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'Shakin' the Roof'

to find out more
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April / May 1994

Volume 5 - Number 2

An Introduction To Jyotish

The Astrology of India

Weekend Workshop
May 13, 14 & 15

in Kamloops

with

Hart deFouw

for information about the Seminar &
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Jyotish is Hindu or Vedic Astrology. This seminar will be a comprehensive practical introduction to jyotish which is quite different from Western astrology. It is considered by many to be more complete in its philosophy, psychology and predictive methods than many current Western forms of divination, which were perhaps originally as complete but have been greatly vitiated. Included will be: Fate & Free Will; Unravelling the Mysteries of Karma; The Planets, Constellations and Houses of Jyotish; Reading a Horoscope; the Qualities of Time for an Individual over the Course of their Life; and the Use of Unique Remedies like Gems and Metals to Mitigate Difficulties.

Hart deFouw is one of North America's foremost practitioners of Jyotish. He began his study of astrology in 1965 and Jyotish in 1968. In 1973 he met his Guru and was initiated into a traditional training in Jyotish which lasted for a continuous period of 15 years. His education also included philosophy, spiritual practices, and some components of Sanskrit, Ayurveda, Yantra, Mantra and Tantra. Since 1988 he has been travelling half the year maintaining a worldwide practice as a consulting astrologer and as a very active teacher and lecturer.

AYURVEDA

Dr. Robert E. Svoboda

Ayurveda is a holistic and natural healing science from India, which is often called the "Mother of all Healing." Dr. Svoboda, is a western Ayurvedic physician. He resides in India and tours the United States and Canada.

Dr. Svoboda is on the visiting faculty of the Ayurvedic Institute in New Mexico and is author of "Prakruti," "The Hidden Secret of Aghora" and most recently "Life, Health and Longevity" and "Kundalini."

Dr. Svoboda's touring schedule is as follows....

May 7	Kettle Valley	(449-2655)	Ayurveda Workshop	2-10pm
May 10	Grand Forks	(449-2704)	Ayurvedic Cooking	7-10pm
May 11	Nelson Campus	(352-6601)	Ayurveda Introduction	7-10pm
May 12 & 13	Kaslo Centre	(353-2618)	Consultations	
May 13	Nakusp Centre	(265-4077)	Ayurveda Introduction	7-10pm
May 14 & 15	Vernon	(558-0141)	Consultations	
May 16 to 19	Kamloops	(828-1726)	Consultations	

*Private Consultations are available at each centre \$85.00.
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Pranic Healing Has Arrived!

by Peter Mikiel Hutt

They are coming back to the Okanagan! Who? The Pranic Healers. If you missed them the first time in Penticton back in February, we are indeed fortunate to have them return to Kelowna on May 13, 14, & 15th for one of their outstanding healing workshops. Who are they? They are Dr. Duncan Goheen, Marilee McLean and Nona Castro of Global Institute. They are the "bringers of a new dawn" in healing. From their unique healing center based in Victoria they have been orchestrating and guiding the education of an ever growing number of Canadian Pranic Healers.

Their students are coming from the complete spectrum of other healing modalities. To sit in on one of their classes is to rub shoulders with Massage Therapists, Nurses, Physiotherapists, Polarity workers, Counsellors, Psychologists, Chiropractors, Pharmacists, Reiki Masters, Breathworkers and others such as University Professors, Artists and those from just about every walk of life.

Why are they drawing such amazing support wherever they go throughout the province? They are sharing the secrets of healing and the tools that very few teachers have at their disposal. They are imparting the creative wisdom of a living legend, Dr. Choa Kok Sui, a realized Filipino Master who has given the world the union of science and art in an incredible marriage of truth in his three best selling healing books, Pranic Healing, Advanced Pranic Healing, and Pranic Psychotherapy. These references are always close by the hands of the Pranic Healing student, and remain an invaluable resource even for advanced Pranic Healers.

Your experience in the Pranic Healing classroom is to enter the world of real experience, you will know, not because you have been told, but because you will have felt, seen or sensed first hand the alignment or adjustment of the human energy system.

You will be given an expanded knowledge of the bioplasmic energy body and the important components such as the major and minor chakras involved in the function of your health or lack of it. You will be your own witness to that which is regarded as miraculous. And you will be impressed by the application of the principles of Pranic Healing for they are reproducible and they can be learned by anyone.

Most of the teachings have been verified by clairvoyant observation and are being applied now in many countries of the world. There is a remarkable simplicity to the techniques offered and they are expertly presented by this remarkable team of teachers. Each of the instructors brings their own unique mastery to the courses offered, whether it be clairvoyant capabilities, ability to move energy with sound, musical ability, the clarity and precision of their instructive style, their positive attitude or their marvelous wit. They serve at a very high level as spirit awakeners, and they do so with ease and grace. It is evident that they enjoy what they do and they make it look effortless.

If you have been searching for a complete mechanism of healing and have somehow not yet found it, I invite you to consider investigating for yourself and experiencing "the next generation of healing processes." This wave of the future is called Pranic Healing. I have recently completed the advanced Pranic Healing and Pranic Psychotherapy courses offered in Victoria and consider the investment to be one of the best values available to any healer, or indeed for anyone who would be healed, perhaps even you? See you in Kelowna! (See ad page 3)

Ayurveda and the Science of Self-Healing

by Tanya Thompson

Ayurveda is a practical living science that involves day to day awareness and participation from the individual (microcosm) in his/her relationship with the outside world (macrocosm). The bridges between this interrelationship are the five elements (ether, air, fire, water and earth). Every living being contains the five elements. We experience the outside world via our senses; ether relates to sound and hearing, air relates to touch and skin, fire relates to vision and the eyes, water relates to taste and the tongue and earth relates to smell and the nose.

Disease is a reflection of disharmony between the inner and outer worlds. For example, when we have ingested too much of the sweet taste we become sick to our stomach or when we have witnessed a violent scene we become disturbed.

Ayurveda aims to increase the individual's understanding of the root cause of their disease through the building of health patterns via diet, lifestyle and ritual. The root of the disease can be planted through the genetic coding of the ancestral lineage or set by a series of traumas, i.e. abuse which has not been released, or it could be a continued stress on the body from specific lifestyle patterns. Generally they are all connected together. The manifestation of the disease is reflected in mental, emotional and physical patterns.

Allopathic medicine will treat the symptoms and relieve the pain but because the pattern of disease is still present within the person's psyche it will continue to find a way to show itself. Releasing the pattern of disease is the process of health building.

Co-Dependency

by Cheryl Hart

Co-Dependency is more than a term to describe people in a relationship with addicts. It is a tendency to define ourselves through our experiences with other people.

When we become dependent upon others to feel loved or fulfilled we are drawn into believing that our happiness depends upon their happiness. Delaying our problems to support others becomes the way we deal with our own life issues. We temporarily feel good because we are needed and therefore of value. This causes us to lose our sense of identity. More and more we look to others to validate our self worth and we become more and more dependent.

I just experienced this lesson in my own life. A few months ago, my intuition told me that I had worked very hard over the last nine years to make our business a success and it was time to step back and let my partners carry the ball for awhile. As I unwound from my hectic schedule, I started to experience feelings of loss and rejection. If I wasn't needed, I began to question whether I was wanted or not. I was still receiving a pay cheque but felt very guilty for not carrying my weight. Believing I'm a burden, being overly responsible for my six younger siblings and trying to make it up to my parents were familiar feelings from my childhood. I had spent my life supporting others. If



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I wasn't helping or needed, who was I? Thinking nobody wanted me, I even had thoughts of selling my shares. I knew I was rejecting them before they rejected me to avoid feeling pain.

I know this sounds like I'm more than a bit insecure. The amazing thing is that's the opposite of how I appear. Like all co-dependent people it looks like I always have it together. Though I'm very competent, like all of us I still have obstacles I'm working through.

Taking the time to look after me and dealing with my guilt around coming first sometimes has been one of the most wonderful gifts I've given myself. I've discovered that people want me, not for what I do but for who I am. If I'm not indispensable people still want me. I am also reminded of the importance of healing and taking care of my own inner child.

Sometimes we have to get off the treadmill, walk out of the roles we've created for ourselves and redefine who we are. This is the essence of the personal growth movement. Moment by moment discovering and rediscovering not only our strengths but also our weaknesses. We must make a commitment now, to live in a world that is loving, peaceful and abundant. Let us begin by living the love, peace and abundance that is within us all.

Cheryl Hart is a personal growth consultant at Inner Direction Consultants. She is currently working part-time and loving it.

Musing

with
Angèle

Publisher of ISSUES

Shakin' the Roof



Fred Rosenberg photo

When I chose the picture of the cedar log being peeled for last month's front cover, I knew this photo would follow because it seemed like a logical sequence of events. I wondered what would be happening in my life to influence my next 'Musings' column. I want to thank my Mom for her photographer's determination to capture the moment in action when I was a kid: knowing that I didn't have to create a new front cover each month made starting this magazine much easier. I am delighted that so many of you enjoy ISSUES and I love all the comments and compliments you pass on to me. My Mom deserves all the credit for the cover page.

Her photo this month shows Grandad on the roof, stacking the shakes as David and Phillip hand them to him. The log barn is almost complete with just a bit of the roof left to nail down. The animals needed to be bought next and the hay would have to be cut and stored, but there was a sense of accomplishment in all of us kids at that moment that most of the hard work on the barn was done. Grandad was an expert shake roofer. At night we could lie in the hay and gaze at the stars right though the large gaps between the shakes and knotholes in the wood, but the roof never leaked. The barn became one of my favourite hangouts. I loved Betsy the cow, feeding the chickens and the baby pigs were fun. The hay loft provided a refuge for me when I needed time off. It was almost out of ear range of the house and I usually couldn't hear my name being yelled if I was in the middle of good book.

I learned at a very young age that to survive everyone had to put in long hours doing the things that needed doing. As a child I had no TV, a few library books, and once in a while I got time off to play. For the most part, I enjoyed caring for my younger brothers and helping my Mom do the housework and especially enjoyed going to school.

Life as an adult isn't much different: I still don't watch TV, prefer reading a good book to doing housework, and seem to have this inner drive to teach people. I like helping people who are trying to help themselves make the journey towards wellness. I believe there are at least 3,000 different ways to get well and we need to be educated about those choices.

I feel awkward as I write this column, because today I am going to ask for help. My vision is to start a Holistic 'Health Care' Centre in Penticton for alternative practitioners. I believe that every town needs a central place where people who are interested in taking responsibility for their health can go to get information, attend lectures and workshops, and get hands-on help for their problems. Many professionals share office space and a secretary and it is about time the alternative health practitioners had this option available to them. The stresses of our society do not

promote healthy living, but the times are a-changing, and more schools of natural healing are being accredited for student loans. As more practitioners become certified in their field of study, access to natural healing methods should become more available. If we lobby loud enough, perhaps medicare will pick up some of the tab.

To me the word 'Health Care' has lost its meaning in the labyrinth of huge hospitals, instant drugs and cut-em-up surgery: modern medicine is not working, and people are wanting real help, not just band-aid solutions. Science and technology needs to take its rightful place, as a support for natural medicine. We need to combine wisdom with technology and create centers like they have in England, where space is shared equally. Centres where Doctors work with Spiritual Healers, where Herbalists work in Drug stores and where Touch for Health or Reiki is available in Hospitals.

To refresh the memories of my long-time readers I shall share my beginnings, for I am told there are very few magazines or businesses that make it through the first five years. I operate on intuition, instinct and innocence. I figure people will teach me what it is they want and I need. I am a good listener, a fast learner and have the determination to make things work. In 1986, I felt the voice of change inside of me, circumstances beyond my control set the wheels in motion and I quit my job as a lifeguard. I knew I needed to be working in the alternative health field, but what was I to do? I started studying Graphology, for I knew I didn't have the time or patience to study the more complicated sciences. When I flunked the final exam and had to wait six months to rewrite, I wondered what was going on.

Soon after, a friend informed me that the Spring Festival of Awareness in Vernon had died because no one had the time or energy to get involved, and asked me to help find someone capable of taking over such an event. We drove to Vernon and talked with the former crew, who warned us of the hard work, long hours and the dangers of working with so many people. Did we really want to try and revive it? I nodded my head, thinking to myself that I would do it just once and then pass it along. I figured the experience would be good for me. Besides, I would be able to attend all the workshops and meet 'my kind' of people! Not surprisingly, that one decision changed my life forever. After the Spring Festival of Awareness was over, my crew was very excited, thinking of all the improvements they wanted to try to make the event even better than it was.

I bought a computer so that I wouldn't have to spend my days at the printer's telling them what I wanted for a program, as the cost of preparing the festival brochure was expensive. Having a computer helped to make my newsletters for the Metaphysical Club in Penticton look very professional. Still postage was expensive, so I was trying to figure out a way of informing people of local events without a lot of phone calls or stamps and asked the manager of the Penticton Herald to give me space for a weekly column. He said "no!" And the rest is history: I decided I would start my own paper ... one that I would want to read!

I spoke with the people at the unemployment office who told me of a program that exchanges UIC benefits for help to get new businesses off the ground. I applied and was accepted immediately, so I needed to figure out the best way of getting in some

training and experience. I phoned Common Ground in Vancouver, which didn't think there would be much demand for a magazine in the interior. I phoned Shared Vision and spoke with Samaya Ryane, who said "If I can do it, anybody can. Come to Vancouver and I'll help you the best I can."

We struck a business deal whereby I bought two pages of advertising in *Shared Vision*, at cost. I went on the road and sold the space, came home, did the layout and sent my two pages, titled 'INSIDE BC' to Vancouver. Later that month I drove to Vancouver, picked up my agreed 5000 copies, and distributed them around the valley. That was the summer of 1989. People supported me, and the next time I bought eight pages. I even wrote an editorial for the October edition of *Shared Vision*, about stress affecting the body. The question was: should a person slow down or keep busy doing what makes them happy? When I know, I shall share the results with you. As I put together the eight pages for December, I knew that the valley was ready to support its own magazine. For the price I was paying *Shared Vision* I could double the size to 16 pages and I would have people help me write stories. It sure is interesting to look back at the old magazines and see how *ISSUES* and *Shared Vision* have progressed. Many thanks to Books & Beyond and Inner Directions of Kelowna, Dr. Wagstaff of Winfield, Hank Pelser in Penticton, Moreen Reed in Kamloops, Andy Schneider in Salmon Arm, Carole Ann Glockling in Oliver and the Kootenay School of Rebalancing in Nelson for believing in me five years ago and are still advertising with me. *ISSUES* has been allowed to grow because of the increasing interest in Holistic Health. I appreciate all of my advertisers for without them the *ISSUES* magazine would not be possible.

I have been visioning a local Holistic Health Care Centre for years, keeping alert for the right time and people to help, and saving my money. I now have enough funds for a down payment on a small home for *ISSUES*, and the possibility of a working business partner who also has some money and would like to share my vision and help make a centre happen. The more funds I can collect, the easier the start-up process will be. Your sending money will allow me to purchase a larger



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building with a good location. So I am asking all my readers, friends and advertisers to send a donation that can be used to start a Holistic Health Care Centre.

ISSUES is and always will be available FREE at all Health Food Stores and Metaphysical Book Shops. Still, if you have been inspired and informed, or if you have found help in *ISSUES* then perhaps you will be inspired to send some money to help keep the energy flowing. Whatever funds I receive will be used as a bank loan from my friends. When the center is functioning on its own, those funds will be used to help start cooperatively-run Holistic Health Care Centers in other towns. I have the vision, the energy and a proven track record of doing things on time, so I hope I can expect financial assistance from many of my readers.

In the summer *ISSUES*, I will print the names of all donors who send me \$10 or more, and I will put your names into a free draw in Sept. or Oct., '94 to celebrate your support of my fifth year of being a full-time Networker. I have many ideas for prizes so I hope you will take a chance and support me. It will make a difference.

If you would like to see our Health Care choices improve, and can afford to send money, make it payable to **Visions ... Unlimited**, Apt. #304 - 973 Forestbrook Drive, Penticton, BC, V2A 2E9. That is my company name. If you have land and/or a large house for sale in Penticton that could be zoned for office use and are thinking of selling it, give me a call at 492-0987.

Angie



ISSUES MAGAZINE

#304 - 973 Forestbrook Drive
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Phone **492-0987**

The next issue of *ISSUES* will be for
June/July/August

Starting in **September**,
ISSUES will be published
10 times a year,
with shared months of
Dec. & Jan. and July & August.

Publisher / Editor
Angèle Rowe

ISSUES has a circulation of **15,000** copies and is distributed freely throughout the Okanagan, Kootenay and Shuswap valley and is available at most Health Food Stores and Metaphysical & Spiritual Book/Gift Shops. We also mail to many of the northern towns including Terrace, Prince Rupert, Prince George, Fort St. John, 100 Mile House, Hazelton, etc.

If you would like to help distribute *ISSUES* in your town please give me a call.

ISSUES welcome articles by local writers. Please keep it to approx. 500-700 words and submit if possible on an IBM disk, before the 10th of the month. We reserve the right to edit or condense copy.

If you wish to have a rate card sent please phone Angèle at 492-0987 in Penticton.

ISSUES Magazine welcomes you to our Holistic Networking Service of connecting people and ideas for health consciousness and human potential development.

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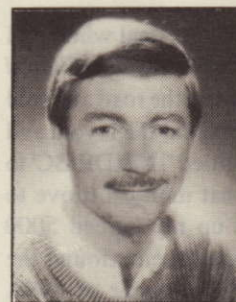
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Spheroidal Gemstone Therapy



by
Peter Mikiel Hutt

A few years ago when there was a surplus of cash in my pocket I was

guided to invest in a number of gemstone healing tools. These were not ordinary crystals but spheroidal gemstones of therapeutic quality. I was intrigued by the possibility of using these tools to assist me with the transformational process. (Although my ego would not admit it there was a lot of work to be done!)

As I entered a new pathway of expressing myself as an instrument of healing, I was looking for resonant ways to catalyze the rebirth of a free spirit from the ashes of a career that had completed itself. In the process I found myself exchanging my mortar and pestle for a massage table and Reiki classes. My familiar work place setting of pharmacy changed as I entered fully into the New Age. Yes, I missed my regular paycheck but I was still able to maintain a pharmacy, this time a Gemstone Pharmacy!

The more I found out about these magnificent gifts of our Mother Earth, the more I appreciated the awesome Source of all living things. The more I opened to to receive from this benevolent Source, the more beauty I was able to behold in all areas of my life. I began to see the synchronicity in this grand adventure and to admire the genius of the mind of God more than ever.

In the process of attuning to something other than what I could weigh on a scale or see with the physical eye trained through deciphering hundreds of thousands of prescriptions, I discovered that I was indeed alive as well! This came as quite a shock to me, and so I began unceremoniously waking up other sleeping parts of myself so that I could become whole.

In questioning Spirit for ways to remember more of who I was, so that I would have more to give the world, I asked for all the things I thought I didn't have. I was

under the impression that I was missing something important, and I was. It was inner peace. In order to achieve this I needed to enhance the quality of all areas of my life, including my physical, emotional, mental and spiritual well being.

I discovered one of the most powerful methods to achieve alignment in any of these areas is to enlist some of these beautiful precision instruments that are found in nature. Crystals, Gemstones, Earthstones, and Oceanstones are created for our use and for the benefit of our planet. They are living storehouses of specific frequencies of energy. One of our universal goals as living units of consciousness is to seek to master our own energy. To do so is to understand how we harmonize with all of creation, for we are not separate from anything. To gain insight we look within and without to receive the thread of truth with which we create the unique fabric of our reality.

For those who have the intention to allow the gifts of nature to impart their secrets, the benefits are many. One only need consider the source of these treasures to be assured of their value. Nothing created by God is meaningless to us as we receive our lessons upon the physical plane. There are of course no requirements that you use crystals or any other single source as your teacher, for no one tool is a requirement for your lesson or your existence. All are provided for your choice and for opportunities to grow.

We have evolved in consciousness now, to the extent that we are ready to access more of the abundance of these crystalline storehouses we have gathered around us since ancient times. These treasures once carved into spheres provide a quantum leap in service to a rapidly evolving mankind. The Spheroidal Gemstone Therapy workshop in Kelowna on June 4th will explore the healing dynamics of our living friends and how you can use them to your greatest advantage. Understanding the concepts of colour ray bearers, and discovering your main colour ray, as well as chakra balancing, and using discernment in the purchase and use of crystals will be included. I invite you to let your jewelry heal you, and to let it feed your mind, body and soul! (Please note participants are invited to bring their crystals to this workshop. See ad to the left.

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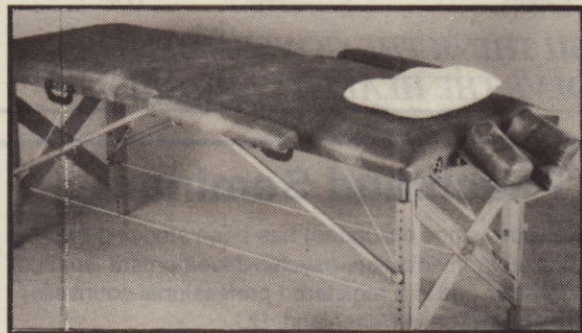
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The Granby Wilderness

by Donald Pharand

Have you ever seen a grizzly bear in the wilds? Has a grizzly ever seen you in the wilds? How does walking in places where the grizzly walks too feel? Where do we find such a place in this day and age?

Question no longer, it is closer than you think. Just 60 cross kilometres east of the Southern Okanagan, directly adjacent to the Okanagan Plateau, it awaits you. In ways this place is at the end of the world, it is so savage. In others it is very near, it is so threatened. We go there to connect our wildness with that of those primordial beings like the grizzly. This place is called the Granby Wilderness.

80,000 hectares in size it encompasses the largest pristine watershed left in Southern B.C. That segment alone is 37,500 hectares in size and is presently being reviewed for protection by the Kootenay-Boundary Commission on Resources and the Environment. In the meantime the remaining 42,000 or so hectares of the wilderness are being heavily impacted by logging and road building developments.

A fall 1993 showdown between government and forest activists with threats of yet another blockade in B.C. led to the closure of a Burrell Creek road building project on the east flank of the wilderness area. Logging on its west side where the largest active clearcut of Southern B.C. is fast expanding and very visible from Big White gives a clear indication of where the wilderness is headed. An opportunity to save such an expanse of wilderness in the Southern Okanagan will never again be afforded us in this lifetime.

As a transition forest between the dry Okanagan Plateau and the Interior Wet Belt the Granby Wilderness is unique not only for its wildlife and vegetation but also for the role it plays in balancing the water cycle of this region. Need we be reminded that the driest forests of the country are found on the Okanagan Plateau?

The Granby Wilderness shelters old growth stands of various types, one of which is a most unique and very rare Interior Rainforest. According to former Environment Minister John Cashore it is rated amongst the top 16 grizzly bear habitat domains of the planet. Hiking along the river bottom where an old Indian trail is being reopened by Grand Forks volunteers is excellent. In terms of alpine experiences it has much to offer everyone from the novice hiker to the very seasoned mountaineer.

Access to the Granby Wilderness is straightforward. From the south at Grand Forks drive north for 60 kilometres to Howe Creek. From the north take the Cherryville Highway to Bench Creek Road (near Edgewood) and drive to Mount Scaia. From the east at Edgewood take the Eagle Creek trail. From the west access is either from Arthurs Creek or Goatskin Creek.

If you wish to know more about the Granby Wilderness you can drop us a line at The Granby Wilderness Project, Box 1706, Grand Forks, V0H 1H0. Also drop a line to Premier Harcourt and let him know what you feel about this wilderness. On **April 14th**, the Granby Wilderness Project will be coming to Kelowna with a slide presentation at the KLO University Campus Theatre, 7:30 pm. Cost is \$5.00. It will be an opportunity for you to also hear about another very important and near to the Okanagan wilderness area, the White Grizzly Wilderness. The presenters will be none other than Colleen McCrory of the Ancient Forests campaign and her brother Wayne McCrory who spearheaded the campaign to save the Kutzemateen. Hope to see you there. This event is hosted by WCWC, Earthcare and Okanagan Similkameen Parks Society. For more information please call Jessica 767-9231.

And yes, we will be at the Festival of Awareness.

Midwifery

by Wendy Field

The first meeting of an Okanagan chapter of "The Midwifery Task Force" was held recently in Vernon with representatives from the Central and North Okanagan. The task force is consumer advocacy. The government is meeting with the Midwifery Implementation Advisory Committee (MIAC) and together they are discussing out the necessities to legalize midwifery. They are projecting a college of midwifery by December 1994. The goal of the task force is to educate the general public and health care professionals about the benefits of midwifery care and to make known to the government what we as consumers want. If we don't speak up now we will get what we are given. Every person who writes to the government gets heard and it is the voice of many more. So the emphasis is on writing our MLAs and the Ministry of Health stating our experiences, our vision, our desires. Together we must work to change our attitudes about birth and what it means to live gently and lovingly on this planet.

Midwifery is being implemented into the health care system and we need your support and lobbying for a variety of reasons:

- The provincial government is not aware of any great consumer demand for midwifery services. We need to remind them that many British Columbians want to receive midwifery care. the Midwifery Task Force needs to know how many birthing families in the Okanagan want the services of midwives, and what location they would like to give birth in.

- The promise to integrate midwives into the system was made in May 1993. Continued consumer interest must be forthcoming to ensure the political process doesn't shelve the implementation of midwifery into the health care system.

- Many women aspire to midwifery and are eagerly awaiting training programs.

- We are concerned about quality of care. We do not want to see the essence of midwifery care undermined by shift work, large shared practices or limitations on the freedom to choose the place of birth.

Please put your concerns and thoughts on paper and send them to:

The Midwifery Implementation Advisory Committee...

**Attention: Helen Morrison, Ministry of Health,
1515 Blanshard St., Victoria, V8W 3C8**

Please send copies of your letter to:

**The B.C. Midwifery Task Force, c/o Lynn Van Deursen
1108 Rose St, Vancouver, BC V5L 4K8, Ph. (604) 251-5976
Your local MLA**

**The Honorable Paul Ramsay, Minister of Health,
Parliament Bldg., Victoria, V8V 1X4**

Local contact people: Chairperson for the **Okanagan Chapter**
Andrea Harwood-Jones at 558-1821-3508-17th St. Vernon V1T 3Z1
Kelowna: Wendy Field 765-2660, Salmon Arm: Dr. Warren Bell
832-3135, Lumby/Cherryville: Janice Beale 547-2269
Kootenay Chairperson: Grace Brinkman 366-4223
Kamloops need a chairperson...are you interested?

The **Penticton** Chapter is having a start up meeting on
Saturday, April 9th at 1:30 pm

at the Leir House, 220 Park Manor Ave.

All interested men and women welcome to attend
for information please call Jacinta Ferrari **493-0475** Penticton

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

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

Investment: \$130 plus GST

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Sat 9 am to Sun 3 pm - Cheryl: 768-2217

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Then just feel and move by your feelings.

**When you learn deeply, ninety percent of the work
is done by love, ten percent by technique."**

OSHO

ACTIVISM FOR PEOPLE ON THE GO

by Nomeca Wraye

You care about the environment, you really do - but you know how it is today, people are very busy. After finishing work, classes, child-care, homework, cooking, cleaning, laundry and other daily duties, who has time to hang off nuclear warships, block logging roads, or protest chlorofluorocarbon production?

Steve Macdonald of 20/20 Vision understands this and has made it possible for people like you to become informed of critical issues and turn your education, anger and frustration into ongoing, meaningful influence on our nation's policies. "What often blocks many of us from acting on our convictions is a lack of good information, lack of time, and a lack of confidence that our individual efforts could have impact," Macdonald explains. "We realized that there were thousands, probably millions of Canadians who wanted to see more protection for our environment and an end to the arms race, but didn't know what they could do about these critical issues," Macdonald continues. "They were overwhelmed by the immensity of the problems, by the legislative process. And people are very, very busy. If you have the right facts and can communicate to the right person at the right time, just when policymakers are facing critical decisions, and if you do it with a lot of other people who are bringing the same message, it's an extremely powerful way to influence policymakers and consequently positive change," says Macdonald. "We're making our democracy work the way it's supposed to!"

This North Vancouver based, non-profit organization provides you with well-researched information in a concise, easy-to-read form. Each month, volunteer researchers from 20/20 Vision spend a few hours calling legislative specialists in leading peace and environmental organizations like Friends of the Earth, Project Ploughshares, Westcoast Environmental Law Association, Western Canada Wilderness Committee, Greenpeace, and Canadian Physi-

continues to the right

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shore of Lake Okanagan*

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Register by calling (604) 496-5751

cians For Peace and Global Health. These organizations are asked to recommend the most effective action people could take that would require only 20 minutes. "Based on the recommendations, we decide on the most effective 20 minute action you can take at home to lobby policy-makers to protect the environment, end the continuing arms build-up and increase world security," Macdonald states. "We send you all the information you need."

Julie Hedley of West Vancouver, BC says, "I get so much mail these days; 20/20 Vision just sends me one postcard. It has on it one issue with a brief background, one recommended action - usually entails writing a short letter, and all the names and addresses I will need. It's so simple, yet the postcard is packed with reliable information and clear directions. I feel good about taking action and after mailing away my letter, I feel like I'm part of


the solution instead of part of the problem."

At a time of ever-increasing cynicism and governmental bureaucracy, Macdonald remains optimistic. He stresses the importance of communicating in a spirit of good will. "By lobbying politicians and by trying to change policies and legislation, we are attempting to fight the problems permanently at their roots, not just put out brush fires," Macdonald says.

In just over three years the Core Group of 14 volunteers has attracted more than 300 members (people who subscribe to 20/20 Vision). The 20/20 symbolizes 20 minutes a month writing a letter, and \$20 a year to pay production and mailing costs. One of their primary goals is to see other province-based groups spring up across Canada.

And how does the Core Group measure success? Every six months it sends out a newsletter that reports on all the actions taken

and their results. Several reports show a subtle pattern of changed votes and modified stances. "20/20 Vision subscribers act in concert with individuals and groups across the province and country and around the world, Macdonald reports. "They have seen their efforts result in such actions as the creation of a provincial park in the Tatshenshini River wilderness area, a closer look by the federal government at the production and use of methyl bromide (a major ozone layer destroyer), and a movement towards an international declaration outlawing the production and use of nuclear weapons, among others."

You can easily be part of this growing, powerful force for change. To become a subscriber, send \$20 to 20/20 Vision, 1475 Chamberlain Drive, North Vancouver, BC V7K 1P8 or call Steve Macdonald at (604) 984-2643 for more information. 

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Spring

April 5

Whole body Reflexology begins at Nuthery
Institute of Natural Healing. Winfield 766-4049

April 6

Acupressure and More course begins at
Nuthery Institute of Natural Healing.
Winfield 766-4049

April 7 - 10

LaChance Method Release work, Vernon p.29

April 9 & 10

Advanced Meditation Retreat, 100 Mile. p. 13

April 14 - 17

LaChance Method Release work, Kelowna p.29

April 14 - 19

Chuck & Lency Spezzano. Vancouver. p. 19

April 15 & 16

Healing & the Human Energy System
Keith Sherwood, Penticton. \$85
Phone 492-3181 or 493-1997 for info

April 16 & 17

Radionics Workshop begins at Nuthery
Institute of Natural Healing. Winfield 766-4049

April 17

Introduction to Meditation, Kamloops. p. 13

April 23

Understanding Compulsive Behavior
Compulsive Behavior is an attempt to find
fulfilment through something outside of
ourselves. If over indulgence has become
your mechanism for dealing with stress,
discover new ways to reclaim your self worth.
Led by Cheryl Hart & Marg Stringer Sat 10-6,
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Consultants Phone 763-8588 Kelowna

April 23 & 24

Psychic Sampler Fair, Winfield p.18

April 26

Recycled Homes, Selkirk College. p.19

April 27

Free Intro To Reiki, Kelowna. p. 8

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Schedule at a Glance

April 29, 30 & May 1

The Ultimate You, Winfield, p. 24

April 30 & May 1

Reiki 1st Degree, Kelowna p.8

April 30

Alpine Herbal Centre starts its 8-month program. Salmon Arm. p. 25

May 2 - 27 & May 30 - June 24

Counseling Hypnotherapy Certification
Nelson & Kelowna p.11

May 7

Getting Past the Fear, Peachland. p. 9

May 7 & 8

Colour, Crystals & Sound Workshop at
Nuthery Institute of Natural Healing.
Winfield 766-4049

May 6 - 22

Spiritual Intensive, Westbank. p. 13

May 6 - 22

Spiritual Intensive, Westbank. p. 13

May 7 - 19

Ayurveda with Dr. Robert Svoboda tour.
Grand Forks to Kamloops. p.2

May 13 - 15

Jyotish Astrology with Hart deFouw
Kamloops p.2

Pranic Healing - Kelowna p.3

May 14

Dancing Tao Tai Chi with Hajime Harold Naka
Saturday \$40 - Penticton - Phone 493-8439

May 13 & 14

Reiki II Attunement at Nuthery Institute of
Natural Healing. Winfield 766-4049

May 21

Keys to Forgiveness - If you no longer want
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Forgiveness allows us to let our past and our
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Consulting, Phone 763-8588 Kelowna

May 21 & 22

Manifesting your Full Potential, Peachland p. 9

Reiki 2nd Degree, Summerland. p.8

May 27

Ann Mortifee in Concert - Penticton, p. 13

May 27 & 28

Walk your Path with Power with Ann
Mortifee. At Naramata Centre. p. 13

Healing & the Human Energy System,
Keith Sherwood, Penticton. \$85
Phone 492-3181 or 493-1997 for info

June 3 & 4

Reiki I attunement at Nuthery Institute of
Natural Healing. Winfield 766-4049

June 4th

Spheroidal Gemstone Therapy, Kelowna, p. 8

June 7

Whole Body Reflexology, a 5 week intensive
day class begins at Nuthery Institute of
Natural Healing. Winfield 766-4049

June 9-12

LaChance Method Release work, Penticton p.29

June 12

Meditation & Stress Reduction, Coquitlam, p. 13

June 18 & 19

Radionics Workshop begins at Nuthery
Institute of Natural Healing. Winfield 766-4049

June 25

Intermediate Meditation, Westbank, p. 13

July 15 - 17th

Ann Mortifee - Grand Forks, this page.

September

Canadian Acupressure Institute Inc., Victoria
The Kootenay School of Rebalancing, Nelson
Canadian Healing Arts Institute, Rossland
all start their certification programs

ONGOING EVENTS

MONDAYS-TRANSFORMATIONAL YOGA

Kelowna - 7 pm. Muriel 763-8870

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Networking News

ELAINE FOURNIER is starting her own business called Switched-On Positive Learning. Office at #210-598 Main St, Penticton. Article on page 20. Give her a call at 496-5938, if you are interested in knowing more about Educational Kinesiology.

PERSONAL BEST SEMINARS has a new office on Dolphin Avenue, Kelowna. They have seminar space to rent. Call Sue 763-BEST (2378) for info.

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

KAREN TIMPANY will be coming to Penticton every second week for a full day of appointments, she does ear candling and much more. Phone Alive Foods Health Food Store: 492-5009 for an appointment or see her ad on page 21 for services she offers.

MIDWIFERY TASK FORCES are starting up throughout the valley. Get involved if you want to see changes happen in our child birth delivery system. Phone numbers on page 11.

THE HEALTH CARE SYSTEM as we know it is changing, Community Health Councils and Regional Boards are being implemented to assist in the changeover. If you want your voice to be heard and want to see preventative health care measures implemented get involved and make it happen. Nominations close April 30. Changes to be in place Sept. 1996.

DR. ROBERT SVOBODA is making his yearly tour through the Okanagan. He spends 6 months in India studying and writing Ayurveda information. His seminars and workshops are well worth attending. He makes this complicated science very easy to understand.

CONGRATULATIONS to Karen Sunderman, Books & Beyond has a new owner as of Feb. 1st. Goodbye, Sandra Bonner.

HEALTHBRIDGE CLINIC has space available for a health practitioner. Phone 762-8857 Kelowna

KELOWNA PARAPSYCHOLOGY ASSOC. has a Special Speaker, the last Wednesday of each month. New Members are welcome. Phone Ingrid for more information. 760-6089

THE SPRING FESTIVAL OF AWARENESS happens April 22, 23 & 24 at Naramata. Be there for the biggest and best holistic fair in Canada. Lots of networking and healing happening. Details....phone Jan 492-0522.

WELCOME Melva. She is offering ongoing metaphysical classes and personal consultations in the Winfield Mall.

SILVER SAGE WHOLISTIC SOCIETY, a new non-profit association has formed in Winfield. They are offering a Psychic Sampler Fair in Kelowna, April 23 & 24 to raise funds for the development of a spiritual centre. Memberships are available

VEGAN POT LUCKS in Penticton. Last Wed. of each month at the Leir House. Phone Angie for details: 496-5789. Next one.. April 27

REIKI MASTERS Peter Mikiel Hutt, Karen Timpany and Rhoyalle Ryane are offering FREE Introductory Reiki evenings at various times throughout the valley. See the Natural Yellow Pages for their phone numbers or ads.

THE LACHANCE RELEASE METHOD (used to be called the Unicorn Release Method) is making its debut in the valley. Welcome Maureen and Johanna.

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

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Family & Children's Camps

New at the Tipi Camp

by Susan Hulland



Parents know children and camping just sort of go together. With their young minds less cluttered by the cares of the world, children are able to experience nature in ways many adults have forgotten. Family camping allows grown-ups to learn from their children, to rekindle the wonder of discovery and experience, again, that self-assurance of belonging to the natural world that is the domain of the young.

Our secluded lakeside camp which is located on the shores of Kootenay Lake near Gray Creek, has hosted many happy family holidays during the past five years. This summer we have set aside some time especially for families and we're making plans to offer vacation experiences filled with opportunities for making memories.

Family bonding will be enriched during leisurely meals in our rustic outdoor kitchen and while falling asleep together tucked in your beds around the flickering light of a fire in one of our three large North American native tipis. Your days can be as active, or as relaxing, as you wish. A network of hiking trails offers a range of challenges for those who wish to explore the forests of Pilot Peninsula which surrounds the Tipi Camp. Water babies, both young and old, will enjoy rowing on the Kootenay Lake in one of our wooden boats or swimming on secluded beaches. To increase your appreciation of our wilderness surroundings, our camp staff will offer two interpretive activities each day. (Suitable for the whole family, they might also be a chance for Mom and Dad to catch an afternoon nap, perhaps?)

More can be merrier when it comes to families and children. We have three tipis and each sleep 6-7 persons, so you could make plans to have friends or neighbours join you at camp. Family Days are planned to free you from daily chores to do what's really important on your summer holiday -

spend time with those you love.

This year the Tipi Camp is offering special summer programs for older children, too. In 1993 we hosted two Wilderness Immersion for Self-Esteem (WISE) camps for students of the School District #7 Kootenay Regional Correspondence School. The success of these camps and numerous requests from our guests inspired us to offer our first two children's camps called "Many Faces". Based on the concepts of the WISE program, including Dr. Michael Cohen's teachings for Reconnecting with Nature, and enhanced by our secluded setting in the 1,000 hectare forests of Pilot Peninsula, these are summer camps with a difference.

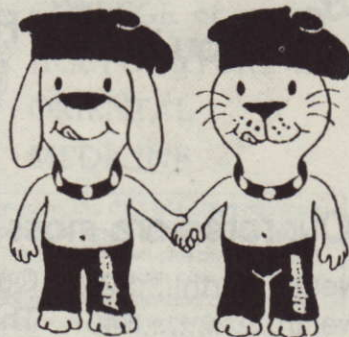
Designed for 9-12 year olds, they offer five days and five nights immersed in the beauty, wonder and challenge of nature. Supportive and confidence-building, Many Faces camps balance the physical and mental challenges of hiking, swimming, and canoe and rock climbing lessons with unique activities that teach understanding, respect, and a sense of partnership with the natural world. In brief, these camps, allow children to actively explore the many faces of nature, both around us and within us.

The girls' camp is July 11-16; the boys' camp is offered from August 8-13. The price of \$325 covers all costs including outdoor experience instruction by fully certified teachers. Many Faces camps are limited to 15 guests, assuring time and attention for each and every participant as they meet the challenges of living cooperatively and learning new skills to last them a lifetime.

The Tipi Camp is open to the public in July and August. Our facilities can also be booked by groups (Max 20 persons) planning workshops, meetings, or even family reunions. Please call or write for info. Guiding Hands Recreation Society, Box 20, Crawford Bay, B.C., V0B 1E0. 227-9555.

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Psychic Sampler Fair

On Saturday, April 23, 1994 from 10am to 10pm and Sunday, April 24 from 10am to 7pm the Silver Sage Wholistic Society will be sponsoring a "Psychic Sampler Fair" which is designed to inform the general public of what people who are involved in the "New Age" philosophies are really doing. The fair will be held at the Parkinson Recreation Centre, 1800 Parkinson Way, Kelowna. This fair will afford the public an opportunity to sample a great variety of alternative healing practises, psychic readings, clairvoyants and other practitioners that are involved with the trend toward expanded consciousness and spiritual fulfillment. These people are gathering together to offer this weekend to the public, out of their own desire to inform the public of what they do, at no cost to the individual other than their gate entrance which is very reasonable at \$5.00 per person or \$10.00 per family. This fair is also being presented with the intent of the "International Year of the Family," in that there will be activities and entertainment for all ages, as well as, how our skills relate to the family unit as a whole.

The Silver Sage Wholistic Society is sponsoring this educational and entertaining weekend for two major reasons: one is to raise funds for the promotion of the aims of the society, which are to make available to the greatest number of people the opportunity to investigate the healing talents available and the potential for spiritual expansion that is available at this time....secondly, and long range, to raise funds for the development of the site which will be used as a centre for spiritual growth and healing for anyone who has the need. This will be a centre which will be open to all peoples, regardless of race, color, or belief systems, to pursue their own development, at their own pace, but also to have the opportunity to share and learn from each other, in an atmosphere conducive to their own spiritual growth.

If you are interested and would like to join our society, we have memberships available for \$20 per year which includes a quarterly newsletter and the opportunity to get involved. For more information about the Silver Sage Wholistic Society contact us at Box 512, Winfield, V0H 2C0 or phone 766-3931 or 766-0345.

Animals-Our Path to Vision

by Diana Knowles

I feel called upon to attempt to communicate my feelings and thoughts about our friends who share the earth with us - the animals- and in the process I hope to learn to communicate clearly with them again and perhaps open another doorway to vision for some of you as well as for myself.

I was born with a great love and understanding for all animals but through a misunderstanding at age three I lost my ability to directly communicate with them and to understand their purpose in the grand scheme of the physical world.

Luckily I had parents who, when a beloved animal friend crossed over, would comfort me with stories of how God was taking care of them in heaven. This was my first conscious knowledge of the fact that they had an afterlife.

My second realization came with the death of one of my dearest companions, a German shepherd named Mitzi. It is hard to imagine a more loved animal and an animal who, just after death, left us with a magnificent gift. Mitzi was killed by a car and several hours later I heard her crying at the door. When I opened the door she was not there. Three times I heard her crying to be let in and three times I looked and called for her. After the third time I felt that some great being had come and taken her to a beautiful other place where she would always be happy and never be in pain.

Then there was Simone, a miniature poodle, who just before leaving her body came into all of our bedrooms and kissed each of us a final good bye, and Suzette, who perhaps made the greatest sacrifice of all. She left her puppies when they were only a few days old so that I could learn to love and then go.

Now there is my doberman, Tai, who took on my grief to the point where she was diagnosed with a heart condition so serious that her heart and heart muscles would atrophy and her life expectancy was under a year. Immediately upon getting in touch with my grief I saw a laser of light go from my heart to her heart and I knew that she was cured. Her vet still shakes his head in wonderment - it's wonderful.

Buddha Boy adopted me several years ago and luckily he has the patience of Job for his purpose, in regards to me, is to teach me to communicate again with all species. He pushes me to take Penelope Smith's animal communication workshops, he lies on my chest, staring into my eyes trying to make me understand his thoughts and he talks to me all the time. The wonderful thing is that sometimes I do understand him, another animal, a tree, a rock or another spirit. Like the other day when I discovered a lovely brown angora rabbit at the end of my street. Upon catching her and putting her in my car for safety sake, I asked her what the symbol of her coming to me meant and she told me, very clearly, that she came into my life to let me know that my luck had changed. Symbols and communication, aren't they wonderful when we will just be quiet enough to listen.

Please send me your stories as Angèle has given us this wonderful vehicle to help each other understand our connections with the animals. In my belief system I believe that we are all spirit and that each time we come to earth we choose a particular type of body, a body that will allow us, as spirit, to experience the full range of physicality. I believe that no body type is superior to another, that we are all here for the experience so please share with us what you have experienced.

Send to Diana Knowles, 874 Manhattan Drive,
 Kelowna, BC V1Y 1H5.

Thanks.

Recycled Tire Homes

by Mark Bossert

Houses made out of tires? What does the inside look like? Imagine warm adobe walls that have flowing soft lines with rounded or square corners, as you like, sealed with linseed oil or paint. Imagine exposed viga (log) or tongue and groove pine ceilings. Imagine beautiful warm flagstone, red saltillo tile or your favorite flooring.



The tire walls are finished with a mud plaster called adobe. Adobe finishes have been in use for at least 2000 years, and are inexpensive, durable, energy efficient and lovely. Adobe allows the owner to sculpt the home interior with designs, nooks and crannies and rounded forms very pleasing to the eye. Adobe walls are probably the most benign

and healthy finish available.

All the non-load bearing walls in the home are built out of concrete and aluminum cans or adobe bricks.

These materials allow free flowing designs that are cheap, easy to use and easy to finish.

The south wall of the house is totally glazed, to afford light and solar

heating. Directly behind the glass is a planter allowing fruit and vegetable growth year round. The homes also have plenty of ventilation as well as air to air heat exchangers, to keep the air clean, fresh and eliminate radon pooling.

Bathrooms are constructed at the south wall so they receive solar heat in the morning during the heaviest use. There are many options for the toilet; solar, composting, Storburn burning toilet or low flush. All of these minimize or eliminate the need for sewer or a septic field.

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Movement is the Key to Learning

by Elaine Fournier

Nowadays, several thousand of our children form learning disabilities in our schools, perpetually bringing those difficulties into their adult life. Although mind/body integration is the natural state of the human being that offers optimal learning and wellness, why is it that our statistics are showing us the opposite?

Everything in life affects us either positively or negatively. Most of us have come to accept limitations in our lives as inevitable and believe that stress is unavoidable. Brain Gym® movements are a positive natural, healthy alternative which we can use and teach others to use when negativity and limitations present themselves.

Brain Gym® level 1 training of Educational Kinesiology is a series of enjoyable, quick and easy to do movements and activities that stimulate both hemispheres of our brain simultaneously to enhance the experience of whole brain learning. These activities make all types of learning easier, but are especially effective with academic skills. The word education comes from the latin word "education" which means "to draw out." Kinesiology is derived from the Greek root "kinesis", which means "motion." It is the study of movement of the human body. Educational kinesiology is a system for empowering students, of whatever age, by drawing out through movement activities those hidden potentials locked in the body.

These movements and activities enable the student to access those parts of the brain previously unavailable to them. The changes in learning and behaviour are often immediate and profound as children discover how to receive information and express themselves simultaneously.

The function of the human brain, like a hologram, is three-dimensional with parts interrelating as a whole. This is how the infant, toddler or preschool child is capable of taking in the adult world and re-creating it. Learning happens easily when it is presented in a multi-dimensional, multi-sensory orientation. Look at a three year old. They move, don't they? They are pulling in massive amounts of sensory input that they bring into their world. When they come across something they move with it and that allows them to understand it, internalize it. That is the way they know. A study done by U.N.E.S.C.O. shows that most people living in urban areas of the states have a decline in physical use of 75% between the age of three and seventeen, the period in which most learning occurs. By the time the child gets to seventeen the massive amount of input declines. Their mental abilities have gone down.

Most educators forgot the kinesthetic part of learning. Our society today is very much oriented into the left hemisphere functions of the brain which are logical, analytical, mathematical, judgmental and time oriented. Only 20% of the curriculum in the school system serves to stimulate the right hemisphere functions such as creativity, rhythm, feeling, color and language through art, music and physical education.

Another stressor that inhibits full integration learning is excessive involvement in two-dimensional activities, those that involve a flat surface like T.V., videogames and also reading. If these activities occur before the child has developed the visual skills necessary to shift back to the three-dimensional vision of everyday living, chronic stress may result. When the learning is acquired under stress it causes the learner to "switch off." Under repetitive reinforcement of those situations the brain integration mechanism necessary for complete learning shuts down. Information is received by the back brain as in "impress" but is inaccessible to the front brain as in "express." This inability to "express" what is learned blocks the student in a failure

RADIONICS

by Karen Timpany

Radionics is the power of thought. An energy form used to conceive the universe as we know it. Thought can bring anything into your individual world, be it good or bad, positive or negative. We see it every day in the people we meet. The neighbour across the way complains that his or her life has been one big miserable experience and he or she is right, it has been. What caused this? Another person that may cross our path doesn't have much in the way of material possessions either, but he or she is happy, positive and a joy to associate with. Why is this person any different from the neighbour across the way?

The answer is **THOUGHT!** Our thoughts bring us what we conceive to be true for us. Imagine for a moment how wonderful it would be to create a new life for yourself, a larger income, happiness, a more positive and beneficial relationship with family, friends and lovers. Too good to be true? Not so! Energy is everything and everywhere. It is everything we see and don't see. How solid it is depends upon how fast or slow the molecules are moving; molecules moving at a very slow rate make hard objects such as rocks possible. Trees have an energy pattern which is not as slow as rocks, but does slow down with age, just as we do.

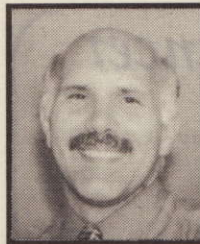
Light and sound have energy waves that move at such a fast rate, we cannot see them. Thought is in the same category, but it is just as real. Thought, or radionics, is a method used to create. We have the capability to create whatever we wish into our lives. To uplift all of mankind and reshape our worlds. Inventions are a product of creative thought, why not invent wellness, happiness and joy into your life? The power of thought is our future! Create better health, a better world to live in, love and a joy within yourselves that will radiate to everyone you meet, expanding and magnifying until all is consumed by it.

Your world is exactly what your thoughts have create; if you don't like it, change it! It's as simple as changing your ideas from what you believe to be your lot in life, to everything being possible and available to you. Is the power of Radionics to create all that you desire, in a healthy and positive manner, in your future life plan?

syndrome. Brain Gym® reestablishes the natural learning pattern where we return to automatic, integrated movements to a state where learning is easy. With Brain Gym® most learning blockages can be removed if recognized and addressed in a positive way. Given the opportunity to move in his own way the child is capable of completing the learning cycle. With support and permission to move in the classroom in a positive manner he will unfold into his unique and complete intelligence in a way which is natural and easy. He will not be blocked, he will be unblocked. The child knows when he or she is blocked and asks for help within his or her behaviour. There are no lazy, withdrawn, aggressive or angry children, only children denied the ability to learn in a way which is natural to them.

Paul Dennison Ph.D. in Education created this brilliant synthesis of various discoveries from the education, health and personal growth field. He is the author of eight books on the learning through movement process. An international speaker and founder of the Educational Kinesiology Foundation.

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Clayoquot Sound What's It All About?

The Clayoquot region has received considerable international attention for several reasons. First, the forests are magnificent and rare. Clayoquot Sound is one of the few remaining large tracts of temperate rainforest on the planet. At 260,000 hectares it is the largest low elevation coastal rainforest left on the planet. Three or four higher elevation rainforest tracts remain that are larger, but only a handful of areas in Chile compare in sheer biomass to these forests with trees up to 1500 years old and 15 feet in diameter.

In 1958 MacMillan Bloedel, the largest logging company in B.C., bought the rights to log 1,000,000 acres of the west coast of Vancouver Island for \$30,000. Clayoquot Sound is part of that tree farm license (TFL 44). MB holds the cutting rights to about 70 % of the Sound with Interior holding approximately 20 %, and the rest remaining as private land, native reserve and unallocated Crown land. Weeks before the provincial government announced its April 1993 decision to allow logging in 74 % of Clayoquot's ancient forest, they invested \$50,000,000 into the company, becoming the largest shareholder. The indignity of becoming unwitting shareholders through the investment of tax dollars into a company they did not want in Clayoquot Sound has infuriated the public.

Over the past fifteen years in Clayoquot Sound environmentalists have participated in five different government committees and commissions dealing with forest issues. Clear-cut logging has continued unabated during these processes. Over the same period of time there have been five blockades, over 850 arrests, more than 750 of them in the last few months. The largest blockades, in Canadian history have taken place in an impeccably peaceful manner. The Government has had to arrest hundreds upon hundreds of previously law abiding citizens in order to escort the multinational corporations in to log the public forests.

Coupled with its ecological rarity is the human rights issue of the indigenous people who have lived here for over 5000 years. Although they comprise 45 % of the human population, with unemployment levels of 73 %, they hold rights to only 0.05 % of the land. The government recognizes that native land title of these forests is yet to be settled, however they have given corporations the right to log 74 % of the productive old growth.

The struggle to protect Clayoquot Sound is symbolic of the wilderness, forestry and indigenous people's rights issues facing people around the world. The time has come to demand that government and corporations implement the solutions to the global ecological crisis.

How You Can Help Save Clayoquot Sound

What follows is a list of things you can do to help - wherever you live. This list is just a starting point. Call up a few friends who care about wilderness, and spend an evening brainstorming - it's more fun that way and it's nice to have some help. There is strength in numbers. Above all, keep your spirits up - the trees are still standing. Come up for a visit and see for yourself: the Sound has been lost on paper only!

1) Participate in "Clayoquot Monday" every week. Phone or write Premier Harcourt every Monday and let him know what you think about his appalling Clayoquot decision. If you're an NDP supporter, let him know that too. Phone 1-800-663-7867 or 387-1715. Fax: 387-0087. Write: Legislative Buildings, Victoria, BC V8V 1X4

Continues to the right

SOME THOUGHTS

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



As I am writing this, I am filled with an absolute joy. This morning I saw the first crocuses blooming in front of my house. Although we had snow just a few days ago, these little messengers of God are coming forth in all their glory to let me know that Life is again bursting forth, rising from the darkness after the months of short days and long, dark nights. In the words of the Song of Solomon, "For lo, the winter is past... the flowers appear on the earth; the time of the singing of birds has come..."

Yes, Life is bursting forth and we are all part of the re-awakening. Spring time brings a quickening of the pulse and heart-beat and a new excitement that quickens our step. It is a time for cleansing and renewal. It is a time for shedding the garments of winter. It is a time for new beginnings. We begin to understand the glorious mystery of "death" and resurrection as we witness the unending life cycle of nature. We are brought to a higher understanding of the life cycles that we also go through on our spiritual journey. What a wonderful realization it is to *know and experience* this flowing of Life that can never end. It is with us now, ever has been and ever will!

Easter is the time when the celebration of the overcoming of death takes place by the realization that Life itself cannot die. What a wonderful discovery! Join us at the New Thought Center this Easter morning as we **CELEBRATE LIFE!** We now have two services for your convenience -- at 9:30 a.m. and 11:00 a.m.

Another way to celebrate your spiritual awakening is to give yourself the gift of understanding and spiritual education. We also offer Science of Mind classes, Tuesday and Thursday nights. These will help you understand how you can change your life through changing your attitude -- and exactly how this is done. **YOU DESERVE THE BEST!** Treat yourself to Life!

2) Write the new Minister of Environment Moe Sihota and Minister of Forests Andrew Petter at the same address. Tell them to reverse the disastrous decision made by their predecessors ASAP.

3) Send a letter to everyone in Cabinet. Urge them to legislate a Forest Practices Act with some teeth, as well as stringent Biodiversity Guidelines.

4) Visit your local MLA. Tell him or her that you are not pleased with the Clayoquot logging decision, and intend to work to change it. You don't have to be an expert on the issues - call FOCS (604) 725-4218, Sierra Club 386-5255, or Western Canada Wilderness Committee 683-8220 if you need info to prepare yourself!

5) Have you contributed to the NDP in the past? Send that same amount (or more!) to FOCS or the wilderness group of your choice. Photocopy the cheque and send it with a letter to Premier Harcourt.

continues next page



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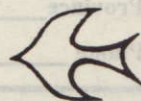
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people you know.

8) Share this article, or the entire ISSUES
magazine, with people you think might be
interested in helping save the trees.

9) Send info about the issue to people you
know in Europe, Japan, and the United States.

We believe that international attention on
B.C.'s shameful logging practices is a key
part of the campaign to save wilderness.

10) Send letters to the editor about Clayoquot
Sound. Call into radio talk show open lines.
This is a very effective way to share your
views with lots of other people.

11) Are you involved in any organization
(business, church, club, etc.)? Have your or-
ganization write a letter in support of protec-
tion for the entire Clayoquot Sound. Send
your letter to FOCS, newspapers, the govern-
ment, and other organizations. Challenge other
groups to do the same.

Yes,

There are Shortcuts

by Melva Manseau

The goal of a true Spiritual Master is
that the student should exceed himself in
Spiritual growth. My Teacher, Winifred Grace
Barton, expressed this desire quite early on in
our teacher-student relationship. My own
burning desire is that this should happen to
you, dear one. For such is the Law of Spir-
itual Evolution. A shortcut up the mountain?

Yes; there are shortcuts. Yes; there is an
easier way. Yes; you can succeed beyond
your wildest expectations. Consistency and
constancy, patience and perseverance of ap-
plication is the shortest route. Prayer-power
can fuel your rocket. The expansion of con-
sciousness was meant to be simple and ef-
fortless as physical maturation. A young
child ingests, digests, assimilates nourish-
ment into its body and excretes the dross.
Mind likewise, absorbs and digests ideas,
retaining the essential elements necessary
for its growth. The refuse is discarded.

Even as an infant must persist in daily
efforts to balance himself when first learning
to walk; so must the spiritual seeker. Each
must be willing to accept the bumps and
bruises of growing up. Our physical educa-
tion is on a linear level, starting with kinder-
garten and going on through to University,
graduating into whatever field of vocation,
hopefully, best suited to bring out the best in
us. Spiritual education is not on a linear level.

Life is a classroom. Develop a positive
attitude and keep appreciation for what you
learn. Don't take yourself too seriously. Use
humor to brush aside the hurts. Put aside
procrastination. Persist in progression. These
are the "Shortcuts to Spirit".

Decide upon a path "By your fruits shall
ye be known" is the best adage in making this
selection. It is wise to avoid the exotic or
highly ritualistic techniques. Structures which
base their authority on the assumption of
unquestioning obedience to a leader are sel-
dom acceptable to those whose awareness of
life extends beyond narrow boundaries.

Reach out! Adepts in the mystical arts
need no external instruction. The Inner Being
longs to lead its instrument into the ways of
life. The object of the "Ultimate You" is to
lead one into a relationship with the "Self"
...The Higher Power. Give a man a fish and
feed him for a day - Teach a man to fish and
you feed for ALWAYS!! The techniques in
the "Ultimate You" are designed to help the
initiate to fish for oneself. *Her ad is to the left.*

Alpine Herbal Centre

by Yarrow Alpine

Imagine an herb school set off a peaceful back road, near lake and creek, herb garden and wilderness. Imagine hands on instruction that is so interesting that, despite long and extremely busy days, the entire experience feels like a camping vacation. Imagine recapturing herbal and health knowledge from ages past, and making it, again, part of a family tradition. Imagine rapid learning with minimum pressure and no conventional exams.

The Alpine Herbal Centre near Salmon Arm is such a school! It is unique in energy, style, and objectives. It turns out students with experience and love of herbs, and with surprising store of useful knowledge! The high-spirited yet practical course has been so successful that recent classes have been filled to bursting with new and repeat students.

Held on every third weekend, its schedule is arranged to accommodate commuter students, who have been arriving from as far away as Nelson and Edmonton. Class members arrive early Saturday or Friday if preferred, set up camp, and spend an intensive two days tasting, observing, studying, digging up, and learning how to use plants.

Here are some typical activities:

- Sip tisanes and decoctions made from the "giants" among valuable herbs, while studying their uses and effects.
- Take home live plants and establish fragrant home gardens, so you can pick your own herbs in years to come.
- Wander through wild woods and trails, stopping to examine the plants native to this area and learn their uses.
- Learn how to harvest, dry and store herbs.
- Develop your own custom made first aid kit.
- Actually make salves, tinctures, oils, liniments, creams at minimal cost.
- Create a herbarium of dried plant specimens gathered in the field, as a permanent aid to identification.
- Create a personal reference notebook, geared to your unique interests and needs, carefully organized to be useful.
- Participate in a variety of awareness activities. Sit in the woods and sing; take part in ancient and beautiful ceremonies.
- Talk around a campfire, help put together a potluck dinner, take a shift doing dishes, and in general get acquainted with a class of very interesting people who may become permanent friends and contacts.

If this interests you.... see ad to the right

CANADIAN HEALING ARTS INSTITUTE

Canadian Healing Arts Institute
offers an Acupressure Certification course
September 1994 to June 1995.

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 23th 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.



Sid Tayal

has 25 years of experience in Acupressure, Acupoint, Touch Polarity, Bodywork, Reflexology, Nutritional Guidance, Past Life Regression, Meditation and Emotional Counselling.



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.



Michel D'Estimauville

has a B. Sc. degree, a diploma of Education and teaching experience. He has studied numerous forms of holistic healing, holds a certificate in acupressure and is a Reiki practitioner.

The Alpine Herbal Centre presents

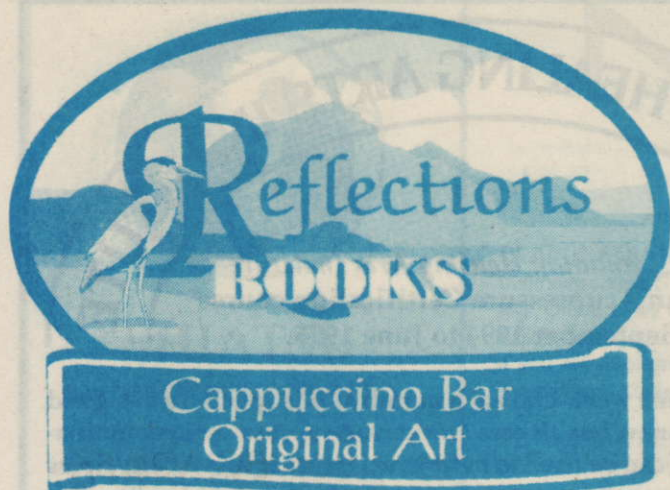
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FOCUS ON WOMEN

Laurel Burnham

CREATING SACRED SPACE WEAVING THE BASKET

In creating ritual, we begin by acknowledging that where we stand is sacred ground. In order to enter sacred space, we must separate ourselves from world time, and move into sacred time. We must move into a space that acknowledges our connectedness to all life, away from material consumerism into the world of spirit.

In the world of patriarchal religion, the world in which most of us have come to adulthood, the ability to create sacred space has been the sole and exclusive right of male priests, in buildings designated as holy: churches, cathedrals and synagogues.

We have learned from the Indigenous peoples, and from our own prechristian spiritual roots, that the Earth itself is holy, and all life upon it sacred. As women, we must learn to create for ourselves sacred space, where we can become participants in the holy mysteries of life. In doing so, we must stand outside of time as we know it, and enter the timeless.

Ritual can be held in all sorts of places; from mountaintops to beaches, to private homes and public buildings. There is no "church," no sacred ground other than that which is under your feet. If gatherings are to be held in a private home, there are certain guidelines which can facilitate the creation of sacred space. Ideally, there should be no distractions or interruptions. No doorbells, no other household members. Unplug your phone, or turn off the ringer and turn on your answering machine. Someone else should mind the small children.

If this is to be a ritual for women, then it is better if no men are present. As much as we love them, they do bring a different energy, which will totally change the quality of what you are attempting to create.

Some ritualists feel that the most powerful and connected rituals can only happen outdoors. For women's rituals focused on lunar energy, it is appropriate to do them at night, preferably when the moon is full. Having an outdoor ritual will depend upon the availability where everyone feels safe, and will not be disrupted by curious neighbors or wandering strangers. Outdoor rituals are also very dependent upon the weather. Unless you have a very hardy and devoted group of women, people do not appreciate being cold or rained upon.

Ideally, the space should be large enough to hold all the participants comfortably, with room to move. The space should also be tidy. If you are indoors, you might want to remove some of the objects from the room that identify it with its everyday use. You will also find that the type of lighting you have will affect the environment profoundly. Fluorescent lights are particularly bad, as they emit a particular light wave that is both damaging to the human eye and debilitating to the immune system. Natural light is excellent. If you are doing the ritual at night, then candlelight (and/or firelight) is the best of all. Remember that regular exposure to moonlight is particularly beneficial for regulating the menstrual cycle.

Candles can create a particularly meditative and peaceful atmosphere, but they require close attention. It's best to have good candle holders, or saucers under each one, and placed in such a way as to avoid dripping wax on carpets, clothes and furniture. It's also

important that they be placed where they will not pose a danger to anyone present.

After you have cleaned and tidied the area, it is a good idea to change the energy by burning some kind of incense, or smudging the area with sage, cedar or sweet grass. You can effectively remove any negative energies from the space by paying particular attention to the corners of rooms. The Native peoples feel that negative energy gets trapped in corners, which is one reason why they used the circle as their sacred form. If you have people in your circle who are negatively affected by smoke, then you can also purify the space by using salt water, sprinkled liberally, especially in the corners. You can also mist the space using a spray bottle with water to which you have added a few drops of an essential oil.

If you are performing your ritual outdoors, it is a good idea to delineate or mark off your space with rocks, or a circle of cornmeal, or whatever you have on hand to create a sense of enclosure. I have used dried herbs and flower petals quite effectively. Medicine wheels which are hundreds of years old have been made with stones placed in a sacred manner in great circles around a central fire. The main thing to remember is that you are working with energy, and trying to create a space that immediately feels different and special to people when they enter it.

The next step in creating sacred space is to create an altar. The word altar comes from the latin root meaning "a high place." The use of high ground as places of human worship is a very ancient practice. If the word offends you, or has some kind of negative connotation, then simply think of it as a focal point for the energy in the space. If you are lucky enough to be able to have a central fire, then it can serve very efficiently. For those of us modern folk who spend most of our time indoors, it is important to be able to create a focal point which is not only very beautiful to look at, but holds all the essential elements in the form of natural objects which will help us create a feeling of beauty, peace and divinity. An altar can be as simple as spreading a beautiful piece of cloth on the ground in the centre of the space, and adding to it those objects which are important to individuals and/or the group. It is important to remember that any objects which are placed on the altar will become "charged:" that is to say, their intrinsic healing properties will be fully restored. I always try to include crystals and flowers, as well as candles.

Creating an altar is a profoundly symbolic act. You are in effect, creating the centre of the universe, from which all life flows. When this is done with love and mindfulness, you have already begun to enter into sacred time. ☸



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Centered in the Tao

In Search of Perfect Harmony

by Hajime Harold Naka ... 'dancing dragon'

Balance is what a lot of people are looking for these days. With technology advancing so rapidly and the uncertainty in the world today, there is a sense of time speeding up, leaving one rushing to catch up. No wonder people are tense, confused and at the same time running around without direction, driven on by fear, competition and insecurity, feet barely touching the ground, eyes darting about looking but not seeing, body out of alignment trying to catch up, Mind going out of its mind.

STOP! SLOW DOWN. RELAX.

I exaggerate, but not by much. I am sure we have all experienced the pressures of life overwhelming at times and wished for the good old days when time seemed unhurried and the days seemed longer. Well, those days are gone, but it is still possible to slow down and find our centre. Welcome to the world of TAI CHI INNER DANCE.

Let your feet connect to the earth, soften the feet and surrender into the ground, feel the earth support your body. There is no need to hold your body up with tension, don't fight gravity, soften your shoulders, hips, knees, and ankles. Relax your belly as you breathe in slowly, feel the earth breathe into you from the soles of your feet, nurturing your spirit.

As you breathe out, let the energy from the heavens flow into you and like gravity, let the chi flow through you as tension dissolves, sinking through your feet going deep into the earth. Now there is a feeling of connection to the natural rhythm of the universe. There is a feeling of calm in your centre. As the mind becomes empty like the blue sky, the eyes also become clear and bright like a child discovering the world for the first time. Now the bodymind moves effortlessly through space, fingers drawing pictures in the air, hands making sculptures like clouds, ever changing. Yes, nature is our best teacher.

Your body smiles. It is wonderful to be alive and experience the world full of wonder, you are now the dancer and the dance.

"Pure light, white light,
there is nothing lacking
and nothing in excess;
Only because we accept and we reject
we know not the suchness of things."

Come and join us in the dance at the Spring Festival of Awareness.

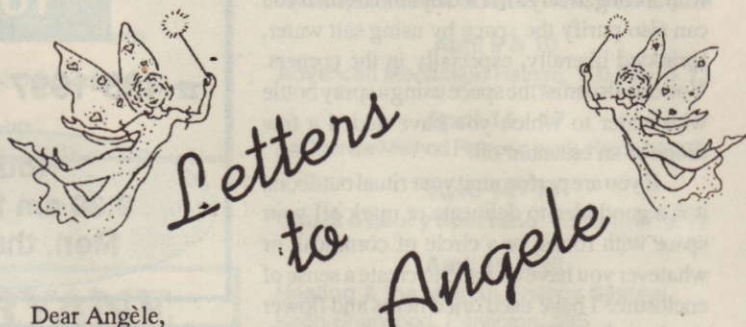
Chelation Therapy

by Carol Stroshein

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

Chelation Therapy is an effective and safe alternative treatment to bypass surgery and angioplasty. It is an extensive treatment in that it treats all of the diseased arteries including the micro circulation. Blood flow in these arteries becomes obstructed when cholesterol, especially LDL (low density cholesterol), becomes oxidized, forming oxides and peroxides. These permeate the lining of the artery and eventually form plaques. These plaques irritate the artery wall which responds by producing excess muscle cells and inducing the immune system to send special white cells. Eventually calcium from the blood stream leaks through the damaged lining and deposits itself as clumps and particles. Excess metals in the body contribute to the oxidation of LDL's. This is

due to the formation of free radicals caused by the metals contacting with oxygen in the blood stream. Chelation therapy cleans out these metals and excess calcium as well. Ethylene, diamine tetra acetic acid (EDTA) a synthetic amino acid, is given as a slow drip into the blood stream, over a period of 3 to 3 1/2 hours in a doctor's office. Approximately 30 treatments are required for advanced artery disease. EDTA joins with the metals in the body, forming stable complexes which are excreted through the kidneys. In addition, EDTA binds to calcium in the artery wall, pulling it out. There is much controversy over Chelation Therapy but doctors and patients who use it enthusiastically promote and defend it. There are over 3500 articles in scientific literature documenting the improved body physiology and beneficial results of this therapy.



Dear Angèle,

Recently a friend from B.C. sent me a copy of Issues which I read cover to cover. It restored my belief, or my faith, that there are positive things happening out there in the big world, besides all the negativity, which constantly assails us from all sides.

Living in Cape Breton, Nova Scotia, it's as if your publication is from another world. The maritimes being about ten to fifteen years behind, in terms of what's happening elsewhere. So it was a real eye-opener to read your publication.

I started learning homeopathy about a year ago, on my own, to fill this need to nurture and help people with dis-eases. It will be a long process as there is much to learn. Graphology is a fascinating field also which has piqued my interest over the years.

Something I've learned about recently which might be of interest to you, and others concerned with their health, is a mushroom called Kombucha, with which one make a detoxifying tea beverage. I've been seeking information on this mushroom for about a year now and have finally found a source. If interested their address is - Valentine Communication Corp., P.O.Box 11089, Naples, Florida 33941, U.S.A. They have two books on the subject: Gunther Franks, *Kombucha* and Rosina Fasching, *Tea Fungus Therapies*.

On another front, the primary reason I'm writing is after having read your Musing in the Feb/March Issues. Your story about your stooped posture really hit home. Sounds like my story. I wondered if you'd be so kind as to tell me about the passive stretching exercises which seemed to help you so much. I will be eternally grateful.

In closing I enclose a cheque for \$12 to receive your next 5 issues of ISSUES.

A vous sincerement,
Daniel Richard, Baddeck, Nova Scotia

Dear Angèle

A dear friend showed me your magazine with the old photograph of your homestead when you lived in Rosswood, BC. I enjoyed reading it immensely. Although we live far away it seemed to bring us closer. Just thought I would let you know that the first metaphysical classes, that I know of, are starting in Rosswood. Keep up the wonderful work!

Brian LeClerc, Terrace, BC

Polarity Theory

by Bonnie Klashinsky

Polarity Therapy works with the subtle anatomy of the body which is constantly supplying the life force to the body. We work with three phases of energy manifestations in the body:

- the chakras and their energy field
- the nervous system
- the musculo-skeletal system

Ancient teachings throughout the world understood this concept and teach one to go beyond the division of subjectivity and objectivity. To comprehend the ancient healing traditions, one needs to:

- ... release
- ...develop awareness of the weaving movement of the macrocosm and the microcosm
- ...allow opportunities to flow

This concept is found in the Native American teachings of "the spirit-that-moves-in-all-things." Similar symbolism is found in other ancient philosophies ...Taoist, Vedic and Egyptian. The common thread which weaves throughout is the belief of existence of a neutral source as its origin.

They created energy fields with the use of ritual - pyramids, Medicine Wheels, sand paintings, gardens, altars and yantras. These symbols and rituals bring us to stillness and our place of vision.

Awareness of energy blocks in our physical body facilitates the flow of body, mind and spirit. Insight to our individual healing process develops through studying the phases of energy as it manifests in our body.

Polarity Therapy teaches us to approach the human body as an energy field that dances with the universal, cosmic energy.

LaChance Method of Release Work

Integrative Body/Mind Releasing

by Maureen Edwardson

The LaChance Release Method goes to work directly on the root core issues to permanently release entire patterns of dysfunction easily, quickly, and gently at the cellular level memory, without the client needing to know or disclose any details of the issue.

This NEW HEALING MODEL integrates with other techniques to operate from the unique knowingness of each individual subconscious/body memory. The method is very empowering, the client is always in charge. Through a series of questions we tap into the subconscious and and the client's body to give the answers. Whenever we have any trauma in life, at any age, the trauma creates an electro-magnetic charge that impacts at a cellular level and we hold it in our body. The La Chance Method creates an equal and opposite charge that dissipates the issue gently and easily.

The result can be permanent, spontaneous release from old emotions, physical trauma, belief systems, and genetic programming that no longer serve you. To top it off, all this is done in a joyfully easy, quick, gentle and self-empowering way.

Maureen was the first practitioner and teacher of Roger LaChance's work in Canada three years ago and has a background in Reiki, bodywork, and kinesiology.

Her partner Joyanna is a Reiki 11 practitioner and teaches stress management, self-healing and meditation. Interested?

See ad to the right and attend their free demo.

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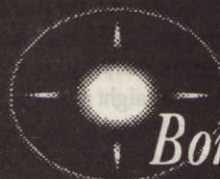
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Gail Swift 545-6585

Jo Ven 767-6367

Jan Stickney 492-0522

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Brainwriting

with Angèle

The two basic shapes in writing are curved and straight. The circle is the perfect curved shape. In handwriting, ovals and loops are derivations of the circle, a symbol of the eternal, perfect and cyclic nature of the universe, which represents the forces of nature and all aspects of the physical body, emotion and feeling. The circle is a loving container of intuitive and instinctive creativity.

Straight movement results in vertical, horizontal or diagonal strokes, or in the shapes based on the square, the cross, the triangle, or the x. Straight line and angular shapes symbolize human aspiration and the abstract mind. These strokes and shapes are sharp, aggressive and energetic, having to do with the mental world. Straight movements are unbending and rigid: they convey authority, ambition and power. Man-made objects and structures are composed almost entirely of lines and angles.

My emotions are all crazy

In general, **loopy** writers place more emphasis on the emotional and feeling content of an experience, rather than its conceptual aspects: they are sympathetic, compassionate and often quite intuitive in understanding and responding to situations. Their responses are impulsive more often than they are premeditated, and expressed in a verbal, sociable and extroverted manner.

I was put down a long time ago

Loopless writers have several ways of writing. They may choose to print rather than connect letters cursively or they may proceed directly to the next letter without circling around to the left. Generally speaking, loopless writers place more emphasis on the conceptual aspects of an experience than its emotional and feeling content. There is a tendency to avoid instinctive emotional responses by intellectualizing feelings.

I can express my feelings

Round writing is the quickest and most natural way to form or connect letters. Round writers are flexible and yielding, preferring compromise to argument. Still, regarding their home and families, they are possessive and jealous and they will fight when their security is threatened. Round writers are emotional and physical, and they find more fulfilment in the real world of experience than they could in the abstract realm of the mind. If the writing becomes too round, it can exhibit traits of childishness and immaturity.

I DON'T FEEL THE SAME AS YOU

Angular writing is identified with mental energy and aggression. Those who write in a basically angular fashion are analytical and logical. They don't merely 'believe' but must be presented with all the facts. It is necessary to 'convince' them, to prove 'how' and 'why.' Being rigid, inflexible and unyielding, they prefer argument to compromise and will seek to impose their will on others. Angular writers like to figure things

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Angèle Rowe, # 304-973 Forestbrook Drive,
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out and may make excellent strategists, mechanics, engineers, electricians and scientists. Their determination to succeed and their ability to work energetically cannot be equalled, but the variety and complexity of human emotions remains a baffling mystery to them. Their tendency is to avoid instinctual emotional responses by intellectualizing their feelings.

Writing is always a combination of circles and straight lines. Your preference and the degree to which you have strayed from copybook writing gives clues to how your brain perceives information. Your handwriting expresses how you were programmed, even if you have forgotten so understanding the basic symbolism or coding used by the brain is an amazingly accurate and quick way to understand people. It does take years of study to learn to become a good graphologist and come up with an overall picture quickly and accurately, but I have found that the time and money is well spent because the information channeled through the brain via the hand can't be tampered with on a sustained basis. Handwriting is an accurate picture of character.



Angèle does evening seminars on the basics of how we have been taught to write and explores the possibilities of who we have become by the way we write and sign our name.

If you would like to have her do an evening talk or workshop in your town call 492-0987, Penticton.

the 'NATURAL' yellow pages

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the 'NATURAL' yellow pages

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DEADLINE

for the next ISSUES

Advertising and/or Articles

May 10th

The Beneficial Effects of MASSAGE

Massage can compensate, at least in part, for lack of exercise and muscular contraction in persons who, because of injury, illness, or age are forced to remain inactive. In these cases, massage helps return venous blood to the heart and so eases the strain on this vital organ.

✓ Massage relaxes muscle spasm and also relieves tension.

✓ Massage stretches connective tissue, improves its circulation and nutrition and so breaks down or prevents the formation of adhesions and reduces the danger of fibrosis.

✓ Massage encourages the retention of nitrogen, phosphorus and sulphur necessary for tissue repair in persons convalescing from bone fractures.

✓ Massage helps to eliminate edema (or dropsy) of the extremities.

✓ Massage dilates or opens up blood vessels, improving the circulation and relieving congestion.

✓ According to some authorities massage may burst the fat capsules in the subcutaneous tissue so that the fat exudes and becomes absorbed. In this way massage combined with a nutritious but calorie-deficient diet can be an aid to reducing.

✓ Massage increases the blood supply and nutrition to muscles without adding to their load of toxic lactic acid, produced through voluntary muscle contraction. Massage thus helps to overcome harmful "fatigue" products resulting from strenuous exercise or injury.

✓ Massage disperses the edema following injury to ligaments and tendons, lessens pain and facilitates movement.


✓ Massage acts as a "mechanical cleanser" pushing along lymph and hastening the elimination of wastes and toxic debris.

✓ Massage increases the excretion (via the kidneys) of fluids and nitrogen, inorganic phosphorus and salt in normal individuals.

✓ Massage may have a sedative, stimulating or even exhausting effect on the nervous system depending on the type and length of massage treatment.

✓ Massage increases the number of red blood cells especially in cases of anemia.

✓ Massage improves the circulation and nutrition of joints and hastens the elimination of harmful particles. It helps lessen inflammation and swelling in joints and so alleviates pain.

✓ Massage improves muscle tone and helps prevent or delay muscular atrophy resulting from forced inactivity. 

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**ISSUES is available at all of the above
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**& Metaphysical Shops listed in
Natural Yellow Pages.**

plus many other places.

Everything, Spring, the atmosphere, the variety of workshops and the people, and at a price that I could afford. I will be back!!

Super sensational, I'll be back next year. This was "life changing."

I liked the 'organized' casualness of it all. Everything, everyone. Thank you, thank you for a wonderfully orchestrated weekend.

It is so important to be able to count on this one weekend a year for all of us to meet and grow together. Please thank your fantastic workers.

Absolutely terrific, I can't pick one aspect over another - it truly was one of the richest weekends of my life.

Conversations, children laughing and the healing houses.

The whole darned lovin' session of learning and new found friends.

The feeling of love and acceptance in the ether. It was wonderful to be surrounded by so many loving souls.

I really enjoy meeting the people who attend. Gatherings are so important. I want to thank the crew for such a wonderful job.

My friend and I gained loads of info, your planning was excellent.

The energy was uplifting and inspiring. It is nice to be able to sense energy, so often it is just words.

Meeting people of similar mind. The good energy.

Most relaxing and interesting. Thank you for being a part of my healing journey.

I love the variety and individuality of all the Festival participants.

I am so glad that this festival exists. Memories will linger long after the event.

Impressed with the care put into the whole weekend. It was an honor to come.

As an adult it was nice to participate in the children's playshops.

I loved the chance to talk with new folks that are different ages, colors and styles. What a great way to spend a weekend.

Beautiful atmosphere, caring coordinators and workshop leaders.

Some comments from last years
'Spring Festival of Awareness'
participants.

On site accommodation is sold out, but we still have room for more participants to attend.

Hope you are planning on joining us.

April 22, 23 & 24, '94

more details? 492-0522 Penticton





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