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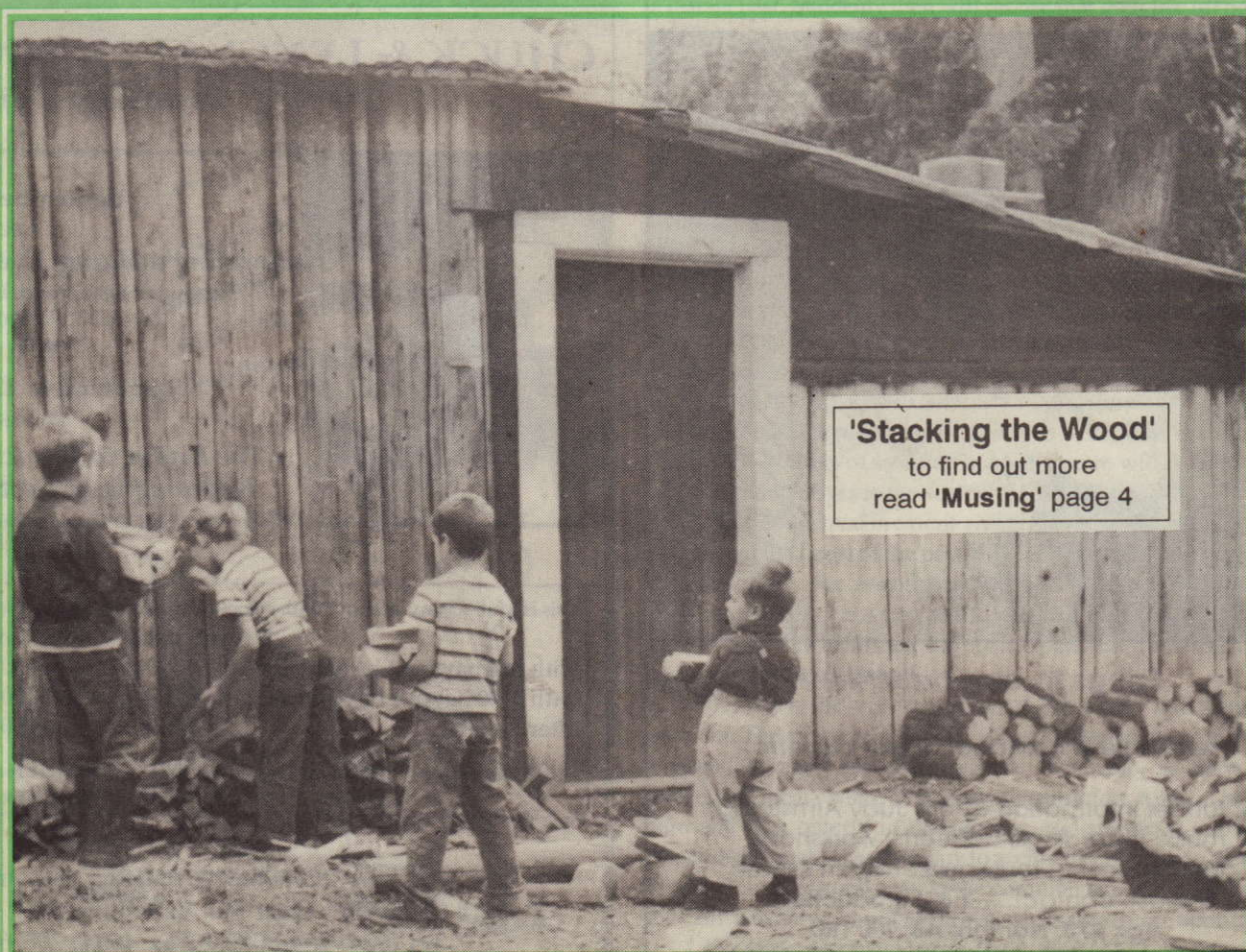
FREE

ISSUES

MAGAZINE

**Health Practitioners, Events & Options
for Health and Conscious Living**

Serving B.C.'s Interior and beyond...



September 1994

Volume 5 - Number 4

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Jin Shin Do® Acupressure Is a body mind acupressure method. It provides a detailed model for understanding and working with the feelings and unresolved experiences that so often underlie tension, illness and pain.

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Psychology of Vision



September 22

Lecture

Building a Happy Dream

Vancouver Renaissance Hotel

1133 W. Hastings

7-10pm - \$22

September 23-27

Workshop

**The Bridge to Miracles-
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Vancouver Trade & Convention Ctr.

This is a full 4.5 day intensive with an option to do only the week-end.

	Intensive	Weekend
with full payment by Sept. 13	\$500	\$350
with \$100 deposit by Sept. 22	\$600	\$400
after Sept 22	\$650	\$450

For information	Kelowna	737-0747	Dawn Bryant
	Nelson	352-9242	Kiara Fine

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Melonie Old

will be at the
**Holistic Healing Centre
Penticton**

for private sessions
Sept. 12-17



**Evening Presentation - Wed. Sept. 15
7:30 pm - \$5 Phone to reserve your seat**
Holistic Healing Centre, 254 Ellis St., Ph:492-5371

"My focus is to help people deal with emotional stress via their own bodies' cellular memory. Muscle testing is the technique used to identify suppressed energy blocks from early childhood experiences. Our first exposure to shocks like anger, fear or pain causes us to hold our breath and short-circuit our electrical system. From then on we run on an imbalanced energy field that reactivates every time we reexperience that particular emotion. By unlocking these suppressions we can then resolve and let go of our past pains to move into a new and better future.

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Melonie has 8 years experience as an Applied Kinesiologist working specifically with the electrical energy system or vital life force energy with relation to emotional impacts.

She has pioneered the documenting of a 12 chakra electrical body system based on using precision muscle testing on over three thousand people. The results are a calmer more mature response to what were once their greatest fears.

Melonie is based in Calgary but travels throughout Western Canada lecturing and doing private sessions.
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For more information write or call:

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768-0468**

Earlybird (through Sept 22)	\$49.00
Advance Sept. 23-Oct. 21	65.00
Door	85.00

*\$3.00 TTC service charge not included in ticket price.

Location: Coast Capri Hotel, Kelowna, B.C.

**Presented by: The South Okanagan New Thought Center
(A Motivational Teaching Center)**

Musing

with
Angèle

Publisher of ISSUES

'Stacking the Wood'



Fred Rosenberg photo

It is going to take some getting used to.... having an office downtown and a receptionist. I enjoyed the convenience of publishing from my apartment but it is time to let ISSUES expand and become a monthly publication. It will be good to have people working for me, including three advertising representatives that will do distribution and keep me informed of the changes in the towns where ISSUES is distributed. If you know of a place in your town that would like to carry ISSUES, give the office a call or phone Bev Franic in Kamloops or Theodore Bronley in Salmon Arm, Vernon, Revelstoke and Nakusp areas. Sue Montgomery will be helping me to do Kelowna, Penticton and the Kootenays.... and my Mom does the route between Prince George and Terrace. Their phone numbers are listed on the right side of page 5.

I am very pleased that there are so many people adopting a holistic approach to maintaining their well being. To support them, three women friends and I spent the summer renovating an old building in Penticton into a healing centre. It was great fun and we had lots of laughs as we cut and hammered boards, plastered and painted the walls, and finished the ceilings and floors. In the long hours we worked together to creating this central space, we deepened our commitment to networking and sharing information about holistic health and metaphysical awareness in Penticton. The financial contributions that continued to arrive were appreciated and well spent. Jan and I love going to garage sales and it made our day to find items we needed at a price we could afford. The Grand Opening of the Holistic Healing Centre is September 10 & 11. We invite you to attend. Please check out the schedule of activities on page 25

Working long hours is something I am used to: as a child I had no choice, as everybody in the family had to work to survive in the wilderness; we moved to town when I was a teenager and I found paid work so that I could buy clothes and go to the movies; when I got married and had children, I learned how to juggle many different activities and 14-hour days were the norm. Back then we had two acres with a garden and chickens, a business that I helped run and boarders to feed so that we could afford to buy our home. After our third child was born, we had no room left for boarders and I started working two or three nights a week. It was a great experience and I got to talk to adults.

I taught sewing and quilting classes, as well as swimming lessons for seven years in Terrace. Although the only teaching experience I had before that was helping my brothers or friends with school work, it never occurred to me that I wasn't qualified. I loved what I did, and passing along the knowledge helped me to get clear on the best way to present it. As I told stories of my struggles to learn, it encouraged my students to keep trying. For example, being told by my swimming instructors to give up because I wasn't a natural only made me more determined to continue. When I first started

sewing, I used to burn the pattern instructions because I couldn't follow them. It was easier to *just do it* and then try to figure out what the instructions meant. Many of my students made clothes or quilts that were much more beautiful than mine and many of the children I taught were able to swim better than I. When I left Terrace to move to the Okanagan in 1980, I didn't want to see the classes stop. I had to spend a fair bit of time convincing several of the ladies that they were much better teachers than I and that they should continue to teach the classes. By then, the local swimming pool had set up Red Cross Swimming Programs that taught life guarding and swimming instructions and many of my students had signed up for the courses.

What I have discovered in living my life is that many people learn how to do things much quicker than I. The difference between us is that I just do whatever it is and they prefer to take time learning it before they are comfortable doing it. Doing things right is not as important to me as just getting them done. People who dropped by The Centre while it was being renovated commented that I had taken on an enormous task and that 1800 square feet was a lot of space to be fixing up. My reply was that I am doing what needs to be done. I would have preferred someone else to have done it, but I have become impatient waiting for that person to show up. Renovating this old building confirmed to me that I do not need to know what I am doing beforehand, as long as I am committed to an idea. I figure out a way to get things done just as soon as I get started.

I think my attitude is due to my upbringing as well as my karma. If I just don't perceive long hours of doing what must be done as 'work' it's because my years of living have backed up my ability to be patient. When the time is right and my homework is done, I know I will be in the right spot at the right time to be given my next set of teachings. I believe that the earth is a school house for life and that I create opportunities to accomplish my goals. Failure is not a word I am familiar with. Whatever happens to me is for the best. When experiences happen to me that I don't enjoy, I take the time to try to figure out what the universe is trying to tell me so that I don't have to repeat them.

When I need it, I take time out and get a massage or read a book, but it is hard for me to take time off when I know there is work to be done. When I am feeling really tired and over-burdened, I will usually pick up a book or magazine article about people who didn't give up and the effect it had on the people around them. I am grateful to the many people that have inspired me to keep going when it would have been easier to stop. Once I am re-energized, I start with the task that I least want to do and the rest seems to flow smoothly.

The front cover shows five of the Brousseau family stacking wood: everybody who could walk helped. My Dad didn't have to go very far for a tree as there were lots of fallen ones around the homestead that had been vacant for many years before we rented it. We helped to steady the logs as Dad used his chainsaw to buzz them into short lengths and then split them with an axe. After the chopping was done, we stacked them ever so neatly against the house. The following spring Dad built a little roof over the wood pile so the rain and snow wouldn't get the logs wet. Wet logs were difficult to burn and they smoked up the house.

As a child I loved my grandmother's stories about how she got well despite modern medicine. When I went to visit her in Oregon at the age of five, she took me to a nature doctor's office to help me with my hay fever. They put little plastic tubes up my nose and pumped salt water through my nasal cavities. I remember gagging on all the mucus coming out of my mouth but I have never been stuffed up since. Grandma talked of her many travels to far-away places to get help. She had eaten some rat poison as a child and lost part of her

stomach. Prescription drugs made her feel worse, so she learned how to use herbs and other remedies. One day while picking mushrooms she got sick. Her friend took her to the hospital where they gave her a shot of penicillin and she died. I am sure she influenced my life more than I realize.

When I was pregnant, I wanted my children to have a stronger constitution than mine. I saw a medical doctor throughout my pregnancy and didn't discover till I became allergic to eggs that the iron pills he had prescribed were causing havoc with my system as they were not being assimilated. Many times I asked him questions about things that were happening in my body. He had trouble answering and most of his answers didn't make much sense to me. When I took prescription drugs I felt sleepy and had no energy and whatever the problem was seemed to return shortly afterwards, so I gave up believing in doctors.

I read Grandma's old herbal books and tried to follow Dr. Vogel's advice when we had health problems. I have softened my opinion of regular doctors over the years and know that they are trying their best, but I think they need to be encouraged to be educated more holistically. If they combined the new technology with the wisdom of the ages, our health care system could be much more effective. People should be taught to assume responsibility for their own bodies and not to depend on some outside authority to inform them of what's happening. I like the story about the Nahavo Indians who were taught 'little medicine' by their grandmothers in the hope that if they obeyed the laws of nature, they would not have to pay for 'big medicine'. I think science and technology have produced some wonderful cures which have their place in the health field, but these inventions are expensive and they do not always turn out to be what they claim. Nature has been around since the Earth was created and for every sickness she has a food or herb that grows.

Educating myself and taking responsibility for what I create has been instilled in me at many levels for many lifetimes. The work I do now is an effort to provide information to those that are seeking it. I want to help people make informed choices and I want the choices to be easily available. I cheer whenever I hear of a TV show or workshop that encourages or inspires people to embrace change and try something different.

I am ever so grateful to the pioneers who have struggled to make sure this infor-

mation is available for me to read. They worked a lot harder than I, often despite threats of violence and even death. I feel I am being guided to serve, to keep this information circulating, and the prospect of having the health care system change back to a more sane approach excites me. I feel that the shift of consciousness has expanded to the point that the new attitude now hangs in the ether and is being absorbed through osmosis by the people who are ready for it.

I am getting involved in the Community Health Council steering committee meetings so that the holistic approach is represented. My hope is that the government keeps its promise to increase the money it spends on education and preventative health care and I want to have a say in what it considers to be preventative care. I know I have the support of many of my readers and I would like to encourage **everyone** who reads this magazine to get involved. Similar meetings are happening in every town in BC. The government says it is looking for volunteers to help pioneer a new way of spending our health care dollars. The change is going to happen quickly because there isn't enough money being generated to keep up with the growing demands of technology funding and caring for an aging population.

Combining the essence of mind, body and spirit is no small task but there are people who have done it and are willing to share their stories with all who will listen. Everywhere centres like mine are opening up because you, the people, want them and are willing to pay for the knowledge that the practitioners offer. These services should be an option available to us on our medical coverage if we have decided that traditional doctors can't help. Herbs should not be banned and holistic practitioners should not be harassed. People need to be supported in pursuing whatever method of healing they think is appropriate. It is up to us to get involved and make the government accountable as it is our tax dollar that is being spent. Please make sure your voice is heard: change is happening and you do make a difference.

Angèle



ISSUES MAGAZINE

254 Ellis Street
Penticton, BC, V2A 4L6

Phone 492-0987

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ISSUES has a circulation of **16,000** copies and is distributed free throughout the Okanagan, Kootenay and Shuswap valleys 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 ISSUES distributed in your town please give us a call.

ISSUES welcomes 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 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.

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

Publications Mail Registration # 8651

Subscription rate is \$20 per year in Canada and \$30 to the States.



Retreats

by Sue Heffernan

Could it be fear, of that which is new or unfamiliar, that has led to statements of womens' retreats such as: "Women's retreats are just for feminists," or "a time for male bashing?" Quite the contrary, retreats are as in days of old, when men were in battle, a time to pull back from and re-strategize the approach so that we might move forward with less difficulty.

Setting an environment and offering the opportunity for one to: assess and challenge beliefs, create balance in their life and take time out to nurture self are essential components of retreats. Making the decision to leave behind demands and responsibilities such as family, home, and work can be difficult.

As young children, women in our culture are trained skilfully and often unintentionally to care for others before self. To nurture oneself, by focusing on and creating balance in life by taking time for self are essential ingredients, gifts, to a healthy lifestyle.

This can happen in many ways and for a growing number of people the need to "RETREAT" has increased. Recognizing that we want balance in life and have a need at times to get away, have fun and create special adventures while recharging oneself, perhaps through mental challenge, physical fitness activities, or just taking time out for self is critical to one's overall well being.

Taking time for yourself, meeting with new people and experiencing a retreat may be the best gift you can give yourself. Mothers and daughters have used retreat settings to reunite, and develop friendships as adults. Friends have taken the time to celebrate their friendships. While those who are feeling the stresses and demands of their businesses or work recognize the need for relaxation. Attending with others has its benefits since sharing information leads one to discover the many different adventures each can have during one weekend. ◆

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Watch for dates of newly introduced: Retreats for Men, The Seven Night Western Caribbean Cruise Retreat, and The Alaskan Cruise Retreat or the BIKE TREKS.

Request information about Linda's plans for special occasion or birthday parties that are sure to create lasting memories for your special celebration.

For registration or information contact

Linda's Fun & Fitness Retreat
P.O. Box 777, Station "A", Kelowna, BC V1Y 7P4.
Phone 764-8650 or fax 861-1340

Organic Growing

by C. Maliepaard

There is much misunderstanding about organic growing, even among people who claim to be organic growers. Having grown up in a time when the chemicals that we have today did not even exist, having graduated from an agricultural college that taught only the basics of organic growing, and having lived in four different countries, I see a lot of confusion and extremism among farmers and gardeners. At one time, from about 1945 until about 1955, I too believed that chemicals were the salvation of the farmers, but then I started to realize that there was something definitely wrong with it, because it seemed that, with the increasing use of chemicals, pests and diseases increased too and became stronger. I then started to look for the most economical methods of growing food without any chemicals, without having to revert to the labor intensive methods of the past. Later, a physical handicap forced me to look for methods of doing the most with the least effort. With that, I came to the final conclusion that some of the extremism at both sides is wrong; that prohibition by organic growers of certain chemicals is wrong too, while there is a big need for information and education. Based on my own experiences and observations while living and working in Holland, France, Indonesia and Canada, I now have written a detailed study about the economics of organic growing versus conventional agriculture. I found, for example, that there is nothing

inherently wrong with chemical fertilizers when they are used for the right purpose and at the right time. What is totally wrong is the excessive use of those fertilizers, to force excessive growth from the soil. This alone has already caused, and is increasingly causing, the destruction of the natural fertility of the land. This in turn, together with the excessive use of chemical fertilizers, is causing an increase in pests and diseases that, in the minds of many, created the need of all kinds of pesticides, that in turn destroy the natural balance of living beings. The reduction and destruction of the natural fertility also resulted in an increased growth of weeds. After years of experimenting, I came to the absolute conclusion that, when one practices good organic growing, there is little or no need at all for any pesticides. Also, while manure and compost are very good, the use of these can be a terrible waste of time, money and energy for commercial food producers. There are for practically every kind of farmer much more economical methods of enriching the soil, and that can include the limited use of some of the chemical fertilizers. We have to keep in mind that all those fertilizers are totally natural products and, if used in excess, even manure and compost can cause problems in the soil or with growth. I have described this in much more detail in my study about the economics of organic growing, as advertised in the Natural Yellow Pages under Organic. ◆

Networking News

Films & Birth Stories every second Thursday night, sponsored by the Midwifery Task Force. Interested? Phone 493-0475

Okanagan Falls Centre of Natural Health will be starting classes in Herbology, Wild Crafting, Herbal First Aid and Aromatherapy for home use. Phone: 497-8995

Penticton's Holistic Healing Centre opens Sept. 6th with a Mini Health Fair Sept. 10 & 11th. Drop in and find out who will be there. 254 Ellis St.

REIKI Circles happen in most towns. It is a process of accepting universal energy to increase ours. Interested? Phone any of the Reiki Practitioners or Master listed in the Natural Yellow Pages.

Caravan Books in Penticton is looking for a new owner. Drop by or give Carol a call 493-1997.

Congratulations to Judy Armstrong for making her dream come true. May your second release be a sensational success.

The Canadian Society of Questers meets in Salmon Arm for their annual conference Sept. 30 & Oct. 1&2. They would love to have lots of new people there.

The South Okanagan New Thought Centre (Science of Mind) in Kelowna has expanded. Drop by their new office at 1859 Harvey St, suite #210 or phone 762-2650.

RAVEN GALLERY in Enderby now has a selection of native arts and crafts, pottery and does custom framing. Drop in and meet Lee at 701 George St.

Looking for Gemstones? Drop in and say hi to Jim or Dave at the Kamloops Rock Shop, 448 Victoria St.

Many Healers are moving into the Valley. ...Welcome
Jill Newman to Vernon
Cassie Bennel to Kamloops
Violet Matthews to Penticton.
Troy Lenard has returned to Kelowna.

Grand Forks had a successful Ann Mortifee workshop and the next project for Joyce O'Doherty is a Healing Touch Workshop.

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SOME THOUGHTS

Rev. Donna Maurice Winchell,

Pastor South Okanagan
New Thought Center of
Religious Science



Remember the story of the young maiden in the fairy tale "Rumpelstiltskin" who was locked in a room full of straw, unable to realize that the straw all around her was gold in disguise? If you do, you recognize what a potent metaphor that is for one consciously practising the Science of Mind. How often we, too, are fooled by the problems, challenges, and mistakes (straw) in our own spiritual journey!

Shakespeare said, "There is no good nor bad -- it is only thinking that makes it so." Taking labels off challenges and difficulties that come from time to time removes the judgment of "good and bad" or "right and wrong" and lets them be what they are -- challenges and difficulties that provide us the golden opportunity to be problem solvers!

If your load has been heavy, perhaps now is the time to look for God --or Gold--in the situation. If you are facing pain of illness; challenged with loss in career, family or business; feeling lonely or confused; or stuck in an addiction, realize that this can be the source of greater awakening and the opportunity to learn the true strength of your spiritual practices. To meditate and pray at these times can be the soothing balm that heals the aches of the heart and reveals answers to the problems or the understanding, patience or compassion that is needed in the situation.

The chance to turn "straw" into gold awaits our ability to perceive that it is possible to learn, grow and heal from adversity of every sort. We can turn the most trying of circumstances into golden opportunities for greater growth and development on the spiritual path. **GO FOR THE GOLD!**

On Aug. 15 we opened our new office, downtown Kelowna.

Please give us a call or drop by. We have lots of activity and events planned for the fall including our SECOND Birthday Celebration and Susan Smith Jones on Oct. 22 & 23. Please see ads for details.

SOUTH OKANAGAN NEW THOUGHT CENTER



A spiritual community that love is expanding

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Prayer Ministry 11:00 am
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As of Sept. 11, 1994, **Note New Location**
Okanagan Mission Hall, 4409 Lakeshore, Kelowna

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1859 Harvey St., Suite # 210, Kelowna, B.C.

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"Brown Bag" Healing Service

ACCREDITED AND NON-ACCREDITED CLASSES

Start Date	Course	Time
Wed. Sept. 7	THE POWER OF DECISION (SOM II)	7 - 9 pm.
Thur. Sept. 8	CREATIVE MIND & ITS LAW (SOM I)	7 - 9 pm
Mon. Sept. 12	SELF-ANALYSIS & SELF RE-EDUCATION (Your Magnificent Potential) (SOM II)	9:30-11:30 am
Tues. Sept. 13	THE BASIC PRINCIPLES OF SCIENCE OF MIND(SOM I)	9:30-11:30 am
Tues. Sept. 13	HIGHER LEVELS OF CONSCIOUSNESS (SOM II) (Joel Goldsmith and the Infinite Way)	7 - 9 pm
Wed. Sept. 14	THE ART OF MEDITATION	10-11:30am
Thur. Sept. 15	THE PRINCIPLES OF FINANCIAL FREEDOM	10-11:30 am
Mon. Sept. 19	ACIM STUDY GROUP	7 - 10 pm

WORKSHOPS

Sat. Sept 17 INTRODUCTORY TO A COURSE IN MIRACLES 1 - 4 pm
Sat. Sept. 24 "GAY SPIRITUALITY" 9:30am-12:30 pm
Sat./Sun. Oct. 22-23

CHOOSE TO LIVE A BALANCED LIFE

with Susan Smith Jones, Ph. D.
see advertisement page 3

For class or workshop information:

Please call the office at **762-2650** or **768-0468**

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Lynn Andrews ... coming to Vancouver

Formerly an art collector living in Beverly Hills, Ms. Andrews embarked on a path of self-discovery and enlightenment over 20 years ago. After her divorce, she felt "lost and with a sense of confusion at the pain and destruction in the world." She eventually hooked up with two Native American women in northern Manitoba, which became the inspiration for her first book. She made her literary mark in 1981, with the publication of *Medicine Woman*.

Medicine Woman embroiders a story woven around discovery, motivation, inspiration and growth. It recounts Andrews' encounters with native shamans Agnes Whistling Elk and Ruby Plenty Chiefs. Their wisdom, sacred beliefs and harmony with natural elements provide the framework in which Andrews is taught self-development, growth and spirituality. The threads of learning depicted in *Medicine Woman* were hailed by a large cornerstone of the alternative literary market and spiralled Andrews on to a new plateau as a writer.

Since gaining a worldwide following, she is now regarded as a preeminent teacher in the field of personal development. "I have dedicated my life to tearing away the veils of ignorance that surround us. I think all of us feel it around us with the degenerating ecology and with the violence seen on TV," says Andrews. "We are in a time of testing. It is a time of challenge."

Andrews echoes the sentiments of the philosophy of the nineties society, embracing a spirituality that seeks answers. "We are at a time when I find it important to help make a place for other people, women and men, to win in their search for personal truth and power,"

she reflects. "People are sometimes frightened by someone else's success or good fortune. Those people do not understand that, when someone is successful in life, it provides an opportunity for someone else to do the same. That person becomes an inspiration for growth."

Nine books have been published in her *Medicine Woman Series*, which chronicle her explorations into feminine spirituality. Three of those have been declared New York Times non-fiction best sellers. Her latest workbook, *Walk in Balance*, is an anthology of the various teachings found in the *Medicine Woman Series*. Andrews also created "The Power Deck", a series of personal development cards that build self-esteem by examining the positive and negative aspects of the reader. "My life and work are dedicated to healing the planet by first healing the individual," she muses.

Travels to the Yucatan, Australia, Nepal, Tibet and Japan have aided in the writer's personal growth explorations. Her workshops are offered throughout North America and she gives an annual intensive retreat in the high desert of Joshua Tree, California. Andrews also endorses and follows the ancient Northeast Asian and Native Indian practice of shamanism, which she eloquently describes as "the process of becoming a total being. You become teacher by example and you evolve into a higher state of awareness. Shamanism is wonderful because it takes people back to the earth and to the female aspect of themselves."

The Psychic ESP Fair is sponsoring Lynn Andrews on Saturday, Sept. 17 from 2-5 pm. Tickets at the door or by calling (604) 536-1220. See ad below for more details about the Fair.



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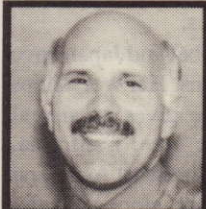
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Why Herbalism?

by Colleen Nicklassen & Natalie Klomp, TCH

There are many reasons why people choose herbal medicine as opposed to allopathic medicine. Herbalism is the Traditional medicine, it has been the original source of healing since time began. It has been recorded before and after biblical times all the way to today. Chinese Medicine dates back 5000 years. It is obvious that anything that has been used for that long has definitely proven its healing abilities. Allopathic medicine is less than one hundred years old, and was originally derived from herbal medicines.

There are many differences between medical doctors and herbalists. Medical doctors treat symptoms, herbalists try to treat the cause of the problem ... imbalances in the body. For example: for back pain, a medical doctor would prescribe painkillers, whereas an herbalist would look at the individual and see where the root of the problem lies. It could be related to digestion, kidneys, reproductive, or some other cause. They would then bring the weakened area into balance by strengthening and rebuilding it. The herbalist may recommend a chiropractic, massage, polarity or other structural treatment.

Balance is the key to herbalism, because balance in the body is perfect health. If the body is out of balance there will be some signs or symptoms indicating that a problem needs correcting. It is not just the physical body that needs care, it is also the emotional, mental, and spiritual bodies. Our bodies are very intricate, when one goes out of balance, the others are affected also. It is well documented how holding a lot of anger or hate in ourselves will literally poison our physical body.

Herbs are an amazing creation, as they have incredible healing properties and there are herbs for every conceivable ailment. There are virtually no side effects to herbs, and there is not a person that cannot take any of the herbs available for their particular complaint. There are some poisonous herbs, but those are not generally used by practitioners. Herbalists follow the rules of nature, as our bodies do. Herbs are medicinal plants that grow naturally, akin to the natural state of our bodies, just as we thrive on fruits, nuts, vegetables, etc. for our survival. Anything concocted in a laboratory using inorganic chemicals is obviously foreign to our bodies and will not work synergistically with our cells and organs to rebuild and heal the body. Our bodies recognize the foreign matter and try to get rid of it or try to assimilate it, and that is why, in simplified terms, we have side effects when taking synthetic drugs.

It is unfortunate, but most people go to herbalists as a last resort, which usually means their bodies are in a chronic, deficient condition. This does present more of a challenge, as it will be a slower process of healing, but in herbalism, we feel that if a person still has the spark, there will be a formula that can ignite the fire again. When undergoing any herbal treatments it must be understood by the client that we do not have quick "cures." It takes the body a long time to get to the point of illness and it will take some time to return the body back to normal. Treatments are very individual and can take one month, three months, six months or longer depending on the person's health and constitution. Also, it must be noted that herbalists do not cure people or disease, we simply assist the person in returning their bodies to good health. Herbs aid the body in rebuilding and restoring itself.

Colleen and Natalie's practice is at OK Falls. They offer classes this fall and are listed in the Natural Yellow Pages under Herbalists.

Ayurveda

by Petra Hartt

A few years ago I had trouble recuperating from an operation. A friend suggested I see an Ayurvedic doctor who had studied in India and lived there. He would be in Vancouver for a few days so I decided to use the opportunity. I met a tall, western young man who for an entire hour listened to me, observed me, asked questions and felt my pulse.

During the consultation there were periods of silence and I noticed that he was concentrating on my information. Later I learned that Ayurvedic physicians have to learn large parts of the medical texts, written in Sanskrit in poetic form, by heart. During the silences in our conversation he consulted his memory for the appropriate references. It goes without saying that this required much concentration and mental discipline, especially for a western mind.

Where all other medicine had failed, the Ayurvedic herbs restored my health. This made me very curious. I took a course and decided that practical experience and a complete treatment would be a good idea. Off to South India!

In the province of Kerala the Science of Ayurveda is still honored in its original form, though at the same time the herbal compounds are researched and tested with modern methods. When I arrived at the clinic during a quiet weekend, it turned out that I was the only foreigner there. By mentioning the name of my doctor I was well received, but all patients looked at me as if I came from Mars. The old doctor in charge received me for a consultation. Though in his 80's he was bright and alert.

His assistant took the dictation for the herbal prescriptions and I was shown to a large and simple room with a beautiful porch in an old building, surrounded by cashew trees and huge bamboo bushes. From 7:30 a.m. on at regular intervals fresh herbal extracts were delivered to my room. In the afternoon a shy, beautiful woman came to my room to heat up some oil. This was intended for the hour-long massage that she and a colleague treated me to. The massage table is a long and heavy beautiful wooden slab, dark and smooth from the oil. At the end a bowl is carved out in it to collect the oil. While the women each massaged me with one hand, their other hands held on to mine. This caring treatment was tiring but also gave me a great sense of well-being. The oil was removed by rubbing a mixture of ground lentils over the skin so that the skin wouldn't dry out, as it does with soap. Then I was rinsed off and rubbed dry with a towel. The massage was done every day at the same time, at 4 in the afternoon when the worst heat is over.

One of the purposes of massage is to increase circulation and perspiration so that the toxins can leave through the skin. The massage oil contains many different herbs and there are a great variety of oils for all different conditions. In order to eliminate toxins from the intestines, a daily small enema of warm herbal oil is administered after lunch. The attendant would gently massage my stomach, soles of my feet and palms afterwards. The complete care was so soothing that it was easy to surrender to. I even had a dream about sleeping with my thumb in my mouth.

The other patients in the clinic thought that I was a poor cook. Only one or two herbs or spices instead of 9 or 10! They therefore came to bring me all kinds of dishes they had prepared. After a week the treatment changed. Small squares of muslin cloth were filled with a paste of a particular liquid of rice, milk and herbs. Now there were four women to rub this mixture over my entire body. It soon turned into a thick oozy paste that made me feel as if I was coated

Food as Energy

AYURVEDA

with Tanya Thompson

Oct. 14 & 15th



Ayurveda is an ancient East Indian system of medicine that applies the balance of the five elements (ether, air, fire, water, and earth) with the maintenance and the balance of health.

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- ☆ **Food translated into the five elements**
- ☆ **Individual constitution**
- ☆ **Daily routines**
- ☆ **Seasonal routines**
- ☆ **Creating your diet**

Tanya Thompson is a certified Polarity Therapist and is a student of Ayurveda. She has studied in Canada and the United States with Dr. Vasant Lad, Dr. Robert Svoboda and Dr. Sukumaran.

Oct 14. Fri. 7:30 pm \$8 at the Penticton Holistic Healing Centre
Oct 15. Sat. 10-5pm \$50... if pre-registered by Oct 1-\$40
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For more info or to register call 492-5371

with pancake batter! Every five minutes a fifth woman came to take the bundles away and reheat them. This treatment was also done for seven days in a row.

The doctor in residence came each day to see whether I was all right. The doctor in charge of the clinic visited twice a week. The clinic is situated in a beautiful part of the countryside surrounded by trees and rice fields. There is an OP clinic where villagers receive free treatment. There is also a pharmacy. They keep cows to have fresh milk and they make butter or ghee and buttermilk. Every day the clinic hands out free buttermilk to the school children on their way back home.

A fascinating part of the clinic is the factory. To us it looks more like a monastery where the knowledge of herbs is alive and well. Here branches, leaves, roots, dried flowers and fruit are piled up, waiting to be turned into medicines. In one section there are woodfires with huge brass vats of oil simmering away with different herbs (at times as many as 30 different herbs in one pot of oil). In another part there are old fashioned units or mechanical guiders where herbs are ground into pastes. Then there are machines that shape pills, people who boil herbal extracts and make ointments. It is a beautiful and industrious place. The director is a good and helpful man who looks after all my material needs like cooking utensils, sheets and he checks to see whether everyone is looking after me properly.

Compared to the west, the cost of the treatment and the stay at the clinic is very low. The first time I visited the clinic, the pains in my joints were greatly reduced. The second time I was very aware

continues next page

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

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of how good it is to receive a treatment without side effects and how important it is to keep track of one's lifestyle. Where the first visit relieved my physical discomfort, the second visit helped me with the emotional discharge of feelings like grief, fear and anger. The removal of physical toxins went hand in hand with the emotional release. I was left with greater mental clarity.

A Livable Philosophy

Ayurveda is a very old science, some 5000 years old, and means literally the Science (Veda) of Life (Ayur). The Vedas were received by the Rishis or seers during a higher state of consciousness. Like Tibetan, Chinese medicine, Ayurveda believes that mind and body are one. What is displayed by the body is a manifestation of what takes place on the mental and emotional levels.

Ayurveda distinguishes two different kinds of energy: the male component Purusha and the female Prakruti. Purusha stands for consciousness, for Shiva. It is the essence. Prakruti represents the power of manifestation, the ability to create and the individuality. This energy shows up on a physical level through the senses. We can say that the senses translate the mental and spiritual energy for the body and form a bridge between heart, mind and body.

During the consultation the Ayurvedic physician will observe the patient and notice characteristics like tone of voice, manner of speaking, hair, skin, body type, lustre of the eyes, emotional state, body language. Many questions will be asked. The pulse will be taken or the tongue inspected. The pulse will confirm the patient's body type. According to Ayurveda each body type has a different pulse and there are three main body types called: Vata, Pitta and Kapha. Each organ has its own pulse.

The foundation of Ayurveda is the surrender to faith in higher forces. Ayurveda is often combined with astrology. Ayurvedic physicians worship the Goddess Danwantari and believe she assists them. In turn the physicians put themselves at the service of the patient and dedicate themselves to their well being.

Contemporary Ayurveda is still a popular form of healing in India. The most traditional form of practice is found in the South, especially in Kerala where all medicines are still prepared in the traditional way, mostly from plants. In the North more pulverized metals are used. This is a Persian influence (Unani). In the West there is nowadays an exclusive form of Ayurveda, the Maharishi Ayurveda. In India the idea is that Ayurveda should be affordable for rich and poor, while the Maharishi Ayurveda is rather expensive. In the United States and Canada there are some excellent traditional teachers and physicians, and an Ayurvedic institute in New Mexico organizes courses in California in the summer months.

For me Ayurveda is helpful because it is based on a philosophy that leads to a healthy and joyful life. I have learned how in all aspects I can receive the best care, how to take care of myself and how to make this knowledge available for others. I have had occasion to witness the improvement of my friends' health.

When we experience the beneficial effects of herbal medicine our ties with nature are fortified. The only way to live is in harmony with and with respect for nature. Then we will be nourished by nature. If we have faith in the healing forces of nature and we put ourselves in her service, we shall receive her protection, care and healing. *For more information on Ayurveda, check metaphysical bookstores in your area.*

Letters to Angèle

Dear Angèle,

I trust you are fit and well and enjoying this beautiful summer. I am progressing, one way or another! Some days it is difficult to tell which. I missed being at the Festival this year. I have had so many calls and letters wishing me well and at this time I cannot answer them. I am hoping that you can publish my thanks in Issues, which I see grows in strength and beauty.

I figured this was the best way to thank all my friends for their love and healing thoughts through letters and phone calls.

Since my latest "adventure" in Singapore when I had total loss of memory, I have enjoyed many new challenges and I am doing my best to practice what I preach and treat them positively!

Those who attended my lectures and workshops will be familiar "with one of my favorite bits of sagery" Be careful what you ask for, you might just get it!" Before leaving on another adventure last December, on a tour through England, Europe, Greece, the Far East and perhaps Australia, I sent out the announcement that I was on a 'sabbatical;' described in the Oxford dictionary as "the seventh year in which the Israelites were to cease tilling and release debtors and slaves. A year's leave granted to professors for study, travel, etc." What can I say! It has and is coming to pass.

Included in the eradication of my past knowledge has been all metaphysical and spiritual knowledge, a strong part of my life for over 40 years. Now I expect a time of new knowledge passed more by vibration than speech. Since arriving back to the peace and tranquility of my home in Pender Harbour, I have received so much love and support, from so many people; from Sandy, my Buddy from many lifetimes, who brought me home from Singapore, Jassandra Lea, without whose love, support and understanding to help me recapture my CHI, my recovery would be in some doubt. So to all my Friends, for your loving words, thoughts and deeds.... THANK YOU. Sooner or later -- I will return!

My love and Blessings to You.

Peter Morris, Maderia Park

Dear Angèle,

Every time I come to Penticton (usually twice a year) I pick up your ISSUES Magazine. This time I got both the April/May & June/July & August ISSUES. I am so excited to see your Holistic Healing Centre is becoming a reality for you. Enclosed is my donation towards your Centre. Keep up the Work!

Love, Blessing and Peace

AudreyEdmonton, AB

Dear Angèle,

I am writing to you in regards to your similar background to mine ... I am 49 and still a lifeguard. I am very interested in all of your projects and would like to receive your ISSUES regularly. Enclosed is the \$20. Keep up the Good Work!

Sandra Edson, AB

MIDLIFE ISSUES

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

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Dear Angèle, Whenever I go to Kamloops I stop in at Spirit Dancer Books to pick up a copy of ISSUES. This I share with a variety of people in the 100 Mile area so we can car pool to the various workshops that you advertise. However the number of people borrowing my copy of ISSUES just keeps growing.

I am writing to ask you to send me twenty copies and I will be happy to distribute them among the Library, Women's Centre, Womens Support Groups and Caribou Massage, etc.

We appreciate the work you put into this magazine, hope to see you at the Spring Festival of Awareness.

Donna Eagle Creek, BC

Healing Touch A Tool for Living

by Joyce O'Doherty

Touch as a healing modality has been with us throughout history in one form or another. From Biblical roots of "the laying on of hands" to a mother's hug, cuddle and kiss, touch has been used to alleviate distress, reduce physical pain, promote healing and encourage peace of mind. However, in many ways, we in North America have fostered a little or no touch society stemming from our cultural and social taboos. Oftentimes touch has been experienced only through physical abuse and sex and therefore we have yet to receive the healing aspects of touch. It is wonderful to observe that this is slowly changing as one can witness the growth in the number of touch therapies now available in addition to the verification within the scientific and medical communities of touch as a recognised healing tool.

As a species, humans are realizing that loving, caring touch is not only needed for our physical survival, also it is essential for our emotional and mental well-being. Montagu has expressed it in this manner: "It is not words so much as acts communicating affection and involvement that children, and indeed, adults require. Tactile sensations become tactile perceptions according to the meaning with which they have been invested by experience. When affection and involvement are conveyed through touch, it is those meanings, as well as security-giving satisfactions with which touch will become associated. Hence the human significance of touching."¹ Touch is a integral aspect of our

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body/mind/spirit connection leading to a Wholistic philosophy of life. This can be supported by the many different touch therapies now offered through the complementary, alternate and traditional health paths; including massage, reflexology, reiki, acupuncture, rolfing and polarity to name only a few.

Dr. Delores Kreiger, Professor of Nursing at New York University has pioneered the acceptance of "Therapeutic Touch" within the scientific community. As outlined in the Guidelines by the Nurse Healers- Professional Associates, Inc., "Therapeutic Touch, a contemporary interpretation of several ancient healing practices, is a consciously directed process of energy ex-

change during which the practitioner uses the hands as a focus for facilitating healing. The intervention is administered with the intent of enabling people to repattern their energy in the direction of health." Since the early 70's over 300 papers have been published in the medical literature to show that Therapeutic Touch does help in the redirection of pain and anxiety, promotion of relaxation and facilitation of the body's natural restorative processes.²

In 1980 the American Holistic Nurses' Association was organized and was dedicated to the principles and practice of holistic nursing; that is defined as "the renewing and enhancing of the art of nurturing and caring for the whole person." One of the developments of this group was a modality called "Healing Touch." This program is a course of study towards certification in Healing Touch Therapy which incorporates a variety of basic to advanced healing practices. It is sequenced in four levels allowing participants to move from beginning to instructor.

References:

1. Montagu, A. *Touching: The Human Significance of the Skin*, New York; Columbia University Press, 1978 p.138
2. Krieger, D. Workshop in Vanc. 1994

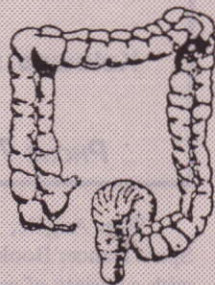
Healing Touch is coming to Grand Forks (Please see above ad).

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BATHING IN THE COLOUR OF ENERGY?

by Suzanne Sherkin

The other day, I finally heeded my neighbour's words and dropped in to see her. For weeks I'd been hearing about the colour creation next door and my curiosity finally gave way. Paint cans had been pouring into that house faster than I could count and I knew only that something weird and wonderful was taking place. What I saw, and felt, far exceeded my expectations and confirmed everything I dared believe about the effect of colour in our lives.

My neighbour had completely changed the feeling of her house by drastically altering the colours both inside and out. As I approached the house, I passed a lovely seating area nestled quietly in the greenery. It looked so inviting in its calm gentleness. A similar deep green, I noticed, was repeated in the tiles outside the front door so that the house seemed peacefully settled in its place. As I opened the front door, I was accosted by what I can only describe as sheer joy. The entire house was bathed in a most gorgeous shade of sun-dappled orange — streaked, sponged, flecked with gold or solidly coloured. It was fantastic. The place seemed to radiate with light and vibrate with a warmth I hadn't felt since I'd lounged beneath the Hawaiian sun. It was wonderful just to stand in the middle of it all and feel the pleasure of the colour and the positive vibes of the space.

As I stood there, I was reminded of another experience that had confirmed, yet again, my belief in the power of colour: colour baths. I had recently been given a package of liquid colour — orange, coincidentally — to pour into my bath. I was curious about the effect of immersing myself in colour — especially one as strong and as positive as orange.

I emerged from my soaking with a glow which stayed with me for the rest of the day. But it wasn't until I witnessed the consistent calmness of my two young girls after they'd taken a blue bath that I became convinced of the very special power of colour. Wearing a colour that makes you feel good is one thing, but bathing in it is decidedly more effective. It was exciting to try each of the nine coloured baths from Colour Energy and feel the difference in their effect ... a blue bath for more clarity, yellow for inspiration, red for energy, green for calmness.

The idea for the colour baths was developed in Norway and is now being produced by a new Canadian company called Colour Energy. The exciting thing about these completely organic baths is that they allow you to choose the particular kind of colour energy you feel you need for the moment, the hour or the day — without having to

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paint your walls or get a new wardrobe.

I became interested in the effect of colour many years ago when, working at an office, I noticed that frequently, many of the women would arrive in the morning wearing similar colours. It was uncanny — almost as though we were all being guided by the same internal colour coordinator. On rainy days, we all tended to wear dark, earthy colours and on brighter days, our mood was reflected by the sunnier colours we chose to don. Sometimes, for no apparent reason, a number of us would arrive wearing green or red or blue. Strange, I thought, very strange indeed. And why, I continued to wonder, did one of my daughters always seem to choose the same colours for her drawings and her clothes while my other daughter always chose other colours. Was it mere chance or was there something influencing these choices?

I was inspired to do some research. I learned that colour is associated with light and that every colour vibrates at its own frequency with a different balance of light energy. This means that every colour affects us in a different way. Some colours make us feel calm and quiet while

others seem to create a kind of excitement and activity around us. Whether it's what we wear, look at, surround ourselves with, or bathe in — colour transfers an energy to us that affects how we feel and, often, how we behave.

The belief that colour has distinct effects on our body and spirit has been around at least as far back as the ancient Egyptians and Chinese who used colour energy for worship and healing practices.

The colours of the rainbow have also been related to the seven chakra energy centres of our body. With their positive and negative qualities, each colour can actually stimulate and help balance the energy centres within us.

***VIOLET**, a colour associated with the spirit and inspiration and the crown chakra.

***INDIGO**, the colour associated with mediation and intuition, and the "third eye."

***BLUE**, the colour for clarity and decisiveness and the throat chakra.

***GREEN**, connected to the heart chakra and is the colour of harmony and calmness.

***YELLOW**, connected to the solar plexus chakra and inspires wisdom and optimism.

***ORANGE** is the colour of joy and re-

continues page 18

Healing the Inner Child & Past Life Therapy

by Dane Purschke

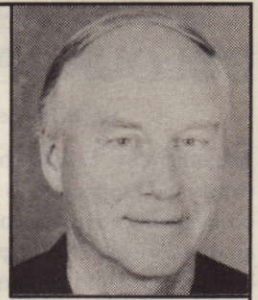
Past life therapy necessarily includes healing of the inner child simply because children begin to manifest the emotional energies carried over from past lives. If the inner child is not healed then adults continue to respond to adult situations with the energy of a wounded child.

All behaviour is learned. Our feelings, our values, our attitudes and beliefs are all learned. Somewhere in some lifetime we learned to respond to life situations with fear, with anger, with guilt or shame or self criticism, etc. We carry these emotional responses to life with us when we die and they are triggered off again in another lifetime by situations and circumstances similar to those that gave birth to them in the first place. For example, I have worked with two clients that suffered from claustrophobia. They each recalled a lifetime in which they were buried alive. The emotional response to the air being pressed out of their lungs, with the resulting terror and hopelessness of knowing they are going to die is imprinted in their emotional body. Some children don't mind the dark. Others, as a cruel punishment, are put down a dark cellar, or while at play are locked into a closet by playmates. Their hysterical response of terror and gasping for breath is not warranted by the situation. They may also be inconsolable and unable to calm down afterwards and will remain emotionally scarred for life unless healed.

Imprinting is a learned way of feeling and responding to an experience or stimulus so that its memory exists in our mental and emotional bodies. People imprint both the positive and the negative emotions which in turn manifests as physical, mental and emotional health or as physical, mental and emotional disease. When the negative emotions are cleared one's health always improves. Children imprint everything. Patterns of behaviour learned as infants and as young children are retained and used to respond to adult situations. Adults can and do respond to adult situations with the energy of the Abandoned Child, the Wounded Child, the Sickly Child, the Good Child, the Humiliated Child, the Unworthy Child, the Helpless Child, the Bad Child, the Angelic Child, the Victim Child, the Unwanted Child, the Unlovable Child, the Mischievous Child, the Frightened Child, etc. Any number of the above can exist in the same person. All of the above categories are interpretations by the child and its resulting response to life interpretations. At the same time a child is learning to cope and survive it is also forming its self image. The Child's emotional responses and judgments are imprinted in its emotional body, and under the stress and challenges of daily life, adults often cope by regressing to infantile patterns of behaviour.

A three year old girl is sexually assaulted. It is the interpretation the child puts on the abuse that is imprinted. She may respond by completely suppressing the memory, but in her emotional body she may feel dirty, guilty, fearful of sex and of men, ashamed, not liking herself and live out of innocent victim energy all her life. Another child of three years overhears her mother talking to a neighbour who is over for coffee, "My little Mary isn't as good as your little Jane at" The child's interpretation is that she isn't good enough for her mother and becomes a perfectionist who is always trying to prove her worth not only to her mother but to the rest of the world. A boy who never receives his father's approval for anything and is always told he can do better spends his life trying to get his father's approval. A younger sister by two years is continually told that she can't do what her older sister is allowed to because she is too small and too

Past Life Therapy



Past Life Therapy is the channelling of one's Higher Self or Spirit, which is an all knowing, all loving divine force within each of us that is available for healing, growth and guidance. Our Higher Self knows everything about us, has never judged us and loves us unconditionally.

During one on one sessioning, the facilitator helps the client connect with their Higher Self and then employs guided memory, not hypnosis, to which the client responds with recalling forgotten or suppressed memories and also past lives. As the past is recalled it is brought into the present, which is the only place it can be dealt with. After the memory has been relived and the client has gotten beyond judgment of self or of others, a simple light exercise is used to clear from the emotional body the energies of fear, anger, guilt, sadness and self rejection etc.


You heal yourself with the help of another. This psycho-spiritual energy-work enables people to heal their emotions, wounded relationships, inner child, phobias and much more.

Contact: **Dane Purschke** at 767-2437 or at
Penticton's Holistic Health Centre: 492-5371

I am willing to travel to your place of residence.

young. She grows up not only trying to catch up to her sister but sets out to do any and everything that others do. After 25 years her marriage fails and she realizes she married at 22 because her classmates were already married and she wasn't.

For healing to take place the child behaviour must be sacrificed. How? By recalling and reliving the memories, the adult self can understand and then reinterpret the childhood experiences and thus let go of the fear, the shame, the guilt, the self judgment, etc. Then the emotional self can grow past the childhood interpretation of life and of self. With the clearing of each wounded memory the adult is freed to change its response to life. Then life is no longer a repetition of programmed compulsive infantile behaviour. Most people need help to heal their inner child. Working with inner child is a powerful healing therapy that does not require a belief in past lives. The first one or more sessions I have with clients is to help them to heal the inner child. As a past life therapist I recognise a deeper cause to childhood behaviour than the influences of this lifetime alone.

We each have a place in ourselves that believes we must repeat life's pain over and over again; a place in us that believes we must suffer, must grieve, be fearful, be angry, feel guilty or alone. I help people to visit that place in order to confront those beliefs, to question those feelings in order to understand how they got their beginning. With adult understanding there can be a letting go of infantile judgments about and of attachments to these energies. All healing is freeing. We become free 'from' so that we can be free 'for.' Only when old patterns of living and acting are let go is it possible to become a new person. Something old must die before something new can resurrect. 

Creativity & the Healing Power of Music

by Urmi Sheldon

How would it be to realize our full creative potential. What are our hidden talents and why can't we access them? Many of us harbour secret hopes and fears of grandeur. Some might dream ourselves a scientist making some amazing discovery to change the lives of men forever. Another might secretly practice being a stand-up comedian but never dream of being on the stage. Whatever our hopes and aspirations one thing is sure; creativity is the spice and colour needed in every aspect of life. Without it the exceptional becomes mundane - with it the mundane becomes exceptional.

In our present state we do not fully realize the amount of energy available to us. The great sphere of energy surrounding us is our link with the rest of existence. When we connect with this energy we connect with our original self, as we are without restrictions and conditions.

Creativity & the Healing Power of Music is a residential weekend for those willing to go beyond their limitations and explore their potential. The focus of the weekend will be specifically directed towards opening the throat or creativity chakra. This is a chance to become aware of how you feel in your body and to open to the infinite flow of creation.

Internationally renowned workshop facilitators Ann Mortifee and Ramakanta will guide the program while Master Drummer Dido Morris adds the beat. Ann Mortifee, acclaimed singer and entertainer, will be the guide for acceptance and expression of ourselves through sound. Ramakanta will use teachings and meditations from Eastern mystic Osho as guidance for this weekend of experiential transformation. Dido will lead the drumming madness celebration so bring your drums.

You will acquire skills to use throughout your lifetime to live a more spontaneous and joyful life. The weekend includes vegetarian meals, morning and evening meditations, day programs with Ann Mortifee, a drumming madness celebration and a synthesis of energy and creativity. Come join us and let go into laughter, joy and celebration. You may find your life changing in ways you never dreamed possible. Please see above ad for details.

Creativity & the Healing Power of Music



Ann Mortifee

Oct. 21-23
Nelson, BC



Dido Morris



Ramakanta

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ADVANCE REGISTRATION BY OCTOBER 10TH IS \$225,
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FOR MORE INFORMATION: Urmi Sheldon: 496-4234 RR1 NARAMATA V0H 1N0
KOOTENAY SCHOOL OF REBALANCING...354-3811 NELSON

Healing and the Arts Conference

The relationship between art and healing is a complex one. But simply put, art can make people feel better.

A conference at Simon Fraser University at Harbour Centre November 18 - 20, 1994, the first of its kind in Canada, will bring together experts engaged in all the expressive therapies. Participants and speakers from music, art, dance, drama, recreation, and play therapy will join with artists, medical practitioners, care givers, policy makers and health care planners to exchange information on programs in place and trends and practice and research.

Featured are Nurse/Artist Coordinator Mary Rockwood Lane who established the Artist-in-Residence Program at the University of Florida Health Science Centre and Gloria Roze who works with youth and examines community healing through Kwakiutl song, dance and art. The "Music and Mime" session features composer/singer Ann Mortifee and Pomona College's Thomas Leabhart on how music and mime can give people a sense of personal control.

"Art and medicine have drifted apart. Now they again need each other. Art yearns for a reason to be, a purpose, a function in creating change. This task gives artists back

their role as shapers of the future," says Dr. Michael Samuels a physician and author from California and conference presenter.

Conference fee is \$275. A pre-conference workshop on Mime and Movement will be held Nov. 18 for an additional \$95. A post-conference workshop on Healing with the Mind's Eye: A Spiritual Guide to the Human Experience of Healing will be held Nov. 21 for an additional \$125.

The conference is sponsored by Simon Fraser University Dean of Applied Sciences and Gerontology Research Centre; and the Hollyhock Workshop and Conference Centre.

Interested contact

Ann Cowan 291-5074 for more details.

Taste of Tantra

Sept. 23-25th

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Nelson, BC 354-3811

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Oct. 22 & 23	9-5 pm	\$200

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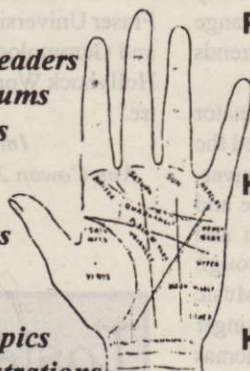
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Sept 23, 24, 25

Kelowna

Best Western Country Inn
242 Highway 97N
Sept. 30, Oct 1,2

Kamloops

Stockman's Hotel
540 Victoria St
Oct. 7, 8, 9

Admission \$5.00 Seniors & Students \$4.00

Fri. 1pm - 11pm Sat. 11am - 11pm Sun. 11am - 8pm

Acupressure

by Marlana
Mhoryss



Acupressure is an oriental massage in which the fingers are pressed on points throughout the body by massaging along the "meridian lines," 14 channels through which the body's energy flows. These meridians pass through the various parts of the body and connect the vital internal organs.

Acupressure can relieve many kinds of chronic problems and disabling aches and pains by releasing "energy blocks" caused by muscle tension. Ideally acupressure is used to maintain health, vitality and stamina in the body to strengthen the internal organs and prevent energy from getting blocked. Acupressure is effective in relieving many external symptoms of many diseases as well as muscular aches and pains caused by tension and fatigue. It raises the life energy level to make you strong, healthy and resistant to disease.

Application of acupressure enables the therapist to treat according to the body's condition. The hands and fingers of the trained therapist are sensitive enough to detect abnormalities in the skin and muscles or body heat on contact and thus determine what basic technique to employ.

Acupressure deepens body awareness of oneself and creates trust and reliance between client and therapist therefore increasing the effectiveness of the technique. It treats the whole body.


Acupressure combined with nutrition, exercise, stress management, positive attitude and counselling allows the body's natural healing ability to heal itself.

Acupressure in my own experience has allowed me to heal physically, emotionally, mentally and spiritually. It's great to feel alive! I received my training through the Canadian Healing Arts Institute in Rossland, BC.

*Marlana has an ad on page 38
and can be reached at 493-9433.*

Color Therapy *continued*

sourcefulness, connected to the spleen chakra. *RED, the strongest colour energy with the longest wave lengths is the root chakra - the life energy embodying power and courage.

Colour is everywhere. Feel it, use it, soak in it and let its power provide you with balance, inspiration and joy. 



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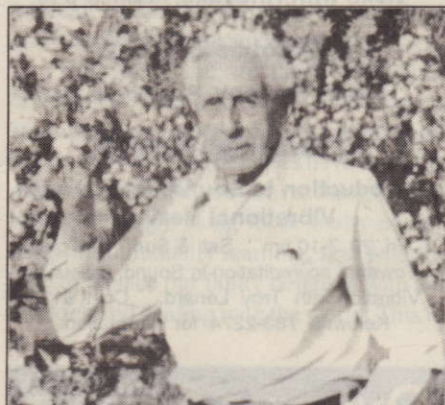
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Hample**

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A Man of Worth

In loving memory of a good friend
and teacher to many of us.



Hubert Gibbs

Born July 10, 1899...died May 8, 1994

He was no gallant knight
That story books proclaim,
Nor had he reached the heights
Whereon is worthy fame.

He did a kindly deed
In an unassuming way,
Nor let the right hand know
The good he did each day.

He found no task too great
And did it with a will
That shames the little me
to greater effort still.

He was a friend to all
No matter what their creed.
As earnestly he gave
His best for human need.

A man of sterling worth
On whom we could depend
It gives one greater strength
To know he was our friend.

The Healing Power of Love

by Cheryl Hart



Despite all appearances to the contrary, the only real problem we ever have to resolve is our fear of love. This is true because most of us have gathered enough evidence over the course of our lives to prove we lose when we surrender. We have worked so hard to be right we end up defending ourselves and our ideas despite the price. People have hurt, betrayed, controlled and manipulated us with love enough times to justify being cautious. We end up convincing ourselves that it is better to be autonomous than risk joining with others.

I remember when I first started hugging strangers at workshops. I remember how uncomfortable I felt, how sure I was of their ulterior motives. I was also leery of compliments and offers of unsolicited help. I wasn't sure what I thought would happen but I was sure no good would come of it. The whole experience of being loved unconditionally scared me. It left me with no place to control because it was so overwhelming and contrary to my thought system. Though I never did figure it all out, I am very grateful that my fear is less intense than it used to be because of the freedom it gives me.

I recently lost my son in a car accident and once again became afraid to let the love in. It just seemed to intensify my emotions which I was already feeling were too overwhelming. When I surrendered and allowed my family and friends to love and care for me it did feel more painful at first but it also expanded my heart and helped me to see that the love never goes away. Although it still hurts to think of him, I'd never trade the love we shared to spare myself of the pain. It is only in love that all the trivial trials and tribulations disappear and it is only in love that our lives have meaning. In this world of Illusions it is love that will make everything clear if we let it.

*Cheryl Hart is a workshop facilitator and
breath practitioner at Inner Direction
Consultants.*

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Discover:

- ◆ Why we fight the most with the people we Love.
- ◆ When to fight and when to surrender.
- ◆ How to avoid overreacting to other people's mood.
- ◆ How to agree with people's strengths.

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CALENDAR

September 10 & 11

Grand Opening & Mini Health Fair
Penticton, p. 25

September 12 - 17

Melonie Old, Penticton, p. 3
Evening presentation at Penticton's Holistic
Healing Centre Sept 15-7:30 pm \$5

September 13

Wholebody Reflexology (certified)
5 week intensive 1 day per week or
10 week 1 evening per week
Call Nutharapy Institute 766-4049 Winfield.

September 14

Acupressure and more - Certified
5 week course 1 evening per week.
Call Nutharapy Institute 766-4049 Winfield

September 17

The Psychic ESP Fair, Vancouver, p. 9

September 17 & 18

**The Shaman's look into the Magic
of Energy and Wellness Level II**
with Clinton Jarboe
Call Nutharapy Institute 766-4049 Winfield
1st Degree Reiki, Armstrong, p. 19

September 19

Polarity Therapy, Certified
1 evening per week for 10 weeks.
Call Nutharapy Institute 766-4049 Winfield

September 22

The Psychology of Vision
Building a Happy Dream, Vancouver, p. 2

September 23 - 25

The Healing Power of Love,
Week-end workshop led by Cheryl Hart.
Discover:
•Why we fight the most with the people we love.
•When to fight and when to surrender.
•How to avoid over-reacting to other people's
mood.
•How to agree with people's strengths.
Inner Directions Consultants. Kelowna, p. 19

A Taste of Tantra, Nelson, p. 17

September 24 & 25

Reiki with Rhoyalle, Kelowna, p. 18

September 29

Polarity Therapy, Certified
1 evening per week for 10 weeks
Call Nutharapy Institute 766-4049 Winfield

Sept. 29-Oct. 2

Questers Conference, Salmon Arm, p. 33

**Healing Ourselves with Dance,
Drumming & Sound with Alfredo
Gormezano from Vancouver**
Friday Night Speaker at the Penticton's Holistic
Healing Centre 7:30 pm. Cost \$8 p. 31

Sept. 30 & Oct 1

Reiki I
Call Nutharapy Institute 766-4049 Winfield
Healing Touch, Grand Forks, p. 14

October 1 & 2

Reiki with Rhoyalle, Kelowna p. 18

October 4 & 6

Tai Chi & Bodywork, Penticton, p. 29

October 7

**Herbs for Healing with Barbara
Articus from Lumby**
Friday Night Speaker at the Penticton's Holistic
Healing Centre - 7:30 pm. Cost \$8

October 7, 8 & 9

Jin Shin Do Acupressure, Nelson, p. 2

October 8 & 9

Colour, Crystals & Chakra Workshop
Teens welcome
Call Nutharapy Institute 766-4049 Winfield

October 14 - 30

Spiritual Intensive, Kamloops, back page

October 14 & 15

**Ayurveda / Food as Energy with
Tanya Thompson from Kamloops**
Friday Night Speaker at the Penticton's Holistic
Healing Centre - 7:30 pm Cost \$8 p. 11

October 15

Reiki II
Call Nutharapy Institute 766-4049 Winfield

October 15 & 16

Crystal Healing Workshop Armstrong, 19

October 21- 23

Creativity & the Healing Power of Music
Nelson, p. 17

Linda's Fun & Fitness Retreat, Vernon p. 6

Jin Shin Do Acupressure, Kamloops p. 2

October 22 & 23

**The Shaman's look into the Magic of
Energy and Wellness. Level I**
Call Nutharapy Institute 766-4049 Winfield

Choose to Live a Balanced Life
Kelowna, p. 3

Reiki with Rhoyalle, Kelowna p. 18

October 24 - 29

Colon Therapy, Penticton, p. 14

October 28, 29 & 30

**Introduction to Sound, Colour and
Vibrational Healing**

Fri. 29 7-10 pm Sat. & Sun. 10-3 pm
Towards accreditation in Sound, Colour &
Vibration with Troy Lenard. Cost \$125
Kelowna 763-2274 for information.

ONGOING EVENTS

MONDAYS-TRANSFORMATIONAL YOGA
Kelowna -7 pm. Muriel 763-8870

THURSDAY- MEDITATION TECHNIQUES
#207-1060 Leathead Rd, Kelowna. 494-9355

THURSDAY- REIKI EXCHANGES
Kelowna. 860-9880 - Rhoyalle

KELOWNA PARAPSYCHOLOGY ASSOC.
Has a speaker the last Wednesday of every
month 7:30 pm. Phone Ingrid for details 769-6089

**"THE BIBLE AS A TOOL FOR TRANS-
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SUNDAY CELEBRATION is a gathering for
family and friends to share love, joy, singing and
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Phone Inner Directions: 763-8588 in Kelowna

Alternative Building Technologies

by Mark Bossert

Alternative building technologies is a new, monthly column where I will highlight new and newly reemerging housing options that present a significant benefit over conventional stick frame housing. My admitted bias will be towards techniques that reduce the use of wood as a hidden structural element.

The range of topics over the next few months will cover technologies such as rammed earth construction, cob house building, straw bale construction and alternative building materials such as dimensional lumber from garbage and roofing tiles from recycled paper. I will provide a forum on how to get more information from experts and companies offering their services in these fields.

This month we are going to take a look at perhaps the oldest and most widely used building technology in existence; Adobe (pronounced a doe be). Adobe is the Spanish word for mud brick construction, and truly refers to a puddled mixture in which saturation of the clay/sand mixture with water takes place. Adobe has come to be a catchall term for everything from colored concrete blocks, to pressed earth blocks, to mud plaster finishes.

Adobe ruins in Iraq point to a time some 6000 years B.C. In the Americas, the Maya were practitioners some 3000 years B.C. Mud brick construction is used throughout the world and as such we have a huge amount of empirical knowledge on which to draw.

Adobe has many advantages. From a strictly energy efficient point of view, thick earthen walls moderate the outside temperature, to reduce heating and cooling costs. And properly designed with passive solar heating, adobe walls can reduce heating bills by 60% or more. Of course, using local products made from natural materials will reduce the cost of the building, and use less energy of production and transportation.

From an environmental point of view, earth walls minimize the use of lumber. For the environmentally sensitive, earth walls are inert, around which you can easily incorporate non-allergenic stains, paints and furniture. Esthetically, massive earth walls impart a sense of permanence and the mass serves to create a quiet atmosphere, full of curves and soft angles not seen in a conventional house.

Traditional adobe making involves the mixing of proper soil and sand with straw and

water and this stiff mixture then being placed into forms to make bricks. Drying requires at least two weeks of hot sunshine. These mud bricks are then laid up on top of a concrete foundation to form all the walls of the house. In the southwest tradition, log beams are then used to create a flat roof. Any of our more recent developments for roofing structures such as trusses or TJI's are also easily adapted.

Given that our climate in Canada is unpredictable enough to make traditional adobe making hazardous at best, I feel that pressed block adobe has real potential for the northern climes. Pressed block uses either a man powered or engine powered ram to press mud bricks out. The force is such that the bricks are nearly dry or ready to use depending on the system. Current technology for pressing machinery is most intense in Europe, where the Swiss, Belgians, and French are doing most of the work.


The interior and exterior finishing is a



plaster coat that can be a pure mud mix or can include gypsum plaster, cement, lime or straw. All these finishes have different applications, durability and looks when they are finished. The detail of the finish can range from smooth to textured to patterned or can even include shallow depth sculpture in the wall.

An intriguing hybrid is the use of pressed earth blocks and straw bales to provide a high insulation factor, combined with passive solar design. This combination yields a conventional looking house that is less expensive to build and yet has far greater thermal performance; it costs a lot less to heat and cool.

As far as experts, I would recommend the Southwest Solaradobe School, P.O. Box 153, Bosque, New Mexico 87006, (505) 898-8829. In B.C., contact myself at Recycled Tire Homes or George Reed at (604) 573-5432.

I will be speaking about Tire Houses and Adobe at Selkirk College in Nelson on Sept. 19 and at OK College in Kelowna on Sept. 27. Please call the respective college for cost, time and to register. 

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The Four Stages of T'ai Chi

by Gord Muir

In T'ai Chi Ch'uan (commonly called T'ai Chi) the body is used as a gateway to Spiritual and Mental realization. To achieve this, four stages are spoken of: Perfect Health, Practical Use, Mental Achievement and Spiritual Realization.

Perfect Health is the term used for mastery of the form. Whether Yang, Wu or Chen, it is the Long Form that is referred to, for as my teacher often said about the Ch'eng or Simplified forms "they do not last long enough to fully circulate the chi. You must repeat them many times to achieve this and would be better off learning all the postures." This is not to say that the Ch'eng Man Ching (Short Form) or the Simplified form are not good, but only that they will not allow one to reach Perfect Health as easily or quickly.

Having learned the sequence and having some accomplishment with its performance, one is now ready to learn the principles of movement associated with the postures. Sink and rise (leading to rooting and issuing) must be accurately placed into each posture. The breath must be co-ordinated with the body and as the Classics say "Upper and lower parts follow each other and the body acts as one unit."

This indicates that all disjointed movement should be taken out of the form. To do this one needs to deeply relax the body and release all of its tensions. Holding yourself tightly restricts movement and inhibits co-ordination. In order to relax deeply you must have a very good familiarity with the form, only then can you take your mind away from external physical considerations of "is my breathing high, are my shoulders down, my balance in the next section is not good so this time I'll experiment with my weight, etc." Familiarity with the form comes from constant daily practice.

My teacher once uncharacteristically lectured us at length about how we should "rather miss a meal than miss T'ai Chi practice." Usually he was very indirect in his teaching and would let you work to grasp his meaning. This time he went on at length about how often to practise, how to practise and how we had very far to go and time was short. He ended, gazed at us and started to go upstairs. Looking back he said, "That's enough for now, better take a break." We were all taken aback by this and only one of us was quick enough to blurt out "But Master Liang you just told us to practise, practise, practise. Now you say to take a rest. Aren't you contradicting yourself?"

Master Liang was half way up the stairs by then but poked his head around the corner and said "Love, love, love, love, love. What happens?" Once again we were all in shock; what was this lunatic talking about. We just looked at him. "Hate", he said, and walked away. His way of saying that when you take anything to its extreme it becomes its opposite. So, practise a lot, but not to the extent that you come to resent it. To become good at T'ai Chi, or anything else, you must enjoy the process.

Adding the Ten Guiding Points and the above ideas about movement into the form changes the performance of it considerably, adding interest and feeling. You no longer have "empty postures." It is at this point that most students begin to notice tingling in their hands and arms and warmth in their stomachs. Most astonishingly, root is beginning to appear in their postures. Astonishing because at this point you no longer have to take T'ai Chi on trust. When you begin to feel your own root you know that this most mysterious art really is what it claims to be.

As an aside here I would like to note that the Classics state that "everything comes from the root" and as such it is a basic fundamental of T'ai Chi practice. Root is easy to demonstrate and it is fun to let a

Rising Phoenix

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Traditional Yang Style T'ai Chi Ch'uan
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student feel their push being guided through your body, down your leg and into the ground. This is also a good test of whether your teacher has even the most basic T'ai Chi skills. Ask your teacher to let you push on them so that you can feel their root. You should feel that their body is like a spring that gives way fairly easily in the beginning but gets "springier" the harder your push. Your teacher should not be meeting your push with any force or tension and you should be able to clearly feel your push being guided from his/her chest to their feet. Fun and easy to demonstrate, difficult to develop but a sure sign of accomplishment. Now you are ready for the second stage, Practical Use.

Practical use does not mean a free-for-all. Rather a very interesting practice of "partners T'ai Chi" is begun by learning Push Hands, Rooting drills, Issuing drills, Hop Like Sparrow, Ta Lu and the Two Person Set. These exercises are designed to teach a person sensitivity, how to read another's body by touch, and balance.

Practical use also offers us an objective measurement of how well we are doing with our relaxation. It is very nice to be invited to "Open ourselves to the heavens, feel the chi enter from the top of your head and circulate to your feet" and other such flowery phrases but the real power of T'ai Chi comes when we are able to relax ourselves to a high degree, a very down-to-earth idea that requires a great deal of work and understanding.

Practising the solo form we have only a subjective idea of how much relaxation we have gained and need a more objective guide so that we may gauge ourselves. Pushing on a T'ai Chi master is a real eye opener and feels like nothing else in the world. Having them push you is at least as interesting.

From practising partner work, we gain a new level of relaxation, a new level of understanding, and a new degree of control over ourselves mentally and physically. This second step of Practical Use is a giant leap towards Mental Accomplishment.

continues p. 29

Brainwriting

with Angèle

To analyse rhythm one accesses an entire group of traits that describe *internal balance*, including *slant*, *zones*, *pressure*, *spacing* and *speed*. We also look at *baselines*, which are an aspect of *zones*, and *pastority*, an aspect of *pressure*. We look for a degree of consistency in all these areas in order to determine whether the rhythmic pattern as a whole is a balanced one.

Most days I am so busy jumping to conclusions I don't have time to THINK.

I have spent the whole week tidying up my place.

Look at the above samples of writing and notice the *slant* of the writing, the angle at which the letter slopes. Is it consistent? Look at the overall pattern of the writing as it moves through the *zones*: is there balance within each zone and between the upper, middle and lower zones of the writing? How dark is the stroke? The *pressure pattern* against the paper will give clues to the rhythmic personality of the inner self, as will *speed*, or the pace of the stroke. What about *spacing*? Examine the width of the script. Is there balance between the breadth of the letters, the distance between them and the space left between the words? Is the *size* of the script consistent? Do the letters jump about in their size relationships to one another? Do you see regularity throughout all the features mentioned, or are there many inconsistencies?

Expect to see variations as you note the degree of fluctuation in slant, zonal proportions, baselines, pressure, speed, spacing and size. Remember, repetition with change is the hallmark of good rhythm. An indication of inner balance is when the writing is neither too spontaneous nor too rigid.

Rhythm is like your body's circulation system and like your heartbeat, handwriting changes its pulse as you experience emotional ups and downs. Stress and anxiety play a large role in altering rhythm, as do anger and excitement. Once the changes of your life have passed, and you have returned to your more characteristic state of mind and body, you should notice that the rhythmic pattern of your writing has returned to what is normal for you. Remember that each writing sample speaks only for the moment at which it was written.

When we were taught to copy our school teacher's samples, there was no thought given to the connection between inner and graphological rhythm. But it has been recorded that those students whose handwriting was approved by the authorities usually went on to be model citizens, fitting into the framework of convention as designed by authority figures. Others, less successful at achieving the school-book model, adopted a printed style in adult life or designed their own rhythm and form with original movements to the letter shapes and connections. Amongst these rebels in writing are found today's entrepreneurs, inventors, creative artists or thinkers as well as socially-maladjusted personalities.

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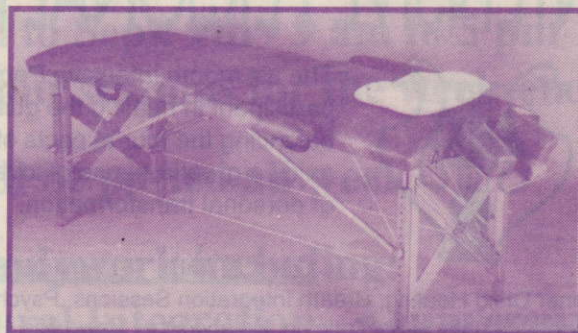
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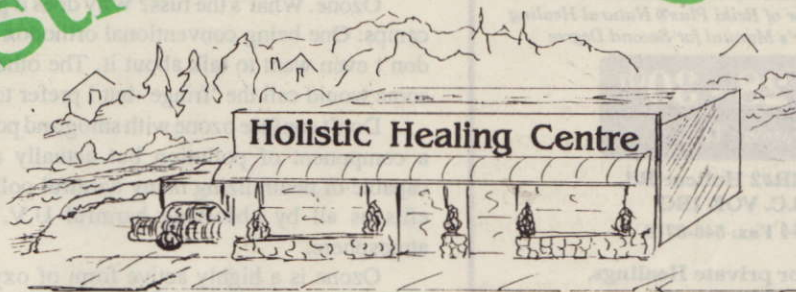
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Ozone

by Byrun Fox

Ozone. What's the fuss? Why does it galvanize people into two camps. One being conventional orthodox western medicine...they don't even want to talk about it. The other, well, they're on what some would call the 'fringe' but I prefer to call it the 'frontier'.

Don't confuse ozone with smog and pollution. Ozone is usually a component of pollution but actually a beneficial component capable of neutralizing many harmful pollutants. Ozone also benefits us all by absorbing harmful U.V. radiation in the upper atmosphere.

Ozone is a highly active form of oxygen created by passing oxygen through a U.V. light by generating a spark. The oxygen molecule O₂ is broken up and recombined into strings of oxygen ranging from O₃ to O₂₅. The secret of its efficacy lies in the fact that it reverts back to its stable molecule of O₂ over a period of one to two hours. In doing so it releases a very powerful free radical (O-) which scavenges and kills bacteria and viruses (not all free radicals are bad).

The therapeutic model used to understand ozone therapy is quite simple. In 1930, Otto Warburg received a Nobel Prize for his explanation of how reducing the oxygen in the environment around a healthy cell would turn it into a cancer cell. Working backwards from this proven thesis, many medical people (mostly in Europe) believe that increasing oxygen concentration in the body will reduce the chances of cancer developing and even have the effect of reversing existing cancer cell growth. But what is the mechanism by which it accomplishes this marvel?

Most benign micro-organisms, including our bodies' own cells, thrive in an oxygen rich environment (aerobic). Most disease causing viruses and micro-organisms thrive in a low oxygen environment (anaerobic). If this is true, think for a minute of the kind of environment that we have created within our bodies. It's not a great deal different than our outside living environment. Rich in pollution, heavy metals, chemicals...and low in life-giving oxygen. Our bodies are an anaerobic environment, highly supportive of microbial and fermentation processes which quickly lead to disease.

Academics and researchers often get caught up in details and extensive theories, losing track of the simple and the obvious. Take food away from us and we can live for months, take away water and we'll manage for a week, take away air and you have about five minutes left. Absolutely nothing is as important to your health and well being as oxygen. At this point in the history of the earth, air is only about 20% oxygen to start with. Where does this leave us?

It's not so much that there is any less oxygen available to us in the atmosphere than there was five hundred years ago, it's just that it's been combined with other elements and the results are useless or even harmful to humans. Oxygen plus carbon gives us carbon dioxide and monoxide. Oxygen plus nitrogen yields a range of nitrous oxides. Oxygen plus sulphur creates sulphur dioxide. All of these reduce the usable amount of oxygen that's available for human beings. It's little wonder that we are experiencing so much illness. In fact, I think it is a minor miracle that we aren't experiencing huge pandemics and epidemics. Unfortunately, that may be just around the corner. On the brighter side, here is what some experts in the field have to say about Ozone:

Waves Forest in an article entitled Aids, Cancer Cured by Hyper-Oxygenation states, "Aids, herpes, hepatitis, Epstein Barr,

continues to the right

The Alexander Technique:

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Gwen Dobie and Giancarlo Rizzo have been teaching the Alexander Technique in the Kootenays and Okanagan for the past two years: to musicians who need to overcome chronic tension associated with their craft; to office workers who develop back pain from long hours of sitting; to many individuals who need to learn a better way to use their bodies in their daily activities. More recently, they have been teaching many women the Alexander Technique before, during and after their pregnancies.

As the general public becomes more aware of the Alexander Technique a growing number of pregnant women are seeking its help to overcome some of the aches and pains caused specifically by pregnancy.

"Misuse" of the body causes many of us to seek a better way to approach a given activity. For example, poor posture causing back pain or general excessive tension causing chronic fatigue.

But "misuse" of the body has worse consequences during pregnancy, mainly due to the great stretching and increase in weight of the uterus. The Alexander Technique teaches individuals not only to use themselves better but, for the pregnant woman, it can offer ideas and skills that will be extremely helpful during and after pregnancy and during labour itself.

As Alexander teachers and recent new parents, Gwen Dobie and Giancarlo Rizzo have personally experienced the great benefits of the Alexander Technique in pregnancy and birth. They are pleased to offer classes and workshops in the Kootenays and Okanagan for individuals (pregnant or NOT!)

See advertisement to the right for upcoming workshops.

OZONE continued

cytomegalovirus and other lipid-envelope viruses are readily destroyed by hyper-oxygenating the patient's blood with ozone." In a separate research paper, Dr. Akira Ohta, M.D. states "I, however, have found that cancer can be healed perfectly with oxygen."

In an article on healing clinics in the Caribbean, Dr. Zoltan Rona, M.D. M.Sc. says "There are fifteen countries in Europe, Central and South America and thousands of doctors around the world who use ozone therapy. It's really unfortunate that the Canadian and American medical authorities have suppressed ozone therapy thus forcing patients to seek treatment outside the country at a greater expense."

Dr. Jon Greenberg, M.D. in a German research paper says "Ozone is highly effective against viruses and has an unusually high degree of tolerance when administered parenterally. In the case of Aids and Arc patients, hyperbaric ozone therapy can lead to obvious remittences of the reduced lymphocytic population and to an astonishing improvement in the clinical status provided that the disease has not severely progressed."

When people ask me, "If it's that good, why haven't I heard about it?" I respond "That's why you haven't heard about it."

If you would like more information or videos on Ozone please feel free to call Byron Fox at 524-4062 Vancouver. In Kelowna you can call Doug Smith: 769-0369. He is listed in the

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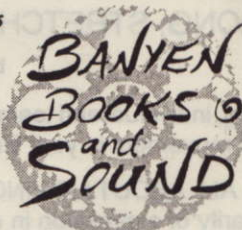
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by Joan Casorso

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- * Move into static (holding) postures, in creative forms. This allows the bodymind to elongate, feel strong and gives focus to the breath. (YOGA in its most basic form).
- * Gently, add graceful, flowing movements - this brings focus to your center. (TAI CHI in its most basic form)
- * Increase the rhythm to open and express the body/mind/spirit. TRIBAL DANCE in its most basic form)
- * Take ingredients and blend together in proportions of your choosing. Visualize a story in clear predictable patterns and express through your hands. (DRUMMING AND PERCUSSION in its most basic form)
- * Repeat same technique and express through voice (SINGING in its most basic form)
- * Finish with Quiet time to notice HOW and WHAT you feel. (CHECK OUT)
- * At this time your bodymind is open to integration. (POSITIVE IMAGERY AND RELAXATION techniques in its most basic form)
- * Be creative and personalize this recipe. Safe to do alone or with a group. Repeat often and enjoy.

It works for me, I know it will work for you. See you in classes. BON APPETIT.....



The Classics say "if you only concentrate on the breath you will not reach the highest stages. You must forget the breath and use only the Yi(mind-intent) to guide the chi." Without mind-intent (knowing the use of the posture) gradually the form will change and the postures become "empty postures" that will not develop the chi.

Through the stage of Practical Use a practitioner discovers that there really is a power that comes from relaxing fully and that combining this power with yielding really works better than opposing force with force. Soon the mind comes to appreciate that if it works better for the body to do this it is probably a better method of thinking too.

Mental Accomplishment is the third stage and refers to doing T'ai Chi mentally. T'ai Chi is described as "the art of overcoming the hard and unyielding with the soft and yielding." The third stage is learning to do this not just with the body but mentally also. The Classics state "First in the body, then in the mind."

Yielding is connected to rooting and means that a person can stand firmly and not be pushed over. Their upper body becomes willow like and can be pushed here and there, but the bottom half of the body cannot be toppled. From the hips down the practitioner is "rooted" and cannot be pushed over, even though they are quite soft and not offering resistance.

How often are we faced with situations where our mental defenses are called into play. For most people with the stress and strain of living in a recessive economy these defenses are used daily. For most of us these defenses have been developed by trial and error, often during childhood. On reaching adulthood we find ourselves still unquestioningly using these faulty methods. T'ai Chi offers us a method of gradually learning, first with the body, then in the mind, how to replace our faulty defenses with a more useful, adult way of thinking and dealing with the world. This is the most valuable lesson of T'ai Chi. ☯



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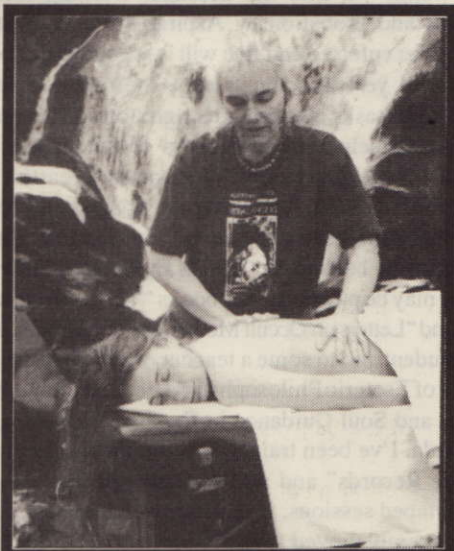
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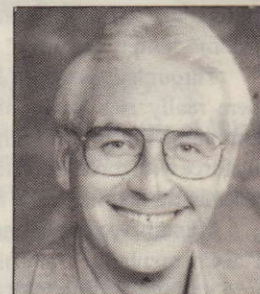
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Energies & Forces

by Troy Lenard



This transfer is in fact essentially a shifting into a "New State of Consciousness." Whenever a higher more potent energy cycle is initiated, all other lesser cycles are ultimately affected by its movement.

This effect is both seen and felt by us as an immense struggle, both personally and planetarily. And with the struggle of being tossed about comes the tiredness, dizziness, confused and disoriented state of one's own being.

Yet within this very movement lies the opportunity to ride the wave into the intuitive levels. Some of the major conditioning factors are:

- * The Astrological Turning of the Wheel from Pisces to Aquarius.
- * The waning of the Sixth Ray of Love Devotion to the increasing influence of the Seventh Ray of Synthesis.
- * The Arrival of five new Cosmic Rays changing the Seven to the Twelve Ray System.
- * Humanity as a whole approaching the Gate(Intuition) of Discipleship.
- * The fact and impact of the Spiritual Hierarchy.
- * The powerful force of a little known center called Shambala.
- * The shifting of energies from the Solar Plexus to the Heart Center.
- * The exposure to an overpopulated humanity with all the ensuing hardships.

Their united activity has precipitated the present world crisis and intensity. Much clarification is needed regarding each point made, yet I wish to focus on the importance of humanity's awakening to the Spiritual Hierarchy and the guiding role its function fulfils.

Since the dawn of humanity's arrival, certain outstanding individuals have demonstrated through sacrificial lives, the unifying power of light and love and thereby helped the race to its present state of consciousness. These elders of the wisdom function on the Buddhic plane of the intuitional levels and their method of communication is telepathy. Their positions are determined by their capacity and in their ranks we find the Masters, working Initiates, accepted Disciples and probationary Aspirants on many levels. Their authority is never enforced and free will is encouraged. No blind obedience is demanded, yet total commitment to the truth, once known.

One of their major tasks is to bring recognition and acceptance of their existence and help raise humanity's consciousness. Their process is ever one of love. They constitute as a whole, earth's heart center. Their urgent request in supporting the process and helping offset the negative conditions, is to achieve "Soul Contact" through Raja Yoga Meditation, by holding the "Mind's Eye" steady in the light.

Further study may be pursued in the books "The Externalization of the Hierarchy" and "Letters on Occult Meditation" by Alice A. Bailey.

I've been a student and to some a teacher of metaphysics since 1975, am a Doctor of Esoteric Philosophy and travel widely, sharing through Seminars and Soul Guidance in England, Australia, New Zealand and Canada. I've been trained in a number of lifetimes to read the "Akashic Records" and will provide personal or group guidance through taped sessions, if need be in the convenience of your home. I've recently moved to the Kelowna area: 763-2274.

French Paradox No Mystery

by Tom Anderson

The American Heart Association has come up with yet another explanation for the "French Paradox" - why the French are able to consume a diet rich in eggs, butter and cream, foods the AHA has been telling everyone to avoid because they're "loaded with cholesterol" - yet enjoy one of the lowest heart disease rates in the world.

First it was wine. Somehow the wine was protecting the French from all that cholesterol. Now it's believed to be vegetables, no doubt a relief to many parents. Perhaps next it will be the fresh bread.

But rather than examining what the French consume more of, we might consider what they consume less of. Above all, it's processed vegetable fat.

North Americans consume more processed vegetable fat than any other population on earth - and more than anyone has consumed in history. This has been the case since the latter part of World War II when, because such things as bacon and butter were rationed, Crisco and margarine were used in every home as replacements. These vegetable grease products were used with great reluctance, however, since they were nothing like the real thing.

While most people went back to their farm foods after the war, many continued using the vegetable greases because of the great difference in price. Butter, for example, was 29 cents a pound while margarine was only 8 cents.

Sales of margarine remained low until the product was improved - made to look and taste more like butter - and until it began to be marketed as not only more economical than butter, but better in terms of health. Doctors had begun to talk about cholesterol and the ad agencies were quick to pick up on it.

It was a time of great faith in "better living through chemistry." We bought all kinds of ghastly concoctions that had been developed for the battlefield, believing that we were sampling the products of a wonderful future - a new world totally under the control of science. There would be no more fields of corn, no more cows and chickens; everything would be produced in the laboratory and be better in every way.

As the American diet changed, so did coronary rates; they tripled almost overnight, then climbed steadily as more and more factory-made "substitutes" appeared on the market, most manufactured from cheap oils and starches. Margarine sales soon outpaced sales of butter and then nearly took over the market. Even many consumers who would never think of putting margarine on their bread used it for baking. Meanwhile, the use of liquid oils grew to the point where families were bringing it home in gallon jugs!

The American Heart Association recommended the use of these oils; they were supposed to be "healthier" than the natural animal fats which almost everyone had consumed in the past - when coronary disease was almost non-existent. The AHA has stuck by these 40-year-old recommendations despite considerable concern in the nutritional community and criticism from many medical experts, some of whom have insisted for years that these oils are harmful, that they may be contributing to our high rates of coronary disease, and that they, based solely on conjecture, unsupported and, in fact, contradicted by decades of data, may also be contributing to our ever-increasing rates of cancer. Some say they should be taken off the market.

There has never been a "French Paradox" to those of us who did not then, and do not now, accept the idea that eating farm foods is dangerous. It's an idea which appears to be based solely on con-

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ture, unsupported and, in fact, contradicted by decades of data. There's no evidence at all linking any animal-source food to disease of any kind, regardless of cholesterol or fat content.

I suggest that the French enjoy low rates of coronary disease simply because they have not abandoned their traditional foods. Virtually everything comes directly from the garden, the farm or the sea; nothing natural is taken away, nothing artificial is added.

So let's have some real cheese with that wine, and some real butter on those vegetables. And instead of thinking saturated and unsaturated, let's just think fresh and whole. That's the "secret" to the good health provided by the French diet. 



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Art of Dowsing

Tom Passey

This art form has been used by mankind since ancient times to help find water, minerals and in the hunt for food. However, in recent times, we find many detractors to the dowsing art. Generally, detractors fall into one of three main groups.

Group number one:

The scientific types, who because they cannot explain dowsing scientifically, either ignore it completely, or use all manner of explanations as to the impracticality of dowsing, thus dismissing any serious consideration of the art.

Group number two:

In this group are the people who because the dowsing instruments do not work easily or even react for them, i.e. the "rod" or "pendulum" remains motionless for them, they blame everything except themselves and condemn dowsing out of hand.

Group number three:

In this group are the people who because they cannot reconcile it into their belief system, fall back on religion, and many will emphatically state that it is the work of the "devil."

An example of this group comes to mind. The late Matt Graham (a real old time dowser, and a member of the Canadian Society of Questers) had dowsed for a well site on a horse ranch in the Cariboo, after which a well was drilled, which turned out to be a good producer of water of excellent quality. One of their customers who had been boarding two horses with them was a member of a religious group. He, upon hearing that the well had been located by a dowser, had his horses promptly removed from the premises. They stated that because the well had been located by the use of "witchcraft" that the water was of the devil, and they would not permit their horses to drink it.

There have been many theories advanced as to why dowsing works, but it's as much a mystery today as it was in ancient times; we just do not know how or why it works. There are certain tantalizing clues. However, no conclusions can be drawn as to why and how it works other than a living organism has to be involved. For example, mules will find water in the desert, and will dig down in the earth to find it. Ants will locate anthills over underground streams, and so on. There are however certain things that we do know, and these clues tell us that:

The body is involved in some way.

That the body can be so shielded by external influences, as to suppress the dowsing signal.

Dowsing is used for locating water, oil, minerals, archaeological sites and artifacts, missing persons and animals, missing objects, and used extensively for examining animals by veterinarians in Europe. The following briefly describes the various levels of the dowsing art.

On site dowsing- is where the dowser traverses the area using one of the common dowsing instruments.

Scanning or sweep dowsing- sweeps an area with a Y-rod or uses the hand as a witnessing palm and a bounce rod or even pendulum. In fact triangulating where the best areas to drill are from a distance.

Over the horizon and map dowsing- in this case the dowser is not anywhere near the property at all.

Deviceless dowsing- uses his hands or body to locate or examine a condition or a set of circumstances.

Decreeing- is used for causing things to happen at a distance. Examples are; remote diversion or water veins & remote healings.

E = MC³ Science of Transformation

by Melva Manseau

New theories of evolution exploded the myth of an unintelligent Universe. Previous theories, like Darwin's, saw slow, gradual change by chance mutation. But the newer ones, still recognizing the principle of survival of the fittest, attributed evolution to periodic quantum leaps by small groups transforming the whole.

And there was a methodology to the transformation. Being too exacting to paraphrase, we often read it to one another: "...a deep and powerful new explanation for rapid evolution -- biological, cultural, personal-is emerging. Biological clocks, the symmetrical exchanges of energy in the collision of subatomic particles, memory patterns in human minds. "...at a deep level of nature nothing is fixed. These patterns are in constant motion..."

Some forms in nature are open systems, involved in a continuous exchange of energy with the environment. A seed, an ovum, and a living creature are all open systems. There are also human-made open systems...for example a town... Prigogine's term for open systems is dissipative structures. That is, their form or wholeness. It is highly organized but always in process. "...A complex structure is connected at many points and in many ways. The more complex a dissipative structure, the more energy is needed to maintain all those connections.

"Because these connections can only be sustained by a flow of energy, the system is always in flux. Notice the paradox; the more coherent or intricately connected the structure, the more unstable it is...This very instability is the key to transformation."

"The continuous movement of energy through the system results in fluctuations; if they are minor...they do not alter its structural integrity. But if the fluctuations reach a critical size, they 'perturb' the system...They shake it up...the parts reorganize into new, richer wholes..." Prigogine opens the door to the limitlessness of personal and global evolution.

What Science calls Evolution, Theology calls Divine Mind. One wonders why these two didn't get along for such a long time. Perhaps, when the early Church fathers disgraced Galileo for his contrary opinions, Science retaliated by declaring God dead. But in the 1970's organized religion also became accountable for its deeds. As church attendance declined, interest in Spirit soared. Our yearning for the Experience and not the dogma charted a new vertical zip between created and Creator.

Something Holy was moving through our midst. As East penetrated West, we relaxed, tuned in, spread out and encountered the Universe. The East taught self-mastery, tuning in, and inner discipline, while the West taught service to one's fellow man. Krishna, Buddha, Mohammed and Christ interfaced, then blended. We let go of our religious narcissism and stopped making God in our own images. "I Am" all in all was the Cosmic Broadcast.

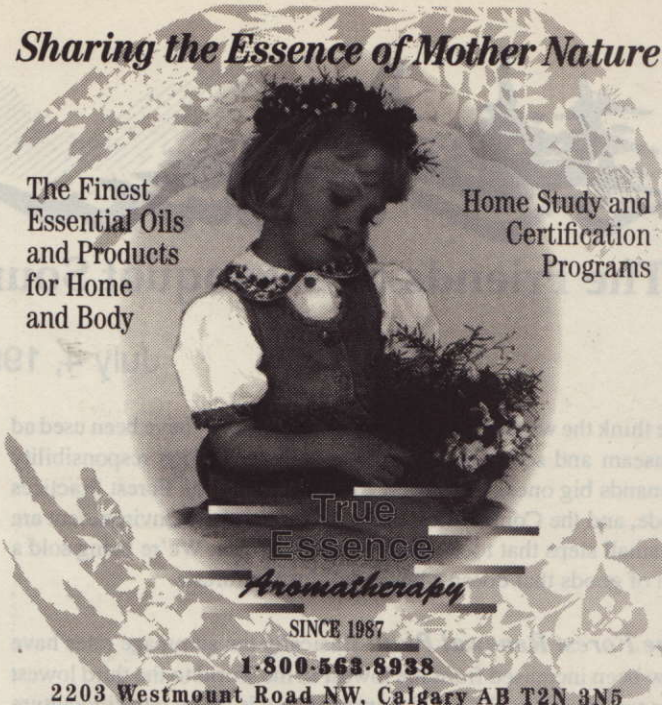
But the game of expanding consciousness had definite rules, subtle and exacting. We traveled through a space smaller than a needle's eye. We came to terms with the Supra-Ordinate factor and found we had no bargaining position. Motivational check-mate. Like salmon fighting upstream to reach homebase, we required unconditional desire - all heart knew all along. Love is the Power that creates and rules the Universe.

But what was to be the end product of all our knowing, be it psychology, philosophy, theology or science? To passively sit by in a world where millions starve seemed senseless. To justify the

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world's misery by some sort of individual Karmic retribution, seemed a pious appropriation of enlightenment, an affront to reason. Thus West penetrated East, as Mother Teresa fed millions bringing credibility to Nirvana. As desire for Utopia rose out of the collective unconscious, alternative lifestyles flourished. In searching for the roots of ourselves, we touched the roots of earth. To have a bit of dirt under one's nails was a sign of realism, as we gardened, raised pigs or did balcony-organics. We came alive with new philosophies, new blueprints for social evolution, as we studied and applied the Master Philosophers' teachings.

The universe, said Plato, is motivated by the Idea of Good, the First Principle of order, proportion and harmony, to which every man, if he so chooses, could become yoked. Knowing destiny and character of a civilization was measured by the caliber of the citizens, he formulated an intricate system. A built-in obstacle course was designed, ensuring only those with Love for the Idea of Good would have the eyes to discern TRUTH. ♦

See Melva's ad to the left.



The Friends of Clayoquot Sound Box 489, Tofino, BC V0R 2Z0 (604) 725-4218 Fax 725-2527

July 4, 1994 Update

We think the words "a step in the right direction" have been used ad nauseam and so refuse to praise small steps when responsibility demands big ones. The Forest Renewal Plan, The Forest Practices Code, and the Commission on Resources and the Environment are all small steps that took a long time to happen. We're being sold a bill of goods that doesn't bode well for the forests.

The Forest Renewal Plan: Basically the stumpage rates have now been increased from the lowest in the world to the third lowest (are you happy yet?), and the extra money is going into silviculture and some job retraining. If you don't clearcut you don't have to replant. Ecoforestry would eliminate, almost entirely, the need for the kind of silviculture the government is now throwing stumpage dollars at. The government should be legislating ecoforestry and be putting the money into developing a secondary manufacturing sector so we have jobs utilizing sustainably harvested wood. We could be cutting a third the volume of wood we currently do and employ more people if we got as many jobs per cubic metre as they get clearcutting and manufacturing in Washington State just to the south of us. Imagine the jobs and the forests we would have if we practiced truly sustainable forestry in B.C.

The Forest Practices Code: Long awaited and not here yet. It may be legislated by fall, although the government will allow a two year grace period for the companies to come into compliance. There will be an election before the Code comes into full implementation. We wish they had allowed a clause that, like the Fisheries Act, would allow the public the opportunity to prosecute the companies directly for infractions rather than having to depend on the same bureaucrats who haven't been keen on prosecuting them before! We're hoping some forms of management such as Ecosystem (biodiversity) management (rather than landscape level management) can be enforced. Enforcement of the Code will depend on the will of the Forest Service.

The Forest Practices Code entrenches clearcutting in legislation and only designates ecoforestry as a marginally used system. It claims that 40 hectares is a small clearcut (tell that to the Austrians who consider two hectares to be a big clearcut) and it offers the District Forest Managers too much discretion, allowing them to circumvent the Code. With regard to salmon streams, the U.S. standards give more protection to Class C non salmon streams than our new Forest Practices Code offers our class A salmon streams. The guts of the Forest Practices Code is to be a series of field guides which are not yet prepared, and so the Code is too vague to be meaningful (in other words they released the Code for PR before it was ready). This hardly lives up to the claim that B.C. has the best Forestry Standards in the world. In fact, the B.C. government and the Forest Alliance advertising in European newspapers that we have the toughest world class standards is simply a lie.


Commission on Resources and the Environment (CORE): We were promised protection for 12% of representative ecosystems; we got 13% of the land base protected. What happened to the representative ecosystems? How did we end up with only 6% of forest ecosystems protected, not 12%? There is now 2.7% more protected land base on Vancouver Island than there was before CORE. We are not satisfied with more rock and ice protection and fragmented forest ecosystems.

The government set CORE up with a mandate to negotiate a resource strategy which would protect 12% of representative ecosystems and would give tenure security to forest industry licencees. CORE gave the government recommendations which fell short of the original mandate and then the government did not accept all the recommendations.

Forest Watch

Despite claims that the forest industry in British Columbia is adhering to "world class" logging practices, it is apparent that the B.C. government's monitoring and regulation of logging is grossly inadequate. The trespass cutting by MacMillan Bloedel in March of this year (see "MB Illegal Cutting," p.5) showed the incompetence of the Ministry of Forests in ensuring that the forest companies follow the rules. With the Forest Watch program, the Friends of Clayoquot Sound will be picking up the slack left by the provincial government. A group of trained investigators will check up on all the logging and proposed logging sites, monitoring for compliance with all the standards and guidelines (weak as they may be). Approximately forty new clearcut blocks were approved in Clayoquot Sound since June 1st 1994. We are gathering evidence that the companies are not complying with existing guidelines and will provide photographic documentation of what the paper promises of the NDP actually look like on the ground. So far we are horrified and we hope the evidence and photographic documentation we gather will work towards getting MacMillan Bloedel and Interfor out of Clayoquot Sound's forests.

What's Going On?

The waters may seem muddy with all the PR paperwork flying about (like the Federal Clearcut Hearings Report which forgot to take biodiversity into account), but let one thing be clear: We would not tolerate the Sistine Chapel being razed to provide demolition jobs; we would not tolerate the pyramids being smashed for paving rock; we would not tolerate a plan that would protect only 12% of representative cathedrals in Europe. Why would we tolerate our cathedral forests being razed. Temperate rainforests are rare and large intact tracts of them even rarer. We must consider having these forests as a privilege and a responsibility to the biosphere. Species are dying because of clearcutting. We are in contravention of at least two international treaties on the environment by clearcutting Clayoquot Sound (The Biodiversity Convention and the Climate Change Convention). In the Vienna Convention of Treaties it states in Article 27 "A party may not invoke the provisions of internal law as justification for its failure to perform a treaty." Fight for it! 

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Oct. 14

Tanya Thompson

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Food as Energy

Learn simple recipes and ways of cooking that can help balance your constitution and bring more balanced energy into your day. Workshop on Sat., Oct. 15, 11-5 pm details on page 11 Private consultations possible by phoning the Centre.

Oct. 7

Barbara Articus

Herbs for Healing

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Barbara has a 40 acre organic herb farm near Lumby where she lovingly prepares essential oils for massage lotions and a wide variety of herbal vinegars and dried herb blends for cooking.

Oct. 21

Karen Timpany & Clinton Jarboe

Crystals, Energy & the Shamans Perspective

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THE SHAMAN'S PERSPECTIVE !

by Clinton Jarboe

There's been a lot said about the diseases brought by whites to the new world. Everybody knows about the damage they caused. Not many people realize that the cultural disease exchange went the other way too. European newcomers contracted several new diseases, usually viral in nature, that left their doctors utterly unprepared. So, a common sight in the first hundred years of European habitation was Indian healers on their appointed rounds. The grateful settlers called them medicine men, because they didn't know what else to call them.

These medicine men possessed an extensive practical knowledge of what we would call vibrational medicine, and an encyclopaedic knowledge of herbs and plants and their uses. In keeping with the vibrational nature of their knowledge, they also had knowledge about how to gather plants and herbs far beyond that which is available now in modern herbals.

When the European diseases struck, the damage was so quick that it has appeared from the perspective of the twentieth century that the Indians were quite unable to cope with the diseases that attacked them. Maybe this is part of the reason current medical science has taken so long to recognize the usefulness of the shaman's art.

Frank Fools Crow, the most powerful and respected of the Sioux medicine men of recent times, once remarked that the sheer rapidity of disease progress for such things as smallpox left medicine men unable to consult the spirit in a traditional way. Some of them then used tried and true approaches that worked on similar symptoms with devastating results. Now, however, Fools Crow says that medicine men have approaches which work on many things that baffle modern doctors.

Medicine knowledge of the how-to-harvest of plants is worth sharing. We know a great deal about astrological timing of planting and harvesting (see Karen Timpany's article in this issue) from our Celtic heritage, to name but one source, but this is prescriptive knowledge. The shaman is in touch with nature in an extrasensory way that is open to anyone who knows.

The shaman sees nothing in isolation, and therefore proceeded in this way. Having determined the problem through consultations with patient and spirit, (God), a course

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of treatment usually involving herbs was decided and directions received from the location of the plant. There is a hierarchy even among plants, and the chief plant was located and consulted. This plant imparted further information about location of the other plants, the number that could be harvested and so forth. A common practice was that the first seven plants of the desired type were passed over to ensure the plant's survival for the next seven generations of people to come. The right plants were harvested, prayers of thanks were offered and the appropriate toll paid.

You may be thinking this is a lot of fuss to get help. Here's a way to get in touch with a plant and discover a small part of the shaman's perspective for yourself. You'll need something for an offering: cornmeal, a bit of fertilizer, an apple slice, anything. Take it with you into your garden and select a plant group you want to harvest from. Get down on one knee so as to get closer to the plant. Breathe deeply and relax. Clear your mind. Imagine a ball of light in your abdomen, and when that's quite clear in your mind's eye, extend a beam from that ball to a plant you may wish to harvest. Hold in your mind a question like ... "Are you ready to be harvested now?" and wait. Keep in mind you're asking, not demanding. Focus the beam and your mind on each of the plants or shoots in turn.

If the day is calm, you will notice that some of the plants are moving or swaying rhythmically. They are saying yes, and responding to your electro-magnetic field. If it is windy, select the ones that are staying

HERB HARVESTING

by Karen Timpany

The life force in plants is subject to a 24 hour rhythm. This rhythm is driven by sunlight. Therefore the maximum life force is present in the plant above the ground at high noon and completely present in the root at midnight. When the required and useful part of the plant is the root, the plant ought to be harvested within 2 hours of sunrise or an hour of sunset. These should be picked when the moon is in a fruitful sign.

Fruit, nuts and seeds however, should be harvested when the moon is in a barren sign. These are minimum guidelines for harvesting herbs and as there are other astrological considerations, one might want to research. For example, roots, vegetables and tubers should be taken when the moon is waxing. But, when you take herbs, they should be taken when the moon is waning.

For more information, check on an annual almanac by Llewellyn Publishers called The Moon Sign Book. Whatever herbs you grow and/or harvest, be sure to do so with love and appreciation in thanks for the wealth of abundance from our Creator.

still.

Give thanks simply and sincerely, harvest quickly and lovingly, leave the offering and depart. Prepare and eat the plant as quickly after that as you can. You'll be delighted and surprised.



FOCUS ON WOMEN

Laurel Burnham

SACRED PLAY: THE ART OF RITUAL BEGINNINGS

"In all you do, wherever you are, do yourself and all life just honour."

William Blake

We respond to our inner promptings to come together, to create a safe/sacred space for ourselves. We begin to understand that there are symbols we can work with, that the four directions correspond to the different aspects of our being, physical, mental, sensual, emotional and spiritual, as well as the different elements that comprise the earth, air, fire, water and spirit. Everything corresponds, and has its place within the Circle of Life. We begin to realize that we have what we need to create our own rituals, all around us. Ritual is something we all can do, create and be full participants in.

The guidelines to follow in creating ritual are simple, but important. The more thought and care you put into the beginning stages, the better it will be. It often helps to write down your thoughts

1. What is the intention of this ritual? What has inspired you to do this? Why are you thinking about doing a ritual? What has happened, is happening, or about to happen that inspires you? What is the purpose of this ritual? What do you want it to accomplish? What kind of mood do you want to create? Whom will this ritual affect? How will this ritual benefit the participants?

2. What type of ritual is it? There are five potential categories for ritual: beginnings (i.e. a blessingway, coming-of-age) mergings (weddings, commitments), cycles, (i.e. birthdays, anniversaries, holidays, full moons, solstices and equinoxes) endings, (end of job, a relationship, death of loved one) healings (personal or planetary). All rituals should have the healing component within them.

3. What effect do you want this ritual to have, and upon whom? Diane Stein in her book "Casting the Circle" suggests that these criteria are crucial to effective ritual: 1. That it involve everyone present 2. That it contain elements of healing, change or transformation 3. That it be a validation of each person as Sacred.

4. When beginning the ritual, clearly state the intention. For example: "We are gathered here to honor and empower Marie in her passage into Motherhood, and to honor the baby that is about to be born." This can also be used as the invocation.

When you have determined the purpose for the ritual, you can then progress to the planning stage. This is where you can begin to draw upon your knowledge of different symbols for each aspect of the ritual. When you have determined what kind of ritual you want to do, then you need to decide:

Who? Who should participate in this ritual, and why? Do all the people who come to the ritual have the same purpose? What do they have in common? Is there anyone who might be touched by but might be offended and/or hurt by participating in the ritual? If so, what can you do to make sure you achieve your intention and not hurt or offend anyone?

What? What specifically do you want to honor, recognize, support

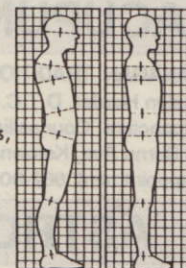
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and heal through this process?

When? When would be most appropriate? Day or night? If you are attuned to the lunar phases, perhaps consider where the moon is in its cycle. Full moons are times for celebrating fullness, fertility, new moons honor beginnings, waning moons preside over completion and endings.

Where? Where is the best place for this ritual? What setting would be most conducive to the energies you want to generate?

How? How will this ritual benefit the participants?

What? What needs to be done? What do you need to bring, prepare? Can anyone else help? Make a list of the materials you need. What else needs to be gathered? What do you need to do to prepare the physical space? What else needs to be coordinated? How are people getting there? Who needs to be phoned?

It helps to write down a draft of the ritual. It can clarify any logistical problems that could arise. As well, this process will allow you to begin to confront any emotions that preparation for this ritual might bring up. How are you feeling about this ritual? Are you nervous? anxious? scared? confident? enthusiastic? What issues have been brought up by the preparations you've done so far? Are there any ethical considerations? Is there any way that this ritual could harm anyone involved? If so, what must you do to make sure that it does not?

When To Do Ritual: Waxing, full or waning moons. The solstices, equinoxes and the half-way points between them. Rites of passage: birth, menarche, relationship bonding, menopause and memorial. Times of need. Times of "Want to." Healing. Self-Blessing. When it feels right.

When Not To Do Ritual: When angry or upset. When not in private space. When group can't agree on plan. When there is no focus for a ritual. When drunk, drugged or emotionally unstable. When it may violate the free will of any. When it doesn't feel right.

From "Casting the Circle" by Diane Stein

1. Remember the intention.
2. Let the myth inspire you.
3. Use (and trust) your intuition.
4. A ritual should benefit all and harm none.
5. Keep it simple.
6. Stay balanced
7. Keep in touch with your feelings and with the other people.
8. Honor the power of words.
9. Keep the imagination alive.
10. Attend to details.

From "The Art of Ritual" Renee Beck & S. Metrick

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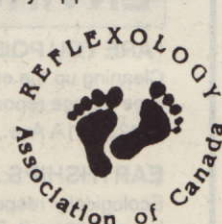
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The Birth of a Vision

by Judy Armstrong

Four years ago, I attended a workshop on the subject of Visions and Manifesting. The leader exuded an aura of success and bubbled with enthusiasm as she related personal experiences of her rags to riches story. She told us that it wasn't just enough to dream big dreams, but we needed to be very focused, be willing to take responsibility for our wishes and above all, to get interested and excited about what we desire, acting as if the dreams were already realities. It was most important to be open to allow miracles to work in our lives. She was amazing and I felt as if she could truly move mountains with her energy. However, I was a very stubborn mountain. The more enthusiastic she was, the more depressed I became. A deep sadness overwhelmed me, and when I felt into the meaning of this sense of loss, I remembered a time when I chose to forget the dream.

When I was a child, I had boundless energy, I loved the outdoors and was tuned into all the whisperings of nature. I played with worms, caterpillars and butterflies, and talked to the little people who help the flowers grow. My world was free and full of wonder with endless possibilities. Each moment was lived fully and I looked forward to every event with great anticipation. I would build my hopes so high, but was devastated when plans would fall through due to unforeseen circumstances.

Then came some advice from someone very close to me. I was told, that instead of getting so enthusiastic about everything, why didn't I plan as if an event was not going to happen, thus saving me from disappointment. If it did come about - well, then I could be pleasantly surprised. This attitude seemed to take the wind from my sails. I lived my life from then on, not allowing myself to get too excited - just in case things didn't work out.

When I shared my experience with the workshop facilitator, she smiled and said, "Judy, if anyone can live your greatness, you can." this was a turning point for me. I began then, to perceive the difference between expecting and expectancy. I had been creating limitations as if I had blinders on and could never see a wider view because I wouldn't allow it. I was missing the messages placed directly in my path by assuming high expectations from a three dimensional perspective. With expectancy, however, I simply set my intention and then surrender completely, releasing attachment to outcomes, knowing that all the good will come to me with perfect synchronistic timing. I open to all ideas as they come to me and act on the inspiration I am given in the moment. Insights come to me in all kinds of disguises, and as long as my mind and heart are focused, interruptions become opportunities and delays offer me the choice to see a higher vision.

So many of you have asked me about my creative process when I compose music and how I managed to hold to the dream of seeing the recording projects through to their completion. I would say that the themes for my songs pop into my mind when I am most relaxed and out of my own way. Since my whole life's work has been centered around music and voice, it is very natural for me to find expression through writing. The more I surrender with each conscious breath, the more I open to the creativity. When I facilitate workshops (teaching what I need to learn) on breath and sound integration, I find that my spontaneity and willingness to be all of who I am, provides a safe place for others to express their giftedness.

The songs for my recording, "Inside of Me" began in 1990 at our

home on the Sunshine Coast in British Columbia. The year before, my life had come to a crossroads. After a full career in the performing arts including thirteen successful summer seasons collaborating with my husband, Tink Robinson, in producing, writing, directing and performing in our theatrical shows at heritage Fort Steele, B.C., we knew it was time to use our talents in different ways. Thus in 1989, we resigned and consequently gave up the majority of our income.

It was this letting go which made room for a whole new area of expressing. Songs began flowing through me, the beginning of an awakening process which led me to assist others who are seeking the doorway to their own songs. Only when I chose to release the self-sabotaging habits which blocked the fulfilment of my dreams, was I finally able to say "Yes" to life, "Yes" to a higher purpose and "Yes" to my vision. Resisting what I most wanted to do became too painful. There was another way - the path of happiness and ease. I wrote the song "The Time Has Come" and three months later, someone was so moved by the music, that this person offered to financially support the recording - and so the production of "Inside of Me" was born.

My latest release, "Let Your Heart Sing" has been another step in learning to trust. My heart was telling me that these songs that I keep writing must get off the piano bench and 'out there'. I decided to say Yes to the project before the money was in place. This totally goes against any of the earth views of sound marketing and planning, but I have learned to listen to my inner guidance. I have been fascinated to witness the step by step process unfold from the songs as they are created to the completion of my new CD. The timing of "Let Your Heart sing" has been perfect - certainly different than I would have planned. Both albums have taken on a life of their own - people are sharing the music with friends, buying the CD's and cassettes for gifts and generally spreading the word. I am deeply touched by the hundreds of letters I have received from those who have been inspired by my songs. In using my music in my workshops and in teaching breath and sound, I have witnessed countless miracles of transformation in people's lives as they begin to discover and honour their own voice and then choose to take the next step in allowing others to hear who they are.

A dear family member has always told me that "things always work out - not necessarily the way you think they will, but always for the best." I am finding it so rewarding and fun to take risks, to play more, to allow creativity to flow, to live life full of expectancy and to open to all the wonders that the Universe provides. Also, I experience more peace when I honour my worth and focus my thoughts on everything that is right in the world instead of buying into fear. I honour the power of the human spirit and know that each person has incredible inner beauty and talent to express. Each one can have the birth of a vision and dreams can become realities. More and more hearts are willing to open and there is a destiny for everyone. The treasures are rich within and the most precious thing you can give the world is the gift of yourself.

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After several years emerging as a spokesperson for justice and sharing in the Indo-Pakistani community of London, England, the World Teacher Maitreya, will soon be granting a series of interviews to a major US network. These will lead to the Day of Declaration, on which Maitreya will be invited by the media to address all of humanity on the linked satellite networks of the world. During the TV broadcast, "all eyes will see him" and each person will hear his appeal inwardly, telepathically, in his or her own language. Thousands of spontaneous healings will simultaneously occur. In the following abridged article from Share International magazine, one of the Perfected Masters who works closely alongside Maitreya describes humanity's reaction to the world-wide broadcast.

Since the time is short indeed, till mankind sees the Christ it would be wise to consider somewhat the likely repercussions of that momentous event.

Firstly, men will awaken to a new situation, one altogether unfamiliar and strange. Nothing similar will have been the experience of anyone alive. No one anywhere will have heard before the thoughts broadcast on that day of days. Never before will men have heard the call to their divinity, the challenge to their presence here on the earth.

Each singly and solemnly alone will know for that time the purpose and meaning of their lives, will experience anew the grace of childhood, the purity of aspiration cleansed of self. For these precious minutes, men will know afresh the joy of full participation in the realities of life; will feel connected one to another, like the memory of a distant past. Suddenly men will realise that their life till now was a shallow thing, lacking for the majority, all that makes life dear, Brotherhood and Justice, Creativeness and Love.

Many will know for the first time that they count, that they matter in the scheme of things. An unfamiliar sense of self-esteem will replace their present hopelessness. Drugs of all kinds will cease their hold on men. Quietly, men's tears will flow in humble gratitude and longing for the good. From that time forward, a new spirit of sanctity will prevail upon the earth. Men will walk on tiptoe for a time.

Soon however, men will realise that the changes needed in the world are vast, manifold, requiring patience and dedication, imagination and trust. Before long, men everywhere will engage themselves in the work of reconstruction, the rehabilitation of the world. Succor for the poor and hungry will take place of pride, and so will end forever a blasphemy in the men's midst. Millions will know for the first time the quiet happiness of satisfied need. No more will the dying forms of the starving disgrace the screens of the affluent.

Changes unequal in extent will engage men's minds and hearts. Naught but the finest of the past will prevail against the onslaught of the new. Daily the transformations will be recorded for men to compare and admire. A new world will be constructed in the blazing light of day. All will, in their way, participate. Each will add his vision and contribute to the whole.

For many, the very presence of the Christ will constitute a problem. Their long held beliefs will be shaken to the core. For them a period of heart searching will be inevitable, as they seek to understand the meaning of the new dispensation. Ancient beliefs die hard and hurt bitterly in the process. Nevertheless, millions will respond with a glad heart, happy to accept the Teacher in their midst. Few in time will stand against the common acknowledgement, that the Christ, in the person of Maitreya, walks once more upon the earth.

For more information write TARA, Box 15270, Vancouver

Tel: 604-988-TARA

Cheryl Grismer

How to make our lives an embodiment of wisdom and compassion is the greatest challenge of spiritual seekers. The truths we have come to understand need to become visible expressions in our lives. Our thoughts, words or actions hold the possibility of being a living, vibrant expression of love. It is not enough to be a possessor of wisdom. To believe ourselves to be the holders of truth is to become its opposite & is a direct path to becoming stale, self-righteous or rigid. Ideas and memories do not hold liberating or healing power.

There is no spiritual retirement, where we live on the riches of past attainment. Our wisdom is only alive as it is lived, understanding is liberating only as long as it is applied. A bulging portfolio of spiritual experiences matters little if it does not have the power to sustain us through our inevitable moments of grief and

change. Knowledge and achievements matter little if we do not yet know how to touch the heart of another and allow ourselves to be touched.

Please be wary of getting caught in idealism. Profound love, compassion, sensitivity and awakening are the goals of our spirituality that move and attract us. It is far easier to love a thousand people in our thoughts than to fully love one person in actuality. It is far easier to extend our compassion and acceptance to those who do not actively challenge us. Only in the midst of our concrete real relationships can we actually express our wisdom and demonstrate compassion.

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