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'Grandad's Long Johns'
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read **'Musing'** page 6

October 1994

Volume 5 - Number 5

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TOOLS AND TECHNIQUES APPLIED IN THIS COURSE ARE:

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INCLUDED IN THE PROGRAM ARE PUBLIC WORKSHOPS ON VARIOUS TOPICS:

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Program starts Saturday, October 29th, 1994

Support Meetings every Wednesday evening 7:30-9:30 pm - Sept. 14 - Oct. 26

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

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Healing with Metaphysical Humour & Authentic Natural Laughter

by Jon-Lee Kootnekoff

As a teacher, coach, parent and entrepreneur, I have learned that "a smile increased my face value" and laughter was internal jogging.

During my youth, I was frightened by the events of the second World War. After watching newsreels at the movies, I would dream of armies of goose-stepping, frowning and unhappy Gestapo men marching over my relatives and friends. When we gathered around my Uncle Popoff's enormous Marconi cabinet radio to listen to special war broadcasts, hearing the grave voices of Hitler, Stalin, and Churchill made the danger of war at home that much more real. I was also amazed, though, that they all could fit inside Uncle Mike's "macaroni" radio!

As a youngster, I consciously dipped into the negative and fearful "psychic porridge" (my environment). People around me were unhappy and filled with uncertainty and fear. Not many folks smiled nor laughed except for one of my uncles. He shared his "crazy wisdom" with us. He told us stories and played his button accordion to drown out some of the vibrations of war. I later learned that my funny-playful uncle sipped on moonshine....frequently...

I collapsed in 1971 at age 36...I was filled with unresolved, denied and deeply buried unhappiness, uncertainty and fear. I was bored and suffered from a case of "burn-out." I was a walking time bomb! My higher self was whispering...and my ego was shouting to be and do more. My body was sending me memos but I was too busy being busy to open my mail....

After my timely and meaningful THUD (collapse), I decided to take a journey and find ways and means of how to get out of my own way. I studied laughter; unorthodox ways of living, learning and loving myself and others unconditionally, non-judgementally, non-selectively and non-calculatingly....Letting Go of the garbage hasn't been easy....

My simple, timely and meaningful presentation on Wednesday, November 2 will give the participants an overview of a happy, healthy and humorous human being. You will leave nudged and will be reminded of what you already know...Looking forward to meeting you, learning together and enjoying life's journey even MORE...!

With Honor, Respect and Friendship

Jon-Lee

Jon-Lee Kootnekoff

Nov. 2 - Wed.



at the Holistic Healing Centre - Sliding Scale Donation
& at the Coast Lakeside - Thurs. Nov. 3 - \$25
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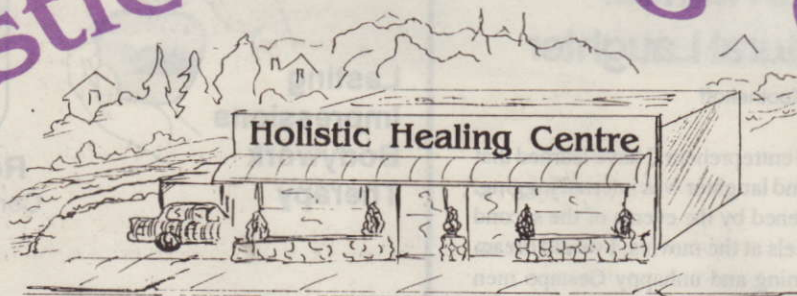
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Advance 65.00 Door 85.00

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

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

Holistic Healing Centre



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Oct. 7 - Fri.

**Barbara Articus
Herbs for Healing**

Learn simple ways to integrate herbs into daily living. 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. 12 - Wed.

**Temera
Introductory Stress Workshop**

Learn how to recognize positive and negative stress and methods that you can use to eliminate negative stress.

Oct. 14 - Fri.

**Tanya Thompson
Ayurveda: The Science of Life .. Food as Energy**

Learn simple recipes and ways of cooking that can help balance your constitution and bring more balanced energy into your life.

Workshop on Sat., Oct. 15, 11-5 pm details on page 7

Private consultations possible by phoning the Centre.

Oct. 19 - Wed.

Reiki Circle for all practitioners. A time to share our gift!

Oct. 21 - Fri.

**Karen Timpany & Clinton Jarboe
Crystals, Energy & the Shamans' Perspective**

A discussion on working with and the results of hands on energy and healing, Clinton & Karen both have articles on pages 20 & 21

Oct. 28 - Fri.

**Peter Hodsman
Quantum Light Breath & Postural Integration**

You are invited to a magical evening where we can surrender to the healing force of our own aliveness. Quantum Light Breath is a highly personal and powerful experience. Trust your heart to divine creative energy.

Nov. 2 - Wed.

**Jon-Lee Kootnekoff
Metaphysical Humour and Authentic Laughter**

This timely and simple presentation that will give participants a nudge and be reminded that life's journey is well worth living.

Nov. 4 - Fri.

**Katherine Sue
Life Readings**

A delightful evening with a small medium at large. Journey together as Sue takes you on a trip of personal numbers, challenges, gifts and cycles. Based on your birthdate vibration.

Nov. 11 - Fri.

**Peter Mikiel Hutt & Rhoyalle Tayler Ryane
Introduction to Reiki**

This is our Reiki Extravaganza Week-end. Experiential sessions by donation will be offered to the public Saturday 2-7 pm

Nov. 18 - Fri.

**Vibrational Healing with Sound, Color & Crystals
Troy Lenard from Kelowna.**

Crystal Energy

by Theodore Bromley




Quartz crystals have encoded blueprints of all life on this planet and when one grasps the secrets within quartz one understands the secrets of life. This is not to say that all these secrets are readily available to us. The universe moves in its own mysterious way.

However, as the planet and her people continue to rapidly grow and evolve, more of these secrets are being revealed to those of us who ask for them.

Electromagnetic energy is the key to physical existence. This energy is encapsulated within quartz and, for that matter, all the mineral kingdom. By delving into the study of electromagnetic energy from a spirit/science perspective, the first of these "secrets" are revealed. Tune into the power of TWO: the principles behind the laws of attraction and repulsion, yin and yang, etc. and the barriers to awareness will come tumbling down.

We are spiritual beings expressing ourselves as physical beings. We are one expressing as two. Think on the purity, the simplicity, the power. Crystals are a physical manifestation of the link between spirit and body; one and two.

Crystals are kindred to people because like people they have individual as well as collective consciousness. Also, crystals have abilities unique to themselves. They are eager to work with people to help us be more aware of our truth, our spirituality, our oneness with the Universe or God. Also, their energy is available on the physical level if we but learn to ask. This energy will supersede and eventually revolutionize and replace current energy sources for such purposes as heating, cooling and transportation free of hazardous waste.

I am convinced that crystal energy will be extremely important in the new era. 

Theodore Bromley presents

CRYSTAL ENERGY WORKSHOP

Sat. Oct. 22 10am - 5pm
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Musing

with
Angele

Publisher of ISSUES

'Grandad's Long John's'



Fred Rosenberg photo

Time....time, it seems endless and I try to make the most of it. I always have so many things that I want to do that as soon as one project is near completion, I usually have two more projects on the go. Sure, I am able to prioritise my activities and I have a good sense of timing, so it appears that I accomplish much. The real test is yet to come as fall arrives and I start back to work full-time aside from publishing ISSUES on a monthly basis. The Holistic Healing Centre will be organized by Jan and some volunteers and shouldn't take up too much of my time, especially if I can stop talking so much! People are important to me and each one that I touch who decides to change to a healthier, more balanced life style is a bonus point for me, for word of mouth is the best advertising I know. I have visions of the population becoming healthier as individuals each are involved in the process of listening to their bodies. It is wonderful having lots of energy and feeling satisfied that life is fulfilling.

Right now, I am enjoying a few minutes of solitude as I listen to the birds chirp and Penticton Creek rush by. The Holistic Healing Centre and my apartment are both situated so that Penticton Creek surges by on two sides: the joy in my heart increases and my body rejuvenates whenever I am near it. In Rosswood, my family had a creek on two sides of the homestead with lots of birds chirping and singing. This month's cover photo shows Chuck, Grandad's nephew, buzzing the logs with David steadying them and Mike and Bill hauling them away. In the background is the ol' school bus "Chinook" that my parents used to make the trek northwest from Alpena, Michigan. The tattered roofs belong to shacks that we eventually fixed up so that Grandma had her own place when she came to visit. I should clarify for my long-time readers that Grandad was my mother's grandfather and Grandma was her Mom.

There was always laundry to be hung on the line and I enjoyed doing that task much more than washing dishes. It was my time to get out of the house and meditate while I hung each article of clothing with just with enough drape so that the entire basket would fit on the line to dry.

After we moved to town, I still hung up the laundry. When I got married, the first thing I did was to put up a clothes line in the back yard. I listened to my neighbours complain about the unsightliness of people's underwear hanging on the line, but it didn't matter. I enjoyed getting out of house, listening to the birds chirp, talking to my hens and doing a quick check of the garden while I hung up the laundry. My husband bought me a washer and drier as soon as our first child was born and I appreciated it in the winter time, but if it looked like the clothes had half a chance to dry outside, then outside is where I took them.

Grandad always wore his long johns. During the summer months, they were his pyjamas and in the winter time, you could see them under his shirt collar. So come laundry time, there was always

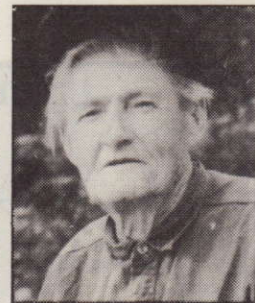
at least one pair of long johns on the line. In the winter when the clothes had to be dried inside, we would put them on hangers and hang them on the curtain rods in the kitchen. When Grandad died, I inherited his best pair of wool long johns and a soapstone carving. The long johns I still wear, especially now since I have started working at the Summerland Arena. The soapstone carving is getting more precious all the time as I am coming to appreciate the simpler things in life ...like true friendships and these old photographs. The soap stone carving is of two men hugging in their native parkas, their arms making a continuous circle around them both.

Grandad was one of the most non-judgemental, loving, wise, quiet souls I have ever met. My ex-husband Rae would run a close second. Both of these men married women who were busy bees and loved to do... just about anything. Grandad's wife is the woman I talk about in my stories about when he lived in the Arctic. He stayed home and cut fire wood while she flew to Edmonton with furs to sell so that she could purchase a scow and come back with a year's worth of food and supplies for the town of Aklavik. It would take her two months of navigating the mighty Mc Kenzie River to get the supplies home. She was the only women to ever do it, and the only person to ever do it twice in one year. When she died scrubbing the wood floors of her Hotel/Trading Post, a runner was sent to fetch Grandad, for he was tending to his trap line. After the funeral he donated their hotel / trading post to the Anglican church and went back to Grimshaw, Alberta to stay with his brothers... till my Mom, his grand-daughter phoned and invited him to help her and Dad homestead in northern BC.

He lived with me and my Mom, supporting her emotionally and financially after my parents split up. After my first child Gordon was born, I was invited to live with Grandad and Mom once again, and look after the old house. I enjoyed Grandad's company for one last year before he passed away at the age of 88, when I was eighteen years old. He died in his sleep and if he hadn't had so many wrinkles on his face, you would never have guessed how old he was. He always had one cup of coffee and one hand-rolled cigarette every morning after his two mile walk... till the day he died.

I can still hear my Mom giving Grandad heck for smelling up the house. Once in awhile, Grandad would hide a big chunk of cheddar cheese in his room. Wrapped in wax paper and not refrigerated, it would get mouldy and smelly with time. Then Grandad would know it was ready to eat and he would take out his pocket knife and slowly and with the deliberate pleasure of a connoisseur, he would slice off little pieces and let the mould melt in his mouth. I am told that this was part of his upbringing ... up north there was very little commercial penicillin so most trappers kept a slice of cheese wrapped in wax paper in case it was needed. He was also a pack rat: every nail that he found and every piece of string that ever came into our house was tucked away somewhere in his room.

One of Grandad's favourite sayings was "Time... lots of time," as mother would try and rush him to get ready for something. Quite often they arrived late according to white man's time, but as far as Grandad was concerned, he was always ... right on time.



Angele

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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.

The wisdom of Ayurveda provides an in-depth study of food as energy applied to the
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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-Sliding Scale Donation

at the Penticton Holistic Healing Centre, 254 Ellis St

Oct 15. Sat. 10 - 5pm \$50... if pre-registered by Oct 7 -\$40

Oct 16. Private consultations on Sunday.

For more info or to register call 492-5371



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Little Bear and Me

by YVONNE....The Teller of Stories

One quiet weekend, I had just come back from a quick walk with my two Dobies. We all piled into the house and they wandered off to their favorite sleeping quarters to have their morning naps.

"Something inside of me" led me to go outside again and walk towards the woods. There, sitting on a little hill, his big black eyes full of mischief and wonder, sat Little Bear. We locked eyes for a few minutes. Every bone and nerve in my body was saying "Mum is around, run for the house!" But that "something inside of me" kept me there.

Little Bear and I continued to have eye-contact, and, just for a brief moment in time, man and beast connected (actually, it was 'Woman and Little Beast' connecting).

I spent an hour or so feeding Little Bear bits of apple, which he flipped out of my hands with his paws, knocking the pieces to the ground. Then he would scoop them up and eat them. Time seemed to stand still during this moment, never to come again.

As you may have guessed, Little Bear had been left on his own by his Mother (as Nature intended).

As the months went by, I would catch a glimpse now and then of Little Bear ambling through the woods. The Winter rains and storms came and went and the dawning of a new Spring was upon us. During my morning tea, one day, I was aroused by a great racket caused by the Dobies. I went outside to find out what was going on. On the other side of the fence sat Little Bear, who now, of course, was all grown-up. I was overwhelmed by the Magnificent Creature he had become. Our eyes once again connected for a brief moment before he ambled off back into the woods.

Days passed, and in the wind, news from the village and along the road brought word of a bear causing all sorts of mischief. Animal Control was called into the picture. They brought into the camp a huge iron trap, which resembled a cave in appearance. As I stood in the yard watching this, I knew in my heart that it was meant for Little Bear.

"Little Bear, please go far into the woods!!" was my heart's cry. The next morning as the Dobies were taking their usual naps, and the last dish in the sink was rinsed, I looked out the kitchen window and came face to face with Little Bear. He was sprawled right out on the large stump just outside the window. Our eyes connected for one final time, during which time I relayed my message to him: "Please Little Bear! Leave Now!! Go far up into the mountains; do not go into the steel cave with the food inside, for they will take you away." We gazed into each other's eyes for another magical moment. Then he gently closed his eyes and seemed to drift off into a deep, peaceful slumber for a few minutes.

The tranquility of this moment was shattered by the banging of the trap's door being tested, which distracted me from Little Bear. I then turned back to look out the window at Little Bear, but he had already disappeared into the blanket of the woods.

I put the leashes on the now awakened and excited Dobies and walked over to see what was going on. In my heart, I knew Little Bear had already started on his journey to far better places.... places where man had not yet entered. As I snapped back into focus, I looked at the Animal Control fellow, who was being very palsy-walsy with my Dobies by this time, and I said, "Sir, I am happy to say Little Bear will not be going into your trap. I have sent him on his way." Of course, you can imagine his response to this! "What

continues to the right

Prayers & a Dynamic Meditation are Needed for the Renewal of the United Nations!

by Marion van Goudoever

October 24 is celebrated as United Nations Day. A small change can make the U.N. into an effective system of global governance. This change, in the form of a small set of amendments to the U.N. Charter operating under Article, 108 is now before the General Assembly. Meanwhile, the U.N. does seem to be evolving in the way it was originally meant to be: the Law of Compassionate Love and expressing the vitality of the truth that "no man, no woman, lives onto him/herself!" Courage and the will-to-be-mediator, both these qualities abound in the women and men serve in the U.N.'s many missions.

We can help by giving this great venture some positive thought during this month. We can add our prayers to the millions of prayers by those who believe a better world CAN be built! We can, if we wish, give ten minutes to a dynamic meditation for the renewal of the U.N. Next year, 1995, will be its 50th birthday! Through all its many tests and trials, may the U.N. be empowered from on High with all the Wisdom, Love and Strength that it will need!

"May the Peace and the Blessings of the Holy Ones pour forth over the worlds and rest upon the U.N., on the work and the workers, protecting, purifying, energizing and strengthening.

There is a Peace which passeth understanding. It abides in the hearts of those who will to serve the healing of the Planet.

There is a Power that makes all things new! It lives and moves in the lives of those who know the Soul as One.

May the rhythm of that Peace vibrate within the U.N. and in the heart of every worker.

May the rhythm of that creative power resound within the U.N. and in the lives of all who serve there - awakening, transmuting, and giving birth to that which ought to be.

May the chalice the U.N. is building become a focal point for the descent of spiritual force, which filling it and overflowing to the world, draws toward itself all those whose work lies there.

May the consciousness of the U.N. become ever more at-one, the many lights One Light in the Light of the soul.

May the aspiration and the dedication of the U.N. burn like a clear flame in the service of humanity.

May the Love and the Light and the Life of the One Life divine pour through the U.N., cleansing it from all evil, and attracting all good".

the ----,----? Lady, are you O.K.?" I just smiled, pulled the Dobies to attention, and walked to my home, knowing that within the next couple of weeks, the trap would stay empty and cold, no matter what types of bait they used. Finally, it was loaded back onto the trailer just as cold and empty as it had been upon its arrival two weeks before.

As the Animal Control fellow and I glanced at each other, a smile of bemused knowing briefly crossed his face. Little Bear had definitely gone home.

*Yvonne is an Animal Communicator and
can be contacted at
(604) 832-8342, 161 - 2500 Hwy 97B,
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with Margery Tyrrell

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Thurs. 8-8:40 am & 5:40-6:20 pm

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Completing The Journey -It's Time to Tie It all Together-

by Dr. Michael Mirdad



Since the moment when we all decided to take the trek into the realm of Manifestation, duality and materiality, we understood that there would come a time when we would return home --to a state of At-One-Ment(a.k.a. Heaven). In fact we (with our Creator's blessing) made, not one but several, prearranged plans that would prevent us from straying too far from home (i.e. Self Awareness). While still in our divine state of mind we agreed that we would only enter this playground we call "life" for a certain amount of time. It is very evident that many of us forgot this plan.

The plan for our return into Divinity is culminating at this very moment, in this very generation and will be complete (or at least one step away) by the year 2000. In the next five years we will witness and participate in what would make a great Steven Spielberg movie. All the prophecies of old, the myths and legends and the current "channelled" information pertaining to the "end times" is going to come to pass right before our eyes. If you cross reference the numerous writings, from ancient to modern, relevant to these times you will discover striking similarities. Only our personal opinions and prejudice keeps us from seeing the link between all teachings.

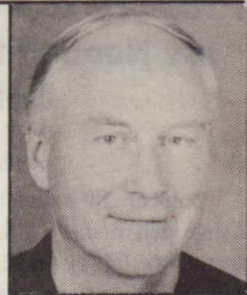
We can expect to see an extreme contrast of events unfolding over the near future. Many events will be so catastrophic it will cause the human "heart to fail" [Bible]. Yet during these trying times we will be re-born into heightened awareness, unlimited vehicles(bodies) and a greater understanding of unconditional love.

In a nutshell the planet we live on is going to experience earthquakes, land submergence and other major changes that we can expect will change the entire geography as we know it. To complicate matters, it is predicted that we will experience famines and droughts that will induce cannibalism and wars that will destroy well over half of the race. The grand finale is a shifting of the poles (2000 AD) that will of course devastate most of what is left on the planet. At this point there is to be created "A new heaven & earth". The good news is that we don't have to experience most, or any, of this. The Christians believe in a "rapture" while the metaphysicians speak of "the ascension". These terms denote an event wherein several members of the human race will be "taken up" out of this realm, thus avoiding the more painful aspects of the aforementioned experiences. In other words most of the rough experiences are for those who resist the coming changes.

Do not let yourself be fooled. These changes to our planet and states of consciousness are now occurring. They will continue to multiply until the end. Religions preach about it, the governments know about it and the environmentalists fear it, but one thing is for sure and that is - this is a time of The Great Awakening. We are Ascending. We are literally completing our journey and returning "home." However, before we can re-experience that state of omnipresence and complete love we must release our attachments to the "limited" world allowing it to also ascend to a higher vibration.

We currently reside in the third dimension as does our planet. However we are now beginning a transmutation to the fourth and fifth dimensions. This means that our bodies and the environment of the earth will become more etheric. Yet rather than being pulled in one sudden jolt into these different dimensions as we do upon the

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death of our body we must prepare as much as possible to transmute all that we know and step through the "doorway" into the light.

What can we do to help? Each of us must open up to our own inner guidance as to what to do. Some of us will prepare through meditation or prayer. Others will need to work on the cleansing of their bodies. Still others will be guided to use [sound] toning and visualizations. Nevertheless the sooner we begin the work the less the "new-birth pains" need to be.

We are not alone! Since our earthly journey began we have been under the care and guidance of the Celestial Angels as well as our Star Brothers/Sisters. The latter entities make up the beings who live in other galaxies and/or dimensions. They are the Pleiadians, Arcturians and so forth. It's too incredible for some of us to believe in these beings but as we only know of the wind's existence by its effects on our environment so too do we know of our Star Family.

There are a growing number of people on our planet that are quite certain that these entities exist. Through sightings, abductions and even telepathic communications we are being contacted. These beings have made an agreement to wait for the right time (as ordained long ago) to make more direct contact and also to use protocol and contact the world's leaders first. These leaders have chosen to hide this knowledge from us but it can't stop the inevitable. UFO sightings are on the rise, crop circles from an extremely high, invisible intelligence continue to manifest by the hundreds, and several people have begun to have psychic contact with these space beings.

What are the E.T.'s up to, though? It seems that they are here

for two main reasons. First, to educate us more about the concepts of unconditional love and the higher dimensional life. Second, to prepare us, as a race, and our planet for the ascension or transmutation into an entirely new frequency of vibration: the 5th dimension.

This is far more than merely a metaphysical science fiction story. There is a spiritual side to all of this too. We do not have to give up the belief in God or Creator nor Its Holy Angels in favor of space beings that many ancient cultures called "gods". Simply put there is a hierarchy. It begins with the Creator/God of all. Then extends out to the angels, then to the "higher E.T.'s", the humans, the nature spirits and finally the dark lords or demonic kingdom. Read up on the earth's many cultures and you'll find that all of them believe in most or all of these kingdoms. It is time to not only accept their existence but to ask what their purpose is. The bottom line is that we have all separated from a state of total At-One-Ment and are now assisting each other on our journey home. We are all going to make it back to our true home and state of awareness of unconditional and total love. This includes the highest light being to the darkest "fallen ones" (demons) and includes all humans as well.

It may seem like most teachings claim that the salvation is for a "chosen" few. However, the Holy Bible tells us "let he who hath ears to hear interpret the meaning" of the story of 144,000 saved souls. Now before you ask your computer to solve this or any other Biblical puzzle let me share with you that in the ancient art of numerology (an art used throughout the Bible) when you add each digit of the number 144,000 you get 9. The number 9 is the number that symbolizes humanity as a whole (while 5 is for a single human). In other words the "chosen ones" predicted to be saved from the separation from God, (a.k.a. Heaven, Love, and Peace) is all of humanity.

Our destiny is clear. Now we must simply choose to take part in it. Believe it or not we have the simplest job of all - simply "let go and let God" guide us home. Of course this may include our receiving practical instructions on how to prepare but we really need to practice letting go more than trying to figure out where we are going or what shape the outcome must take. Even the angelic kingdom is joining in to help the return of all to the All. Within the nine levels of the angelic hierarchy are the angels themselves who work the closest to us. In other words they are on the lowest rung of the



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- Who are the Great White Brotherhood of Light, and how can we learn to work with them?
- What was/is the purpose of Atlantis and the Great Pyramid?
- How did it all begin and what is the next phase of our evolution?

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Celestial ladder, yet they are above the E.T. Light Beings (a.k.a. "the Watchers"). Within the rung of the angels are various divisions including: guardians, Ascended ones, and the Great White Brotherhood of Light. It is worth noting that nearly all channelled material coming from E.T.'s knowledge that they are in service to one of these angelic groups - not superior to.

The E.T. Light Beings are actually more like our evolved brothers and sisters. In the ancient book of Enoch (a biblical prophet) these beings are referred to as "The Watchers" whose job it has always been to help humanity in our evolution. The biblical prophet is taken by the watchers through a door, into a vehicle and taken "off of the earth" wherein he is to record the Sacred Truth of who we are, how we got here and how we are to return home. He is then advised to return to earth for a short time and share this knowledge with his descendants and to leave a "permanent record" (a.k.a. The Great Pyramid). He is then once again taken away never to return. Enoch (a.k.a. Hermes - Greek and Thoth - Egyptian) is credited for giving humanity its most pre-

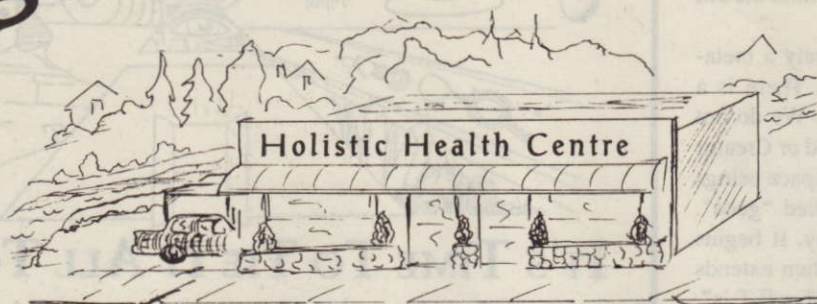
cious arts of symbolism, character analysis and divination (i.e. Astrology, Numerology, Tarot, etc.). Further, he left at least two manuscripts that tell of what other knowledge he was to impart to us. Needless to say, Enoch's book was voted out of the Bible by the early church fathers but has survived and resurfaced for our study.

The life of Enoch is vital in that he stands as a witness to information that we ourselves have forgotten. Now, however, we are all beginning to know and remember how all of the various events such as earth changes, UFO sightings, etc. tie in with other experiences such as increasing angelic interactions, E.T. communications, crop circles and quite literally the end of the world as we know it.

It's time to take all of the various pieces of the puzzle of life that up until now, have been studied individually and meld them all into one concise picture of all that is and will be; of all we are and will be. Now the only remaining question is "Are you ready for the Answer?"

Michael is giving a workshop in Vernon please see the above ad.

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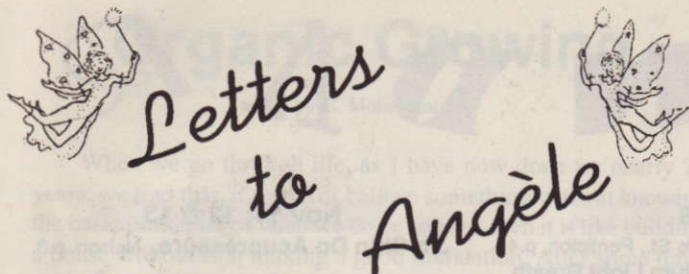
Shiatsu with Marlana Mhoryss

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Thanks for sharing your energy with us.



Letters to Angèle

Dear Angèle,

I am finally getting around to sending you some money. I was inspired reading your column in April/May issue of Issues. I gladly support your energy in opening a **Holistic Healing Centre**. As a massage therapist I strongly believe that we need this and I want to see our health care system move toward this direction. I feel very frustrated trying to work in the system as it is now - doctors do not seem to recognize the body as a whole - mind & emotions affecting body, leading to blocks that cause muscle tension leading to pain.

Living in Northwest BC I feel isolated and it is frustrating. My closest classmate from school lives in Prince George/Queen Charlotte City. Anyway, good luck on your endeavours. We are very lucky in Terrace to have Laurel at Nirvana Metaphysics and Healing Centre. She is a teacher and guide and the reason I moved back to Terrace after finishing Massage Therapy School. I believe the light is increasing every day in our world - we only need to persevere and put our beliefs into action.

Thanks again. *Michelle Strumecki, Terrace*

Dear Angèle,

Thank you for the opportunity you gave the community with your grand opening September 10 & 11. I became aware of other avenues of healing for which I am grateful. To all who offered their time and talent to others.

Thank you *Angie, Penticton*

Dear Angèle and Staff

Warm greetings, those are the feelings we received when we walked in to the "Grand Opening" of the Centre.

The wonderful assortment of practitioners available for sessions was a delight and inspirational for all of us who believe in enhancement to the healthcare system.

Opening day made me envious of what we in Kamloops are beginning to manifest. I love that you believed in your dream and show your courage and strength to ask universe for support in making it real and more readily available.

I am so grateful to have taken the opportunity to experience a sense of your dream. Very encouraging to continue my journey of truth.

Thank you for your strength courage and enjoyment of each moment. Great, Great, place you've all created. Please send us a years subscription of Issues. Cheque enclosed.

Namaste *Devra Pitts, Kamloops*

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CALENDAR

Oct 4 & 6

Tai Chi with Margery at the HH Centre p. 26

Oct 7

Herbs for Healing. Fri Night Speaker p.4

Oct 8 & 9

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Oct 12

Introductory Stress Workshop,
Penticton, p. 4

Oct 13

Wholebody Reflexology
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Oct 14

Friday Night Speaker HH Centre, Penticton
Ayurveda with Tanya Thompson. p. 4 & 7

Oct 14 - 30

Spiritual Intensive with Cheryl Grismer
Kamloops, last page

Oct 14, 15 & 16

A Psychic Affair, Salmon Arm. p. 5

Oct 15 & 16

Reiki Level II
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Crystal Healing Workshop, Armstrong p. 33

Oct 21

Friday Night Speaker at HH Centre Penticton,
The Shaman's Perspective with
Clinton & Karen p. 4 & 20 & 21

Oct 21, 22 & 23

Jin Shin Do Acupressure, Nelson. p.7

Oct 22

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Crystal Energy Workshop, Oyama. p. 5

Oct 22 & 23

Choose to live a balanced Life!
Kelowna, p. 3

Reiki I with Rhoyalle, Kelowna p. 16

Oct 28

Fri. Night speaker, 254 Ellis St., Penticton, p.4
Peter Hodsman, Quantum Light Breath

Oct 28 - Nov 3

Pranic Healing Seminars
Marilee & Duncan, Kelowna, p. 23

Oct 29

Intensive Personal Empowerment
Program, Kamloops, p. 2
Personal Empowerment Program,
Kelowna, p. 28

October 28, 29 & 30

Introduction to Sound, Colour and
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Oct 29 & 30

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Crystal Open House at Theodore's,
Enderby, p. 5

Nov 2

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Inspirational Humour with Jon Lee
Penticton, p. 3

Nov. 4

Katherine Sue, A small medium at large
Penticton's Holistic Healing Centre, p. 4

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Advanced Meditation Retreat, Westbank,
last page

Reiki I with Rhoyalle, Kelowna, p. 16

Nov. 11

Reiki I

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Nov 11 & 12

Reiki Extravaganza, Penticton p.9 & 16
It's Time to Tie it all Together, Vernon, p 11

Nov 11, 12 & 13

Jin Shin Do Acupressure, Nelson. p.3

Nov. 18

Fri Night Speaker HH Centre, Penticton, p.4
Troy Lenard, Vibrational Energy-
Sound & Crystals & Color

Nov 18, 19 & 20

Advanced Spiritual Intensive,
Westbank, last page

Nov. 22

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ONGOING EVENTS

MONDAYS-TRANSFORMATIONAL YOGA

Kelowna -7 pm. Muriel 763-8870

TUESDAY- JOY OF AGING 1-4 PM

Kelowna. 860-9880 - Rhoyalle

WEDNESDAY- Celestine Prophecy

7:15 pm - Kelowna. 860-9880 - Rhoyalle

WEDNESDAY- Speaker Series

7:30 pm - Penticton's Holistic Healing Centre

THURSDAY- MEDITATION TECHNIQUES

#207-1060 Leathead Rd, Kelowna. 494-9355

THURSDAY- REIKI EXCHANGES

Kelowna. 860-9880 - Rhoyalle

FRIDAY- Speaker Series

7:00 pm - Penticton's Holistic Healing Centre

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Everything Through Love Nothing By Chance

by Faye Stroo

So, who is this Rhoyalle person who's name keeps popping up? Why is she so passionate about Reiki?...And who wants to attend a two day workshop anyway? Good questions. Rhoyalle probably doesn't know either.

I met Rhoyalle in October 1993 when she came to be a Reiki practitioner at the Dolphin Centre.

Rhoyalle is totally dedicated to carrying out whatever "the energy" (Spirit, Creator, Higher Self) guides her to do. She makes jokes about being guided to put her possessions in storage in White Rock - with no further information as to what to do or where to go. She followed the inner guidance, stayed with a friend for 6 weeks and then moved to Kelowna.

When the Dolphin Centre closed in December 1993, Rhoyalle completed her Reiki mastership, which meant she could now teach Reiki to others. This is her passion, her dream, "To teach others how to de-stress themselves, put the body in balance, calm the mind and emotional trauma, and to address health problems."

David P. Smith, a Kelowna builder says, "taking level I Reiki improved my eyesight and relieved the chronic tension in my stomach area." David's personal benefits using Reiki are his becoming more spiritual, more intuitive, open to change and reduced stress and tension.


Rhoyalle's challenge is to live by her code "All things through love" and "nothing by chance." She currently facilitated a Cele-

stine Prophecy group at her home with Faye Stroo. She said, "My heart was so moved watching 18 to 24 people transform each week by sharing, experiencing and building on the nine insights described in the book. By the 5th session we had all become family."

A second Celestine Prophecy group is now being facilitated by Rhoyalle and Faye starting Sept. 14th and new people are welcome to join the group at any time. The 'rules' as we know them are being thrown out the window, as we go with the group mind.

"The Joy of Aging" is another group being facilitated by Rhoyalle. It is for anyone over the age of 40, and honors our wisdom, status, and whatever individual gifts we come to share. It is about finding the love within and discovering our next step. Again all are welcome. This group is a lot of fun.

Part of Rhoyalle's vision is to work with people in the community: to be able to fill whatever need is required. It could be teaching families or agencies Reiki to lower tension and dis-ease, sharing the "Joy of Aging" with elderly, or just plain spending time listening to another person share who they are. "Living love is about people. Honoring who they are, and supporting them in their journey through life."

Rhoyalle invites anyone interested in being nurtured and having fun to her groups and workshops - or call 860-9880 and come over for a cup of tea. It would be a pleasant adventure. 

RHOYALLE TAYLER RYANE

Reiki Master/Teacher

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- ★ **Joy of Aging Group** Tues 1-4 pm
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Reality beyond Duality

by Faye Stroo



Something really amazing is occurring on Earth, something brand new. Something really big is happening. The integrating of all polarities is beginning for the first time in physical reality. The forces of darkness and the forces of light are all working together. The forces of darkness are working to stop you from

evolving while the forces of light are working to have you evolve as fast as you can. They are no longer working against each other but in a unity so that you move in precisely the right direction at exactly the right time.

In duality consciousness we label everything: good-bad, light-dark, right-wrong, male-female, etc.etc. We judge everything, every situation, every thought, every word, all people, and we judge constantly. At a higher level only "God is" exists. Including all polarities and all dualities, all thoughts, words, situations. All that is happening is God in movement wearing different masks according to our projections. Beyond duality and thus without projection we would see, hear, feel, know only God only Love.


We chose this duality consciousness and we chose rightly. Duality was supposed to happen. NOW we are moving out of the duality and the dark and the light force are now merging into Oneness once again. The light and the dark have made an agreement. The struggle is ending and this is filtering down to earth and from within every living thing. Duality as well as unity is encoded within the cells of all living beings including humanity. It is your time NOW. The code of oneness has been triggered.

You may now begin to live this experience on earth. As you own the darkness and the light and integrate both, the wars between the polarities end. You will live this by dropping all judgements and knowing the perfection of "all that is". No matter what the situation it is perfect. God is in every situation, in every moment, no matter what the appearance. Give up your judgements according to your physical senses, they were made to see and hear duality. There is a higher purpose to all things. Even in war, famine, death and destruction drop your judgements.

As you cease your judgements and labelling everything, you move into a whole new reality, an amazing reality. A reality where there is absolutely NO FEAR. The end of fear is near!!! Only your duality consciousness and judgements create fear.

This sounds simple although is quite difficult as the consciousness of duality, of good and evil are great. We must consciously choose, moment by moment, to move out of judgement into discernment (guidance from the Holy Spirit or our higher selves).

We really are winging it now. There is no trodden path. We are the path. We must release our hierarchies of higher and lower, more or less spiritual. From this viewpoint, a drug addict on skid row and Jesus the Christ are on the same level. God Is, Love Is All. How could it be different?

Just begin where you are. In each moment. In each situation to cease judging and let everything BE. Know it is all a part of a higher plan. Just keep this up and most amazing things begin to occur. The Holy Spirit will begin to move through your being and all of your action will be Holy; the words you speak, the movements you make, everything you look upon will be blessed with Holiness. 

Early Trauma a Setup for Violence

by Tom Anderson

Once again we remember the fourteen young women who were gunned down in Montreal, and once again we explore the origins of male violence in our society, especially the uncontrollable kind of violence that comes from anger and rage.

Why is it that some men so easily become angry and lash out at others, even those they love? Where does their rage come from?

I think we can agree that happy, secure little boys do not grow up to be angry, violent men. So how then do we make sure that our little boys - and our little girls too - are happy and secure?

I would say that we start by making sure that they're not hurt; not in any way, not at any time, not for any reason.

It's been suggested that men who are abusive and violent actually suffer from a sense of having no power, or not enough to maintain the degree of control they would like to enjoy their lives and over their circumstances. But one must ask why these particular men react so desperately to the changes and uncertainties we all face in life. Why do they go to such extremes to be "in control" at all times? What causes their insecurity?

We know that abuse experienced in childhood can result in anger and violence in adulthood; but children often suffer from acts which adults don't recognize as abuse, especially very young children whose only way to communicate distress is by crying. Unfortunately, we tend to dismiss crying as "normal" and thus may fail to respond appropriately to a small child's sufferings.


Spanking is now looked upon as a form of child abuse, as is any other hitting which causes pain or could cause injury. Yelling at a child in a frightening or threatening manner is also abuse. Our attitudes toward children are undergoing considerable change, but we haven't yet extended our enlightened sensitivity to the most vulnerable of all: newborns.

We seem to think there's an age below which pain and anxiety have no effect. Many doctors still hold to this idea, despite a growing body of evidence indicating precisely the opposite; the earlier the trauma, the greater the impact.

Babies are not meant to be left alone, and they certainly can't understand being hurt; yet our newborns are routinely left alone to cry themselves to sleep after being subjected to medical tests and procedures which are frightening, painful, and nearly always unnecessary.

Treating babies in this manner is bound to produce very large numbers of pathologically insecure adults, especially when the babies are later "abandoned" by their parents at home.

Maternal separation - the practice of putting a baby in its own bed, perhaps even in its own room - is unthinkable in most parts of the world. In Canada, however, it's just as common as it is in the United States.

We imitate the Americans and then wonder why we have so many of their problems. 



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SOME THOUGHTS

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



We're reminded at this time of year about the cycle of life as expressed in the changes we see around us. The leaves are beginning to brighten into gold and yellow; the wind is a little brisker; the flowers in my window boxes seem to be passionately and beautifully flourishing as if aware that time is shortening and they intend to go out in a blaze of glory!

I recently had news of the transition of a dear friend and was reminded of the last time I had spent with him. He was probably the most talented musician I have ever known and has written many beautiful New Age songs that we sing proudly every Sunday at our Celebration life -- the celebration of his life and all life. He was a beautiful man with an inner fire that was unquenchable. When I last saw him, he knew that his time on this planet was shortening, but while he had life he intended to live! He continued to sing, to compose and to market his music with energy and enthusiasm right up to the end. His love of music and the people with whom he shared his talent was unmatched. His life was no "brief candle". He wanted to burn with life's fire - not flicker -- and his life's work reflected his commitment. His grace and simplicity and music will be missed. I love you, Jerry Florence!

The Truth that Jerry embodied while on this physical plane is the Truth that he continues to embody today. Life does not begin at birth and end at this transition we call death. Life is what God is and God has no beginning and has no end. We are created to express this Life and are an everlasting idea in the One Mind. We are here for a short period of time simply to express God as fully and completely as we allow ourselves to. We move on from experiencing God in all its wonder and glory! There is always an undercurrent of excitement at New Thought services for those who have left us -- for we know that the journey has just begun and the adventure continues! God is Life and Life is everlasting. And so it is!

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A Herb Grower's Note

by Barbara Articus
Donin Herb Gardens, Lumby



Friday already - where did this week go? The days seemed to pass like sand running through your fingers, with all the work to be done.

But now it's just beautiful to sit on this little bench beside the greenhouse - the eyes wandering over the gardens, over the open land and those lovely hills surrounding us.

The sky is just opening up again after a strong thunderstorm and I'm waiting for the last raindrops to stop so that I can go on mulching my Chinese fellows. Well, nature slows things down today, reminding us at the same time that fall is there and there is still so much to do to get things ready for winter. Some of this year's medicinals and culinaries have to go in the ground still, the rest of the milk thistles have to be harvested as well as some more tea herbs and seeds for next spring, compost has to be prepared.....

It seems such a long time ago when I put the first little plants into my mother's garden, and ever since many kinds of herbal plants have been accompanying me through my life wherever I lived. I like gardens, no matter if little or large - the always changing garden through the seasons of the year - the always changing nature - the always changing life - and the challenge to face life's / nature's changes in harmony and balance. This inner balance which I think is so basic for our healthy constitution on the physical as well as on the mental and spiritual level (and sometimes seems so difficult to achieve). But look at this bright yellow butterfly coming along aiming for those purple echinacea flowers!

And now there is that "mandala" garden of herbs growing and fulfills a part of a dream I had since I studied the art therapy which included studies of medicine still back in Germany. It's still a long way to go, a lot of work to do and also a lot to learn to fulfill this dream but I would start all over again if I would have to - because is there something more beautiful than to deeply love the work you do and to share this with others?

All my relations

Barbara will be at the Holistic Healing Centre in Penticton as a Friday nite speaker, Oct. 7...please see ad on page 4 and will be at the Farmers Market on Sat., Oct. 8 with Herbs and Oils for sale.



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Experience the Art of Ear Coning

by Tracey McKinnon

Ear coning is an ancient technique that has been around for thousands of years. Recently, its effective healing powers are being rediscovered by people using holistic alternatives. It is used to remove built up wax and debris from the ear. It is a simple and painless procedure.

The cone itself is made of moulded strips of muslin (cotton) that are dipped into a 50% beeswax and 50% paraffin wax mixture. They are approximately 11 1/2" long and 3/4" in diameter, that taper at one end.

During an ear coning session a person may hear a slight crackling sound, like an outdoor campfire, or like ocean waves gently rolling on the shore.

Next, the practitioner lights the end of the cone that is farthest from the ear. As the cone slowly burns down, it is important to trim away any burnt remains as this assists a steady burn. The trimming also prevents the cone



from overheating and collapsing into itself. As the cone continues to burn, the heat and smoke travel down the interior of the cone and into the ear canal. This causes the wax to heat up enough to melt and be drawn into the narrow end of the cone, taking with it any debris. If there is not an excessive amount of wax to melt, the slight vacuum pressure will gently dislodge and draw out any debris. When the cone becomes only four inches long, it is time to remove it from the ear and open for inspection.

On the physical level, the ears can be clogged with a number of things. Most people would think that if anything were to come out of their ears it would be excess wax. But a person's ears may also contain yeast, bacteria, fungus, parasites, insects, dirt, and debris from air pollution.

With one of my clients, it was her first appointment having her ears coned. For years the left side of her face had felt numb and tingly. Well, not an usual amount of ear wax was removed and she went home saying that her head felt a little clearer. But, the next day she said that her ear was feeling 'a little weird'. She rubbed her ear and out fell this little rolled up ball of hair. This was one very long piece of hair, as she used to have long hair. Needless to say, that after the balled up piece of hair was removed, the numbness and tingly feeling was gone. This happened over 1 1/2 years ago, and there has been no recurrence of any kind.

You may be asking yourself...

"Why would I want to get my ears coned?" Ears are a very sensitive part of the body. Sound waves travel through the air into

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the ear, over thousands of little hair receptors that then transmit information to the brain. If a person's ears are clogged, the messages that the brain receives may be distorted. Benefits of the ear being coned include more than just to remove excess wax and dirt. It has also been noted in some people to have improved hearing, vision, taste, smell, sharpening of mental functions and color perception. It has also helped some to detoxify their sinuses and lymph systems. Because every person is different, each has their own experience. It is therefore essential not to compare yourself with anyone else.

On a metaphysical level, the cleaning of the area between the 5th and 6th chakras allows higher vibrations to enter the physical body providing a clearer pathway to the higher realms.

A few final points of caution should be mentioned. Ear coning cannot correct medical deafness. This procedure should NOT be done on someone who has an ear infection or tubes in their ears. Also, it should NOT be done on small children or people who cannot sit still for long periods of time. This procedure takes from 45 minutes to 1 hour and should be done (depending on the client) once every 2 to 3 weeks, until the ears are free of excess.

Here are some comments that my clients have reported to me.

"Not what I expected. It was a pleasant experience."

"I felt a subtle drawing sensation while the cones were burning."

"Afterwards, I had feeling of clarity and I could hear more clearly and I was astonished to see what came out of my ears."

Tracey is a Certified Polarity Therapist and an Ear Coning Practitioner and trainer. Ear coning workshops are given on a regular basis throughout B.C. She also manufactures ear cones for sale either in small orders or in bulk. She lives on a 20 acre farm in Falkland, B.C. and can be reached at 1-604-379-2848, or by writing: R.R.1, C-11, Paxton Valley Road, Falkland, B.C. V0E 1W0

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The Shaman's Perspective

by Clinton Jarboe

It's not what you see but how you see it

Let me indulge in a flight of fancy. Let me imagine that I am the only person on the face of the earth who can see.....let's say, the colour purple.

Let me also imagine that I notice, in my examination of the colour purple as it flows around people, that certain illnesses are preceded in manifestation by some amount of the colour purple. Let me imagine that it's the same every time. A cold looks like this, a hernia looks like that, and so forth.

It will not be long before I can make judgements about illnesses as a result of my special relationship to purple. It also will not be long before people become very nervous around me. Some folks may even remark that my remarkable prescience is a direct gift from God. Or the devil, a bummer to be sure. From the fourteenth to the eighteenth centuries, large numbers of people who could see the colour purple were led to the stake or put to death in diverse ways. Superstition was rampant.

Along came Rene Descartes. You will remember him as the Frenchman who thought, therefore he was. His system of Cartesian logic has got a lot of play since he first thought it up. Together with the insights provided by Isaac Newton, the linear logical model has pretty much driven a stake into the heart of the purple seeing colour crowd. Finally, everything operated smoothly, like a huge complex machine. There were explainable relationships and explainable principles and therefore the universe was explainable. A place for everything, and everything in its place. No weirdness, no *deus ex machina*. No superstitions. Phew. What a relief! Then, along came Einstein, and the colour purple was through the back door with a vengeance.

You know of course, that I am not speaking about the colour purple, really. I am speaking of two things that exist in everybody's universe. Matter and energy. Everybody sees matter, but not too many see energy. However, shamans have known for centuries the two are interchangeable.

Of course, no shaman worthy of his rattle would actually even discuss matter and energy, at least until recently. Up until a few years ago, a shaman considered only

continues to the right

Why do we do it? !

by Karen Timpany

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

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

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

From the original questions, to the quest for the knowledge, to using the information for personal benefit or the benefit of others, often comes the desire to share with others this wonderful new knowledge. Enter the teacher, practitioner, scientist with his or her own proven set of theories based on new old technology. How to present this new line of thinking? Like any good scientist, we first prove out the methods or treatments.

Usually family and friends become our targets and our allies as they later walk around with beatific smiles attesting to all how they are able to now enjoy good health. They recommend others and the studies and

theories are proven out time and time again with few exceptions to the rule. The information is first shared with the client, explaining in simple terms the inner workings of the body and mind and how they are interconnected with their health and welfare. Next comes the need to share the knowledge with greater numbers of people, we want this information out. It is important that we learn to be responsible for our own health and here's how books, lectures and courses come into being, available to those wishing to further their understanding of Natural Health and its benefits.

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

15

Shaminism continued

two things, spirit and manifestation.

It is not a big deal. First comes the energy of spirit, then we see the results take form. Every culture and every language has words for this relationship, but in the Western World we have separated the two. It's science and religion, and that makes them separate, doesn't it? We don't know what else to do. My high school science teacher put it best by saying "We know that in these desks there is much more empty space than full space, space taken up by molecules, but we see the desks as solid all the same. That's just how it is."

However, if that is how it isn't, here are some things that suddenly become possible. Say you could transform the energy producing a cut so it produced whole flesh. You'd see the results right before your eyes. Change the energy producing an illness and see an instant cure, or at any rate a very speedy one. Change the energy producing an un-healthy body and see a healthy one in its place. A broken hand heals in three days. A rash disappears while we watch. Maybe Paul Simon is right. This is the age of miracles and wonders. The first step is learning to change your perception in a meaningful way. I teach a lot of people how to do that, but there's a trick to it.

The shaman's perspective all starts with seeing a little bit of purple. 15



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Living Traditions

by Bonnie Klashinsky

"Mankind will always search for what is constant, coherent and true amid perpetual change."

Ayurveda - Life, Health and Longevity Robert Svoboda

Natural healing practices are living traditions that evolve and weave into the web of modern civilization. This is evident in the wealth of natural healing knowledge throughout our valleys -- herbalists, yoga teachers, therapists, artisans, midwives and traditional healers. As a new resident of the Okanagan Valley, I was delighted to discover a community of practitioners committed to supporting and strengthening the lives of their communities.

On my personal healing quest I have explored a variety of practices and belief systems. Initially, it was a journey to provide tools to support my own personal experience. After two years of

A View to the West

with
Beverley Franic

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Greetings

With this column comes a voice from the Kamloops region. A bit of gossip, some news, a space for those of us who live west of the beautiful Okanagan. I am thrilled to be working with all the great people at Issues, and I appreciate the chance Angèle has given me to further complete the circle of like minded individuals.

People have returned to the nest after summer's exploration. A welcome back to Moreen Reed, who spent some time in Ontario ("hot, humid, and yucky," was her experience). A Bon Voyage to Diana Allen who has moved to Hawaii (lucky bum). Ronni Olivier who did a great job in putting on last year's Fall Festival in Sorrento is now doing pottery and making her own drum in Sandpoint, Idaho. A welcome to Willows Natural Foods newly opened in Chase. A bundle of good luck to Barb, the new owner.

As the Celtic year draws to a close, the Pagans will soon be celebrating Samhain, a time to remember our ancestors, a time to remember our personal travels on this turn of the wheel. May the Goddess' arms keep you safe on the next turn of the wheel.



receiving body therapy I studied and received certification as a Polarity Therapist. Since Polarity Therapy is based in Ayurveda, it was a natural sequence of events to study the ancient healing art of India.

The use of Vedic herbs to cleanse and rejuvenate my physical body piqued a curiosity about our Western herbs as teas, poultices, salves and oils. Gradually, I found myself giving Polarity therapy workshops and incorporating herbs and oils into my practice.

To close the circle of mental, physical and emotional well-being one needs to balance with a spiritual quest. While I enjoy exploring other cultural traditions and honour their wisdom, my heart resonates with First Nations traditions. It is a barometer that gives me guidance on the journey.

This variety of studies has taught me how limited my knowledge of the natural healing arts is and I am grateful to the new teachers that are coming forward in our community. These encounters are enriching both personally and in practice.

Publications such as this one support the network of practitioners available to those seeking respite from the host of degenerative diseases of modern civilization. As a community member, I encourage others to explore and support alternate healing practices. As an individual, I continue to adapt these teachings to my personal belief system and only then do I adopt into my life those experiences which transform my individual disease process into a healing process, a living tradition.

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Oct. 13 - 17

Donna Maurice Winchell Pastor of the New Thought Centre in Kelowna is bringing an Inspirational Speaker to Kelowna that motivates people into being well.

plus **Clinton & Karen** - The Shaman's Perspective please read their articles on pages 20 & 21.

Oct. 20 - 24

Pedar Hodsman - Quantum Light Breath & Postural Integration: a personal journey into well-being.

Oct. 27 - 31

Jon Lee Kootnekoff - Inspirational Humour plus **Katherine Sue** - A small medium at large delves into our vibrational life path by using our birthnames.

Nov. 3 - 7

Reiki with **Peter, Roxsane & Rhoyalle**

Jin Shin Do with **Josey Slater**.

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Reiki

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Tarot

A twenty-two card spread connecting patterns and influences to present circumstances and future possibilities.

Tai Chi

Deepens one's connection to the life force as one slows down and focuses on the breath and very subtle movements that make up the form.

ALTERNATIVE BUILDING TECHNOLOGIES

by Mark Bossert


How about a house made out of straw? I know that it didn't work out for the first little pig, but did you know that there are 100 year old buildings standing in Nebraska that are made out of straw? And straw roofs are still used in Europe with a life expectancy of 40 to 50 years. There are many advantages to building out of straw. It's cheap and easy for the owner/builder to do. It uses a true renewable resource that can be regrown the next year. The density of the straw bales results in a wall that has an insulation factor of R40. The mud plaster finish is created with materials that are at the site. All this in a house that is

very conventional looking and will fit into any suburban neighbourhood. In North America, Nebraska is generally credited with being the birth place of straw bale housing in the late 19th century. It seems that the sand hills of Nebraska were unsuitable for the sod type houses



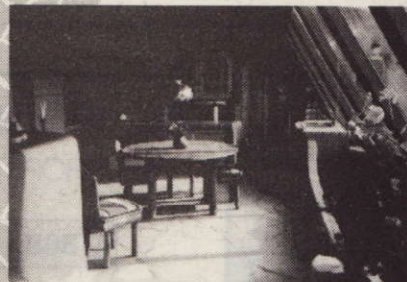
resulting walls are extremely fire resistant, strong, super insulating, easy and quick to build, inexpensive, do not have any hidden environmental costs, and are lovely and durable to boot. Straw is made from the dry, dead stems of cereal grains such as oats, wheat, barley, rye, and rice. Bales have also been made from tumbleweeds, bullrushes, sudan grass and flax stems (baled flax lasts 10 times as long as hay straw). We grow enough of these products to build all the new homes wanted in this country out of straw bales. A lot of it is just a waste product. In a study funded by CMHC in 1983, straw walls

were tested for their fire resistance, compressive strength and loadbearing capacity. It was clearly shown that straw was a safe and viable building material. The houses range

in appearance from a conventional stucco look to a more southwest style adobe finish. When appropriately combined with passive solar heating design and mass, the resulting house is easily the energy efficient equal of an R2000 house. The price of the houses is significantly less than for conventional stick frame homes. Straw bale houses are not just for dry areas. There are fine examples in Alabama (1936), Seattle (1979), Quebec (1982) and a church in northern Alberta (1952). Most of the latest examples of houses are in the American southwest and in Alberta. This housing technique is not in the building code. As such, an engineer willing to stamp the plans and supervise the construction would be required in regulated areas. Professor straw bale, Matts Myhrman of New Mexico has spearheaded the revival of straw bale. The Solar Energy Society in Calgary conduct training sessions as well. A good source of information is Black Range Films, Kingston, New Mexico 88042, (505) 895-5652. They have video tapes of building and house tours. Combining straw, concrete, and mud makes a very safe, efficient home. And, remember the second little pig in the wood house? Hmm. 



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'Off - Centered in the Tao'

"The World Through the Eyes of a Wandering Derelict"

by Harold Hajime Naka

In a society full of people who are stressed out, unhappy and searching for the meaning of life, it was refreshing to get away from it all and spend a week at Rex's Tai Chi Retreat in Nelson, to be with Tai Chi players who arestressed out, unhappy and searching for the meaning of life? At least here, there is a chance of finding the way (Tao) to harmony, balance and spiritual growth. Tai Chi has an uncanny way of leading one deeper into their true nature. The state we were in before we became a product of society, to be used, abused and manipulated. Out of body, out of mind people wandering aimlessly along the concrete highway to that magic place where everyone is happy, just like on T.V. You know the one that says, "Buy this brand of beer" and your life will be one big, continuous party full of beautiful people wearing cowboy boots and cowboy hats...looking, oh, so cool (bored).

What you don't see, is all those beautiful people with hangovers, puking their guts out. They don't sell products, they sell lifestyles! Sooner or later this illusion fades to black. But fear not, there's a self-help book on every disorder known to humankind and workshops and courses to change you into that person you always wanted to be, create the perfect relationship with that perfect person and prosperity! Money coming out of your ears. Of course, the more desperate one is, the more it costs. No free lunch here.

The more I observe the strange behaviour of people in our culture, the more of a rebel I become. Personally I play by society's rule on the outside, but inside I break all the rules and smile and say to myself, "Don't let the bastards get to you." Tai Chi offers no guarantees or a quick fix.....live life on its own terms. Go with the flow of nature.

I am forever grateful to all the wonderful, interesting and non-conforming rebels who have come into my life through Tai Chi. They continue to inspire and enrich my life as I wander aimlessly on the concrete highway toward unenlightenment.....

See you on the road!

Bach Flower Remedies

by Carol Stroshein

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

It is an accepted and acknowledged fact that many ills are directly related to various negative states of mind. For example fear, depression, worry and anxiety definitely produce detrimental symptoms in the human body. The Bach Flower Remedies were developed in the 1930's by a British doctor, Dr. Edward Bach, "to treat the patient's personality not his disease." These remedies consist of 38 flower essences. A few examples are: Wild Rose for apathy, Larch for lack of confidence, Aspen for unknown fears and anxiety, Mimulus for known fears, Holly for jealousy and Willow for resentment. Rescue Remedy, a combination of five flower essences, is used to treat physical and mental shock. These essences are very effective for people with phobias and have been prescribed by psychiatrists instead of tranquilizers and psychotropics. The Bach flower Remedies are not habit-forming, nontoxic, have no side effects, and will not interfere with other medical treatment!

Organic Growing

by C. Maliepaard

When we go through life, as I have now done for nearly 70 years, we find that, if we do or believe something without knowing the basic principles of what we do or believe, then it is like building a house without first making a good foundation. After some time, such a house will collapse, and it is the same with the things we do or believe.

Many growers of food, organic as well as conventional growers, believe that organic growing consists of nothing more than substituting labor intensive and often very expensive natural fertilizers and pesticides, for much less expensive and much less labor intensive chemicals. This is as far from the reality as East is from West. The basic principle or foundation of organic growing is to sustain or increase the humus content of the soil. Humus is a combination of decayed and decaying plant matter, together with many different forms of micro-organisms in the soil. Any reduction or depletion of the plant matter in the soil results automatically in a proportional reduction of the micro-life in the soil, and vice-versa. There is only one way of getting this humus in the soil, and that is by tilling it in, or by having earthworms work it into the soil. If there is not an earthworm population of at least twenty mature worms per square foot, then mechanical tilling is the only way. Just putting manure, compost or any organic matter on top of the soil, and then having the nutrients from this leach into the soil, does not increase or even sustain the humus content, while the humus content is the only yardstick by which the fertility of the soil can be measured.

Humus consists basically of many different carbon compounds that are not permanent but break down continuously so, if not replenished regularly, it will diminish. The break-down products of humus are different kinds of acids that make nutrients in the soil soluble so that plants can absorb them, plus carbon dioxide and the deadly carbon monoxide. This last is produced only under conditions of not enough oxygen, like in a compacted soil that is not tilled at all. Not working humus into the soil, while harvesting crops from it, is a form of predatory agriculture, not as destructive as with the use of chemicals, but destructive nonetheless. When leaving any kind of organic matter on top of the soil, to decay there so that nutrients in it can be washed down into the soil, productivity may seem to be sustained, but it does not sustain the natural fertility of the soil, so more has to be added to the soil. Also, when organic matter is left to decay on top of the soil, methane gas will be produced that contributes to the destruction of ozone, and much of the nitrogen in it will also dissipate, in the form of ammonia, contributing to acid rain. All this is like building a house without a foundation. A naturally fertile soil must have a humus content of at least four percent. This may not seem much, but one must consider too that soil is mostly finely ground rock particles, so very heavy, while humus is very light.



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Networking News

The Kootenay Healing Garden, a Wholistic Wellness Centre and Herbal Pharmacy is now open in Nelson at 704 Hoover Street. Certified and registered holistic practitioners specialize in purification, regeneration and transformation. Holistic services include Iris readings and photographs, Colon Therapy, Nutrition Consulting, Touch for Health, Homeopathic Medicine, Allergy Testing, Vitamin, Mineral and Herbal Counselling. You may reach the Clinic at 352-3143

Personal Best Seminars has office space to rent and is looking for a partner so she can expand to Vancouver, Prince George and Kamloops. Call Susan 763-BEST (2378)

Reiki Circle happens in Penticton the third Wed. of the month at the Holistic Healing Centre 492-5371 and in Kelowna on Thursdays phone Rhoyalle 860-9880.

If you are interested in Tai Chi, Yoga, Active Meditation, Bodywork, or information about Holistic health practices phone or drop by the Holistic Healing Centre, 254 Ellis St, Penticton: 492-5371.

Pranic Instructors Marilee Mc Lean & Duncan Goheen are back in Kelowna due to the great success of their programs. The Intensive Treatment & Learning Program is for those with a serious illness or health problem. Call Sue Miller, Vernon 545-0308 or see their ad for details and dates.

Films & Birth stories every second Thursday night, sponsored by the Mid-wifery Task Force. Phone 493-0475

Mainstreet Market is offering organic produce, honey, farm eggs, baked goods and craftsevery Sat.until Thanksgiving between 8:30 and 11:30 am. Meet the vendors in Penticton's beautiful Gyro park.

Creativity and the Healing Power of Music in Nelson wants you to join them for an enlivening week-end with Ann Mortifee, Ramakanta and Dido. A small correction to their ad last month. It is \$275 for the week-end not \$250.

Many thanks to Roxsane, Sue, Mike & Jan for the many hours of volunteering to make the Holistic Healing Mini Fair a success. Many thanks to all the healers from around the valley that took the time to share their knowledge, energy and love. Many thanks to the folks that tried out the different healers and kept them busy. Over one hundred sessions were given on Saturday & Sunday. The sharing and expansion of energy made my day. Hugs to all.

The next big event will be the Reiki Extravaganza, Nov. 11 & 12. A sharing of joy and energy. A time to heal ourselves and the planet. Phone if you want to be a part of it. 492-5371

Inner Directions of Kelowna and Personal Growth Consultants of Kamloops are both starting their six month Intensives. See their ads p. 28 & 2 for their preview evenings.

Please write if you have news to share
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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*

The next Personal Empowerment Program starts **October 29, 1994**

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Listening to Your Inner Guidance



by
Patti Burns

So much of our time is spent planning. We figure out what we need to do today and attempt to determine what we will be doing in the days to come. It is thought that somehow we will be safe if we just have it all figured out. It gives us a false sense of control in our usually chaotic lives!

Have you ever noticed how our best laid plans often are required to change? A strong impulse to take a certain action occurs in the moment and we have choice whether we act on it or not. It seems as if we are being directed from within, and we are! We all receive messages of action and direction to take, from little things like where to park to bigger things like which job to take or not to take. As we clear away our internal blocks these messages are clearer and easier to hear.

Lately, I have been ignoring the message to learn to operate a computer. I finally stopped procrastinating and decided to teach myself. Two days later a friend called and asked if I would like to borrow hers for seven months while she was away. She also offered to lend me the desk with it. Just that day I had gone shopping for a desk having gotten the message to buy one for home. In the past few weeks I have written more than I had in months and am so glad I surrendered to learning the computer. I truly felt supported by the universe.

It is my belief that our creator wants to give to us. When we listen to and act on our inner guidance we are able to receive all the good things that are meant for us. I learned to open myself to these messages while in my Personal Empowerment Program five years ago. I discovered that life was not meant to be a struggle. That if I could stop having to have it all figured out, I could let spirit lead me. It is wonderful to be spontaneous and enjoy the surprise changes I experience in my life!

Patti Burns is a Breath Practitioner with Inner Direction Consultants who loves surrendering and acting on the messages she receives.



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Contact Reflex Analysis

by
Donalie Caldwell



Contact Reflex Analysis, CRA, is a safe, natural method of determining if a person has a nutritional deficiency that could be contributing to various acute or chronic health problems. It is not a method of diagnosis but it will seek out a nutritional deficiency at a sub-clinical level; that is, when the problem is so tiny that the person is not aware of it, nor could any modern method of testing detect it. With the use of CRA, a great degree of accuracy is possible for sub-clinical nutritional deficiencies and an exact nutritional need can be given to support the body's physiological and biochemical processes. Until CRA, the method of determining a nutritional need was by the presenting of symptoms. CRA always deals directly with the source of the problem, uncovers the problem at its root and provides the answer for helping it. Unless the root problem surfaces and is dealt with, the health will continue to deteriorate.

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Donalie lives in Kelowna and does Reflexology & Health Kinesiology. 762-8242

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In blessing may I arise again, in blessing may I recover,
as one who is long life-happiness may I live on!

Navajo chant from the Blessingway Ceremony

Of all the rituals that I have participated in, the Blessingway Ceremony for Mothers-to-be is consistently my favorite. It is a modern version of a very old Navajo ceremony, as old as the Navajo themselves. It is a ritual focused on a feminine rite of passage, a birthing ritual. It is a spiritual equivalent to a baby shower, with infinitely more significance and grace. It is meant to bless the way for the woman into motherhood, and bless the way for the babe into the world.

The Blessingway is a very positive ritual, affirming that the woman will have a natural and beautiful birth experience. It is meant to empower the mother, by showing her our support and love, by honoring her choice to bring a child into the world. It is also a way for the community to show their support and respect. It is a great honor and a very profound responsibility to bring new life to this planet, and perhaps the highest calling. The Blessingway is one very simple, direct and beautiful way we have as women to reclaim the power and significance of motherhood.

I have held a Blessingway with the father-to-be present, and it was a wonderful ritual. I would like to stress, though, that it should be the woman's choice, as to whether or not her partner is there. The ritual I will describe is for women.

The ceremony should be held wherever the mother feels empowered and joyful. If it is to be in her own home, then someone else should take the responsibility to clean and prepare the space in a sacred way. If it is at all possible, it would be appropriate to hold the ceremony where the birth will take place. Another location would be in a favorite power spot for the mother.

If held outside, a circle should be defined (stones, cornmeal, flower petals, etc.). An altar is created, and should particularly focus on those power objects and symbols which are important to the mother. She may set it up if she wishes. A symbol for each element should be included. Other objects which could be included are those which symbolize fertility and reproduction, such as statues of fertility goddesses, flowers, very ripe round fruits, sea shells, eggs, and your most beautiful crystals. Baby toys and rattles as well as pastel colored candles could be included. Participants could also add their own

power objects. Malachite is a stone associated with birth, aquamarine or emerald to prevent miscarriage, a gate to ease morning sickness. Gifts for mother and baby can be placed on or around the altar.

Nearby, you should have a bowl of warm water (covered), scented soap and towel, a bowl of cornmeal, a hairbrush, a ball of natural yarn or red thread, and a pair of scissors.

It is also important to have the place of honor for the mother in the north. The Navajo people would build the mother a throne of corn, as it was not only the staff of life, but sacred. If the father is there, he should be beside the mother, in the north. Her midwife, or labor coach, should sit next to her, in the direction of the west. The Blessingway is set as close to the expected due date as possible (full moons being a classical time).

Each guest is smudged with cedar or sage. If this will make someone uncomfortable, please feel free to use water, or stroke everyone's aura with a flower, or use the baby rattle. After smudging, and a brief centering, the four directions should be called in. Four different women can do this, each lighting a candle for that direction. Then the invocation/prayer:

Sample invocation: We are here to honor (name) who will be a mother. As she makes the passage through pregnancy and labour, her life will change forever. We are here to wish (name) a safe birth, a strong child, and happiness in motherhood.

You then ask the mother to choose two people to perform these acts for her:

one person to either massage her shoulders, or brush her hair, and one person to massage her feet in cornmeal, then wash and dry them.

While the mother is having her shoulders rubbed/hair brushed, and her feet massaged (gently) in cornmeal, the blessings can begin. Going around the circle, each person present offers a blessing/wish for the mother-to-be.

When that round is completed, then the mother can continue to have her shoulders massaged/hair brushed and her feet are washed (warm, scented water) and dried while a second round of blessings are offered, this time for the baby.

After the blessings are completed, there is another lovely component to this ritual that can be performed, using the ball of yarn/crochet thread. Starting with the mother, the yarn is passed around each woman, who wraps a bit of it around her wrist. This symbolically unites the circle present, as the umbilical cord does, mother to babe. The thread can be passed while singing, any favorite chants/songs that the group might like to share. Scissors are then passed around the circle, each woman tying and cutting the cord of her neighbor on her left hand side. Each woman should now wear the yarn bracelet until either the bracelet drops off, or the baby is born, when it is traditionally burnt. The bracelet is a tangible reminder of our connection, and also of the woman who is about to give birth. It helps us to remember her in our prayers.

Another round can be given, where everyone present commits themselves to at least one tangible act of service (such as preparing a meal, cleaning house, minding other children) after the birth.

It is important to pay close attention to our breathing throughout the Blessingway, to be mindful of the fact that the breath is a key component of labour. Through this attention, we can experience a kind of shamanic midwifery. It is with the support of her circle of sister/friends that a woman truly experiences the blessings of motherhood.

Closure is important. Remember to thank the grandmothers, the spirits of the directions that you have invoked. Open the circle, and share the gifts and feast!

Let the will of our Divine Mother be manifest in Blessingway. ♦

Holistic Healing Centre



254 Ellis St., PENTICTON, BC

Thank you

to those who gave a donation to make the Centre a reality.

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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! This 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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