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SAT - OCT. 2 - 1993 10 a.m 5 p.m. LAUREL BUILDING, 1304 Ellis St., Kelowna SPEAKERS SCHEDULE Cost \$10.00			
10:15 - 11:00 Gayle Konkle	Rebirthing Breath mode of emotional integration.		
11:15 - 12:00 Bobbie Duncan ^{and} Melinda Cook	Aditi - A technique from Sweden for balancing the energy/aura/light fields. Designed to transform and re- move blockages so we can see more clearly why we * chose certain experiences.		
12:45 - 1:30 Donalie Caldwell	Contact Reflex Analysis and Emotional Component Release. A revolutionary physical assessment method using kinesiology to eliminate emotions held in the body.		
1:45 - 2:30 Karen Timpany	Metaphysics, Health & You A discussion on Metaphysics & how it affects the balance and harmony in your life.		
2:45 - 3:15 Bob Walsh	Eclo-sion Machine Learn what a machine based on biofeedback can do.		
3:30 - 4:00 Ingrid Downham	Hypnotherapy & Regression Therapy Explore the possibilities of Clinical Hypnotherapy & Regression Therapy.		
4:15 - 5:00 Grace Dodds	Gender Reconciliation How defining the masculine and feminine can lead to gender reconciliation.		

Also available all day: Mini-sessions at \$5 each. Experience

Myotherapy massage with Gayle, Aditi from Bobbie or Melinda. Allergy Balancing or Emotional Release with Donalie, Reiki from Lise, Reflexology from Isabel, Mary or Kim, Energy Balancing from Greg.

Plus ... Displays: Biomagnetics, Herbal preparations, Vital Systems and Books

For more information call Donalie at 768-3404 or Bobbie at 764-3209.



Donalie Caldwell

presents

Kinesiology Workshop

Learn to communicate with your body through muscle testing. You will learn to test yourself, others and how to use a surrogate. Also included is how to do a complete physical and nutritional

assessement and basic energy balancing. Date: Oct. 13, 7:30 pm Investment: \$25 Place: 1451 Ellis St., Kelowna

Take Control of Your Life

Is the treadmill of life getting you down? Are you losing grip on things? Develop a new way of thinking and inner peace through increased self awareness. Discover how to achieve your goals and transform your relationships. This class will teach you techniques (ie. Meditation) and understanding that will help you regain that firm foothold to walk your path in life.

Date: Oct. 23, 9-5 pm Investment: \$60 Place: TBA

To register please phone 768-3404

"ADITI" **Energy Balancing**

by Bobbie Duncan

"Aditi" is a Sanskrit word meaning "Infinite," and the technique of Aditi offers infinite possibilities for the re-aligning and balancing of all of a person's energy levels.

Originated in Sweden after twenty-five years of research by Ken Levendall, Aditi is practiced by only a handful of people around the world. Bobbie Duncan is one of only five qualified Aditi instructors on the planet, and she is only beginning to share the method with others.

So just what is "Aditi," anyway?

Well, that's a good question, and one that defies easy answers. Like all energy work, Aditi is designed to affect the subtler levels of the body, mind, and spirit. It doesn't look like much is going on during a "balance" which is what a session is called. However, to those who are sensitive to energy, it can feel like someone is pointing a laser beam at your body!

What is going on, according to Bobbie, is that Aditi allows her to experience your energy system at all levels, from the physical to the mental, from the meridians to the soul. Aditi then provides what amounts to an adjustment of your software so that your cells can soak up higher frequencies. By aligning the body with the highest frequencies it can handle, miraculous changes can occur on many levels.

"One of the difficulties with telling people about Aditi," says Bobbie, "is that it's impossible to predict what the energy treatment will effect." For some, physical shifts and transformations occur, for others it may be an emotional healing, while still others walk away with new spiritual insights about their lives.

"Because Aditi tunes in to the person's highest energy level - some might call it Soul - the balance can occur at any level from there down. Whatever level-you need it and are prepared to accept a balance, that's where it happens."

Sessions are straightforward and short. A twenty to thirty minute balance only costs \$30. Afterwards, it may take a few minutes to return to a state where you are ready to face the world, and you are encouraged to relax during that time.

For more information, or to experience a balance for yourself, give Bobbie a call at 764-3209 in Kelowna. She'll also be at the Mini Health Fair in Kelowna.





Kelowna

Parapsychology Association

Meets at the **Best Western Hotel** 2402 N. Hwy. 97 - Kelowna last **Wed.** of each month. Cost \$6. Members \$3 New Members Welcome!

September 29 Journey into Happiness

Larry Wayne & Grace Johnston

Workshop - Oct. 2 - for details please read ad on page 4

October 27 Gateway to Health Donalie Caldwell

Contact Reflex Analysis & Emotional Component Release

November 24 In Preparation for the New Vibration

Troy Lenard

Workshop - Nov. 25 Building the Immune System with Sound, Colour & Vibration

Additional Special Guest Oct 22 & 23 Nancy Shipley Rubin from Hawaii please see ad to the right.

For more information about speakers, workshops or the KPA please phone

Gayle Konkle: 766-2962

Awakening the Healer Within

An Intensive 2-day Workshop by Keith Sherwood, author of "Chakra Therapy"

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

Students will also be taught how to use their mental attention and breath to increase their energy level and bring their energy system (the chakras, auras and nadis) into balance.

Finally, participants will learn how to polarize their body and heal through "laying on of hands". This is a practical workshop so students should dress accordingly and be prepared for an intensive learning experience.

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 Dominican Republic he began healing through the "laying on of hands". Presently, he spends most of his time in Europe, where he continues to lecture and teach. Introductory Lecture

Fri. Oct. 29 7-9 pm - \$10

Workshop

Sat. Oct. 30,10-6 pm Sun. Oct. 31,10-2 pm

Coast Lakeside Resort Penticton, BC

Registration Fees: Before Oct. 15 \$89 After Oct. 15 \$99 Workshop fee includes Friday lecture

Please Phone 492-3181 9-5 pm 493-1997 12-7 pm

Nancy Shipley Rubin

WORKSHOP ACCESSING ANGELIC FORCES

Angels speak for that part of us that we hold sacred. Angel essences serve as catalysts, assistants who bring healing, grace, integrity and joy into the world. We will call upon the principles of light to bestow their special rites of passage upon each of us, giving us the experience of all the graces that are available. Let us greet that sacred part of ourselves and allow it to speak deeply and profoundly.

Nancy Shipley Rubin is the spokesperson for AURORA

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Introductory Evening - \$15

** a KPA additional feature

CONNECTING

MIND & SPIRIT

Fri., Oct. 22, 7:30-10 pm

Best Western Hotel

2402 N. Hwy. 97, Kelowna

Workshop - ACCESSING

ANGELIC FORCES

Sat., Oct. 23, 10-6 pm

1885 Horizon Drive, Westbank

\$140, KPA discount of 15%

Assure your place by registering early.

Contact Gayle Konkle: 766-2962

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with

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★ TOUCHING the SPIRIT MIND ... Learn a simple, yet powerful way to touch the spirit mind. To have communion with your spirit self and the unseen friends, who want to help and communicate with you in a gentle loving way.

★ The MYSTERIOUS POWER of ENERGIES ... Discover the basics for your creativity and the key of using real power, atoms and finer electronic energies, to truly manifest the constant success you want.

★ SPIRITUAL HEALING - MIRACLE or MIRAGE ... Learn the truth of this remarkable power that reaches beyond medicine and faith into the lives of every one of us. This might be your long awaited answer!

★ See ACTUAL SKETCHES of SPIRIT PEOPLE ... Experience the power of energies and a beautiful meditation to touch and begin to know your spirit self. Learn about our extraterrestrial encounters and more.

INTRODUCTORY EVENING

Wednesday - September 29, 7:30 pm Kelowna Parapsychology Assoc.

ONE DAY SEMINAR Saturday, October 2, 10 - 5 pm at the Dolphin Wellness Centre #105 - 1735 Dolphin Ave, Kelowna, BC

For more information call Lorne: 862-8156 or Larry Wayne in Calgary (403) 228-0300

Okanagan Centre for Positive Living Church of Religious Science presents Science of Mind

Sunday Services: Healing Meditation 10:30 am Sunday Celebration & Junior Church 11:00 am

Accredited Classes: Resume Sept. 14, 15 & 16 Science of Mind I - Tuesdays Science of Mind II - Wednesdays Science of Mind III - Thursdays other Full Church Services available

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Mailing address Box 1556, Vernon, BC, V1T 8C2 Office & Church: #202-3315 - 30th Ave. Rev. Lloyd Klein: 549-4399 or 549-2729

My Journey as a Healer

by Sylvia Moss, OM, CHST

I believe that deep within each of us is a healer emerging, waiting to be birthed.

A healer is usually led to his or her career by seemingly strange situations. In 1978 when I was in Kenya, I had an extraordinary eyeto-eye spiritual communication with a large impala. While staring at the animal from a distance I had what I considered my awakening, my first experience of true spiritual love, and I became aware of my inner light. From that moment onward my healing pathway began to unfold.

At that time my work was in photography. While I was photographing Calvary Church in New York City, famous for its architecture, the music director approached me. Out of the blue he asked me if I sang and if I would like to audition for a big production of Faurés' Beatitudes. After not having been in church for twenty-one years, I joined the choral group, church and theatre department and also had my first professional photography show there. During that time I found myself in the role of a 'bridge' between traditional and new age spiritual communities, and to this day I feel very suited to that role.

By 1981 I had become an assistant in Calvary Church's weekly laying-on-of-the-hands healing service. Although I was not theologically inclined, I liked the way I felt in this environment.

That same year I travelled to Findhorn, the spiritual community in Scotland when I re-awakened my connection with nature spirits, Goddess rituals and the use of universal energy. My life expanded to yet another level of awareness.

A few years later I met Barbara Brennan through a friend who was studying with her, and for a few months I became Barbara's secretary during the time she was preparing her book " The Hands of Light" for publication. I was amazed to learn that the simple healing service I had been practicing successfully for four years for fun had a solid foundation, and that I could be conscious and responsible for my energy when I touched someone. I knew I wanted to learn more about what I been doing naturally. I therefore enrolled in her four year training program where my particular qualities and uniqueness as a healer were developed and expanded. My awareness and sensitivity to energy was enhanced.

When I graduated as a healer I could not foresee becoming a teacher. My family was full of teachers - I never wanted to be like them. However, I eventually realized that as a healer what I am doing is teaching people how to be well.

People began asking me to teach. In 1991 some of my clients in Germany requested I come and give two small workshops. This small intimate gathering however, expanded into a large group of 100 people. These kinds of things continued to happen. The same scenario occurred last year with two of my clients in B.C., and we are now delighted to say we will be opening in Vancouver, Oct. 29, '93.

I also use sound on clients. A few years ago when my therapist asked me a question during a session, I became very grounded and began using sounding huge deep tones and using simple large movements. My therapist suddenly began coughing, choking and spitting, and had an incredible healing from a physical condition she had been working on for years. Soon after that I knew it was time to do group healings with sound so more people could benefit. This was quite a stretch for me. I liked the comfort of my safe one to one sessions with clients. Having been a professional actress on the *continues to the right.* The Healership Training Institute of B.C.

Sylvia Moss

presents

AN INTRODUCTION TO ENERGY MEDICINE HEALING

Introductory evening - Penticton Oct. 1st, Fri., 7:30 - 9 pm, Leir House, \$11

Workshops

Sept. 25 & 26th - Vancouver - Cecilia 599-7007 Oct. 2 & 3rd - Naramata Center - Carol 493-1997 Tuition: \$195.00 - Pre-registration is required.

This workshop is designed to prepare the participant's mind, body, emotions and spirit to be clear and elegant instruments of healing. In a supportive environment, you will learn some basic healing principles, such as assessing and balancing the energy field, grounding, the anatomy of energy flow, the basis of Transformational Energetics and spiritual development of the healer. This work is appropriate for professional health care practitioners, anyone interested in learning about Energy Healing and all those on a Spiritual Journey.

This workshop is a prerequisite to the 4 year Professional Training Program in Energy Medicine Healing at The Healership Training Institute of BC, beginning Oct. 29, 1993 in the Vancouver area. Call Peter Abela at 483-4710 for more info.



Sylvia Moss, O.M., C.H.S.T. Certified Healing Science Practitioner, Nutritional Advisor and teacher.

Sylvia is a graduate of the Barbara Brennan School of Healing, has studied with Rosalyn Bruyere and Emilie Conrad D'Aoud and is a former student of Lee Strasberg. She is the creator of Body Wisdom/Voice Divine, a powerful blend of toning and movement - selfhealing tool and the guided visualization tape, Meditations of Light. Weaving her 25 years of transformations and healing training with her professional experiences in the performing visual arts, she develops and teaches workshops in creative healing. Based in New York City, she maintains an international healing practice and teaches in the US, Canada and Europe.

Broadway stage, it finally dawned on me that it is not a big deal to use my energy to affect hundreds of people. It still amazes me how long it took me to realize this - that when I'm being who I am, in the truth of my work, it is so easy and fun, and I am not afraid. I surrender to a greater Power and channel incredible energy and loving strength. It does the work through me and we all win. It is interesting to me that I started backwards. In the days before my training I had surrendered to healing energy, then I learned how to consciously and efficiently use it. Now I am back to surrendering into the healing energy. God does the healing, I am the conduit.

In becoming a healer we must, in the process, heal ourselves. The healing journey is continuous and the benefits are endless and life transforming. I am strong, feel terrific and the people I work with experience healing on many levels of their being. They come to me with needs ranging from maintenance energy balancing to life threatening illnesses. I feel constantly energized and miracles happen every moment.

My greatest passion is to be there for my students and clients, helping them to birth themselves as whole human beings and discovering their uniqueness as healers themselves. How exciting! What a Joy!

Sylvia Moss is from New York City and is director of the Healership Training Institute of BC, opening the end of Oct. in Vancouver. She is an international healer, teacher and faculty member of the Sound Health Studio in NY City.

What is Science of Mind?

by Wendy Klein

The Science of Mind is an outgrowth of the spiritual faith that people have had thoughout the ages. Before science was conceived, the Presence of God was felt.

Science of Mind puts together findings which contribute to the establishment of our relationships with the Universe, so we can apply our spiritual understanding to the everyday experiences of human life.

The Science of Mind is built on the theory that there is One Infinite Mind which includes all that is, whether it be the intelligence within us, the life in the animals or the invisible Presence of life which is God.

We learn to have a spiritual sense of all things. Dr. Ernest Holmes (1887-1960) was a teacher, writer, lecturer and founder of the Science of Mind philosophy. It sets forth his philosophy of spiritual living. He became known internationally as one of this century's outstanding spiritual teachers. Dr. Holmes was a lifelong student of philosophy and religion developing a practical approach to successful living -The Science of Mind combines his own spiritual insights with essential principles of the world's enduring religious beliefs.

In her best seller book You Can Heal Your life, Louise Hay says anything can be healed when we are willing to do the mental and spiritual work. Ms Hay's ministerial training was through the Science of Mind philosophy, that teaches our lives are manifestations that arise from the beliefs and feelings of self worth we established in our own lives as causes. The OK CPL was founded in June 1991.

Musing

Angèle

Publisher of ISSUES

The ol' Schoolhouse

This month's photo on

the front cover is the one-room school house I went to as a child, when we moved to Beaver Valley the summer before I started grade two. The insert shows myself, three brothers, the girls that lived on the other side of town and Mrs. Waterman, our teacher for several years. This is a rare photograph for my Mom, as it does not show an activity. The photo does reveal the bare essentials of country living ... two outdoor biffies and an oil tank for heat. The part of the building that has no windows facing the street was sleeping quarters for the teacher, and that room had a wood heater.

The community of Rosswood, as I knew it from 1959 to 1964, consisted of not many people. There was a hillbilly family, with four boys which had settled there years before and resented us new American settlers. At the other end of town lived the two families that belonged to the four girls in the picture. Related to them was a young couple building a log home in the bend of the river bed near us. There was old man Tomachuck, who kept the road graded and locked his gate and old man Mills, a hermit who would bring ice cream (from town) whenever he came to visit. There were a few more people who drifted through occasionally and a variety of school teachers who came to teach, but it seemed us four families were the only settlers who had taken advantage of the government incentive of land at \$2 per acre. There were other families that settled another 40 miles north of us into the Nass Valley.

When my family arrived, we were quickly checked out by the settlers already there. They were grateful to know that our family had four children of school age, because that meant Rosswood now had enough children to meet the minimum requirement of ten and the government had to supply a school and school teacher. The school was quickly built in a central location much to the distress of the hillbilly boys who lived nearby.

I remember grade four the best. We had the biggest class with four kids the same age: Dave, Hazel, Rick and myself. I discovered at a young age that I was good at being able to learn a subject quickly and teach it back to others who hadn't quite understood it. The basic system used by most of our teachers was that everybody helped everybody. Every hour or so we rotated roles. Sometimes we taught the younger ones and sometimes the older ones helped us, and the teacher just helped to keep things moving.

About five years later the requirements for rural schools changed, and the government decided it was best to bus us the one-hour ride into town. That made our days very long and the bumpy ride gave me headaches and stomach aches. So I was delighted when Mom moved us into town on that cold, snowy day in January, 1963. I loved being in grade six with twenty-five other kids that were the same age and with a teacher that taught only us.



After school, I never socialized much with the other girls, as there never seemed much time or opportunity to get to know them. In the evenings I babysat or had homework to do, plus I was learning to follow a pattern so that I could make my own clothes. There was always cooking or cleaning to be done and an endless supply of wood to be brought in if the house were to stay warm.

As a young married woman of seventeen, I would go to bowling banquets or hockey parties with my husband Rae. We usually sat near the wall so that I could hide my bottle of orange juice, for I didn't like pop. One shot of vodka would last me all night as I kept diluting my drink. I tried my best to enjoy what most people considered 'fun,' but I didn't need booze to get me up dancing.

Within five years we had three children. Rae worked all day driving truck and needed to be out socializing in the evenings, so I encouraged it, for I could get twice as much work done when he wasn't home. He didn't like the babies crying or changing their diapers. For awhile it seemed we only saw each other at breakfast and dinner, and that was a busy time for me, for Rae refused to cook or help wash the pot and pans.

Owning his own business meant he worked six days a week and on Sundays, he changed oil in the truck or did whatever most needed fixing. I kept busy with kids, house and garden, plus I made time to sew clothes for the kids or myself and read *Prevention* or *Organic Gardening* magazines.

As the kids got older I started teaching Tuesday and Thursday night adult swim lessons. The following fall I heard an ad on the radio, stating the Adult Continuing Education Program needed a sewing instructor. I think I was the only one that phoned, so they hired me the next day. Both jobs opened up great opportunities for me to meet people and taught me my basic skills of teaching and communication. The second year I taught sewing, I remembered all the mistakes I had made the first year and tried not to repeat them. The class ran much smoother and I remember feeling sorry for the people who had taken my first class, for I really didn't know what I was doing. I loved sewing and could follow a pattern and I knew how I had hated the slowness of high school sewing classes, so I taught them all the shortcuts I knew. The students loved it, for by the end of the program they had a shirt or a pair of pants that they could wear. I discovered how eager most adults were to learn and that made my classes fun and easy. Also, I earned enough money to buy myself a brand new Bernina sewing machine.

After about eight years of marriage I got very dissatisfied. Rae was very good at spending money before it ever came in. I remember him coming home and telling me about this log that had almost killed him. As I went for my walk that evening, I can remember thinking, "The insurance money would have paid off all the bills and made my life so much easier." Rae sensed my sullenness and we talked. He offered to leave but that was not what I wanted: the boys came first, and I wanted them to have a Dad. He was a good man and he spent a lot of time with the boys now that they were no longer babies. Besides I was trying to show my Mom that men and women could get along without fighting, and I was making a lot of relatives eat their words ... 'that I was too young, it would never last,' etc.



So what was I to do? This was something you certainly didn't discuss with anyone except a counselor and that cost money. So I went to the library and got a book on how to make a marriage successful. I flipped through the pages till I found a list of 'Ten ways to keep your mate happy.' Some of the suggestions seemed beyond realism ... like spending one week-end a month at a motel without the distractions of the kids. It sounded great but who could afford the time or money? I re-read the list a second time and decided to choose #9, which said: "Tell your spouse what you like about him/her every day for a month." That was about the easiest and cheapest thing on the list, so I vowed to try it.

The rest of the afternoon as I ran errands and bought the groceries, I kept thinking of what I would say. I really did want my marriage to work, but all I could remember was all the idiosyncrasies that bugged me and all the things he didn't do right. I also knew I had to be honest if it was to work. So that night as I scrubbed his back in the shower, I mumbled, "You're very special." He did a double take and said, "Huh, what do you mean by special?" I said, "I don't know ... I can't put a name to it but I know you are very special." Every night I praised him for his specialness until one day I realized that it really was true. Rae didn't have a clue what I wanted from him but he so wanted to please me that he became the undefined specialness. Today I can laugh about it, but it took me many years to realize that it was I that had changed. I had become much happier, realizing that I had a treasure in the man I had married. I had decided to appreciate the differences in our personalities and gave up wanting him to do things my way! I also started studying astrology and that helped me to understand the various energies/gifts each person is given at birth.

In 1981 we left the logging town of Terrace and I was grateful, for it felt like a new beginning. I demanded a little more time for myself. Rae was out of work several times over the next few years and got to enjoy staying home, as I now had a full-time job at the Summerland Pool. My job was more involved than just life-guarding or teaching swimming lessons. I was very versatile, eager to learn and I liked organizing. Ellen, my boss, needed help promoting the Giant's Head Run, plus other special events so that worked out well. However, I never enjoyed walking the deck or performing early morning drills to keep us on our toes in case of an emergency. So in 1987 when they hired Peter, the new head-lifeguard who was going to whip my skills into shape, I quit, for I didn't like him. I was also tired of working week-ends and had been promised some shift changes; when they didn't happen, I gave my notice..as of yesterday.

We had moved to Penticton by then and we were foster parenting a friend of my son's so we just asked for a couple more kids and that helped to make up the difference in the money I had been earning to pay for never-ending bills. I enjoyed my time at home and I spent my UIC money on Graphology books and classes, for I was not going back to Aquatics. After flunking my final exam in Graphology and being told I could not rewrite for six months, I decided that organizing the Spring Festival of Awareness was the perfect timing interlude ... when it was over I would rewrite the exam and get on with the life I had planned.

Reviving the festival appealed to me for another reason: I was feeling guilty at having such a good time not working and I reasoned that this was my way to appease the Gods for my time-off. Well, folks ... it changed my life, and today I am doing something that has always been near to my heart... promoting wellness.

Rae watched me get busier and busier as the festival drew near. He helped me when he could, but he didn't want to get involved. I was having a blast, for the festival had lots of details that needed

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Cost: \$175 please register before Sept. 25th \$50 deposit required - Limited registration			
Register by phoning Angèle Rowe: 492-0987			

figuring out and I was given the authority to do whatever I thought best. To do a better job of promoting the festival I started the *Holistic Networker* TV show and ISSUES and was still promoting the Metaphysical Club. After two years of waiting for me to finish with festival stuff, Rae decided it was time to talk again. He was lonely, the boys were leaving home and I was never there for him. I asked him what would make him happy. He told me I was getting very good at promoting and he wanted to see me make it but it wasn't making him happy. He wanted the ol' me back ... and I couldn't give it to him, so we parted company. He has always encouraged me to do whatever made me happy and his slowing-medown tactics just weren't working any more. Rae is indeed an undefinable special treasure ... but I'm glad that someone else is now taking care of his needs for I am loving my freedom.

I have decided that starting next year Sept. <u>1994</u>, ISSUES will be published 10 times a year. I will hire a secretary/computer person and learn to be a bit more organized so that I can do less and have more happen. I would also like to see a Holistic Center in Penticton, if there is someone out there with the time and money to be a partner, please call me.

Love's, Gmilla

P.S. I enjoyed my month off this summer: I went to the Kootenays for ten days, did an Authentic Movement workshop with Diane Patten, and then took my Mom on a trip to the Oregon coast.

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A Vision Come True

by Tink Robinson

Judy Armstrong has always been regarded as a major talent. She is a graduate of the National Theatre School and has her Bachelor of Music with Distinction from the Univ. of Calgary. Her international television and theatrical credits are even more impressive. But in theatre as in professional sport, it's not what you have accomplished yesterday that counts, it is what you are doing now that is relevant.



Right now Judy is sharing her unique talents in assisting people to get in touch with their own vocal expression. The songs which have been inspired by the need to reach "inside" have led to the recording of Judy's first tape and CD album "Inside of Me." It is a compilation of songs that Judy created while supporting and facilitating leadership training and "inner voice" workshops. Her study and work with Chuck Spezzano, Christopher Moon, Rhonda Johnson and Alan Cohen, has helped Judy to focus on her special gifts. Judy has written over thirty songs in the last three year period and they are an important part in the sharing and teaching within her seminars. "Inside of Me," an album of twelve songs, touches the place inside people that they have locked away, and allows them to realize that they are not alone, and that music is a vehicle of love and healing.

It is not often that one artist creates an entire album, writing music and lyrics and preforming the work. Even fewer artists produce their album from the beginning to the end and then market it themselves. Judy had done just that, but with the creative cooperation and loving support of a host of people. To say that synchronicity has played a part in the production of this album would bring a cosmic giggle from our unseen helpers. The thought was put out "How do I do this?" and the answer came: "You do your part and trust that the rest will be completed."

Upon moving back to her original home in Nanton, AB from Vancouver two years ago, all of the financial and creative support came together as if by magic. The lush sound track was arranged and performed by a former Nanton resident Ted Alexander, who has made a name for himself in the music industry. Ted is a recognized musical genius and his brilliant orchestrations lend a quality that perfectly expresses and supports Judy's voice and lyrical intent. Husband Tink Robinson also joins her on the album with background vocals, but the frosting on the cake for Judy is the addition of the eight Nanton children who add their voices to "Gather All the Little Children," the last song on the album.

Judy and Tink are reaching out through a network of friends and business associates to promote "Inside of Me," through workshops and book and record stores in Canada and the US. Judy is facilitating a five day workshop called "The Power of Sound" at Vision Mountain Leadership Training Ctr. in Nelson from Sept. 6-10th. She then journeys to Prince Rupert for Sept. 17-19th, Edmonton Oct. 8-10th. Calgary Oct. 15-17th and each workshop is different and unique because of those who are participating.

The beautiful vocal gift of Judy has found its time to be shared with all those who have waited so long. The perfect scenario would be for a major recording company to handle all the production and marketing and let Judy enjoy what she loves best ... creating and singing her songs.

The album is at Caravan Books: Penticton, Books & Beyond: Kelowna, Spirit Dancer Books: Kamloops, Wholistic Living Ctr: Vernon & Oliver's Books: Nelson

What's Health to you?

by Karen Timpany

What is health? What does the word mean? Websters defines it as the state of fitness of the body or of the mind. These days most states of the mind are considered normal no matter what we may really think. The fitness of the body is just about anyone's definition depending on whether you're an athlete or a couch potato.

Well, perhaps we should look more towards our own personal situation and define health as pertaining to ourselves alone. How do you feel? Are you happy? What level of energy do you radiate? Are you a pleasure to be around? What do people notice about you, compliment you on? Well? If all or most of your answers are in the negative, then my educated guess would be that you're also tired most of the time, energy is low, thoughts scattered, physically feel out of shape and are wondering what life's all about. There are no generic cures or answers that can be given you.

This is the reason why what works for one doesn't work for another. Diets are the best example of this! So, okay, but feeling better <u>is</u> possible given the right answers to help you specifically. Health is not just reserved for health nuts and fitness fanatics.

Now where to start for you! Let's begin with the foods we eat. Manufacturers do not produce foods for us that are made with a conscious desire to better or maintain health, they are in it to make money. Food is processed primarly to please our taste buds not to efficiently and nutritionally feed our bodies. Meat producers use many drugs, farmers grow fruits and vegetables using herbicides and pesticides, these chemicals not easily dealt with by our bodies. Fast foods are zero or low energy foods, these include those quickie, microwave dinners. All of these foods seem great but can pull our health and energy levels down to where we really notice the low ebb and probably blame it on old age, (but gee, I'm only 40).

Now you are wondering what is left to eat. There are a variety of foods to eat and you don't have to really change your eating habits that much to incorporate better health. Start off easy, with limiting the amount of red meat you consume every week. Drop the desserts or save them for special occasions. Be more selective and conscious of what you are consuming, where it came from, what preservatives or chemicals were used. Come on, this is the 90's, we are a people that constantly must adapt and change in order to keep up with the current trends, fashions, stress and pressures of space age living.

It's time for super foods, energy foods, foods that build up our immune systems, feed our brain cells, balance out our body systems and leave us feeling great. Make changes to your diet gradually, think of it as introductions to your list of culinary delights, instead of a threat to your lifestyle. Go to the Health Food Stores, browse around the book section, ask questions, be adventuresome. Visit someone in the health field that can assist you with a program for you and your family. Education can be your quest, your challenge and it will guide you to new levels of awareness about your body, about nutrition, about how to start renewing yourself to feel younger, more energetic and radiant no matter what your age. Put time aside for you, experience Reflexology, Reiki, Polarity Therapy, try some Intuitive Healing or Etheric and cell memory clearing and balancing that release painful memories and stress, manifesting as dis-ease. There are many therapies all designed to bring health and harmony into your life and people educated in the fields will often be happy to share their knowledge with you - after all, sharing of knowledge is what life should be about!

Karen is back from Ontario where she has spent several years upgrading her skills. She will be at the Kelowna Mini Health Fair, also ad: top of page.



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Networking News

This is a new <u>regular</u> feature of ISSUES. Please phone in with your contributions of what is happening. This is free space and this is your paper, so help make it known who is doing what.

The Gold Dust Manor in Hedley has been leased to Bobbie. Space available for workshops and rooms for overnighters. Phone for details: 292-8577.

Peter Rakers of Peachland, Spiritual Healer & Traveller died of heart complications. Memorial was held in Vernon,

The Bridgehead Catalogues for Christmas shopping will be available mid Sept., Check your Metaphysical Book Stores. Support Third World Countries.

Spring Festival of Awareness - April 21, 22 & 23, 1994. Plan on attending one of the biggest and best festivals in Canada.

20th Anniversary of the Okanogan Barter Faire is Oct. 13, Tonasket, WA phone Tonasket Co-op for details: 509-732-6130

I read *Women who Runs with the Wolves* It is as good as the reviews claim it to be. Highly recommended reading.

New Metaphysical Book Store in Salmon Arm is opening in September, check it out.

Don't forget the Fall Festival in Sorrento, near Kamloops, get out and support another great opportunity to network and learn. This will be an annual event if it is supported. \$55 for the week-end.

Full Moon Gatherings at Gaea Ranch, Twin Lakes. Men & Women Welcome! Phone Caravan Books, Penticton:493-1997 or Daine: 497-6464 for details.

Spirit Dancer Books in Kamloops has a new owner, welcome Bryan Francis.

Wanted: People interested in talking and working with Tesla Energy and Free Energy Devices: Solar, Wind or Water. Leave message at 497-6464 for Daine.

EveLynn Debusschere has started her own business dedicated to supplying you with the best Children's Books available.

Daine has a space available to rent in Penticton for bodyworkers, healing circles and mens groups. Leave message 497-6464 or drop by Caravan Books. Judy Armstrong, facilitator: *Power of Sound* workshops has just released her first CD / cassette. Available at local Metaphysical shops. *Many Thanks* for your beautiful voice and thought provoking words.

Sid Tayal from Rossland will be in Penticton the first week-end in Oct. and Nov. for his Touch Polarity class and private sessions.

Full Moon Circles (women only) happen once a month. Call Laurel for details: 492-7717 - Penticton

Looking for men to explore the healthy masculine, mens group healing, drumming and group discussion. Penticton: Andy 497-6828 or Daine 497-6464

The Womens' Centre in Penticton has moved to Duncan Place, across from the Plaza. You're invited to drop by: 493-6822

Reiki practitioners: Reiki Essence and Presence week-end will be held Nov. 19 -21 in Penticton. Call Judy 492-3696.

Angèle Rowe is starting up an Authentic Movement Group in Penticton, one evening a month. It is one of the simplest ways I know to get in touch with how you are feeling. Interested? Call 492-0987.

Foreign Affairs Gift Shop, Kelowna has just returned from Bali and Indonesia with a huge shipment of batiked clothing, jewellery and gift items.

ISSUES will be published 10 times a year starting September **1994**, it will be monthly except for combined months of July/August and December/January.

Thinking of changing careers? There are many schools that offer 1 to 4 years of training in holistic health. This is the upcoming medicine of the future.

Have you checked out Aradia's, Front St. Penticton? She has lots of home-made oils, wicca candles and books and more.

Rainbow's End Gift Store in Peachland Plaza has a new owner. Good-bye Helen.

**I'm sure there is more to tell, so everyone please phone me before Oct. 15th, deadline for the Nov/Dec/Jan IS-SUES, help spread the word on what's happening in your part of the valley.

Weekend of Inspiration

by Jane Theriault

A weekend workshop that is fun and inspirational can provide an inner shift that moves us from an old place to a new place, from an unproductive state to a creative one. So, sometimes when we just can't get on with things, whether it be for more pleasure or freedom in our lives or for better relationships, it's wise to put aside some time to go exploring within.

Our experiences teach us and reward us. When we back up and re-experience important events in our lives we are able to broaden our perspective on our present situation. We give ourselves an opportunity to examine our fears and release our pain, to grieve our losses and communicate our feelings, to lay aside our coping mechanisms and step out from behind our everyday roles. This is our uniqueness and it is from here that we give and receive love. It's amazing how adept we become at concealing this joy inside us.

It's valuable to recognize unproductive behavior patterns in our lives that pull us off centres. When we respond to the present moment rather than subconsciously react to it, the present moment becomes a new experience rather than a repeat of the past. Our future then remains open and accessible to our desires. It's exciting to grasp the concept that we have choices and can control the direction our lives take. Learning to work with all you've got, you discover that what you've got is quite a lot.

Changes require work. The more tools we have the easier the task. Tools chip away the protective layer that separates us from ourselves. Tools are flexible - you can pick them up and put them down to create what you want when you need to. So what are some of these tools? Breath, align posture, listen to your heartbeat, intuit your thoughts, love yourself... say it, feel it, do it. Hard work, you say! It just takes time and practice. How often do we ask ourselves what we truly want in life? When we take the time to do this, the roadblocks we have mounted between ourselves and what we want become visible and easy to take down.

A group is a very powerful dynamic to work in. It provides a soft nest feathered with warm support and comfort, respect and confidentiality. When well organized with an experienced and sensitive facilitator, much can be taught and much can be learned. It is a case where the sum of the parts is greater than the whole. Everyone's issue relates to your issue in some way and this multiple perspective enhances and expands our own awareness in a most powerful way.

Jane is a Massage Therapist at the Essential Body in Rossland & has enjoyed Karen McNamara's workshops.



April 8 - 10, 1994



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Karen McNamara is a relationship counsellor, educator and workshop leader. She has studied with world-renowned seminar facilitators in various fields of leadership including: Bachelor of Paedagogy (how people learn); Master of Educational Administration; Psychology of Vision Trainer; Three-in-One Concepts Facilitator; Touch for Health Instructor; Hyperton-X: New Method Kinesiology Certification; Educational Kinesiology Trainer.

The Essential Body, Rossland, B.C. Phone 362-7238 or write Box 1187, Rossland, BC, V0G 1Y0 Investment: \$145 if paid 2 weeks in advance or \$175 at the door



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SOUTH OKANAGAN NEW THOUGHT CENTER OF RELIGIOUS SCIENCE

Teaching a positive approach to Life!

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

Okanagan Mission Activity Center 4398 Hobson Road (at Sarson's) in Kelowna Phone 768-0468 for more information

Science of Mind Classes

SOM I, Unit 1: **"Creative Mind and Its Law of Operation"** Tues. Sept. 7th at 7pm in Kelowna at KSS, Room 516 Wed. Sept. 8th, 7pm in Penticton, 3099 S. Main St, #39. Tuition: \$100.00 for 12 classes.

SOM II, Unit 1: "The Edinburgh Lectures: Troward & Treatment"

Thurs. Sept. 9th at 7pm in Kelowna KSS, Room 516. Tuition \$100.00 for 12 classes.

Sept. 17 - 19 - Weekend Seminar

THE TREASURE WITHIN: BUILDING SELF-ESTEEM



with presenters Dr. Clem and Dr. Eunice Gifford from Los Angeles, Calif. -Deans of the Southern California Religious Science Seminary

- Fri. 6 7 p.m. Registration and Fellowship 7 - 10 p.m. Seminar - What is Self-Esteem "The Role of Self-Esteem/Changing your Self-Talk"
- Sat. 9 5 p.m. Responsibility vs. Blame: Understanding the Blocksthat Bind You - Self Hate, Guilt, Criticism: Addictions as a Way of Masking Fears: Letting Go and Moving Forward - Relearning.
- Sun. 9:00 10:30 Wrap-up: Another Gift Choice! 11:00 Closing Celebration Welcome to the Joy and Power of Wonderful YOU!

Tuition: \$85.00 - before Sept. 10th. Phone 768-0468 Pre-registration is advised - Lunch and coffee included on Sat. \$90.00 at the Door.

Place: Okanagan Mission Activity Center 4398 Hobson Road (at Sarson's Beach), Kelowna.

SPECIAL EVENT FOR PENTICTON NEW THINKERS:

Sunday, **Sept. 26th** - 7:00 - 8:30 p.m. Sunday Celebration and Science of Mind lesson at Leir House - 220 Manor Park Everyone welcome!

SOME THOUGHTS

Rev. Donna Maurice Winchell,

Pastor South Okanagan New Thought Center

One early morning, having been awakened by the sun shining in the window and



unable to return to sleep I began thinking about the days and weeks and years ahead-and how much I had to get done and that familiar free-floating anxiety feeling began to wash over me. I had to quickly stop and remind myself of something I heard once ... "Angels can fly because they take themselves lightly."

I don't know about anyone else, but I'm really tired of walking around with cement in my shoes. I know I can fly -- I've done it - and so I need to remind myself occasionally about the 11th commandment - "Thou shalt lighten up!" One of the wonderful truths I have discovered through spiritual growth is that everything always works out for the best. Sometimes what I think is "the best" and what Spirit creates for me isn't the same, but when I get myself out of the way and look at my experience from a spiritual viewpoint, Life is always better when I let go.

There was a time when my self-esteem was non-existent, growing up in a very dysfunctional family, the product of a Catholic upbringing and being taught that the worst sin was pride. I took this very literally and eventually got to the place of total self-denial. It was a long and challenging road upwards, but I made it and now am able to offer others support in their spiritual growth. I have come to the realization that self-esteem begins with knowing who I am and that I have all the gifts of the Creator within me.

As Pastor of the South Okanagan New Thought Center of Religious Science, I am pleased to invite you to attend a weekend seminar we are offering on September 17 - 19, 1993 called: "The Treasure Within: Building Your Self Esteem." This weekend retreat is being presented by Dr. Clem and Dr. Eunice Gifford from Los Angeles who have returned to the Okanagan by popular demand and is designed to provide participants with the mental and spiritual tools necessary to uncover the treasure that they are. The issue of selfesteem has been getting a lot of press as everyone from psychologists to policemen is becoming aware of the effects of feeling unworthy. Drug and alcohol abuse, divorce, estrangement and anger in our families can all be directly attributed to lack of self-esteem. Selfesteem means to perceive yourself fully as a whole, real entity from soul depth to fingertip edges. It means taking your life back into your own hands. Self-mastery demands self-knowledge and selfscrutiny. Some of the subjects we will be covering include: The Role of Self-Esteem; Change Your Self-Talk; Understand the Blocks that Bind You (Self-Hate, Guilt, Self-Criticism); Addictions as a way of Masking Fears; and Letting Go and Moving Forward. Once we are old enough to have an education, the first step towards self-esteem for most of us is not to learn, but to unlearn. We need to demystify the forces that have told us what we should be before we can value what we are. For a life-changing experience, join us! Billets or car-pooling can be arranged if you call the Center office at 768-0468.

MIDWIFERY & CHILDBIRTH in B.C.

by Lieve Maertens-Heirman, R.N. Midwife.

"When a child is born, the entire Universe has to shift to make room"

What a powerful phrase! Every time I read it, it empowers me to do what I am doing: attending births and homebirths as a midwife. I am not delivering babies. The mother delivers the baby. The midwife's role is to prepare, support and protect the mother, the father and thus the new or growing family.

On May 9th, 1993, at the opening ceremony of the International Midwifery Conference in Vancouver, the Minister of Health, Elizabeth Cull, announced that midwives will be recognized and that homebirth also will have a place in the new healthcare system with the intention to bring healthcare in general closer to home, while reflecting local priorities. Most of you are aware of the weakness in our current birthing system. The most important person in the process, the birthing mother, is not being given enough information, support and freedom and trust in her natural ability to give birth. In B.C. 1 in every 4 woman has a Caesarian. A high percentage of this figure are healthy women who end up with a C-section because somehow "they lost control," nobody spoke up for them when they, overwhelmed by something they had never done, gave up, or "did not get more time." These are expressions women use to describe their experience. I hope that, once more midwives are practising, more woman will have a positive birthing experience. I believe that giving birth, going through this experience is something that makes woman stronger for raising their children. Some family doctors are good midwives, but for most of them, the nature of the medical timetable works against them. (If you want the names of the doctors that are willing to listen to your birthing preferences, please contact me) Two weeks ago, a pregnant lady from Kelowna phoned me that she was not allowed to have me as a support person in the labour room. Only her husband was allowed. This still happens at a time when women take special training to support labouring woman. Although I have been allowed in Kelowna, this one just blew my mind. Pregnant ladies often give me the feeling that their pregnancy care is a constant silent struggle to be "A GOOD GIRL."

Midwives are able to work more directly with the psychological variables that affect a woman's bodily process in labour. Because of her preferred position as friend and confidante, the midwife is able to help her clients work through mental blocks that can interfere with labour. A midwife will not hide information from her client during labour, as of she knows it all and the woman does not know anything. Everything that she will do, or that she wants to do, or that she has to do will be explained in simple terms so that the woman can give her opinion for the final decision. Nobody in the birthing place should have the feeling that, in order to bring this to a good end, we need a magic trick or A LOT of good luck.

When a woman gives birth at home, she is free to move around in the most comfortable position for the stage of labour she is going through, she can wear what she wants, she can eat and drink what she likes. She can be surrounded by the people that she chooses to make her feel comfortable. RELAXATION is the keyword for a smooth labour and delivery. The ability to relax relates to the degree of comfort that can be given by the birth attendants. I believe the less interference is done on a thinking level, the better the body will release the hormones to keep us strong and safe during labour, birth and afterbirth. The midwife is the coordinator of the birthing-CREW whom she prepared in a special prenatal session. The trained midwife has the skills to recognize signs that will tell her that the woman or the baby no longer are safe to continue at home.



Homebirth is not something that one can advertise. The majority of people will choose for a hospital birth and I will never talk anybody into having a homebirth, on the contrary. If I sense that the reasons for having a homebirth are too weak or the mental or physical health of the mother gives me doubts about her safety, I often have suggested to support her in the hospital.

Hospitals like Vernon deserve a big hand, the staff is friendly and open to the wishes of the couple. Couples that are aware can easily connect with the nurse/midwife on duty. One does not have to be afraid to not get across with their expectations. We have to realize though that because of the many births that take place in a hospital on any given day, the uniqueness of birth can get lost.

To be honest, I encourage people to change doctors if they feel that they have to put too much energy in trying to get half of their wishes fulfilled. I believe that, once midwifery becomes legal (as in most countries on this planet) doctors that have the right attitude towards pregnant women will just have as much clientele then they always had, but some will not. This is my way of looking at it: he or she who gives good service will have lots of business, and the pregnant and labouring women are the ones that will benefit, no matter who they choose to go to, the doctor or the midwife.

If you are pregnant or you want to give a small gift to a pregnant friend, I have a pregnancy-package available that includes:

- 1. Suggested birthplan.
- 2. Protein and diet plan for vegetarian and non-vegetarian.
- 3. Sheet with 8 simple exercises during pregnancy
- Multiple choice-type question list for the couple. This helps to get the husband more involved and the couple talking together.
- 5. List of herbs and supplements and why they are good for you during pregnancy.

Send cheque of \$10 to Lieve Maertens, RR#1, Hwy 6, VIT 6L4, Vernon. Lieve is listed in the NYPages - Midwife



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ISSUES-September / October 1993 - page 15



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Fall Schedule at a Glance

Sept. 7

Science of Mind lessons start, Rev. Donna Maurice Winchell, Kelowna, p. 12

Sept. 11 & 12

Tarot Weekend, Cheryl Grismer, Peachland, p14

Sept. 13 - 17 Temeneos, Womens only Retreat, Christina Lake, Sherry Dupee & Juno Shenstone, p. 23

Sept. 14

Certified courses in Reflexology, Acupressure, Polarity Therapy Reiki attunements beginning October, Nutherapy Institute of Natural Healing, Winfield: 766-4049 p. 9

Science of Mind Classes start, Rev. Lloyd Klein, Vernon, p. 4

Sept. 17 - 19

Fall Festival sponsored by the KAHI Society, Sorrento p. 19

Public Speaking Workshop, Sally Scales, Salmon Arm p. 21

An Introduction to Energy Medicine Healing, Sylvia Moss, Penticton p. 5

Inspirational Workshop, Karen McNarmara, Rossland p. 11

The Treasure Within, Science of Mind, Kelowna. p. 12

Spiritual Intensive, Cheryl Grismer Vancouver p. 14

Build Value in Yourself & Generate Wealth In this workshop you will:

• Explore subconscious negative associations we have with money.

· Learn how to commit to abundance.

Time:

• Experience the healing power of a Breath Integration Session.

Fri., Sept. 17, 7 - 11 pm Sat., Sept. 18, 10 - 6 pm

- Sun., Sept. 19, 10 6 pm Cost: \$250 per person plus GST
- Cost: \$250 per person plus GST Led by: Chervl Hart

Place: Inner Directions Consultants 1725 Dolphin Ave., Kelowna, B.C.

For more information: 763-8588 or 492-3394

Sept. 20 - Nov. 25

Inner Directions Consultants Training Inc. presents the Universal Curriculum. An Introduction to 'A Course in Miracles' led by Cheryl Bassett & Anne Twidle. This 6 week series of workshops will be on Monday evenings starting Sept. 20th.

- 1 Christianity, the Bible and ACIM
- 2 The Thought Systems of Thought & Illusion
- 3 The Choice between Love & Fear
- 4 Special Relationships, Holy Relationships
- 5 Prayer, Forgiveness & Healing
- 6 The Attainment of Peace

\$60 per person for the series For more information and pre-registration please phone 763-8588 - 1725 Dolphin Ave., Kelowna Inner Direction Consultants Training Centre.

Sept. 24 - 26

IPEP Graduate Workshop & Retreat at Quaaout Lodge, Little Shuswap Lake with Cyndy Fiessel & Susan Hewins. Guest Lee Brown. Personal Growth Consulting Training Centre, Kamloops 372-8071, see story and ad page 26.

Public Speaking Workshop, Sally Scales, Salmon Arm, p. 21

ESP Psychic Fair, Vancouver. p. 18

Sept. 23

Introductory Talk on Handwriting, Angele Rowe Kelowna, p. 21

Sept. 23 - Dec. 2

Strong, Stretched & Centered Classes, Joan Casorso, Kelowna, p. 23

Sept. 25

Tai Chi Workshop, Kim Arnold, Salmon Arm, p. 32

Sept. 25 - 26

Public Speaking Workshop, Sally Scales, -Salmon Arm, p.21

Sept. 26

Sunday Celebration & Science of Mind Lesson Penticton, Rev. Donna Maurice Winchell, p. 12

Sept. 29 & Oct. 2

Journey into Happiness, Larry Wayne & Grace Johnston, Kelowna, p. 3 & 4

Oct 2

Kelowna Mini Health Fair, p. 2, Everyone invited

Oct. 1, 2, & 3

Discovering we're Limitless, Penticton Vicki Allen & Mark Adam, p. 7

Touch Polarity with Sid Tayal, Penticton. p. 17

Basic Jin Shin Do, Arnold Porter, Nelson, p. 27

Oct 5 - Nov 23

Strong, Stretched & Centered, Joan Casorso, Naramata Classes starting. p. 23

Oct. 7

Committed Group Series - 5 Thursdays Personal Growth Consulting Training Centre, Kamloops 372-807. p 26

Oct. 8

Breath Practitioner Training 9 month program starts. Personal Growth Consulting Training Centre, Kamloops 372-8071, p. 26

Introductory Talk on Handwriting, Angele Rowe Penticton, p. 21

Oct. 11 - 15

Temeneos, Women only Retreat, Christina Lake, Sherry Dupee & Juno Shenstone, p. 23

Oct. 13

56 Front St., Pentieton

Kinesiology Workshop, Kelowna Donalie Caldwell, p.2 Oct. 16 Learn Tarot, Gwendell Rundle, Oliver, p.13

Oct. 17 One Day Stress Reduction, Cheryl Grismer, Peachland, p. 14

Oct. 15 - 17 Basic Jin Shin Do, Arnold Porter, Kamloops, p27

Oct. 16 - 17 Public Speaking Workshop, Sally Scales, Salmon Arm, p.21

Oct. 22 & 23 Accessing Angelic Forces, Nancy Shipley Rubin, Kelowna, p. 3

Oct. 23 Take Control of your Life, Donalie Caldwell, Kelowna, p. 3

Learn Tarot, Gwendell Rundell, Oliver. p. 13

Oct. 23 & 24 Waking-up, Cheryl Grismer, Kamloops, p. 14

Oct. 27 Gateway to Health, Donalie Caldwell, p.3

Oct. 29 & 30th Awakening the Healer Within, Keith Sherwood, p. 3

Oct. 30

2 Introductory Lectures in the FM Alexander Technique. Kelowna: 9:30 - 11:30 am & Vernon: 4 - 6 pm. Pre-Registration necessary. \$30 per person. Phone Gwen Dobie: 352-9119- Nelson

Nov. 2

Introductory Talk on Handwriting, Angele Rowe Grand Forks , p. 21

Nov. 5 - 7

Spiritual Intensive, Cheryl Grismer, Peachland, p. 14

Nov. 10

Introductory Talk on Handwriting, Angele Rowe Nelson, p. 21

ONGOING EVENTS

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

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

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

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

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



Intensive Certification Workshop



Sid Tayal

Penticton • Oct. 1, 2 & 3rd • Nov. 5, 6 & 7th

\$150.00 per weekend - Phone 362-9481 (Rossland) for details and/or to register

Advertise .. it works!

Rates on page 39

Space available for Rent

for Energy Work, Bodywork & Healing Circles.

Main St., Penticton. Phone 497-6464 or drop in to Caravan Books for details.

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Dear Angele

Suffering from some lower back and hip pains, I was resting awhile on the couch and reading ISSUES and noted a feeling of calm and healing and realized just how important ISSUES and you are in my life. I was very much impressed with the Musings, in which you allowed us a look at your life. I admire you, salute you and love you Angele Rowe. Keep up the good work.

Don Rees, Penticton, BC

Dear Angele

Thank you for producing such a unique and informative magazine as ISSUES! I'd greatly appreciate a subscription. In your April/May ISSUES I enjoyed the article on Cellular Nutrition, it whetted my appetite for more information.

Marnie Beane, Field, BC



Dear Friends,

This is a Call to Action. WE HAVE TO SAVE CLAYOQUOT SOUND, the largest remaining tract of Ancient Temperate Rainforest on Vancouver Island in BC.

On April 13, 1993 Premier Harcourt and his Cabinet brought down a decision to continue logging in this pristine wilderness area, sending shockwaves through Environmental Groups both nationally and internationally and concerned citizens everywhere are outraged. Just prior to this, the government purchased 50 million worth of shares in the MultiNational Corp. of Mac Milian Bloedel, the company responsible for logging the area!

This government was elected to office making promises of Environmental Protection- they have totally compromised their credibility and must be held accountable for their actions. WE NEED YOUR HELP TO REVERSE THIS DECISION.

We are at a point of NO RETURN. Either we make a Commitment NOW to protect what is left of the integrity of our forests, or we will LOSE FOREVER THESE PRECIOUS ECO-SYSTEMS and the treasures they contain.

Are these ancient lands to be laid barren, as the MultiNationals (along with government approval) are allowed to continue their plunder of our resources? Or will you join with us in creating such a groundswell of public opinion that this government will have no alternative but to change its course. Please help us forge a Chain of Protest that will unify us all in a common cause to SAVE OUR ANCIENT FORESTS, and reach this government from around the world. This is an opportunity for each and every one of us to MAKE A DIFFERENCE.

In brief here are some facts:

•In 1954 there were 1.69 million hectares of Ancient forests on Vancouver Island. In 1990 there were less than 830,000 hectares and it continues its downward spiral. ONLY 75,000 HECTARES ARE PROTECTED IN PARKS.

•Only 3% of BC's Old Growth Forests are safeguarded in Parks and Reserves. This is LESS than is protected in BRAZIL! It is a national disgrace that the remaining wilderness area has been GIVEN AWAY to the logging industry.

•There is NO LEGISLATION that protects Wildlife habitat and Wilderness values, and NO ENFORCEMENT or MONITOR-ING of logging practisces. In short, we have no laws protecting our environment.

•This region had been homeland of the Nuu-chah-nulth people for thousands of years. The First Nations are seeking the restoration of the Territorial Rights, yet their negotiations are consistently being undermined. Their Opposition to this decision is a legitimate one.

"We now have "small dispersed" Cut Blocks! 20-40 hectares (50-100 acres). Helicopter Logging is now allowed in previously inaccessible areas, this too with government approval. The clearcut is the legacy of the Multinationals. It is catastrophic! An indelible image of degradation and greed. It must be stopped!

We are asking your Help! Please send a handwritten letter to Premier Harcourt, c/o The Parliament Buildings, Victoria, BC. V8V 1X4 or second best a toll free phone call 1-800-663-7867.

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Thank you!

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Dear Angele

Doctors are not happy with my activities in my Wellness Clinic that I run in Salmon Arm. It has a bio-energetic feedback machine and stocks homeopathics. The College of Physicians & Surgeons had the RCMP investigate my activities in March. Crown counsels in Salmon Arm and Kamloops didn't know what to do with me so in July they sent my case to the attorney general.

I'd like to start an association of people who use equipment not recognized by doctors. Any suggestions?

Sally Scales, Box 1270, Salmon Arm, BC, V1E 4P4. Phone:832-3276 or Fax: 832-4831

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Analysising the initial adjustments of each writer helps the graphologist to understand how much lead time is required for the person to get into action, and how much the past is affecting the writer. Strokes at the beginning of the letters represent how one thinks at the beginning of an idea or task. The connecting strokes that join the letters together are the links that connect us as a society, The ending strokes represent social extensions, future goals and how we finish things in life generally.

		-	. The letter u	as	anex	kam	1ple
copybook	• fast/long	• fast/none	• garland		ч tic		<i>M</i> angular

Lead-in strokes reflect rules learned in childhood. If after thirty years the person continues to use them abundantly, than the writer is still influenced by the past and it is understood that he/she needs lots of thinking time. If you have quickened your pace of thinking and writing these lead-in strokes usually vanish or are included only as you slow down and are thinking of what to write. It demonstrates that you are free from excessive influences from the past or family. It shows maturity, and quickness of thinking. It shows the writer has a positive attitude to life and can cut out the inessential details, for writing is still quite legible without them. Such writers are less inclined to follow established patterns or methods of coping and have a self-assurdness that comes with practice and experience.

When analysing initial strokes, one must first take into consideration the speed of the writing, the pressure and the overall form to determine the basic personality of the writer. Where the stroke is fairly long and the speed is fast, the writer gets into the speed of things and maintains rhythm of activity. A long starting stroke from below the baseline can act as a springboard as long as the writing is moderately fast. A long stroke coupled with slow writing reveals slow power of comprehension and impetus.

In high form writing (writing that has evolved beyond copybook form that shows individualism and is still legible) the starting stroke can sometimes represent constructive thinking, with a hook at the beginning indicating persistence. This 'tic-on-hook' can also be seen on t-bar crossings or i-dots.

If the initial stroke always rests on the baseline, whether it is on lined or unlined paper, and the writing form is close to copybook, we have a person who accepts authority, follows regulations and advice willingly, and who conforms to what he or she considers acceptable to others. When faced with decisions, such people need time to think, and feel quite anxious.

If the lead-in stroke is garland-shaped (bowl), it shows dependency. If it is angular and sharp it shows resentment of the rules or influence, but the writer feels that he/she must follow them. If the writer has gotten fancy with the lead-in strokes, then we know a lot of energy/time is being directed by the subconsciousness of the brain. Lead-in strokes represent emotions that are outwardly displayed, usually because of a deficient inner emotional life.

In the next ISSUE I will write a little more about ending strokes. These minor but important aspects of handwriting help us to understand our own subconscious programming just a little bit more.

If you are interested in learning more, please attend one of the evening lectures, see ad to the right.

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Every once in a while, something really terrific happens. Such is the case with the new and improved status of midwifery in the province of British Columbia. On May 10th of this year, at an International Conference on Midwifery that took place in Vancouver, B.C. Health Minister Elizabeth Cull announced that her ministry is adopting recommendations by the Health Professions Council to integrate midwives into the health care system.

"The Council recommends that a college of Midwives be established to recognize midwives as legitimate, self-governing health professionals in British Columbia," Cull said. "The government's first priority will be to appoint a board that will set regulations and standards to ensure that midwife-assisted childbirth is a safe option for the women of B.C."

The Midwives Association of B.C. intends to have a college and training facility for midwives established within the next 18 months, most likely to be located in the Lower Mainland. Eventually, the prerequisite courses will be integrated into the network of community colleges across the province. It will not be necessary to be a Registered Nurse to attend the College of Midwifery.

Also to be developed are pilot projects to determine the most effective means of serving the women of B.C., whether it is "Birthing Centres" where women can go not only to have their babies, but for their entire pregnancy for education and support, and developing procedures for integrating midwives into the established hospital systems. An eventual goal will be to give women the choice of having their babies at home as well. For women who wish to have the choice of more personalized and less institutional care during pregnancy and childbirth, this is very good news indeed.

Midwives will in fact become part of the health-care team along with doctors and nurses. Healthy women with normal, low-risk pregnancies may choose to have their pregnancy, childbirth, perinatal needs and infant care attended to by a midwife. Women who want a midwife-assisted birth will be advised to be seen by a physician in their first trimester, and then the midwife will become the woman's main caregiver.

Up until now, the practice of midwifery in B.C. has been technically illegal, because midwifery has been included in the definition of the "practice of medicine," and a licensed activity which is the right of the members of the College of Physicians and Surgeons of British Columbia.

The Health Council has determined that it is in the public interest for midwifery to be a designated autonomous profession under the <u>Health Professions Act</u>, and recommends the establishment of a College of Midwives.

Midwives have been an established part of the health care of other countries around the world for many, many years. Many European countries such as Holland, Denmark and the United Kingdom have had Midwifery schools as separate institutions, apart from universities and conventional medical training.

It is interesting to note that in industrialized countries comparable to ours, the infant mortality rate is substantially lower in those countries where midwifery is part of the health care system. Sweden, Finland, and the Netherlands rank 1st, 2nd and 3rd for the lowest infant mortality rates in the world. They all make extensive use of midwifery services.

Of the 210 member nations of the World Health Organization, Canada is the only industrialized country which does not recognize autonomous midwifery as part of the health care system. Other countries not recognizing midwifery are: Venezuala, Panama, New Hebrides, El Salvador, Dominican Republic, Columbia and Burundi.

At this time, both Ontario and Alberta have introduced legislation to designate midwives as independent health professionals and will allow midwife-assisted home births. As of September, 1993, McMaster University in Hamilton, Ontario, Laurentian University in Sudbury, and Ryerson Polytechnical Institute in Toronto will offer Canada's first degree-granting midwifery program. The four- year baccalaureate program, the Bachelor of Health Sciences in Midwifery will include courses from basic sciences, health sciences, social sciences as well' as women's studies and clinical training. Each student will also be assigned to a midwifery practice. A similar program will also be available to women in B.C. within the next two years!!

Compare this training to the fact that doctors in training in B.C. receive <u>one</u> hour per week of obstetrics and gynecology in the second year of medical school, <u>one</u> month of combined obstetrics and gynecology in third year, and an optional month clinical studies in their fourth year. There is also an optional month in their internship year. Medical students may have at most three months training, witness 40-50 births, the majority of which are pathological. They may deliver several babies in training if interested, but are not required to do so by law!

Properly trained midwives are experts in normal pregnancy and childbirth. Wherever there are midwives, not only does infant mortality decline sharply, but health care for the childbearing woman is improved. Around the world and throughout time women have shown that they prefer to give birth in the company of other women who have had the same experience and who they feel safe with. This is how the practice of midwifery arose.

Under optimum conditions, a midwife becomes part of the pregnant woman's life, and her family life as well. The midwife can offer highly skilled, consistent and safe care throughout pregnancy, labor and the post-partum period. This model is what is known as a holistic approach, because the midwife will assist in the physical, psychological and emotional well-being of the child-bearing woman, which are very real parts of the child birth process.

It is also interesting to note that midwifery is actually a much more "cost effective" way of dealing with pregnancy and childbirth than the standard practices, and very much in keeping with the "Closer to Home" policies of the current provincial government.

There has been a growing demand for the implementation of midwifery services for some time in B.C. Women want more personalized and non-authoritarian care. People are dissatisfied with the conventional "medical model" of birth, and the increasing dependence on technical intervention in the birth process. Women are also asking for more support, education and counselling during the days and weeks following birth. It is possible for women to give birth safely, with power and dignity, and midwives can make this happen. It is exciting to realize that these recent decisions on thepart of the provincial government will open up a whole new range of careers for women. It is my understanding that all individuals wishing to be licensed and practise as midwives will be required to take the Midwifery training as established by the B.C. College of Midwives. Payment for midwifery services will come under the auspices of the B.C. Medical Services Plan.

There is still a great deal that needs to be accomplished, in order to realize the truly holistic environment for birthing women in B.C. There are a number of excellent organizations that have worked and are working very hard to bring the necessary changes to midwifery in this province. Much credit should go to Linda Knox, and the Midwifery Association of B.C. (MABC) for their devotion to the cause of midwifery.

The MABC has information packages which can be ordered from: Midwifery Association of B.C. #55 2147 Commercial Drive, Vancouver B.C. V5N 5B3. The information kits are available for \$10 each :

- 1) General Information
- 2) Membership information for MABC
- 3) Midwifery Education
- 4) Home Birth Guide
- 5) Research Material on Midwifery.

Please include a SASE and \$.86 postage per package.

The Midwifery Task Force has also been instrumental in changing the legislation. Now it is important to educate the public with information as potential midwifery consumers. They suggest holding public meetings in your community to discuss such topics as: What is the birth scene like in your community? Do women know what the midwifery model of birth is, and what a midwife does that makes her different from a doctor? The task force would like to develop an information kit for regional Midwifery Task Forces. Would you like to contact others in your area who are interested in midwifery? Please contact:

The Midwifery Task Force,

1108 Rose Street, Vancouver B.C. V5L 4K8. Membership in the Task Force is \$25.00.

The Midwifery Task Force is holding its Annual General Meeting Sat., Sept. 25, '93, at the South Vancouver Family Place, 2285 E. 61st, Vancouver. To register for free childcare, please call Sharon Twiss at 298-5510.

For all aspiring midwives, or those considering midwifery as a profession, there is an excellent newsletter available. For a yearly subscription for the "The Aspiring Midwife" please send \$18.00 to

107-205 Beta Avenue, Burnaby, B.C. V5C 5L7.

If you would like a copy of the "Recommendations on The Designation of Midwifery," please contact the:

Health Professions Council c/o Ministry of Health, 5-2, 1515 Blanshard St., Victoria, B.C. V8W 3C8. Individual copies are free. Phone 387-3848.

We encourage you to copy and distribute this information to as many women as possible. Great things are to come for the women of B.C. and the children of the future.



© TEMENOS for Women

etween the Okanagan and Kootenay Valleys lies the small town of Christina Lake and its namesake - the warmest lake in B.C. It's a clear, clean, narrow lake that's 12 miles long and set in the mountains. At the edge of town in a beautifully renovated turn of the century farmhouse, Sherry Dupee, a qualified creative art therapist, and Juno Shenstone, trained in hospice work, are offering five-day retreats for women. The retreat space is called Temenos, which means a sacred domain - a protected place within and without.

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

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Joan's classes will also be available at the Naramata School, Oct. 5, 8 weeks, Tuesdays 7- 9 pm # 496-5357

A Journey towards Waldorf Teaching

by Lynn Wallace

As a teacher in a Waldorf School, I often find myself answering the question, "How did you come to be a Waldorf teacher?" This is a question that Waldorf teachers enjoy asking each other as well. The most common answer is, "my children brought me to it," and this is true for me also.

After a very successful teaching career in public education I decided to leave for a while to raise our two daughters, a four year old and newborn baby. Looking back over my fifteen years of teaching, I realized how rich my career had been. I had started teaching grade two, had then participated in some very innovative multi-aged and individualized teaching during the 70's, and then I transferred to a secondary school having the opportunity to each English, Social Studies and Home Economics to a wide range of students, including gifted and educationally challenged young people. I completed a Master's degree in counselling psychology and was thus able to spend a number of years as a counsellor. These teaching experiences provided many opportunities to look deeply at our public education system and to embrace all that is so very good about it and to critically assess where the problems were to be found.

When our first daughter entered Kindergarten, my husband and I had our eyes wide open and we were well aware of how the system could work successfully for her and where the pitfalls lay. We also knew that as parents we had to support the system fully, to stand behind the teachers, to volunteer our time and most importantly, to be an advocate for our child. For her first five years we were very fortunate to have caring teachers who displayed a very high quality of teaching expertise. Then one year, both our daughters began experiencing difficulties at school. After seven months of striving to help our children and to support their teachers, we realized that the system was unable to change for us and that our children's happiness was seriously in question. We also realized that the system was able to meet the needs of many children but obviously not all children, so that we as responsible parents had to find an alternative for our girls. The options for us were limited since we lived in a small island community; we therefore started by home schooling our children. This endeavour was successful for a year and a half but we really wanted our children to go to school, therefore we began looking at private institutions.

Our visit to the Vancouver Waldorf School brought us to the realization that Waldorf Schools had very quietly been educating the whole child for some seventy years. We felt that we had discovered an incredibly profound teaching philosophy which had not yet reached the mainstream, and which was in fact a deliciously wellkept secret. Life's changes suddenly seemed to be coming at us from all directions, including the possibility of moving from the coast to Kelowna. The first thing we did was to find out if there was a Waldorf School in Kelowna and sure enough there was.

We moved our children and enrolled them in the school. I was signed up to take an evening class at the school to learn more about this new educational venture. At first my husband and I found the vocabulary of Waldorf education quite different from our previous experience. Taking the courses offered at the school helped us greatly, as did the evening class meetings for parents. Like a rose bud, full of promise, beautiful in simplicity, the petals slowly began to open revealing greater riches. Through this unfolding I began to Are you satisfied with your child's education? Why not find out about our alternatives?

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realize that my excitement for this education was being held not only for my daughters but also for me. When two years later the invitation was extended to me to join the school as a class teacher my heart jumped at the opportunity. Intellectually, I considered it very carefully.

What was it about Waldorf Education that called me so strongly, when I didn't appear to be called back to public education? Of course, the obvious reason was that our children were thriving in this school - but there was more.

Waldorf Education has a strong global philosophy which is totally based on the development of the whole child. Since the whole community, teachers and parents alike are committed to this philosophy there is a common bond which in turn totally supports our children. The concern for the education of the whole child asks us to consider that we are rhythmic in nature and by providing rhythms in our daily lessons, we nurture the developing child in body, mind and soul. By bringing the celebration of festivals into our yearly breathing, we help the child to mark the passing of time and seasons in a rich and colourful way. The education is full of stories and music which have endured the ravages of time. These classical fairy tales, Norse myths and Shakespearian plays feed the hungry souls of our children. The classrooms are full of colour, and the children's work is artistic but this does not take away from the academic content, it embraces it throughout. The teachers and children paint with quality watercolours each week. Dance, song, movement and eurythmy fill the daily life of each child as do numbers, equations, science experiments, two foreign languages and grammar lessons. The richness of this education affects the teachers deeply as they live in all these forces with the children. The teachers also work in their own time on studying the curriculum, and developing musical and artistic skills. Most satisfying for the teacher is the indepth relationship between teacher, child and parent. Because the Waldorf teacher travels through the grades with the child and teaches all eight years, a deep knowing and understanding of the child is possible. Each year the teacher learns a new curriculum, challenging, refreshing, and a real journey.

It was the quality of this education which called me to it for I knew from a very deep place that this is one way to teach children but I also knew that it was here that I would also be nurtured in my daily life a teacher and as a human being.

Lynn Wallace is a teacher at the Kelowna Waldorf School. She will be teaching grade two in the coming year.

Clayoquot Sound: The Forestry Issue

by Daphne Wilson

The seriousness of the issues involved in the protest at Clayoquot sound have been downplayed by politicians and the media, and irrelevant aspects such as whether children should take part in the blockade have been over dramatized. My sense of media coverage has been to bring the whole issue down to the level of a personal confrontation between environmentalists and loggers. Nothing could be further from the truth. The Peace Camp at the Clayoquot has been set up, not only to plan daily strategy for the blockades, but to work at bringing people together in mutual concerns. The clearcut of 75% of the old growth trees in Clayoquot Sound is the main concern of the people taking part in a world wide movement for change. The earth's ecosystems are breaking down at an alarming rate, and the Government's decision to log the pristine beauty of Clayoquot Sound must be reversed. The last isolated remnants of the world's forests are under attack one way or another. For instance in 1988 in Europe alone, 50 million hectares of forests were destroyed from pollutants such as acid rain and heavy metals. WHEN ARE WE GOING TO MAKE A STAND FOR THE EARTH.

For the people taking part in the Clayoquot protest, there is compassion for the logging community, and forestry workers who are losing their jobs. But there is also great concern for the ability of the logging industry to confuse the issues and give misleading information to the public and their workers. There is an attempt by the industry to cover up what is really happening, and they have done a good job of convincing the world that environmentalists are to blame for the forestry crisis.

The truth of the situation, which is available to anyone interested in taking the time to investigate, will find the industry is becoming more and more mechanized in an attempt to maximize profits and stay competitive in the global market. To meet these requirements the industry is planning mill closures and permanent layoffs.

Clayoquot Sound is the last remaining tract of ancient temperate rainforest of its kind. There is no legislation in place that protects wildlife habitat and wilderness values, and no enforcement or monitoring of logging practices. In short there are no laws protecting our forests, only guidelines. The protest of Clayoquot Sound is also about changing logging and marketing practices. No logging community would be out of work if our raw logs were not shipped out of the country. We could stop layoffs and employ more people in a value added industry. Out forests must be returned to the people of BC. This would give us the jobs we need and a sustainable environment.

At the blockade there us mutual respect between the protesters and the police. Some media coverage has suggested that children at the blockade are being taught disrespect for the law. The reality is that all concerned with the protest including the children have only the 'bad guys,'rather it is the corporate plunderers of the earth we are fighting. The protesters may be breaking man-made laws that do not work for the good of the whole, but they are upholding the spiritual laws of the Universe that give all life the right to exist, and the next generations the right to inherit a natural world in all its beauty and wholeness.

There is a wonderful feeling of community building at the Peace Camp, this sense of community is lacking for most of us in our daily lives. We invited logging families to join us for a meal and discuss mutual fears. One evening three of the arresting officers came in plain clothes to observe our evening circle and strategy plans for the



next morning's blockade. These times of coming together were highlights for those of us engaged in the protest. On Wednesday July 21st, together with 16 other women and children, I put myself in an arrest position by refusing to abide by the Mac & Blo injunction. I made this statement to honour the Earth in her struggle to survive.

"The focus by media has been on young people, but the protesters and arrestees have been equally represented by people from all walks of life. Grandparents, parents, tourists, professionals, such as physicians, lawyers, artists, social workers, therapists, and church professionals from many denominations. All present realize that with <u>legislation</u> to enact sustainable logging practices, and a value added forest industry, we would not need to log pristine wilderness areas such as Clayoquot Sound."

Upon my arrest I was treated with respect at all times by the arresting officers, but was regarded as a criminal by the system. Once taken to jail at Uculet, I suffered the indignity of a body search for weapons and drugs. My personal effects were taken away from me, including my shoes, my medication for a heart problem, and my reading glasses. I was allowed only one layer of clothing, and my request for the return of my sweater because I was cold was denied. I was given a number and had a mug shot taken. I was kept in jail until I agreed to sign a release which stated I must not return to the protest. The document was later revoked by the court, for it implied guilt without trial.

I am being well taken care of by the 'Friends of Clayoquot Sound, 'and a high profile lawyer has been retained on my behalf. My lawyer will appear on my behalf at the preliminary hearings, but I will attend in person for my trial in Victoria, at a date yet to be determined. I have no idea what to expect when I am sentenced.

People involved in the blockade are required to take a workshop in non-violent civil disobedience, and programs are available at the Peace Camp on the process of consensus. Daily more and more attention is being focused world wide on the Clayoquot protest. I stayed at the Peace Camp for nine days, during which time we were interviewed by national and international media.

People with vision realize this is a last chance to make a stand against the continuing and accelerated destruction of the earth. The energy at the Clayoquot blockade is being picked up all over the world, as people everywhere are coming together in a common cause - to confront the most important battle the planet has yet faced - the survival of all beings. She can be reached at 542-6271: Vernon

MIDLIFE ISSUES

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

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IT'S TIME TO GROW UP!

by Marilyn Puff

This year on my healing journey as I was completing my Leadership training I received an incredible gift, an insight into myself that was both painful and wonderfully cleansing. Marianne Williamson states in her book "Return to Love", based on A Course In



Miracles, that today's North American culture has spent a great deal of energy blaming our parents, that we have had the longest postadolescent crisis in history. This means we continue to blame our parents for things in our lives that are not working up to our expectations, instead of taking responsibility for what is happening. I am almost forty and I can see how much I have refused to grow up and take charge of my life. Instead I waited for others to make decisions for me. Then if there was a problem, I would blame someone else.

This year when my life fell apart and became unmanageable, I couldn't pretend any more that everything was okay. Financially I was in bad shape and emotionally I was aware of how I had been abusing those that loved me, especially my mother. Through the support of my teachers and the use of the Breath Integration method at Personal Growth Consulting Training Centre, I became aware of some core subconscious thoughts and feelings I have about blaming others and that I have been reacting out of these thoughts and feelings for most of my life. I have wasted so much time and energy blaming my mother and father for what my life has looked like, both then and now. I was sure that the reason I have never made anything of myself was because of how they had raised me, not because I was a spoiled rotten brat, (and you know what it is like to be around a "poor me" teenager). Until recently I was still making my parents and the people around me pay, by not looking after my debts or being able to support my children. I was arrogant and blind to the love and care I have always been given and to the hard work and tough times my parents have gone through to give me a great childhood.

It feels horrible to know that this is how I have lived my life, but I know in my heart that mistakes are for learning, and that forgiveness is a miracle of love that I have been given so I can start over. Learning to say "I'm sorry" has been tough for me because it is hard to say I have been wrong. It has also been a great lesson to apologize to people for my behaviour and has been a crucial step in forgiving myself. This forgiveness has allowed me to put more energy into working harder and from that I am enjoying myself more than I ever have. I refuse to lie to myself and those around me any more. The truth is, I have a great career and I have a prosperous and successful life, filled with family and friends. To me, my prosperity and success equal the love I now have for myself and others.

I am grateful that with the support of my husband, my parents, my teachers and the grace of God, I was able to see how loved I am and have always been and that I have everything I need to have a great life. I do make a difference. I am committed to my healing journey and I know that personal transformation is the key to world transformation. A quote from A Course In Miracles states I am alone in nothing. Everything I think or say or do teaches all the universe.

It's more fun to grow up that I ever imagined. Everything around me and in the world works wonderfully when I take responsibility for myself and "Just Do It!".

Marilyn is a Breath Practitioner & Community Building Counsellor at Personal Growth Consulting Training Centre in Kamloops, B.C.

Vaginal Birth After Cesarean

VBAC by Wendy Field

Is it possible? Yes! Here we are in 1993 still incredulous at the possibility. Why are we so ignorant and fearful of birth? I believe that our ignorance and fear comes from our unwillingness to take responsibility. Rather than read and question, we as birthing parents, choose to blindly accept the beliefs and fears of others. By being uninformed of the options in pregnancy, birth and parenting we are placid and accepting of whatever happens. Uninformed, accepting parents place no requests on doctors or hospitals for change. This makes it easy all around.

It is time to wake up! As intelligent human beings the time has come to accept the responsibility for our experiences and gather information and question until we are satisfied.

Why does Canada have a 19.5% cesarean rate? Why does B.C. have a rate of 22.2%? We are a disgrace in world statistics. The following countries have 10% or less: England, Wales, Hungary, Netherlands, Japan, and Czechoslovakia. (Statistics Canada 1988-89). Here in the Okanagan Valley the rate is unknown to the public as the Penticton Regional, Vernon Jubilee, and Kelowna General will not release birth statistics to the public. I have requested and been ignored. This vital information is not available to birthing women. These and other questions need to be answered so we can make informed choices.

Why a cesarean in the first place? For many the reason is "dystocia." This is a catch-all phrase to say that the birthing woman did not perform within a set time frame. The next most frequent reason is "fetal distress." This is caused in many instances by the hospital procedures in active management in labour. Repeat cesareans account for near 88% of all cesarean births. Fear of death from uterine rupture at the scar site is most often cited for this procedure. Statistics show that the chance of rupture in a transverse scar is 0.02%. This is not even cause for concern in post-term pregnancy or for a large infant, says the Journal of Reproductive Medicine 1984, 29 (1):41-44.

My personal experience has been to have a cesarean 12 years ago for a "brow presentation." Two years later I birthed vaginally without complication. Just four years ago I experienced a home birth with my third child. In the time between the birth of my second and third children, I attended workshops and study groups in midwifery in Vancouver. In this time I have counselled and attended women and their partners through many births as labour support and protector of birth. I see a real need for giving people the plain truth and supporting them in their own decision about when, where, how and with whom they will give birth.

How can you make VBAC a reality for yourself? Read and ask questions! Enrol in cesarean prevention or VBAC classes. Here a birth support team or midwife will be with you throughout pregnancy, birth, and postpartum. Actively learn about yourself, your dreams, your fears, your beliefs— and your partner. Choose a doctor who supports you, your needs and your beliefs. Eat healthily and exercise moderately. Write to:VBAC/AVAC Canada for newsletters: 8 Gilgorm Road, Toronto, Ontario, M5N 2M5

Ask your doctor for studies from medical journals. We do not have access to the UBC medical library by the fact of our location. Talk to others who have given birth and remember each birth story is unique and not to be repeated by yourself. Take responsibility, get support, nourish your needs. Create a "happy birthday."

Wendy Field is listed in the NY Pages - Women's Section



Class Dates Penticton Sept 20 - 25th

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SANDPLAY THERAPY

A Powerful Path To The Inner Self

by Robert Wolfe

Sandplay therapy, although known since the 1930's, has recently become increasingly popular. Therapists from all over the world are reporting astonishing results not just with disturbed children and adults, but also with advanced cancer patients. therapists also find that sandplay helps them personally to stay centred and avoid burnout. In fact anyone who feels at times stressed, depressed, or anxious finds a sandplay session invigorating. Most importantly however, people report discovering spiritual dimensions in themselves which they did not know existed.

The approach is deceptively simple. The client is invited to move sand around in a shallow rectangular tray, about 28 by 19 inches, 3.5 inches deep and half filled with sand. On the walls of the room are many shelves with hundreds and hundreds of small items and figurines, miniatures of anything to be found in the world including trees, rocks, people, animals, houses, bridges, cars, etc. There are no rules or instructions.

The client simply chooses whatever items appeal to him/her and places them in the sandtray, thereby creating a little world or scene. The therapist does not in any way interfere with this process, but sits some distance away. No interpretation is offered. When a sandworld is completed, it is not dismantled until the client has left and several photographs have been taken for later discussions and to preserve a record of the development. Some people like to talk about things while building their world, others are silent.

The process allows the client to project a 3-dimensional picture of the psyche at the time. Conflicts, pain, anger, or any inner material can be worked through somewhat like a waking dream letting conscious and unconscious aspects interact.

The result is often a feeling of release and liberation. Split-off parts of the personality get a chance to be integrated and people are often surprised to discover a richness in themselves that has a powerful healing effect with spiritual overtones.

Interpretations or even intellectual understanding are not necessary. The meaning of the process becomes clear to the client later. Our unconscious is a piece of nature and intellectual understanding can only cover a fraction of the mysterious universe we are part of. Healing takes place on a deep feeling/intuitive level far beyond shallow intellectual interpretation. The therapist shares the sandplay process with the client on this deep level and provides a safe, secure and protected space for the process to occur.

The therapist must stay fully alert and tuned in to the client's psyche without directing, judging or expecting anything. An unspoken bond develops based on trust. Instead of an all knowing authority figure, the therapist's role can perhaps be compared to that of a midwife, assisting the client to give birth to his/her own unique psychic contents.

Sandplay was originally developed by Margaret Lowenfeld in an English clinic for seriously disturbed children. In 1935, she published a book: <u>World Techniques: Play in Childhood.</u>

Lowenfeld and her co-workers kept meticulous records of children's sandworlds and showed how development occurred from chaos to connectedness and integration in a relatively short time. Lowenfeld postulated that there is an inherent tendency in the psyche to heal itself if given an opportunity. She felt from thousands of observations that some sort of life energy is blocked in disturbed children and that the Sandplay process allows healing, integration, and expression of emotions, conflicts and confusions which somehow liberates this energy and allows it to flow into normal channels again. She referred to it as simply "E" which appears similar to the Chinese concept of "CHI".

Dora Kalff, a Jungian analyst working in Switzerland, studied with Lowenfeld in the fifties and expanded the technique to working with adults as well. (Kalff, <u>Sandplay: A Psychotherapeutic</u> <u>Approach to the Psyche</u>, 1980).

Since then many books have appeared, mostly by Jungian analysts. (Sandplay Studies: Origins, Theory and Practice, C.G. Jung Institute, San Francisco 1981).

Actually, it was Carl Jung himself who stumbled on the healing power of sandplay. After his stressful break with Freud (around 1912), Jung found himself in an anxious and confused inner state. He finally allowed unconscious impulses to emerge and do whatever occurred to him. In <u>Memories, Dreams, Reflections</u> (1962, p. 174), he writes:

"The small boy is still around, and possesses a creative life which I lack. But how can I make my way to it?" For as a grown man it seemed impossible to me that I should be able to bridge the distance from the present back to my eleventh year. Yet, if I wanted to re-establish contact with that period, I had no choice but to return to it and take up once more that child life with its childish games. This moment was a turning point in my fate, but I gave in only after endless resistances and with a sense of resignation. For it was a painfully humiliating experience to realize that there was nothing to be done except play childish games.

He spent day after day playing and building with sand, stones, and sticks on the shore of Lake Zurich. He reports then (<u>Memories</u>, <u>Dreams</u>, <u>Reflections</u>, pp. 174-175):

In the course of this activity my thoughts clarified and I was able to grasp the fantasies whose presence in myself I dimly felt. Naturally, I thought about the significance of what I was doing and asked myself, "Now, really, what are you about? You are building a small town and doing it as if it were a rite!" I had no answer to my questions, only the inner certainty that I was on my way to discovering my own myth. For the building game was only the beginning. It released a stream of fantasies which I later carefully wrote down.

Jung developed his most famous psychological insights after experiencing the power of fantasy and imagination and his technique of working with dreams:

I felt a necessity to develop a new attitude toward my patients. I resolved for the present not to bring any theoretical premises to bear on them, but to wait to see what they would tell me of their own accord. My aim became to leave things to chance.

When the patients spontaneously reported dreams and fantasies, interpretations seemed to follow of their own accord from the patients' replies and associations. I avoided all theoretical points of view and simply helped the patients to understand the dream-images by themselves, without application of rules or theories.

The renowned Zen scholar, D.T. Suzuki, saw a parallel between sandplay therapy and Zen practice. The omission or delay of interpretation in sandplay therapy is similar to the Zen method of <u>not</u> giving the pupil/seeker-after-wisdom a direct answer to a question but rather throwing him/her back to his/her own imagination and



By appointment: telephone **493-1566** Suite #208 - 483 Ellis St., Penticton

inner resources (reported by Estelle Weinrib in <u>IMAGES OF THE</u> <u>SELF, The Sandplay Process</u>, p. 8). I feel that for those of us who cannot retreat into a Buddist monastery or study under an Indian guru, the path to the self can be approached much more directly through sandplay.

A well known Vancouver psychologist who uses sandplay extensively is also training other therapists. He found that many therapists are coming back regularly to make a sandworld for their own purposes. They report that it prevents burnout and that they need to get re-centred after seeing and listening to their clients every day. It seems to "clear out" their psyches and allows them to go back to work with renewed vigor and enthusiasm.

Anyone can sometimes feel depressed, empty, or anxious in the normal struggle for survival in our stressful society. Sandplay has an almost miraculous effect on lifting such black moods and renewing our connection with what is really important in our lives.

`Many people who are familiar with meditation techniques report that sandplay often brings similarly positive results but is a lot more dynamic and yes, a lot more fun! That inner child, with its creative potential is alive and well, if only given an opportunity to come out and play once in a while.

In general, a shift has occurred in the approach to psychotherapy. The early focus on removal of psychological symptoms has made way for a growth centred approach. Symptoms are seen more as a result of a blockage of life energy. The energy of the unconscious can be objectified in the form of symbolic expression in the sand. As a picture can say more than a thousand words, a symbolic figure or scene can express feelings, emotions, and conflicts that mere words never could. The effect of sandplay is healing, but even more important, it can lead to a deep connection to the centre which is the source of the human spirit and the seat of the Soul. \diamondsuit

Networking for Change

with Dave Cursons

Wet summer weather makes sun-lovers sad. The contemplative types bear up with a book. Activist are out and about in the southern interior where rain or shine there's plenty of interests to follow and networking to be done.

Some of us have gone to the Clayoquot to put ourselves on the line for the rain forest. Randy Leibel, a Sea Shepherd activist and Green Party member from, Oliver joined Paul Watson and Company to save the east coast fish stocks.

Contact:	The Sea Shepherd Conservation Society
	P.O. Box 48446
	Vancouver, B.C. V7X 1A2
	(604)688-7325

Federal political parties are lining up for inspection.

P.M. Kim Campbell is happy. Seems that under NAFTA the US and Mexico won't be able to penalize Canada's exports when we abuse cheap labor and pollute air and water. But how will Mexico react if we decide to trouble them over the same concerns? Maybe that isn't the plan.

Is Canada so keen to be on the inside in the global trade pacts that social justice and environmental protection will go by the boards? Now is the time to ask about it. Ask Jean Chretien, Mel Hurtig, Preston Manning, Audrey McLaughlin, Kim Campbell and their friends.

> Remember, to compete with South Korea we become South Korea.

Ozone Faux Pas

Last Issues I recommended sunscreen lotions.

I'm told that our skin may suffer as much from sunscreen lotions as from ultraviolet radiation. So for best protection, cover up and limit direct exposure.

Does anybody have more information on this?

Networking - A New Leaf

Having led off with a bit on national politics, your editor is proposing a different tack in Networking For Change.

This year we'll endeavor to get into some of the more fundamental areas of concern around personal and planetary health. After all, Issues is mainly a holistic health journal and advertiser. Through this segment of Issues your editor has focussed on interests around political change and community activism, particularly environmental concerns. We'll continue to give out addresses, phone/ fax numbers to assist people to make connections.

Examples of new Networking approaches are these:

Social Relations - who are the people working on new forms of social relations? Community. Sexuality. Work. Living together. Write and tell us about your experiences and ideas.

Energy Alternatives - Who are the people who are harnessing appropriate scale technology in their homes and in their communities. Transportation, heating and work are focuses for the harnessing of alternative energy in the Southern Interior of British Columbia. Show us how you do it!

Recreation Development-a major economic and social interest to communities seeking alternatives to resource industries that degrade and pollute interior watersheds.

Entrepreneurs and local associations of recreation industry people need to support each other.

Let's hear from your neighbourhood about ideas, plans and action around recreation/tourism uses that take good care of the air, water and soil.

B.C.'s Round Table on The Environment and the Economy

Somewhat eclipsed amidst the wrangles over the Stephen Owen C.O.R.E. process and the Clayoquot decision this body has continued its work and in June 93 published

Strategic Directions for Community Sustainability available from the Round Table at 229-560 Johnson Street, Victoria, B.C. V8W 3C7

Phone 1-800-665-7002 or (604)387-5422 Fax: (604)356-9276

Prepared by British Columbians for British Columbians this publication articulates some of the fundamental changes which local communities consider as they rise to the challenges of social, economic and ecological sustainability.

Read it, highlight it and quote it when appealing to municipal, provincial and federal authorities who have yet to absorb the agenda for survival.

State of the Environment Report

Population growth and shrinking wildlife habitat threaten the Southern Interior ecoprovince, according to the State of the Environment Report for British Columbia prepared by Environment Canada and the B.C. Ministry of the Environment.

According to the report, farming has replaced nearly all of the Southern Interior's dry grasslands. The farmlands themselves are now being taken over by development. Farmland declined by 494,000 acres or 26% from 1971 to 1986.

Water quality and quantity is in serious question.

Get the report from: En

Environment Canada 224 West Esplanade, North Vancouver, B.C. V7M 3H7

or from

State of the Environment Reporting B.C. Ministry of Environment, Lands and Parks 810 Blanshard Street, Victoria, B.C. V8V 1X4

The Growth Dilemma in The Southern Interior... or

"Now that we're here, how can we protect the quality of life that brought us here", seems to be the question that haunts us as we struggle with traffic in Kelowna, smoke from massive controlled burns on the mountainsides and the loss of neighbourhood to city planners.

If we really intend to limit growth in the fragile valley ecosystem we



The difference between your neighbourhood as you see and how municipal planners see it.

will have to find leaders who have the courage to stand for changing the rules and persuade us that we can endure some short-term pain for the sake of the future of the valley and succeeding generations.

Firstly, we have to look squarely at the carrying capacity of our watersheds.

Get hold of the two publications noted above. Strategic Directions for Community Sustainability (B.C. Round Table) and the State of The Environment Report.

Another useful piece just off the New Catalyst presses is called The Boundaries of Home - Mapping for Local Empowerment. It's 137 pages of essays and practical ideas for planning and presenting an alternative view of your watershed and the future of settlement in your neck of the woods.

> New Society Publishers P.O. Box 189 Gabriola, B.C. VOR 1X0

Municipal Elections are in November. Encourage people whose ideas and energy you like to run for Council or Regional District Office, people who will advance by-laws to limit growth and development and advance the quality of life issues which call for real limits in human settlement and land use.

Kootenay-Okanagan Electrical Consumers Association

It started with the sale of West Kootenay Power to Utilicorp and now extends to the continued damming and diversion of B.C. Rivers for hydro-electric power export, the current teeing up for the 1997 redraft of the Columbia River Treaty and the North American Free Trade Agreement.

ECA is a watchdog and an intervenor with whatever authority wants

to ram through a process or a product that smells bad for BC.

ECE works hard to preserve and protect resources for future generations of British Columbians.

Membership in ECA is \$5.00 per year. Send a 43 cent stamp on a return envelope to:

The Kootenay-Okanagan Electrical Consumers Assoc.

Box 1287, Summerland, B.C. V0H 1Z0

Parks primed for Mining and Logging?

A Valhalla Wilderness Society report on the C.O.R.E. process says Stephen Owen speaks of "re-aligning" existing parks. The report speaks of proposed protected areas being logged or mined "in cases of economic hardship".

The fear is that enough pressure could be

exerted from time to time to open up existing park land to commercial exploitation.

Anyone wishing to read the full Valhalla Society report, CORE processes *The Little Known Threat to Existing Parks*, should contact

Anne Sherrod, The Valhalla Society Box 224, New Denver, B.C., V0G 1S0

Hear Our Neighbor's Voices - Guatemala

Peace Brigades International participated this year in an international delegation to Guatemala to oversee the return from Mexico of people run off their land by the Guatemalan government agents over the past decade.

It's a human rights and a human life issue and Peace Brigades International are ready and willing to come into our communities and into our schools to tell us about the situation.

Returned volunteers are available to speak in public and at high schools about their experiences in Central America. Classroom presentations and two-hour workshops focus on world issues and non-violence as a technique for conflict resolution.

For further details or to book a speaker for your community or school call, Mary-Beth at the PBI Toronto Office at (416)594-0429.

Write to Networking for Change to share ideas and information about people and things that will make a positive difference.

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ISSUES is available at all of the above Health Food Stores & Metaphysical Shops listed in Natural Yellow Pages. plus many other places.

if you have looked and can't find one...give me a call 492-0987



THE KOOTENAY SCHOOL OF REBALANCING

offers its 7th, six-month course of integrated bodywork, beginning October 1st, 1993 in Nelson. The Course focuses on touch, inner connection, body awareness, joint release and deep tissue bodywork.



The price is \$4,500 plus GST and includes approximately 900 hours of training.

For information contact: Relaxation Plus Clinic, 1016 Hall Mines Road, Nelson, BC, V1L 1G4

or phone (604) 354-3811



Sid Tayal has 25 years of experience in Acupressure, Acupoint, Touch Polarity, Bodywork, Reflexology, Nutritional Guidance, Past Life Regression, Meditation and Emotional Counselling. *anadian Healing Arts Institute* offers an Acupressure Certification course - September 1993 to June 1994.

SUNDIAN HEALING ARTS INSTITU

This course is held one week-end each month and is specially designed for experienced and new health care workers. Acupressure in combination with or by itself can be used to help your clients achieve pain/stress relief, transformation, rejuvenation, and a better level of health. The purpose is to help get in touch with your own healing powers to regenerate, rejuvenate, and maintain a level of health and wellness that you want to create in your life for yourself and your client.

Instructions start on September 24th at 7:00 pm at 2153A Georgia Street, Rossland, BC. Facilitators are Sid Tayal and Dr. Gail Gill. For more information please phone Sid Tayal (604) 362-9481 or write Centre for Awareness, Box 300, Rossland, BC V0G 1Y0.

Register early as spaces are limited.



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