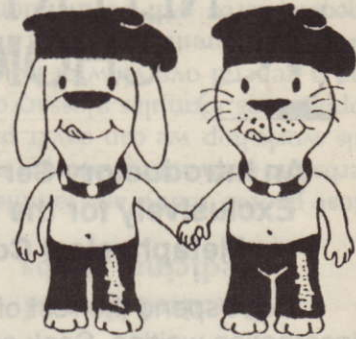
by Diana Knowles

One of the reasons I decided to work with the Alphen T.L.C. dog and cat food was the incredible results my two animals, Tai and Buddha Boy experienced. Tai is a ten year old doberman who had been on Science Diet for years. She was eating seven cups daily and was in so-so health. Due to her age I did not want to stress her out by cutting down to what Alphen recommended, which was three cups daily, so I allowed her to tell me what she required. Within three weeks she had put herself on the recommended amount. Her coat glistens like never before, her stool is much smaller because the food is so digestible and she is acting like a six month old puppy. As well, Tai has a reputation in the metaphysical circles for her excess gas. We are all happy to report that this problem has virtually been eliminated and she is greeted with a snuffle and a pat to the meditations instead of the clothes pegs being handed out.

Buddha Boy comes by his name honestly. He is rotund and like most cats was a fussy eater, and I was having to cover all his food with a layer of good and tasty yeast to get him to eat. At the time he was eating 1 1/2 cups daily of dry food to maintain his shape. He now happily consumes under 1/2 cups daily without the yeast and still maintains his lovely body. My companions tell me that they won't leave home without it. *See the ad to the right.*

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ADVENTURING WITH "THE CHILD WITHIN"

by Marilyn Evans

I remember the day I discovered I had a wise and magical child inside of me, that I had an inner mother and an inner father that could nurture and heal my hurts and abandonments of the past. When I journeyed inward, I found a small hand reaching out to me ... yearning to connect, to heal, to create, to play.

It is these things and much, much more that I have learned through exploring consciousness with Judy Young. The following are excerpts from Ms. Young's manuscript, entitled "The Child Within."

"The path leading to the child within is a path with a heart. It leads us to forgotten treasures, to deeply rooted remembrances and to the richest visible metaphor for the mystery of the human experience."

It is the child within us that has the power to melt our hearts. It is the child who has the courage to let our stories unfold into life rather than lie buried in the depths of our consciousness. Sometimes the story will only unfold with our painful resistance. Sometimes it unfolds with the gracefulness of rose petals blossoming naturally and effortlessly when the time is right.

When we dare to open doors to the deep and sacred mysteries of our individual, personal essence, we can deepen our awareness of the entire collective consciousness of humanity. In this deeper intelligent space of awareness, we can save the lives of children who are dying and even resurrect those who have long ago fallen deep asleep and been left for dead.

There is a child waiting for you somewhere, reaching toward you courageously. This child longs to return to you...to come home. As you do what you can to shorten the distance between you, know that every step is as sacred as the final destination itself."



It is in this same atmosphere of gentleness, beauty and vision that Ms. Young offers her seminar, "The Child Within," and it is my pleasure to be sponsoring one of her seminars for the first time in this area.

For eighteen years, Judy has investigated the emerging new paradigm she envisions: a model that embraces and facilitates a profound shift in our conscious awareness. Her studies have related to both traditional and non-traditional psychology, the development of personal awareness, as well as philosophy and science. Judy has worked in the field of human development for more than fourteen years. Prior to her moving to Calgary in 1986, she was engaged as the Executive Director and treatment plan co-ordinator of a residential treatment centre for children in B.C. She presently develops and implements various seminars dedicated to the expansion of human consciousness. She has also written, narrated and produced two audio-cassette tapes, entitled "Miracles and Masters," Vol. I and II.

If you would like more information about "The Child Within" Seminar or Judy's work, please call Marilyn in Vernon at 545-7881. Her workshop info is on page 15.



Judy Armstrong's CD or cassette

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This lecture will benefit those responsible for generating their own income and including those in business, the helping professions, health food stores, the wholistic community and those interested in personal development.

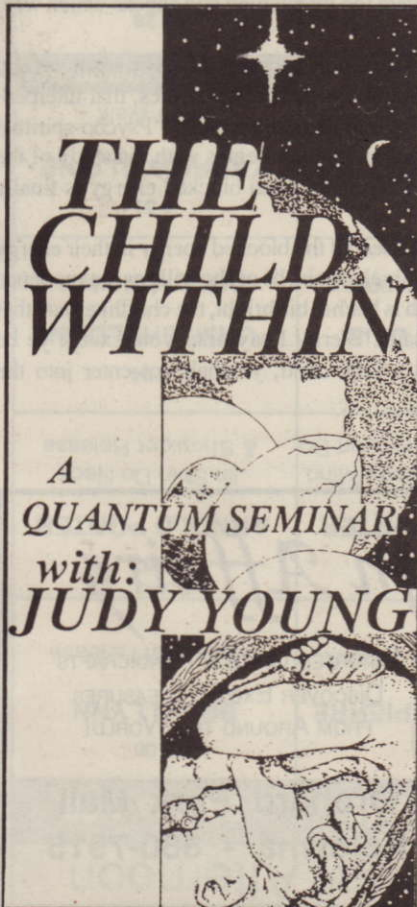
TICKETS ARE \$20 (GST included) AND ARE AVAILABLE AT:

Whole Foods Emporium & Caravan Books: **Penticton**
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Madeline's Incredible Edibles & Books & Beyond: **Kelowna**
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A series of three intensive workshops
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Following the overwhelming success of his previous two workshops, Keith agreed to provide additional opportunities to those wishing to further develop the power within.

March 18 & 19: (Fri. and Sat.)

Review of the basic Human energy systems, chakras, auras, and nadis (meridians). Function and diagnosis.

April 15 & 16: (Fri. and Sat.)

Continuation of study on human energy systems.

May 27 & 28: (Fri. and Sat.)

Overview of all energy forms and practical application. In-depth energy work.

Mr. Sherwood has lectured at the United Nations in Vienna and at the University of Hamburg in Germany, and has taught throughout Europe and North America. He is the author of "The art of Spiritual Healing" and "Chakra Therapy". In the early 1970's he worked with drug addicts in New York City and while he was a missionary in the Dominion Republic he began healing through the "laying on of hands." Presently he spends most of his time in the Pacific Northwest where he continues to lecture and teach.

In this practical hands-on workshop series Keith Sherwood will explain how chakras and auras influence health and disease. He then will teach students how to use their chakras and auras to diagnose disease and heal it.

Students will also be taught to use their mental attention and breath to increase their energy level and bring their energy system into balance. The lectures further include teaching a student how to see and feel auras and to use colours in the healing process. These are practical workshops and students are encouraged to dress accordingly and be prepared for an intense learning experience.

PLEASE NOTE: these workshops may be attended by anyone. Attending of prior workshop is NOT a prerequisite!

PENTICTON: Coast Lakeside Resort, Kettle Valley Room.

Friday lectures: 7:00 pm to 10:00 pm

Saturday lectures: 9:00 am to 5:30 pm

Registration fees: \$85.00 per weekend workshop, or \$225.00 for three weekend workshop series.

Seating is limited. Registrations will be accepted on a first-come-first-serve basis.

For information and registration call:

492-3181 (9 am to 5 pm)

493-1997 (10 am to 6 pm)

'SELF' THE WHOLE STORY

by Keith Sherwood

A map of human consciousness, to be complete, must take into consideration the human energy system (chakras, auras and meridians) and its profound effect on mind, emotion and well-being. A partial description of consciousness, like a piece of a map, is practically useless, because it can't help a person find the treasure which he seeks: happiness, wholeness, and a lifestyle that has room for love, intimacy and unconditional joy.

Unfortunately for most of us, even with all the information available today, the map remains incomplete and we remain confused. We still don't know why we feel good one day and bad the next; why we sometimes wake up full of energy and at other times utterly exhausted; why we sometimes attract people and at other times alienate them; why after all the efforts we've made to understand ourselves we still don't know who we are and what makes us tick!

For more than twenty years I've studied the human energy system and the mechanics of human energy. And I've learned an important lesson; that in order to understand who we are and what makes us think, feel and act the way we do, we must first understand ourselves as 'energy beings.'

According to the ancient Tantrics, who studied the human energy system and described its anatomy in great detail, all human problems on all levels of causation, whether they are mental, emotional or physical are symptoms of deeper problems in the human energy system, which are caused by blockages.

Blockages are the emotional and mental debris, which as a child, you weren't able to completely process through your energy system. They are the result of energy overload, too much pain, fear, or anger caused by feelings which were too threatening and shocks which were too overwhelming.

The process of energy work, which systematically transmutes and releases these blockages and brings the energy bodies, that interpenetrate the physical body, back into harmony is called 'Psycho-spiritual integration.' Psycho-spiritual integration begins with the study of the human energy and comes to fruition when blocked energy is finally transmuted and released.

Once someone has released all the blocked energy in their energy system and energy can flow freely again, he or she will again experience the unconditional joy which is his/her birthright, the childlike state that Jesus spoke of when he said, "Verily I say unto you, except ye be converted and become as a little child, ye shall not enter into the Kingdom of Heaven."

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ANN MORTIFEE

BORN TO SING



One of Canada's unique and outstanding performing artists, Ann has written several ballet scores including *Ecstasy of Rita Joe*, a children's opera, *A Rose is a Rose*, four one-woman shows and her own family musical, *Reflections on Crooked Water*. She has played the lead in many musicals including *Jacques Brel is Alive and Well* and *Living in Paris*. She has performed on tour with Harry Belafonte, in an evening of her own music with all major symphony orchestras in Canada. In the fall of 1993, Ann shared the stage with John Denver and Leon Bibb at the Tatshenshini Celebration, a benefit concert held in tribute to the recent preservation of the Tatshenshini part of the largest international preserve on our planet (22 million acres).

Ann has worked extensively with a variety of organizations including Amnesty International, CARE, UNICEF, Greenpeace, Hospice and Palliative Care Groups. In 1991, she co-authored a book "In Search of Balance" with John Robbins, director and founder of EARTH SAVE and a Pulitzer Prize Nominee. In it she writes, "Our survival, in fact, depends upon our learning to live consciously in harmony with the delicate nuances and balances of nature's intricate life patterns." Through her seven albums, her stories, presentations and workshops, Ann is constantly striving to create and maintain her wholeness and promote music as a tool for inner healing. In April 1992, she received the Order of Canada for her outstanding contribution to the performing and healing arts.

Presently Ann is leading workshops, appearing as a keynote speaker at conferences and conventions across the country and singing her powerful music. This vivacious lady will be visiting Grand Forks area in mid July. Mark your calendar now and make this weekend a highlight of your summer activities (see ad for details).

To register for Hospice evening call 442-5900, for workshop/concert combination call 442-2704. For general inquiries regarding motels, campgrounds, trailer facilities and info. about the weekend activities, in addition to obtaining Ann's book, tapes and CD, contact Joyce O'Doherty, Box 332, Grand Forks, BC V0H 1H0, phone (604) 442-8658.

Coming to **GRAND FORKS** this summer

ANN MORTIFEE

July 15-17, 1994

COMPASSION AND THE HEALING SOUND OF MUSIC

Ann will work with and speak about healing and transformational processes through the doorway of the power of voice and music. This evening is particularly tuned to hospice volunteers and people in the health care field. Ann has worked extensively with these groups using her album *Serenade at the Doorway*. This music was written specifically as a healing tool for difficult passages or transitional times in people's lives.

DATE: Friday, July 15, 7-9 P.M.

FEE: By Donation

LOCATION: TBA

INFORMATION AND REGISTRATION:

Joan Holmes, Boundary Community Hospice, Box 2861, Grand Forks, BC V0H 1H0. Telephone: 442-5900

BORN TO SING SONGSHOP Releasing the Inner Voice

For anyone, regardless of singing experience, this workshop focuses on techniques that help relax and open the voice. With Ann, we'll explore ways of liberating and expressing the passion and richness within our being. Through song, our capacity to live more fully will be activated and celebrated. Lunch included in fee.

DATE: Saturday, July 16, 10 A.M. - 5 P.M.

FEE: Adults \$75 (\$80 includes Sunday's concert)

Student/Seniors \$50 \$53.50 includes Sunday's Concert

LOCATION: USCC Hall, 6140 Highway #3, Grand Forks

REGISTRATION: Selkirk College, P.O. Box 968,

Grand Forks, BC V0H 1H0, 442-2704

WALKING YOUR PATH WITH POWER

Ann's personal journey has taken her through a wide range of human emotions. As a result, the whole body of her work deals with the mystery and extraordinary opportunity of what it means to be human. Through lecture, story and song, Ann takes you on an empowering exploration and celebration of your own personal journey.

DATE: Sunday, July 17, 2:00 - 4:00 P.M.

FEE: Advance: Adults \$10, Students/Seniors \$5;

At door: Adults \$15, Students/Seniors \$7

LOCATION: USCC Hall, 6140 Highway #3, Grand Forks, BC

Tickets will be available soon at major local centres or through Selkirk College or through Joyce O'Doherty, P.O. Box 332, Grand Forks, BC V0H 1H0, (604) 442-8658.



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Tel: 298-0766 or Fax: 298-0765.

Spring

February 5

Grand Opening Healthbridge Clinic, Kel., p. 4

February 7

Handwriting Talk, Salmon Arm, p. 32

February 11, 12 & 13

Couples, Personal Best, Kelowna, p. 28

Pranic Healing, Penticton, p. 3

Relationships, Rossland, p. 9

February 12 & 13

COLOUR, CRYSTALS & SOUND Workshop at Nuthery Institute of Natural Healing, Winfield: 766-4049

Couples Retreat, Okanagan Resort, p. 7

February 15 & 17

Dream Weaving, Tues-Vernon, Thur-Kel. p. 11

February 19

RELATIONSHIP WORKSHOP

- In this workshop you will learn
 - How to give and receive more love
 - How to express what you feel
 - Understand and overcome relationship patterns
 - How to support and empower each other
- Led by Patti Burns, Sat 10-6, \$80 includes GST
Inner Directions Consultants Training Centre
Phone 763-8588 - 1725 Dolphin Ave., Kelowna

February 19 - 22

Shirlee Taebo from Seattle - p. 28

Kelowna - Fri. 18 - 7:30 pm - Lodge

Vernon - Sat. 19 - 1:30 pm - OKCPL

Penticton - Tues. 22 - 7:30 pm - Coast Lakeside

February 25 & 26

REIKI I ATTUNEMENT at Nuthery Institute of Natural Healing, Winfield: 766-4049

The Child Within, Judy Young, Kelowna p. 15

February 26

SEXUALITY WORKSHOP 10 am to 6 pm

Personal Growth Consulting Training Centre:
372-8071 Kamloops

March 2

Introduction to Reiki - Kelowna p. 11

March 5

Int'l. Women's Day Celebration, Penticton p. 22

March 5 & 6

RADIONICS, COLOUR & HEALING Workshop at Nuthery Institute of Natural Healing, Winfield: 766-4049

March 5, 6 & 7th

THE BUTTON GAME

Fabulous Method of Identifying & Dissolving Emotional Triggers. By Diane & Dennis Jennings Call Marilyn at Personal Growth Consulting Training Centre: 372-8071 Kamloops

Schedule at a Glance

March 10

POLARITY THERAPY course begins at Nuthery Institute of Natural Healing, Winfield:766-4049

March 11, 12 & 13

Stepping into the Mystery, John Lee, Penticton p. 2 & 28

March 18

Marketing Tools, Kelowna p. 15

March 18 & 19

Healing & the Human Energy System, Keith Sherwood. p. 16

March 19

EARTHSHIP SEMINAR for ecologically responsible homes at the Univ. College of Cariboo in Kamloops with Mark Bossert: 573-3474

March 21

Colon Therapy, Penticton p. 21

March 23

Introduction to Reiki, Penticton, p. 11

March 25, 26 & 27

Personality & Psychic Develop., Winfield, p. 9

March 25 - April 8

A place is still available on our **SACRED JOURNEY TO AKUMAL**, just south of Cancun, Yucatan with Doctor of Esoteric Philosophy Troy Lenard & Natalia, spiritual companion of 14 years. We will enter deeply into the world of sound, color & vibrational healing. Call us in Nelson: 352-3012.

March 27

WATER WORKS Workshop Breath Integration session in a hot tub. Wonderful opportunity to look at and release old patterns. Personal Growth Consulting Training Centre: 372-8071 Kamloops

April 5

WHOLE BODY REFLEXOLOGY begins at Nuthery Institute of Natural Healing, Winfield:766-4049

April 6

ACUPRESSURE & MORE course begins at Nuthery Institute of Natural Healing, Winfield:766-4049

April 8 - 10

Conflict Resolution, Rossland, p. 9
Advanced Meditation, 100 Mile, p. 7

April 15-17

Temenos, Women's Retreat, Christina Lk, p. 4
Healing & the Human Energy System, Keith Sherwood. p. 16

April 17

Meditation & Stress Reduction, Kamloops, p. 7

April 22, 23 & 24

Spring Festival of Awareness, Naramata

April 23 & 24

Psychic Sampler Fair, Winfield (details below)

May 2 - 27 & May 30 - June 24
Cousselling Hypnotherapy Certification
Nelson & Kelowna p.5

May 6-22, May 13-15 & May 20-22
Spiritual Intensive, Westbank. p. 7

May 13-15

Temenos, Women's Retreat, Christina Lk, p. 4

May 27 & 28

Healing & the Human Energy System, Keith Sherwood. p. 16

June 12

Meditation & Stress Reduction, Coquitlam, p. 7

June 17-19

Temenos, Women's Retreat, Christina Lk, p. 4

June 25

Intermediate Meditation, Westbank, p. 7

July 17th

Ann Mortifee - Grand Forks, p. 17

Silver Sage Holistic Society

presents Psychic Sampler Fair! at the Parkinson Rec. Ctr,

April 23, Sat. 10-10 & Sun, 24th, 10-7.
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ONGOING EVENTS

MEDITATION & HEALING NIGHT

Kelowna - phone Tyara: 763-8509

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."

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VITA FLORUM BECOMES VITA-FONS II

by Marc Kneepkins

Vita Florum (Life's Flowering) products from England, prepared by Elizabeth Bellhouse, have been around for thirty years.

Originally prepared with the energy of wild flowers (Elizabeth Bellhouse was a Bach Flower Remedy practitioner), Vita Florum has become a 'homeovitic' (=working with the vital energies) agent. A 100% vibrational healing product, which means all of the products are encoded with information, an energy. When taken it will increase your energy level, raise your vibration, balance, energize, reconnect with Spirit.

The products come as drops (V.F. Water) or Tablets for internal use, and Ointment, Lotion, Massage Oil, Talcum Powder and Salve for external use. They have an impact on every level, from the spiritual down to the physical, and according to the thousands of testimonials, tests, kirlian photos, etc. they have extremely good results.

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Since Dec. '93 a new energy has been encoded in the products and the name has changed to Vits Fons II, because the change in vibration and the impact of the energy is a major leap forward. A very exciting development. Vits Fons II means 'Fountains of Life'.

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CENTERED IN THE TAO

A GLIMPSE OF A TAOIST REBEL

by Hajime Harold Naka

After ten years of practicing Tai Chi I am still humbled by how little I know and understand the Internal arts and at the same time inspired to continue this wonderful practice. It is truly a lifetime learning process, the depth and vastness of the art requires one to constantly "empty their cup" to allow room for new concepts and ancient revelations.

Tai Chi for me is like a river flowing to the ocean. A Tai Chi master once told me that my name means "Centered man returning to the source," It also refers to the first chapter of the Tao Te Ching which says "darkness within darkness, the gateway to all mystery." (Yup, that's me)

Personally I like the fact that I was born in the year of the dragon - 10 days after Bruce Lee was born, but unlike Bruce I am only a legend in my own mind, that is, until I write my book which will be titled "Enlightenment, another roadside distraction," destined to become an underground classic. (Yeah, right)

Learning Tai Chi was like riding an eight foot wave on a surfboard without a keel - lots of yielding to the forces, mostly man-made. I remember Rex Eastman telling us at his Tai Chi retreat to "invest in loss." Slowly my resistance softened and I began to understand the sayings - soft overcoming the hard, engaging energy and neutralizing attacking forces.

Now I practice Wu-Wei - the art of effortlessness. The subtle changes that occur in my life are gentle reminders to try softer, play the martial side of the art and live the philosophy to promote balance and harmony in the world by being centered in the Tao...but beware, under the soft exterior lies a Dragon waiting to "kick ass!!!"

See you at the festival.

CAROL'S CORNER

by Carol Stroshein



Licorice:

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Are you looking for safe and healthy alternatives to the glut of health products and remedies offered on today's market?

Licorice, an ancient member of the legume family, has been used by the Chinese as a healing agent for the past 5,000 years. The active chemical in licorice root, glycyrrhetic acid (GA), has a broad range of healing benefits. Because of its anti-inflammatory and antiarthritic properties, it has long been used for arthritis relief and as a topical agent in the treatment of skin problems such as eczema. In laboratory tests, licorice has been shown to have antitumoral activity against cancer. This may be due to the fact that licorice stimulates cell production of interferon, the body's own antiviral compound. Tests have also shown that it fights the Herpes simplex virus as well. Licorice is also used in compounds to treat the fungus that causes yeast infections (Candida Albicans). In fact the list of healing uses goes on and on: beneficial for colitis, bronchitis, hypoglycemia, colds, nausea, stress, diverticulosis and cleaning the colon. Licorice pro-

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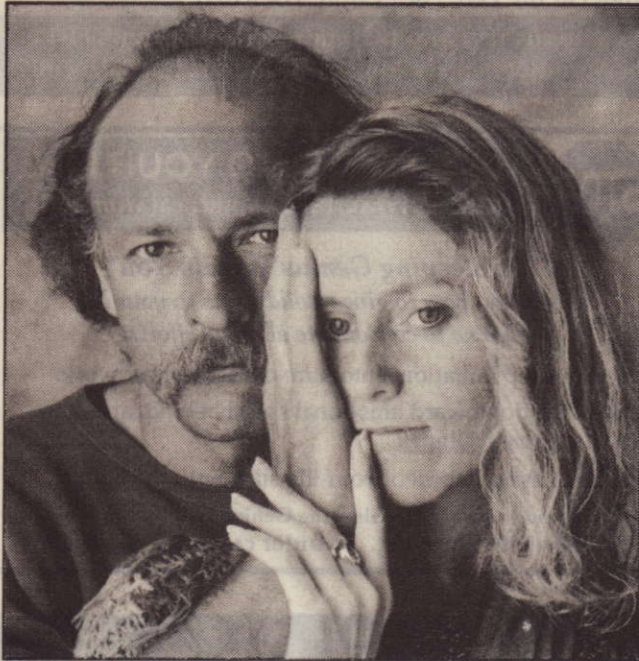
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motes adrenal gland function and therefore has been used in the treatment of Addison's Disease. For centuries, liver and ulcer problems have been treated effectively with licorice. In Europe, the Deglycyrrhinated licorice compound is the standard nutritional support recommended for ulcer sufferers. Dedglycyrrhinated means that the water retaining property has been eliminated but all of the ulcer healing benefits remain. Licorice is 50 times sweeter than sugar and has been used as a sweetener to mask the flavor of bitter herbs. Pure licorice and various licorice preparations are available at most health food stores. One final note: most licorice candies and commercial cough preparations contain anise not licorice, therefore it is advisable to purchase these from health food stores where quality is assured. ♦

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MEN, CHILDCARE, & HEALTH

by Dave Nordstrom

At the time, twenty-four years ago, that I began coparenting our sons in Victoria, I was an object of curiosity. Most people we met were unduly impressed, some were shocked and critical. Very few recognized it as a natural part of my return to wholeness.

Ten years ago, I saw seven men shopping alone with their infant children in a single block; several of my male friends were employed as childcare workers and preschool and primary teachers. Father participation was increasing in preschools, and more and more men were arranging their job commitments around family priorities. Coincidentally, I noticed a significant increase in male health and happiness; I no longer see it as a coincidence, but as a correlation.

In the last five years, there has been a general decrease of male participation in childcare and an increase in men's levels of stress and personal breakdown. The majority of men who contact me report as their primary source of distress their distance from their children, and their sense of betrayal of their inner child.

Three factors are related to this shift: the growing paranoia about male touch, the shrinking job market which demands that men put jobs - in particular, high-paying jobs - before families, and a societal message that there is nothing special about fathering. In 1988, a supportive group of men and women assisted me in creating the ManChild Society, which committed itself to affirmative action in supporting more positive relationships between children and men.

I am interested in hearing from Okanagan/Shuswap men and women who would be interested in forming a similar network. Besides advocacy, our focus would be to demonstrate that healthy male interaction with children has reciprocal benefits that go far beyond the immediate relationship. The central humanizing process of childcare reacquaints men with the natural development of total health, and adjusts priorities weighted by workplace demands.

Please call me at 379-2466 or write Box 113, Falkland, BC V0E 1W0.

Relationship Icon continued from page 10



Master Choa Kok Sui was one of the inspired healers and teachers I met in Manila. His work and teaching is a highly evolved form of non touch healing which is very effective on all levels. Physical, emotional, mental and spiritual. It opens pathways for spiritual growth. It is known world wide as Pranic Healing and appeals to both the analytical and intuitive mind. The

teaching has powerful tools that transcend our limiting cultural programming. Limitations that are frequently the cause of illnesses and/or are the limiting factor in our growth and development. Unlike psychic surgery, it is non touch, and can be legally practised in Canada.

The Global Institute has brought Pranic Healing to Canada. We are sponsoring many workshops in B.C. Many of the students are practitioners of body, energy work and holistic healing, as well as ordinary people taking responsibility for their own health and are interested in learning preventative and self healing methods. It is a powerful process for evolving new relationships with ourselves, each other and the universe. Relationships that are essential for the healthy growth and future of humanity and the earth. *See ad on p. 3*

Dr. Duncan Goheen, B.A., M.S., Ph.D. (Human Behaviour), is founder of the Global Institute, based in Victoria B.C. He can be contacted at 430 St. Patrick St., Victoria, B.C. V8S 4X3 ☎ 598-8787 or 1-800-668-3112



Focus on Women

Laurel Burnham

SACRED PLAY THE ART OF RITUAL

As a woman, I am attempting to re-member who I truly am, living in a culture that has fragmented our bodies, minds and emotions and has denied spiritual authority to women. When we think of "religious ritual" we associate ritual with what primarily men have done. Men have claimed the exclusive right to invent, lead and practice religious ritual. Women have been almost totally excluded from the process. The other association we have with ritual is the historical fear of witchcraft falsely hinting of "dark satanic rites" and hideous abuses of power.

It is true that ritual, whether religious or profane, has been and sometimes is used abusively, but the true power of ritual lies in its ability to bring divinity to the human experience. As women, we now have the opportunity to claim the sacred healing practice of ritual in order to bring divinity, grace and harmony to our lives.

The use of ritual is parallel with the emergence of humankind. Ritual has been part of the human experience from the beginning. The need for ritual is universal as the human psyche apparently loves ritual and suffers without it. Fortunately, the ability to create ritual is not limited by gender, age, race or educational level. Ritual is a way of acknowledging the inevitability of change, and honoring the cycles and seasons of every living thing. It is a way to reinforce our connection to the greater mysteries of life and death, and to acknowledge that we are governed by these forces as surely as we are born and eventually die. Because of our feminine biology, we are acutely aware of the cyclical nature of our lives, beginnings and endings, and can find ritual that honors these transitions particularly empowering.

We can also use ritual to honor and acknowledge our very human need for each other. Through ritual, we can find ways to make sacred the bonds we have to one another. The other bond that we can celebrate is our connection to the natural world, to the seasons and cycles of the Earth, moon and stars. For a culture that has been virtually disconnected from our primal source, this is a very great need.

The rituals of the traditions that sprang from genuine feminine spirit have virtually been lost to us. We have unearthed hints of grandeur, glimpses of glories past. Two or three thousand years ago, women's rituals were conducted in splendid temples dedicated to their Goddess. Women's holy dances were performed on marble floors among beautiful carved pillars, illuminated by jeweled lamps, before magnificent statues of the original Queen of Heaven, crowned with stars, enthroned on the moon, holding forth her gifts of fruit and flower, animal and child. She was invincible, subject to no god.

Women's Rituals - Barbara Walker

Through ritual, it is possible for women to breathe the life of

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spirit into their everyday lives and to give strength to the growing consciousness of divinity within us. We can begin to take our true place as co-creators of the human experience. In a sacred way, we can strengthen the qualities of compassion and empathy with all living beings that are vital to this planet's survival. Through the spiritual practise of ritual, we can begin to reconnect to the holy mysteries of life itself.

I believe that we need to reclaim our spiritual history, and in order to do so, must create a new mythology by which to live. We must find those practices which allow us to experience our divine connections and responsibilities to ourselves, each other, and to the planet. This is what we are doing when we create meaningful rituals.

Trying to provide a simple definition is like trying to contain the ocean in a cup. Ritual can be as simple as lighting a single candle, or standing outside looking up at the night sky. It can be a complex and multileveled series of actions, rich in symbolism and myth. But whatever the form, ritual is always done on Sacred ground. ♦

Coming Events

Don't miss the Penticton and Area Women's Centre
International Women's Day Festival, *

Saturday, March 5th, 11 am to 7:30 pm

at the Penticton Trade and Convention Centre.

Free childminding will be available.

There will be crafts, food and entertainment, as well as workshops, and displays. You will be able to get a reflexology treatment, a reiki treatment or have your cards read!

For more information, or if you would like to set up a table, please call 493-6822 and ask for Laurel or Caitlin.

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HEALTHTECH THERAPIES

by Sharon Hample

A new dimension in complementary health care is available at Christina Lake. Two successful and gifted therapists have combined their skills and practices under one roof in their new health care facility at Christina Lake. Healthtech Therapies has been established to provide a caring, personal variety of services designed to cleanse, detoxify, nourish and renew. These therapies are enriched by cooperative treatment practices to facilitate regeneration and rejuvenation.

Patricia Albright and Sharon Hample both shared the same vision of providing a health care facility where people could go to receive a variety of treatments. They envisioned a place where people could also stay over in on-site accommodations in an environment and location that therapeutically enhances the technical treatments.

And that dream came to fruition at Christina Lake when Patricia and Sharon pooled their resources, purchased the Totem Motel and built a health care facility on the premises. The Totem Motel is now called Blue Mountain Lodge, providing a facility for people to become involved in residential programs. This is a healthy, serene environment for restoring body, mind and spirit, naturally.

During their 12 years of combined health care experience both Patricia and Sharon have found that one specific type of treatment results in some benefit, but when specific treatments were combined their clients realized greater, longer lasting results and benefits. After a period of time of referring clients back and forth to one another, it seemed a logical and practical move to combine their practices, providing a variety of treatments under one roof.

Treatment options available at Healthtech Therapies are as follows:

Deep Muscle Isolation Therapy - A combination of acupressure and Swedish massage that relieves tension and stress in the deep tissue areas with long-lasting results.

Light Therapy - Uses soft, amplified, coherent light which has a healing and curative effect. It is used for improved wound healing, pain relief, light-induced acupuncture and helps to achieve total body balance.

Touch for Health - Uses a muscle testing technique that can determine blockage or constriction in the body. Such constriction may eventually result in overall energy depletion, pain, tension and organ dysfunction. Touch for Health uses various balancing techniques to stimulate and strengthen weak areas of the body, improve muscle function and postural balance, enhance functioning of all body systems and augment fitness programs or athletic training.

Colon Therapy - The major focus at Healthtech Therapies is Colon Hydrotherapy, a revolutionary new technology in colon cleansing that was designed and developed in California and is presently exclusive in Canada at Healthtech therapies. Combining varied water temperature and pressure throughout the colon cleansing treatment serves to improve the tone of the colon muscle wall and trains it to work on its own. This treatment can be administered several days in succession promoting cleansing even at the tissue level, which, in turn, provides a cleaner internal environment for rejuvenation to take place.

Patricia and Sharon are very interested in your health and well-being and are anticipating answering any questions you may have concerning colon hydrotherapy or any other treatments available at Healthtech Therapies at Christina Lake.

For more information please see their ad on page 19.

HEALING AND TEACHING

Why do we do it?

by Karen Timpany

It is interesting to ponder upon the endless possibilities of why anyone does anything, especially why people get into the healing fields.

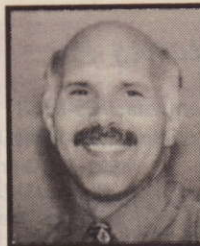
The holistic approach to healing involves countless hours poring over books, attending courses, workshops and lectures. The greater our interest, the more diverse our abilities to comprehend the ever widening complexities of the human body and its inability to maintain optimum health in today/s society.

Why have we chosen to devote ourselves to the healing profession? Perhaps because of a personal experience whereby we or someone close has suffered, died, or survived against all odds. Sparking questions that needed answers that were not available from the more conventional sources. Digging ever deeper into the medically unrecognized or scientifically unproven information, we discover a world dealing with new thought, new ideas and new levels of awareness that seep into our consciousness. The questions pop up again, the doubts enter our minds. After all, this is not accepted or well known theory; or is it? Sleuthing ever deeper into what usually amounts to a comprehensive library of information, we find that very few of the new cures or ideas are new, in fact the techniques are often hundreds, if not thousands of years old. Treatments that were accepted and known for their curative and proven ability to heal. More questions. So why are these cures not used today, why is it so difficult to find cures for something as simple as the common cold, flu bugs and now the more detrimental diseases that are plaguing our world?

From the original questions, to the quest for the knowledge, to using the information for personal benefit or the benefit of others, often comes the desire to share with others this wonderful new knowledge. Enter the teacher, practitioner, scientist with his or her own proven set of theories based on new old technology. How to present this new line of thinking? Like any good scientist, we first prove out the methods or treatments. Usually family and friends become our targets and our allies as they later walk around with beatific smiles attesting to all how they are able to now enjoy good health. They recommend others and the studies and theories are proven out time and time again with few exceptions to the rule. The information is first shared with the client, explaining in simple terms the inner workings of the body and mind and how they are interconnected with their health and welfare. Next comes the need to share the knowledge with greater numbers of people; we want this information out. It is important that we learn to be responsible for our own health and the here's how books, lectures and courses come into being, available to those wishing to further their understanding of Natural Health and its benefits.

Whether for your own personal benefit, to increase your knowledge with the purpose of beginning or furthering a business, or to learn in order to share information, take an opportunity to attend a course, workshop or lecture and delight in the endless amount of information available on Natural Health & Healing. This is why we do it! May the wealth of knowledge and health be yours.

*Her card is to the right and she has classes starting soon,
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THE MULTIPLE BENEFITS OF A VEGAN DIET

by Victoria Hogan, VUNA Council
President, Canada EarthSave Society

I feel as if I'm coming home, writing my first article for Issues. I was born in the Kootenays in a little house with coal-oil lamps, a wood cook stove, cold running water, and an outhouse. What a long path it's been!

In spite of my Doukhobor roots, my family was never vegetarian, and I only came to it in 1990 when Dr. Michael Klaper and John Robbins spoke at the Hyatt-Regency ballroom in Vancouver. They were sponsored by a budding Canada EarthSave Society, based on John's Pulitzer Prize-nominated book, *Diet for a New America*.

At the time I ate little meat, and only needed a tiny nudge to go vegetarian, and they gave me myriad reasons. Since then, I've studied vegetarian nutrition, and went from ovo-lacto (eating no flesh foods, but using eggs and dairy) to being almost totally vegan (plants only).

The more I learned, the easier it was to cook and eat this wonderful, health-promoting way. The Doukhobors are known for their vegetarian eating habits, and use lots of eggs and dairy. But their rates of heart disease, cancer, and excess weight reflect the animal fats and cholesterol in that diet. I remember my grandmother's borsch, swimming in butter and cream, and I also remember her deadly gall bladder attack, which spelled her demise. Though many people love the Doukhobor food, I'm sad to say, it's not the healthiest.

TV ads for the Heart and Stroke Foundation proclaim that half our population dies from heart disease and strokes. Robert Wolfe in the previous Issues states that the war against cancer is not being won. Breast, prostate, and colon cancer are linked to high-fat animal products, and have reached epidemic proportion, factory-farms, pesticides, hormones, antibiotic laden products that our modern agriculture has brought to our markets and we eat.

We also need to be aware of the conditions under which these animals are raised. Chickens are confined in racks of cramped cages, never seeing daylight, unable to move or flap their wings, forced by unnatural foods, chemicals and hormones to produce the maximum number of eggs. Dairy cattle are similarly confined and force-fed to get maximum milk. Forcing milk production causes frequent mastitis which produces white blood cells (pus!) in the milk. Then there's the link to childhood diabetes with drinking milk, and the fact that more and more of us are unable to digest lactose.

And if you're interested in the ethical question, most of us realize that veal is the most inhumanely produced meat, but it's a direct by-product of the dairy industry! Most male calves are sold for veal. So when we consider the suffering of the chickens, dairy cows, and veal calves, wouldn't it give us more peace of mind and freedom from stress (as well as no cholesterol!) if we adopted a low-fat vegan diet?

Baby doctor, Benjamin Spock saved his own life by giving up meat and dairy products and has come out against milk as a safe food for humans. Dr. Michael Klaper's own father and brother died of heart disease because they wouldn't listen to his advice. Dr. Dean Omish has a program of reversing heart disease through a low-fat vegan diet and Mutual of Omaha pays the \$3,000 costs of the program instead of bypass surgery. Dr. Robert Kradjian, eminent breast cancer surgeon says most breast cancer can be prevented with such a diet.

I've personally shed pounds and years, and have more energy now than I had in my 20's. So if you want to prevent our major killer diseases and enjoy vibrant good health, meditate, exercise, and adopt a vegan diet!

Please join us at the Naramata Spring Festival where Francis Janes and I will be showing a video and answering questions. We'd love to meet you.

Continues to the right

SOME THOUGHTS

Rev. Donna Maurice Winchell,
Pastor South Okanagan
New Thought Center of
Religious Science



There's something about beginning a new year that awakens in me a fresh sense of commitment to my personal and spiritual growth and development. I am reminded of the psalmist who said: "*Commit thy way unto the Lord; trust also in him, and he shall bring it to pass.*" We, in New Thought, recognize that metaphysically "Lord" means Law -- the basic Law of Life, the Law of Unity and Wholeness, the creative Law of Mind. We would therefore translate this psalm to read: Commit your thinking (attitude, beliefs) to the Law; trust in it and your demonstration (what you wish to experience) will be made manifest. Of course, what we are describing here is the Creative Process -- what you think and believe, you will eventually experience.

I teach a formula in my Science of Mind classes that goes something like this: A & B & C = D. ACTION plus BELIEF plus COMMITMENT produces DEMONSTRATION. In other words, to create a wonderful, joyful, abundant experience (our demonstration), we need these three ingredients: Action -- we do what is put in front of us; Belief -- we believe that we can actually have our desire; and Commitment -- we are committed to what we wish to experience.

What do you wish to experience? At the core of every "de-sire" is Spirit, creating in us an emotion -- a feeling that reflects its perfection. If we are committed to the experience or feeling -- the Divine Ideal that Spirit embodies (peace, joy, harmony, love, abundance, wisdom ...) the Law (the creative process) takes care of all the details and our life experience is more beautiful than we could ever imagine it could be.

However, in order to demonstrate Love in my life I must first be committed to being loving. In order to demonstrate Prosperity in my life, I must first be committed to living abundantly. If I wish to demonstrate perfect Health, then I must first be committed to living a healthy lifestyle. *I must first become whatever I am committed to experiencing in my life.* Everything begins at the level of Spirit.

One day at a time, let us commit to being the best we can possibly be -- in all areas of our life -- and then act accordingly. We then wait in "joyful anticipation" knowing that the Law is set into motion and our demonstration is complete.

The South Okanagan New Thought Center of Religious Science is an independent member church of the Affiliated New Thought Churches of Religious Science based in San Diego, California. ♦

If you'd like to be part of a vegetarian or vegan support group or pot-luck group in the Penticton area, please contact Angie McIntosh at 496-5789. She is organizing a monthly VEGAN get together. First one will be Feb. 23, Wed at the Leir House. She will be sharing recipes and a video afterwards.

If you'd like to start a vegetarian awareness group in other areas, leave a sign-up list at your local vegetarian restaurant, health food store, or contact your local Seventh Day Adventist Church. If you already have a group, please contact me at 987-8296, and I will try to provide support through VUNA (Vegetarian Union of North America). ♦



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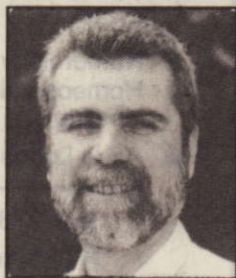
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He acknowledges our need to be fathered and our responsibility to father. He reminds us that growth is an individual process with individual goals and time schedules. Throughout the book there is a refreshing acceptance and celebration of the healing process. Lee's self-disclosing, honesty and warm sense of humour will nudge you forward even when it might seem easier to just leave well enough alone.

*John Lee is coming to Penticton March 11, 12 & 13
see ad on page 2 for details.*

JUST QUITTING or PERMANENT FREEDOM?

Do you want to quit smoking - or stop for good?

by G. Gieselman

If you're a person that can relate to the saying "quitting smoking is easy, I've done it hundreds of times"... read on. Unfortunately, as many discover, just wanting to quit is not quite the same as having the ability to quit & STAY QUIT.

While there are many programs that may help you gradually overcome the effects of nicotine dependency, things like patches, gums or pocket computers don't change the way you think about smoking. Think about it - are you addicted only to nicotine or to smoking in general? Your "mental reminders" or habit urges to smoke can keep you one puff away from failure long after the effects of nicotine withdrawal have stopped.

Smoking is not just a physical habit. There are three stages to go through to quit completely. The first and most obvious is overcoming the effects of nicotine withdrawal. Secondly, there are a whole range of habits that need to be adjusted in your lifestyle once you actually quit. Third is staying quit and knowing how to avoid the psychological traps that can start you smoking all over again.

Many individuals who have sought help in quitting smoking have found that certain modern technologies have been useful in helping them get off and stay off cigarettes for good. Laser-acupressure applications have proven to be able to stimulate the body's own natural resources to help neutralize the effects of physical withdrawal from nicotine, ease cravings, reduce stress and help maintain positive weight control. Hypnosis, Self-Hypnosis, Creative Visualization, NLP and other powerful techniques can be tremendous tools to heighten motivation and realign your "subconscious programs" or "natural tendencies" to work in conjunction with your conscious desires. These and other new age techniques can help you to more automatically refrain from smoking without the constant struggle or willpower that is normally needed to stay off cigarettes for any length of time. You can gain permanent freedom from cigarettes. Life Enhancement has been providing programs in personal development for over 15 years. For more information call Garry at 868-8746. ♦

Earthships continued from page 13

Earthships incorporate some very innovative water handling ideas. All household water is from a roof catchment system with an indoor waterfall. All grey water is processed in a wetlands type jungle in the house. And human waste is handled by a solar toilet! Energy is provided by either solar panels or micro hydropower systems. Using these for power allows you to buy unserviced land, always much cheaper.

Earthships have been promoted by actor Dennis Weaver, who owns three including a 10,000 sq ft dream home in Ridgeway, Colorado. Earthships number in the hundreds, covering at least 14 states, Canada, Japan, Europe and Bolivia. There is a 7 unit motel in New Mexico and plans are underway for an Earthship shopping complex. Currently there are plans for a number of Earthships to be built in the North Okanagan and Kamloops areas. There will be a one day free seminar at University College of the Cariboo, Kamloops on March 19, 1994 and a display at the Festival of Awareness. Call Mark Bossert 573-3474 for more information. ♦

MAKING HEALTH CARE WELL

by Lionel Wilson

In spite of the great leaps in medical technology and the development of powerful new drugs, traditional medicine is still unable to meet society's health needs. This has contributed to an explosion in alternative medicine. Over the last 75 years, North America has seen a shift from acute life-threatening emergencies to chronic illness. Chronic pain exacts tremendous costs in lost time and productivity as well as diminished quality of life. Increased life expectancy, with all its advantages, also prolongs the length of time men and women are vulnerable to chronic disease.

Health care resources are stretched to the limit and institutions we count on to protect us often fail to do so. Professionals and patients inside and outside of the traditional medical system are asking: "Where to now?" Some answers are seen in the efforts of institutions such as the Wellesly Hospital in Toronto which is inviting representatives from the community to serve on its board of directors and has adopted a "customer service" approach to patient care. British Columbia's Ministry of Health has instituted plans to move toward community based health care delivery systems.

As a marketing consultant, I have developed a personal and professional interest in the area of behavioural or complementary medicine. In the last year I have observed growing public interest in and acceptance of health care alternatives despite the lack of support from the conventional medical system. As conventional systems of health care deteriorate, the public is turning to self-help and self-health. Nine out of ten of those who saw a provider of unconventional therapy did so without the recommendation of a medical doctor and seven out of ten didn't bother telling their doctors that they were pursuing unconventional therapy (Morris Wolfe, The Globe & Mail, 3/16/93).

Why is the resistance to change in the established medical community so entrenched? Medical schools derive a significant portion of their funding from pharmaceutical companies. Medical innovation is disseminated by the medical journals whose life-blood is the advertising dollar from drug companies. Non-pharmacological therapies are not in the short term interest of those key supporters and as a result, receive scant attention from the established journals. If it were in the economic interest of these companies to invest in vitamin companies or do research on natural remedies the journals would certainly discuss these "healing alternatives."

Public attention is being directed to the preservation of wellness as a priority over the treatment of disease. Recent signs demonstrate this significant surge of interest on the national and local scenes. The New England Journal of Medicine reports that 34% of the people they surveyed "reported using at least one unconventional therapy in the past year, and a third of those saw providers for unconventional therapy." (1/28/93) Bill Moyers' TV documentary series Healing the Mind chronicles the coming of age of unconventional remedies. His convincing presentation of the extent to which alternative methods have become acceptable helped launch his book to national bestseller status. In Vancouver, BC there are now wellness style special events. The Healthy Living Expo, the Wellness Show and in Edmonton, AB, the Canadian Whole Life Expo, each attracted thousands of people.

The rising level of interest ought to come as no surprise. With the amount of time spent in waiting rooms to achieve negligible results, people are turning to alternatives out of frustration and lack of service. Even though Canadians are happier with their health care than Americans, a survey by Physician's Management last year reported that "nearly 61% of doctors and 44% of patients said they didn't

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expect the health-care system to stay financially sound for the next five years." The economic factor is more apparent in the States.

Many still have reservations about unconventional medicine but numerous studies point to bottom line benefits. A 1987 study by Karen Olness of the Rainbow Babies in Cleveland suggests that biofeedback, a kind of self-hypnosis, could save at least \$500 million annually on specialists' fees, tests, and drug costs in treating juvenile migraines. Dr. Dean Ornish at the University of California, San Francisco says that maintaining a low-fat diet, doing relaxation exercises and ceasing to smoke could have eliminated at least half of the estimated \$12 billion spent on heart bypass surgery in 1990. Economic factors are delivering a wake-up call to the medical establishment. The drug and technology dependent "medical model" is no longer a sustainable option.

Although more studies continue to deliver convincing cases for change we are burdened with the slow-moving bureaucratic process that focuses on disease rather than health promotion. Dealing with the challenges presented by the current crisis in health care will require a radical departure from the traditional approach. We do not need to build more hospitals. We need to build healthier people and alternative medicine is taking up the challenge. Consequently, people are not waiting, they are exploring their potential to heal themselves. ♦

*Lionel will be speaking in Kelowna, Mar. 18, everyone is invited!
For more details please see his ad on page 15*



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MAITREYA'S MISSION, Vol. II by Benjamin Creme

A Book Review by Diana Holland

Such blending of spiritually and practicality is typical of Benjamin Creme, the British artist, author and esoteric scholar, whose previous books, *The Reappearance of the Christ and the Masters of Wisdom* and *Maitreya's Mission, Vol I*, are in circulation worldwide. The Scottish-born artist says in this, his latest book, that the chaos and turmoil now occurring in the world are the birth pangs of a new and brilliant civilization in the making. "We are standing at the beginning of an extraordinary period in the history of the world, a time when the true, spiritual nature of humanity ... will become manifest for the first time."

In his books, as well as lectures worldwide, Creme says that the birth of this new civilization is being assisted by a group of illumined spiritual teachers known as the Masters of Wisdom. The presence of such teachers was first written about in the West in the late 1800s by Theosophist H.P. Blavatsky and later by Alice A. Bailey. Creme says these Masters, long the inspirers and protectors of humanity from behind the scenes, are now returning to the everyday world. At their head is Maitreya, the World Teacher, the one awaited under various names by many religious traditions. When humanity, via its representatives, the world's media, invite Maitreya forward, according to Creme, Maitreya will begin to work openly, inspiring humanity to create a world based on sharing, social and economic justice, and global cooperation.

Whether or not one agrees with Creme's views on Maitreya and the Masters, the current tome is a treasure trove of practical information on a wide range of topics, including: "The Art of Self-Realization," "Disease: Causes and Cures," science and technology in the New Age, meditation, the environment, global economics and politics, and the international drug problem. With corruption and crime reported ad nauseam these days in the newspapers and on television, Maitreya's Mission, Vol. II provides a needed antidote - a healthy dose of hope and more than a measure of insight.

Hypnosis - continued from page 5

There are many examples of this and we are realizing that it's not just the prerogative of spiritual masters or Buddhist monks, but we all have the ability.

Hypnosis is playing an ever increasing role in the healing process. In 1983, I was diagnosed as having Melanoma Carcinoma, a potentially lethal form of skin cancer. Although deciding to have the operation, I also chose to do everything possible to stimulate my body's immune system. Using hypnosis, I started visualizing all healthy cells being protected, since there was some question of the cancer spreading. I imagined that these cells were protected in a white light. I began seeing the upcoming operation as totally successful. That night, after the operation, I had a very vivid dream. The dream was a confirmation that the operation was successful and the cancer had not spread.

The next morning, I awoke and, although experiencing some pain as a result of a graft from my thigh to my chest, I was secure in the knowledge that all was well. The situation I was in became a challenge for me. The pain and discomfort was getting worse so using hypnosis, I visualized an orange colour surrounding and penetrating the afflicted area. Although not disappearing, the pain had definitely subsided. That night the nurse arrived with some morphine. She proceeded to get very flustered when I refused the shot and I became the centre of great controversy among the staff.

Shortly after my stay at the hospital, it was recommended that I see a physiotherapist. I could only lift my extended arm about 1" above my waist. The graft would have to stretch. The physiotherapist said that it

continues to the right



CONCERNED ABOUT YOUR SKIN?

by Colleen Kerr

Saving the earth has become one of the main concerns for the average family in the past decade. CFC's have been banned from use; recycling has become commonplace; regulations regarding

land fill sites are rapidly becoming stricter. Basically chemicals and synthetic products that do not agree with the environment are passe. Even people's eating habits are healthier. Why then, are we still polluting our skin with petrochemicals and synthetic products?

Skin...not very often a big concern, but it should be. A person's skin is the largest organ of the human body and one of the most important. It's the one organ that cannot or is ever likely to be transplanted. Modern medicine has amazed us by replacing kidneys, livers, and even hearts, but the skin a person is born with is the skin he/she will die with. There are no second chances, so taking care of it is very important no matter if you are male, female, young or old. A person can start with removing petrochemical products from daily cleansing and beauty regimes. Petrochemicals are compounds derived from crude oil used for an endless number of consumer products from clothes to moisturizers. They do not decompose or break down under normal circumstances. Nor has a way been found to recombine them into other useful substances. Thus, petrochemicals pollute not only our soil, air, water but our bodies as well. Why would we want crude oil products absorbed into our skin?

The most sensible replacement is using what ancient people taught us. Plants. Use of plants, berries, nuts, barks of trees, etc. was introduced by the ancient Egyptians and carried on by the Hebrews, Greeks and Romans. Plants were the obvious choice then and now. As Nature's purifier, plants are linked to every life source on this planet. When plants convert sunlight and carbon dioxide with photosynthesis they produce useful chemicals. The ingredients of these chemicals can easily be used for foods, medicine, beauty products, as well as a wide variety of consumer goods.

Natural beauty products are rapidly becoming a welcome change to the leading skin care and cosmetic products on the markets. It has become a guessing game as to what is in the leading manufacturer's products. Ingredients are not listed on the labels of the top brands and beauty consultants cannot seem to answer "What really is in this product?" So why purchase these products? Good question! This also goes for the so called "miracle creams" on the market claiming to get rid of wrinkles and restore youthful appearance.

As a professional in the field of skin care I can give you the answer to keeping skin younger looking, longer. We have been told incessantly to drink a lot of water; use proper sunscreen; moderate alcohol consumption; cut down on stress; and the choice for health conscious 90's individuals...use natural organic products on your skin.

Creative Images is a new esthetic salon in the Okanagan with a difference...it uses all natural skin care products. Clients can be assured all ingredients are naturally derived. There is a choice! At present Creative Images is the exclusive user and retailer of Aveda cosmetics in Kelowna. As one of the top cosmetic brands in the world, Aveda products contain ingredients such as rose wax, borage oil, vitamins A, E, C, and D, plant and flower essences ranging from lavender and raspberry to peppermint and eucalyptus. All ingredients listed are on the packaging and for specific questions, the esthetician is highly trained to help you with anything from skin problems to color choices. The one

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thing to learn is that there are no miracles in keeping a youthful appearance. All one has to do is remember the basics. Nothing can replace or improve what nature has already perfected. Working in sync with nature for more healthy, youthful and relaxed individuals. ♦

See ad below to contact Colleen

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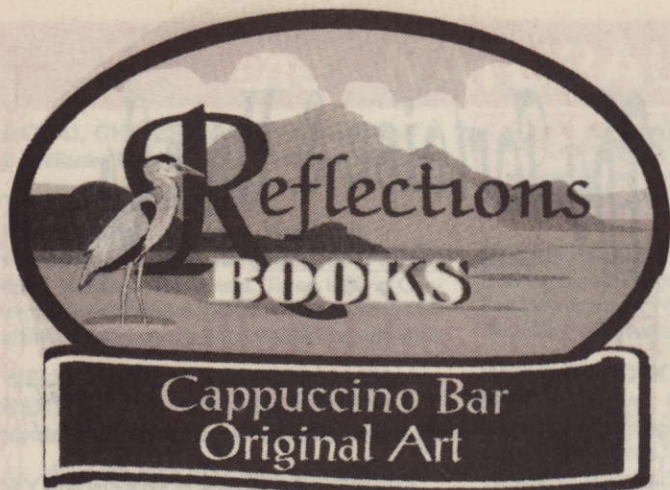


Hypnosis *continued*

would take 6 months of therapy before I had full movement in the arm. Three weeks later, I had 100% movement in my arm. Using hypnosis and visualization, I imagined my arm going higher each time. If I had believed the physiotherapist, it would have taken six months.

Most people know or at least have heard of someone who has overcome what seemed like insurmountable odds to achieve success. Hypnosis is an ability we all have. It is just as natural as sleep and can be a very useful tool in opening doors to the power within each of us. ♦

Sheldon Bilsker is a hypnotherapist practising in Vancouver.



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Brainwriting

with Angele

Handwriting is a complex combination of a variety of stroke traits. To interpret it the Graphologist must synthesize at least ten different factors to come up with the points that show the greatest divergence between the way you were taught to write and the way you write today.

This column will show you how to examine two traits, slant and pressure, both of which I have written about individually before, to understand the intensity of a person's emotions.

Emotion is displayed in handwriting by slant which is a combination of pressure and horizontal movement.

Letter forms denote the personality of the writer, the three most common shapes being round, sharp or inhibited. Round writing belongs to a person who is expressive and needs acceptance. Angular or sharp writing demonstrates mental probing, hurt or a need to be critical and inhibited. Inhibited writing shows a need to protect or guard one's lifestyle with the writer's emotions being held in check.

Here are examples of how to interpret the shape of the letters combined with different pressures.

Aggressive

Heavy pressure and angular script belongs to a writer who has intense emotions and who tends to steamroll others.

Cranky

Light pressure and angular script show a picky and judgemental person who complains but doesn't act to resolve matters.

Expressive

Writers using heavy pressure and rounded forms can be expected to react with passion and will sometimes smother those around them with strong feelings.

Passive

Light pressure with rounded forms means that the writer is adaptable and cooperative.

Explosive

Heavy pressure with restricted forms denotes a potential volcano. All that feeling is shooting through too narrow an opening and a real eruption can occur.

Inhibited

Light pressure and restricted forms betray the reserved individual, whose friends just don't understand him or her.

As you can see, the heavier the writing the more influence a person exerts on those around him. The more slant, the greater the ease the writer has at expressing him or herself. If the letters slant backwards, the writer is less inclined to share emotionally. The more rounded the letters, the softer, more accepting and responsive the person will be. Sharp and angular letters express the hard edge of emotion.

If the writing looks disturbed, jerky and disconnected or has a compulsive look to it, those words can be added to describe the writer's character. Angele will be speaking in **Salmon Arm: Feb. 7th** at Reflections Book Store, please see ad above for the phone no. ♦

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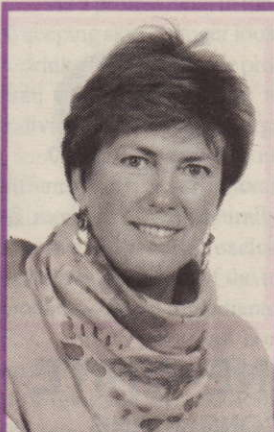
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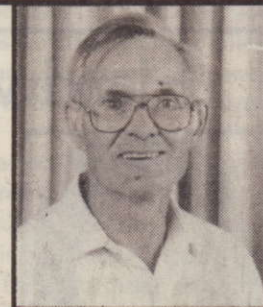
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