

Priceless



FREE

# ISSUES

## M A G A Z I N E

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

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



**'Harvest Time'**

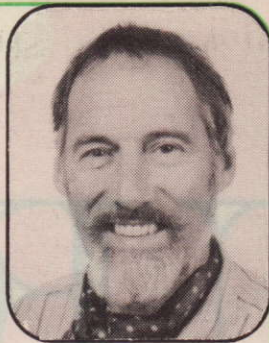
to find out more  
read 'Musing' page 4

**November 1994**

Volume 5 - Number 6



## Meet Peter Morris



***For half a century Peter has been in  
"contact" and researching  
the existence of Life after Death  
and contact with energies  
in the spirit world that will inevitably  
... be us!***

Live TV interviews on a variety of Metaphysical subjects including Spiritual Healing, Past Lives, Ghost Busting, and Meditation. Answering many of the often asked questions on these fascinating subjects.

For Video Send:  
**\$34** including postage and taxes.  
R.R. #1, S-18, C-49,  
Madiera Park, B.C. V0N 2H0

## MIDLIFE ISSUES

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

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

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

**Gordon Wallace, M.A.** (Counselling Psychology)  
#102-346 Lawrence Ave, Kelowna, B.C., V1Y 6L4

**Phone 868-2588**

# HEALTHBRIDGE CLINIC

## Integrated Health Services

***A growing clinic committed to providing complementary Health Care Services  
and resources for creating better health.***

## Ongoing Classes & Workshops

- ☆ **POSTURE & THE SPINE**  
with Joan Casorso
- ☆ **INYENGAR YOGA** - Mondays & Thursdays  
with Marsha K. Warman
- ☆ **THERAPEUTIC STYLE - HATHA YOGA**  
with Marsha K. Warman
- ☆ **THE DANCING TAO TAI CHI**  
with Hajime (Harold) Naka
- ☆ **Meditation Skills for Health & Healing**
- ☆ **Psycho-Physics - Exploring the Body/Mind Relationship: 4 hour lectures** Marsha Warman
- ☆ **Stress in the 90's - Finding Balance in our Lives**
- ☆ **Treatments in Massage Therapy, Biokinetics,**  
- by appointment only

**Clinic Staff:** Marsha K. Warman, R.M.T.  
Matthew Longman, R.M.T.

**\*\*We have space available for new staff  
also lecture/workshop space available**

**Healthbridge Clinic ☎ 762-8857**

**Program & Services ☎ 762-8789**

**#14 - 2070 Harvey Ave, Kelowna, BC, V1Y 8P8**



# NUTHERAPY INSTITUTE OF NATURAL HEALING

*Karen and Clinton bring you.....*



- ❖ Nutritional Consulting
- ❖ Reflexology
- ❖ Acupressure
- ❖ Energy & Crystal Healing
- ❖ Polarity Therapy
- ❖ Reiki Master
- ❖ Colour Therapy
- ❖ Ear Candling

## THE SHAMAN'S PERSPECTIVE

*Beneficial results obtained in:*

- ❖ Chronic fatigue syndrome
- ❖ Multiple Sclerosis
- ❖ Stress related illnesses
- ❖ Traumatic accident recovery
- ❖ Paralysis
- ❖ Parkinsons
- ❖ Cancer
- ❖ Phantom limb & transplant pain



**\*Courses and Workshops available on a continuing basis.**

**Phone Winfield: 766-4049 for appointments & course information.**

## The Gifts of Seasons

*with Karen Timpany*

Wandering out in my little garden this morning, I was disappointed to see that Jack Frost has had the opportunity to nip at the edges of my flowers. The Dahlias are all showing signs of blistering around the top crown of their blossoms. The leaves are curling on the Nasturtiums, the Sweet Peas have turned to the colour of straw and limp remains of colour are left where other flowers once swayed in the summer breeze. It seemed sad somehow.

Later when indoors I looked at the array of jars full of dried Raspberry, Strawberry, Elderberry and Mullein leaves. Rosehips, Elderberries, dried Dandelion, Burdock root, Sage and Sweet Clover, realized my bounty from the earth, and was grateful. Fall had brought me many gifts from which to care for myself and family. Upon further reflection, I received an image of the incredible array of colour the summer flowers and bushes, green grass and general terrain had displayed day after day for my pleasure, and knew further thankfulness. Soon the warmer colours of the spectrum will enter our vision, oranges, yellows and reds warming our senses before the winter chill sets in. Another gift from our Earth Mother.

This subtle gift of colour is not by chance. Have you ever thought about how the colours of our world affect us? Imagine the vivid shades of green in spring and how welcome it is after all that snow. Green is found in the heart chakra and spring is giving you a well



deserved tonic after the long winter months. Spring brings the violets, and you can find hues of violet in the evening sky. Summer brings in a darker hue of green, the primary healing colour, which provides a reflection to the more intense blues found in the sky and water during summer. Indigo blankets the evening sky and descends through the night into the darkened waters. These colours are represented in our throat, pineal and crown chakra. Fall blends in the reds, oranges and yellows to complete our rainbow in the solar plexus, sacral and base chakras. A good time to look after our internal disposition to ensure good health for the winter months. The white of winter is the culmination of all the colours of the spectrum, the white light. This analogy can be expanded to include many of the aspects of life here on earth, but as we are made up of the rainbow spectrum within ourselves, I find it interesting that nature has created a way to supply us with the colours we need. If we happen to be a little low on any of the colours required for balance and health, we can just look outside. Breathe in the spectrum of colours while enjoying the panorama of beauty nature supplies throughout the year.

As I take the time to recognize that which has been given to us unconditionally that our needs may be met on the many levels of our existence, I am in awe, and bow in the humble respect to all that is and give thanks for the many gifts of our seasons.

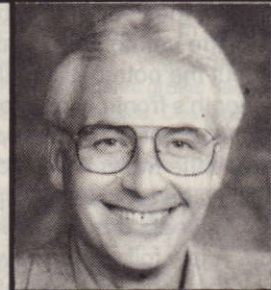
## Sheepskin Boutique

*Medical Rugs & Mattress Covers  
Slippers, Hats, Mitts, Seat Covers  
& Much More!*

**860-1256..Capri Mall, Kelowna**

## The Healing Power of Sound

**November 28th & 30th**



**Troy Lenard**

Private soul guidance and  
healing sessions until  
**Dec. 2nd**

*For reservations call:*  
**The Penticton Holistic Healing Centre**  
**492-5371**

## Reiki for health & harmony

**2nd Degree Practitioner**

**ROXSANE**

**492-5371  
490-0545**



**254 Ellis St., Penticton, B.C.**



# Musing

with  
Angèle

Publisher of ISSUES

## 'Harvesting Potatoes'



Fred Rosenberg photo

Fall weather always reminds me of change. Change that is eternal. A change that is much different than my anticipation of spring. In spring I look forward to the longer warmer days of summer. I don't look forward to the fall, knowing the rain must come and eventually the snow. I know it is a cycle and that this change is necessary, but I would prefer that it didn't happen.

Fall is also a time of harvest and long hours of work putting the vegetables away and the garden to rest. It was the one time of the year my husband helped in the garden, digging with the potato fork. I was quite content to follow along and put the potatoes into the burlap bags.

This month's front cover photo shows Grandad with our first harvest of potatoes in Rosswood. They're all over the road because the trailer hitch broke. Grandad wasn't worried about traffic as he repicked them all up one more time, because few people drove the long, dusty, bumpy road to Rosswood. A few folks that knew of the good hunting or fishing took their chances and let the road shake their cars apart. I remember Grandad and Dad taking turns tilling the land with a horse and plough. Us kids got to pick the rocks and the weeds. There was no water system in place and forest land needed much help to grow vegetables that first year. Eventually we cleared our own land and had a garden down by the barn, but by then we had pigs and we let them do most of the digging as they enjoyed routing around.

I was raised on meat and potatoes. My father didn't like stew or soups so dinner was always much the same, with a few changes in the vegetables. The moose meat was delicious and we enjoyed a lot of fresh fish. But my favourite was canned moosemeat, which was so tender it would melt in your mouth.

One day while I was looking at the old photographs, I was joined by a young friend who made the comment, "No wonder you are a vegetarian." I asked him why and he said, "Because over half of your photos have a dead animal in them." I hadn't really thought about it before, but he was right, my family photo album included many trophy shots of fifty-pound salmon, goat, moose, bear, lynx, a bald-headed eagle, grouse, rabbits, Canadian geese and even weasels. It was normal for us to pose with dead animals. Guns didn't give me the high that my brothers enjoyed. David, the oldest, is the only one who still enjoys hunting and killing animals.

In the wilderness killing a wild animal was an easy way to get food but preserving it took time because we had no freezer. Hunting season is usually after first frost so the wood shed was our refrigerator till the meat could be cut up and canned. Letting meat hang makes it more tender but not if it is hung for too long. The heart and tongue were always the

first meal ... the horns and hide were usually displayed for all to see. My Mom was just as good a shot as Dad was. Grandad was considered the expert and my brothers loved shooting. I didn't want any part of it. Looking back, however, I am thankful that I was fed the wild animals that roamed the hills for I now know they were healthy and free of toxic chemical build up in their bodies. As a consumer, I am concerned about the quality of the meat and vegetables that are sold at supermarkets. It makes sense to me to buy local or take the time to grow my own food.

Thanksgiving weekend was the last of the Farmers' Market in Penticton and I was delighted that so many people came all season to buy the fresh herbs and vegetables that were on the tables. I was delighted with the selection and the numbers of organic growers that participated. In Nelson they have a large cooperative food store that sells organic foods all winter, I believe we need a place like that in Penticton, but I am told that Penticton consumers are not willing to pay the higher price for organic food. Do they not understand the connection between their health and the food they put into their body?

Fall weather also reminds me that summer is over and that school is starting. My children may be all grown but ISSUES is five years old and it's time for me to let go. I can still remember a conversation I had many, many years with a Mom I saw crying in the parking lot of the school yard. When I asked her what was the matter, she informed me that it was hard "letting her child go." I didn't understand the emotion for I was delighted just thinking of the possibility of having some time to myself. Three children eighteen months apart meant that a lot of my time was spent taking care of them and making sure their needs were met.

Once again it is time to let go.....and I am delighted! I have hired Donna. She types ninety words a minute, has owned her own magazine and loves working with the computer and will be doing the typesetting and lay-out of the ads and stories. With time, she'll do more of whatever is needed to get ISSUES to print on time. You can meet her on the next page and you are invited to drop in and say Hi to her.

I have already contracted out some of the distribution and advertising to various people and Jan took over the mail-out and billing as of last month. Making the decision to hire staff was the hardest part, but I know deep inside of me that if I didn't ISSUES couldn't grow and become all that it can be. I'm excited at the prospect of watching my little magazine grow into her name. Health ISSUES is where my heart is ... educational and promotional work are my forte and it is time to let other people look after the day-to-day work as I continue to promote and support all those who have made the shift to a healthier lifestyle.

Health is more than good quality food ... it is a feeling of being connected. ...emotionally, spiritually, mentally and physically... internally as well as externally.

Angèle





# ISSUES MAGAZINE

254 Ellis Street  
Penticton, BC, V2A 4L6

Phone **492-0987**

**ISSUES** is published  
**10 times a year,**  
with shared months of  
Dec. & Jan. and July & August.

Publisher / Editor **Angèle Rowe**  
Layout & Typesetting **Donna Bremner**

## Advertising Reps & Distributors

Theodore Bromley-Enderby: 838-7686  
Bev Franic-Kamloops: 372-9874 or 372-0236  
Donna or Jan -Penticton office: 492-0987

ISSUES has a circulation of **16,000** copies  
and

is distributed free throughout the Okanagan,  
Kootenay and Shuswap Valleys and is  
available at most Health Food Stores and  
Metaphysical & Spiritual Book/Gift Shops.  
We also mail to many of the northern towns  
including Terrace, Prince Rupert, Prince  
George, Fort St. John, 100 Mile House,  
Hazelton, etc.

*If you would like ISSUES distributed  
in your town please give us a call.*

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

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

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

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

Publications Mail Registration # 8651

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



## A Little Bit About Myself

by *Donna Bremner*



Photo by Steve Tomlinson

It's hard to believe that it's been exactly one year since we made our big trek from the lower mainland to the interior. Looking back, it seems like only yesterday. The move itself was an eventful one. Our twenty year old daughter, Melanie, had just found the love of her life, our sixteen year old, Scott, who was not a happy about the move, six horses, the dog, and one totally wired cat, were all part of the caravan. We sold our home within four weeks of listing it and had five weeks to relocate. That was the easy part!

Two weeks before moving day, my father suffered a stroke and was rushed to the hospital. Luckily it was not a major one, but he also had several seizures within the next week. This made untying the apron strings to a very close family even more difficult. I'm happy to say that Dad is doing fantastic. With his determination and spirit there's no way you can keep him down for long. He and Mom have a strong relationship, she really looks after him well and gives him a reason to keep on fighting and survive.

Except for my family and the beautiful lush green vegetation of the coast, I haven't missed Maple Ridge at all. The half hour commute to Penticton with no traffic and a view of the lake is not hard to take either after battling rush hour line-ups for an hour and a half to and from work.

After my family and dog Tia, horses are the love of my life. Because I believe you should work at something you enjoy I started publishing an equine magazine with the help of my sister-in-law called 'Horsin' Around'. It was distributed mainly throughout B.C. and Washington State and it kept me very busy networking, selling ads and doing editorials. Previous to this I had been working as a typesetter for several years where I worked on a variety of newsletters. I have enjoyed this type of work, and when we moved to Oliver I concentrated my job search in that direction.

I read Issues several times and recognized the name on the front of the building one day as I was driving through town. I must admit that I was hesitant to apply for a position for fear that I would be expected to know all the ins and outs about the holistic/metaphysical world. But for some reason I kept thinking about it a lot, and finally got up the nerve to go in and talk to Angèle.

Angèle as you all know, was very easy to talk to. I was honest with her when the question came about my involvement in the holistic/metaphysical world. I do not understand a lot of your terminology, but I do believe in the power of the mind, good clean living, and have a great deal of respect for people who attempt to better their lifestyles, whether it be through spiritualism, vegetarianism, exercise, therapeutic treatments, or what have you. I believe we are all individuals and what ever it takes to enrich ourselves and be happy is OK.

I have enjoyed meeting all the people associated with Issues Magazine and the Holistic Healing Center. I have found them all to be warm and friendly. Trying to fill Angèle's shoes in this position will be difficult, and I know many of you are used to dealing with her. I am looking forward to meeting all of you and am eager to work with you and assist in anyway I can to help things run smoothly for Issues.

Now, once I master this computer program I am sure my creativity will shine thru for I do enjoy being innovative.



# Tomlinson Photography

**Passport Photos, Black & White & Color Enlarging**

**Reproduction of Old Photos**

**Portraits, Weddings & Group Photographs**

**493-6426 - 1240 Main Street, Penticton**



## Welcome

Josey Slater & Sarah Wellington

Josey lives in Peachland and is a Midwife, Yoga Instructor and Jin Shin Do Practitioner.

Sarah is from Vancouver and has traded homes with Lorna Schwank in Penticton.

She does Jungian Dreamwork, Counselling, Creative Movement and is a Jin Shin Do Practitioner.

Drop in and meet them at the  
Holistic Healing Centre Nov. 21 & 24.  
Tues & Thurs - more details on page 24

## Jin Shin Do

by Josey Slater

Jin Shin Do is Acupressure Magic. Jin Shin Do means The Way of the Compassionate Spirit. Through finger pressure on the acupoints on the meridians and flows we access and open up the body-mind connection which means we find the connections between body symptoms and the mind, through emotional symptoms.

The meridians run through our bodies like interconnected "rivers of fire" (or energy). Those rivers get clogged up or run dry, we feel lousy, pain, frustrated, or just get stuck in one emotion. The Jin Shin Do practitioner begins by questioning the client, listening, looking and feeling the pulses and points to establish what organ meridians and or elements are out of balance.

Once the practitioner has a sense of where the main difficulty lies, she begins by holding two appropriate joints until they release. The points will give a lot of information as well, the client, may feel tenderness, buzzing, releasing energy, etc. The practitioner will feel beating, pulsing, or buzzing in her fingers as the blocked energy releases from the points. At the same time the client may feel or see sensations in other parts of the body, or may feel emotions coming up. The practitioner will support the process with further holding of points, touch breathwork, visualization and active listening. By the time the session is complete (one to two hours) the client will be accessing energy that he/she may have been cut off for a long time. This may manifest as feeling "at home" in the body, in an "altered state", wobbly or just flowing.

Jin Shin Do can help to resolve both physical, energetic and emotional symptoms from generalized stress and tension, to specific conditions. Jin Shin Do is an enjoyable process and non-evasive. "I love this work as much as being a midwife."

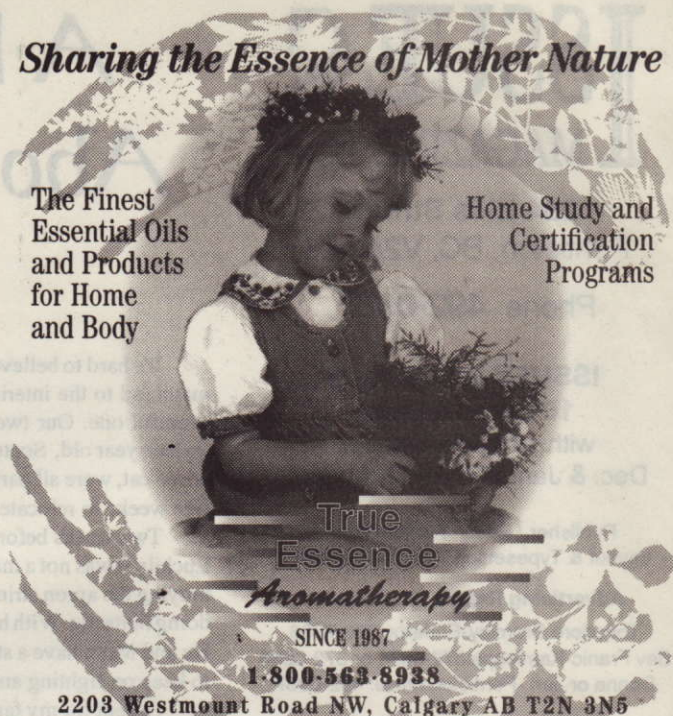
Josey works at the Holistic Healing Centre every Thursday in Penticton and is available for midwife counselling or Jin Shin Do. Her and Sarah are doing a hands-on demonstration for a neck and shoulder release on Thursday Nov. 24 and Sarah is starting a series of seminars on Dreamwork Tues. Nov 21. Sliding Scale Donation of \$3-\$8 for both evenings.



## Sharing the Essence of Mother Nature

The Finest  
Essential Oils  
and Products  
for Home  
and Body

Home Study and  
Certification  
Programs



True  
Essence  
Aromatherapy

SINCE 1987

1-800-563-8938

2203 Westmount Road NW, Calgary AB T2N 3N5

## ROYAL CHINESE ACUPRESSURE

by Carolyne Cooper

Royal Chinese Acupressure is as the name suggests, a form of acupressure which follows the rules of Chinese acupuncture and originated in China about 3500 B.C. solely for bodywork and healing for royalty.

The knowledge was passed down in the Tsang family for generations and came to Canada through Peter Tsang, a Chinese doctor. Peter escaped Red China by swimming from Shangi to Hong Kong. There he met a client who was Canadian and who encouraged and made possible Peter's move to Edmonton, Alberta.

He decided to pass on his knowledge and technique and so started teaching at Grant MacEwan College in Edmonton, as well as setting up the Royal Chinese Acupressure Society. Peter passed away six years ago but trained instructors, so the course is still available by the Royal Chinese Acupressure Society in Edmonton.

Peter set up both beginners and advanced courses.

The technique involves movements of the hands, arms and elbows, working points along the meridians and releasing muscle knots and any other blockages, in order to rebalance the meridian systems of the body and to relieve pain.

"May the Pure White Light of the Christos surround me flow through me intensify within me. May only that which is positive enter; all else, including that which I may do that is not in their highest good, be returned to the nothingness from where it came."

While saying this statement it is helpful to visualize the Light as wonderfully iridescent: so white that it is blue. You might be able to see it come into your forehead area, as when you look upwards into a beautiful snowfall. Colours, such as purple and blue, can give this too.

This light has a healing effect and is the manner of raising your thought to joyous relaxing -- basking -- to know your god-consciousness is thanked. It also helps to feed that part of you which is often stumped by the physical world we are surrounded with and indoctrinated by. And, with practice, visions become an all-the-time occurrence and, in time, lovingly one can become adept and receive gifts from the creative visualization that is only possible with Light. Carolyne in NYP 493-7030.



## Take Care of You

### CONTACT REFLEX ANALYSIS

A simple technique, touching reflex points on the body that has helped asthma, pain, headaches, ulcers, PMS, depression, allergies, etc.

### Emotional Polarity Technique

For Me... This has been the Thirteenth Step  
This technique has helped with the following:

- + Feelings of grief or self-sabotage.
- + Understanding; why you're overweight, so you can defeat it.
- + Headaches, pains that don't go away.
- + Understanding relationships and each others feelings.
- + Lack of self-esteem or guilt.
- + Addictions of all kinds.
- + Depression and failure
- + Release fear and control anger.



Rose Backman

Please Call  
(604) 860-9592  
Kelowna

Backman & Backman - CRA-EPT Certified Health Practitioners

Just Released!

Judy Armstrong's latest recording

Let your Heart Sing

JUDY ARMSTRONG



Songs to celebrate life!!

Available in compact disk or cassette

For further information about Judy Armstrong's music recordings, concerts, workshops, guest speaking tours and children's show please contact..... T & J Productions  
Box 973, Nanton, AB, T0L 1R0  
Phone: (403) 646-5519 Fax: (403) 646-3185

Best way to get the word out...  
Advertise  
in  
ISSUES!

Our rates are most reasonable

Twenty-fourth.....\$25	Quarter.....\$120
Twelfth.....\$40	Third.....\$150
Business card....\$65	Half.....\$200
Sixth.....\$85	Two-thirds.....\$250

Add a nominal typesetting charge, \$10 for small ads, \$20 for medium and \$50 for full page.

Color of the month \$5

Calendar listings are \$.50 per word.  
Natural Yellow Pages are \$5 per line per insertion or \$25 per line per year. (1/2 price)

For a rate sheet or details phone 492-0987

Judy's latest CD/tape inspires me.

Hope you take the time to hear it!



Angèle

## Grand Opening In Nelson!

A phenomenal 40 hour seminar, for anyone who wants to make a difference in their life

Regular \$299 - NOW \$199

Information Evenings: "The Hume Room," Heritage Inn

Nov.-17, 28 & Jan. 9

7:00 pm coffee ...7:30 pm presentation begins  
To register for Information Evening only call 352-6732

### Personal Best Seminars

Kelowna Dec. 7 - 11 & Jan 11 - 15  
Nelson Jan. 18 - 22  
Vancouver Jan. 25 - 29

In Kelowna call - 763-BEST (2378) Vancouver - 448-9400

"Unlock your Personal Best & LIVE IT"





**Carole Ann Glockling**

**CERTIFIED POLARITY PRACTITIONER  
CERTIFIED REFLEXOLOGIST**

**Dr. Mazurin's Naturopathic Clinic,  
#106-3310 Skaha Lake Rd, Penticton**

**Centre of Natural Health,  
#1-1135 Main St., Ok Falls**

**#1-34445 - 97th Street, Oliver**

**For appointment or information call 1-800-889-1477**  
(Please leave message if answering machine is on)

## **Internationally Known Health Educator To Visit The Okanagan**

Each day more and more Canadians suffer needlessly and die prematurely. More than ever Canadian healthcare programs can't make ends meet as more and more demands are placed on our system. More medical studies are coming out showing that most of the commonest diseases that plague us in North America are related to our lifestyle and the Western diet which is high in animal fat, excess sodium, and low in natural vitamins, minerals, and lacking in fiber. Most of our troubling conditions including heart disease, stroke, hypertension, osteoporosis, obesity, diabetes, many inflammatory conditions, and some cancers can be prevented and are sometimes reversed with a healthier lifestyle and different food choices.

Dr. Michael Klaper, M.D., practising physician with over twenty years of clinical experience, author of two nutrition books, wellness consultant to major corporations, and informed lecturer, is working to educate North Americans about the reality of our present food habits. As director of the Institute of Nutrition Education and Research, a non-profit organization that provides continuing medical education seminars accredited by the American Academy of Family Physicians, the Canadian College of Family Physicians, and the American Diabetic Association, Dr. Klaper is one of the few practising professionals teaching physicians, dieticians, and other health professionals as well as the general public how to utilize healthful nutrition in clinical therapy and the prevention of disease.

On November 16th, at 7:30 pm, at the Community Centre Theatre, 325 Power St., Penticton, Dr. Klaper M.D. will tell us how we too can make the change to a health supporting plant based diet. He will be speaking on November 17 at 7:30 pm in Kelowna at the Okanagan Academy Gym, Hollywood Rd., Rutland, Professionals and the general public are invited to attend. Admission will be by donation.

Dr. Klaper's visit to Penticton is being arranged by Dr. Robert McIntosh M.D. and his wife Angie who have organized the Penticton Healthy Eating Group, which meets on the last Wednesday of every month, at 7 pm at Leir House for a Potluck dinner, educational films, and informative lectures.

**For more information please call:  
496-5789**



**Spirit Dancer  
Books & Gifts**

*Specializing in.....*

*Self-Help, Metaphysical Books & Tapes  
for Body, Mind, Spirit & Planet.*

**Crystals, Jewellery, Stained Glass and more**

**270 Lansdowne St. - ☎ 828-0928**

Kamloops, B.C. V2C 1X7



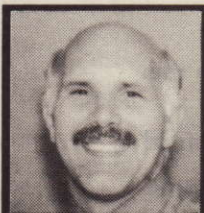
**VEGETARIAN  
COOKING CLASSES**

**...Kelowna...**

**SPECIALIZING IN GRAINS,  
LEGUMES AND HERBS**

**LOW FAT, SUGAR AND SALT**

**JEANETTE'S KITCHEN - 769-3250**



**Dr. William Russell**

**NATUROPATHIC PHYSICIAN**

**868 - 8578**

**Preventative Medicine  
Allergy Testing - Chronic Illness**

**Back & Body Clinic**

**206-2365 Gordon Rd., Kelowna, BC V1W 3C2**

*Via Medicatrix Naturae  
Naturopathy*



**Pentiction  
Naturopathic  
Clinic**

**Dr. Alex Mazurin**

*We have moved to:*

**#106 - 3310 Skaha Lake Road  
Penticton, B.C. V2A 6G4**

*Telephone*

**492-3181**




## BREATHING CARE CENTRE ANSWERS COMMUNITY NEED

On September 29, 1994, the Vital Aire Breathing Care Centre held its public Grand Opening at its office located at 3714 Oak Street in Vancouver. The opening was a phenomenal success, with over 200 people visiting the store from 11:00 am to 7:00 pm.

We are extremely pleased with the public's response,"said Shirley Vickers, new manager for the lower mainland and Vancouver Island, "Visitors were from as far away as Surrey, Langley and White Rock. The message we are receiving is loud and clear. People living in the Fraser Valley and throughout the lower mainland are concerned about the air they breathe and want to know more."

A series of 5 mini-lectures were held during the afternoon, dealing with topics such as asthma, allergies and safeguarding one's house. The Testing Station was another popular spot, as visitors stood in line-ups for as long as 20 minutes to find out if their lungs and carbon dioxide in their system were normal. Registered respiratory therapists administered the tests and explained the results to each tester in layman terms. Many visitors were in accord with Vancouver resident and visitor Anne Langdon, who was impressed with "the sensitive and knowledgeable way the therapists dealt with each person at the Testing Station." Langdon, a supervisor employed at the Justice Institute, is in her fifties and has suffered from allergies/asthma problems for her whole life. She feels there is not enough focus on the problem. "More attention is given to air quality, rather than the effects of what poor air quality does. This is a very beautiful city, but the pollution is getting worse every day and it affects everybody, not just people with obvious breathing problems."

Langdon is excited about what the Vital Aire Breathing Care Centre has to offer the community. "Awareness is one of the key issues that helps to resolve the problem and initiate plans of action to improve the situation. The info sessions at the centre are a good start and information on new products helps to educate us and keep us aware of alternatives." Vickers agrees. "We see our role as one dictated by the community. There is a demand for educational services and we intent to provide evening seminars and lectures to help foster awareness and encourage positive reaction."

The Vital Aire Breathing Care Centre is now open to the public from 9:30 am - 5:30 pm on weekdays. Drop-ins are welcome. A registered respiratory therapist will be available at all times to discuss any type of breathing problem and provide assistance and information. Telephone inquiries can be made by dialing the Centre at 730-0859. 



Maurine VAL PALFY

**Psychic Teacher  
&  
International  
Reader**

**Monthly Tarot Workshops  
and Private Readings**

549-8464 Dreamweavers 549-3402 Home - Vernon



**Your Metaphysical Oasis**

☎ 493-1997

317 Martin St. PENTICTON, B.C. V2A 5K6

Hours....9:30 am to 6 pm.....Mon. thru Sat.

**TRACEY McKINNON**

**Certified Polarity Therapist  
Ear Coning Practitioner & Trainer**

Offices in Vernon & Falkland

Phone:379-2848 Fax:379-2738 Falkland

Toll free in B.C. 1-604-975-9623

CANADA'S LARGEST BOOKSTORE SPECIALIZING IN

Spiritual Traditions

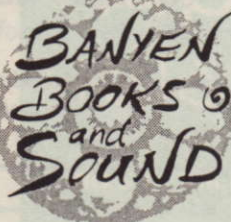
Metaphysics

Mythology

Psychology

Relationships

The Healing Arts



Nutrition, Ecology

Native Wisdom...

Mail Order:

1-800-663-8442

FREE CATALOGUE

2671 West Broadway, VANCOUVER, B.C. V6K 2G2

Books: 604-732-7912

Sound: 604-737-8858

**THE WHOLISTIC LIVING CENTRE**

- ◆ METAPHYSICAL BOOKS ◆ CRYSTALS ◆ C.D.'S
- ◆ TAPES ◆ ODDS ◆ NATIVE ◆ SPIRITUAL
- ◆ JUST TO SIT AND CHAT ◆

COME IN AND BROWSE WE SHARE WE CARE  
WE LOVE OUR WORK AT THE CENTRE ◆◆◆

..... PHONE ..... 542-6140 ..... DO..... COME IN.....  
2915 30<sup>TH</sup> AVE. VERNON B.C. V1T 2B8 NON-PROFIT

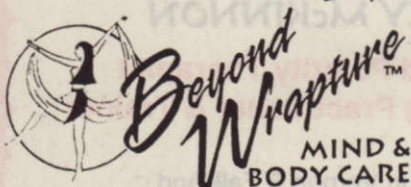


We  
believe  
when a person  
takes the time to nurture  
themselves they can go beyond  
previous limitations.

### Aromatherapy Body Treatments

- ★ Deep Tissue or Swedish
- ★ Reflexology
- ★ Relaxing Herbal Wraps
- ★ Salt & Loofah Glow

*Come discover the rewards at  
Kelowna's Premiere City Spa.*



**Phone 860-0033**

#2A - 2070 Harvey Ave, Kelowna  
Debra Pender ... Fax 861-5009

## YOGA WORKSHOP

Saturday - 10 am to 2 pm

NOV. 5

and/or

DEC. 3

*Stretching, Strengthening,  
Meditation, Chanting  
& Breathing Exercises - \$25*

with **DARIEL VOGEL**  
and/or **MIGS MAHLER**

at the  
Penticton Holistic Health Centre.  
254 Ellis St., Penticton  
Please phone 492-5371 to register

# HEALTH SPA


by Debra Pender

It was October 1993 and I was in Puerto Vallarta, Mexico. Stressed to the max with three kids under wing I woke up on my first morning of this glorious family holiday so tight and knotted I felt like a human pretzel! You would think that the ambiance of being in a tropical land would be enough to disentangle you; the sweet, sultry smelling air, the yellow, moon sliced bananas bunched perfectly on the thick, green, palm tree growing on your very own private deck; all of this surrounded with the gentle rocking of the fickle, sweeping ocean occasionally spraying you to remind you of her power and presence. But no, I'm still hung up. I keep thinking of returning to the hardship of reality. Exhausted from effort, and too stunned to think clearly any more, I wish I could just check out of life. As serendipity would have it though I woke up one morning and lifted my tired eyes only to rest them on a bright neon sign across the street. Health Spa. A combination of curiosity and desperation made me wonder if a place like that could help me, even if I didn't live the life of the indulging "rich and famous." My mind and body were not rejuvenating on their own - obviously I needed some help, and there was one thing I had here on my holidays that I didn't have back home, and that was time. On inquiry, I discovered that the pricing was

relatively reasonable so I forfeited a few vacation souvenirs and checked in.


I entered a new world of timelessness. I listened to free flowing music and let the skilled instructors and practitioners stretch my body and open my mind to a world of fluid movement, peace and recover. Surrounded in scents and oils and warmth, my mind drifted off - reviewing and renewing to me what the truest and most meaningful reality was. My personal sense of well being. What a gift - my emotional and physical health. Wellness in its entirety is what I now desired above anything else!

Saturday dawned! Time's up, return to the real world. What? No panic attack? Could it be that I am feeling excited to get on with my life and the challenges it brings? Yes! I am rejoicing! I am once again loving my life! Let me check into life! No, not out anymore!

Today, when I need to rediscover that sense of life's rejoicing I do not need to book a flight to anywhere else in the world. I can just walk down the hall, slide open a door and enter the ambiance of Beyond Wrapture. I can check into a total sensory experience and renew my mind and body at will, as often as my demanding life may require. And yes, when I am engulfed in my new business venture I see clearly now, there is no mountain I can't climb! 

## NEURO-EMOTIONAL RELEASE

by Donalie Caldwell

As we go through life, we experience many emotions, some we deal with, others we sweep aside. Sometimes those emotions we sweep aside or don't deal with completely settle in the body. They travel along the nervous system and become lodged in organs, glands or tissues. The lodged emotions interfere with the energy flow to that particular area, creating a weakness or affecting the ability to heal. Through the revolutionary technique, "Neuro-Emotional Release", these emotions can now be released. It involves identifying the emotion, age when it happened and location in the body through kinesiology. Then, incorporating specific breathing and tapping over the involved body part, the emotion is easily released. It is amazingly simple yet so powerful. It has been helpful in dealing with fatigue, non cardiac chest pain, recurring subluxations and chronic pain. 

## Contact Reflex Analysis

Herbal Nutrition  
Health Kinesiology  
Neuro-Emotional Release  
Allergy Testing & Balancing  
Energy Balancing



**Donalie  
Caldwell, RN**

**762-8242  
Kelowna**



# Reiki

## Soft As The Voice Of An Angel

by Lynda Anne Henderson

"Lynda".... a voice rang through the, air. An unfamiliar voice called my name. Intuitively it felt that I should answer. "Yes" I replied.

I walked closer. I didn't recognize either one of them. Two men sat on a teeter-totter in the sunshine, two blocks down from the Reiki house at the "Spring Festival of Awareness" in Naramata, British Columbia. The man facing me had dark hair. As I neared them, I spoke to him. "Were you calling me?" I asked.

"My name is Lynda, but I do not know you."

"You look just like my Mom," The dark haired young man replied.

"Well....maybe I was your Mom in another lifetime," I said. He laughed and we gave each other a friendly hug. He was boisterous and happy and he said his name was Brian. He introduced me to Andre, the giant of a youth on the other end of the teeter-totter.

"Well, my name is Lynda," I said as I pulled out my name tag from the Wellness Fair, "and I am a Reiki practitioner."

Andre explained that he was just thinking of going down to the Reiki house for a Reiki treatment. "What do you do?" I asked. "I'm a computer programmer." Andre replied. "I've been working in the Reiki house all morning and I'm a little cold, would you like a treatment right here in the sunshine?" I asked Andre. "Sure, I would love it," he replied.

Together we picked a spot on the earth for him to lie on. He lay face down on the grass with my jacket under his head for a pillow. I began to do the Reiki positions about his head and face. Slowly his body relaxed. The Reiki energy really seemed to be flowing about his head and as I am never sure how it is entering the body, I was ecstatic when he began to share with me where and when he could feel the Reiki energy in his body. He told me that he spends a lot of time outdoors.

I held my hand over his eyes and began sending energy there. I expected to move my hands after a few minutes and put them on top of his head, but the energy was

still flowing. So, I continued to hold my hands over his eyes. I sat on the ground in a yoga position in the warm sunlight. After a few minutes, he told me he could feel the energy going down his spine.

I was amazed and intrigued but I didn't let on. "Cool," I said. Slowly the Reiki energy flowed through his entire body. He told me at the exact moment that he could feel it in his heart. I was really impressed, here was a young man who was really in tune with his body. "What does it feel like when the Reiki energy enters your heart?" I asked him. "It feels warm," ....he said. He started to see colours. When the treatment was completed he stood up. Out of his lips came the most amazing words. "On the inside of my forehead, I can see a star," he said.

I turned to him in glee and said, "I'm not surprised, for we all belong to one family ...The Star People. These are people who seem to be collecting together now on the planet, and they show themselves through a heart connection and usually show themselves to each other by wearing stars." It may be star jewellery, on clothes, on pottery and in Andre's case he was telling me that he envisioned one inside his forehead. He must be from the advanced Star People, I chuckled to myself as I swirled my long, dangly, gold star earrings.

He treated my back with Reiki then as I explained to him how to do it. Slowly and surely my body relaxed and energized, and once I was tempted to tell him where to focus his mind. I bit my tongue. Finally I got the courage to ask him where he was focusing his mind when his hands were on my spine. He explained..."I was imagining sunlight and warmth going into your body."



I thought to myself "I'm glad I trusted my inner voice, a voice that is always soft ... as the voice of an angel!"

Lynda works at the Holistic Healing Centre in Penticton and does a combined session of Ear Candling, Reiki and Reflexology.

# Curious about

# Reiki

# ?

You are invited to attend

a  
**FREE**

**Introduction**

**Fri. - Nov. 11**

**7:30 - 9:30 pm**

**or**

**Sat. - Nov. 19**

**10 am - Noon**

**or**

**have a Reiki session  
for a donation  
on Sat. Nov. 12  
2-7 pm**

**at the 254 Ellis St.  
Holistic Healing Centre  
Penticton 492-5371**



Have you ever wondered why the natives on the islands have such wonderful skin? Or look closer to home. Does your spouse, or the man in your life have really baby soft, facial skin?

The answer might surprise you.

When men use razors, they remove the dead layer of skin while shaving, allowing the rebirth of newer, softer skin. This doesn't mean I recommend shaving. God forbid, we women have to do enough already in this world of high fashion!

There is a simpler, easier, cheaper way to achieve the same results.

The islanders are not fortunate, or wealthy enough to afford the purchase of fluffy face cloths, or colourful sponges to use, when taking a shower or bath. No, they use what nature supplies, or whatever is handy. A flat stone. The sand on the beach. Or a dried gourd we've now come to know in North America. It's called a loofah.

Instead of all those expensive creams offered by big cosmetic companies, whose only concern is their profits, you should do yourself a favour and buy a loofah!

A whole loofah costs less than ten dollars!

Split it length-wise. Cut each half into pieces the size of your palm. I can usually get three pieces from each half, which gives me a total of six, for each whole loofah I purchase. I can throw away a used piece every two or three months. It then takes an entire year before I have to purchase another loofah.

Use the softer outer surface on your face. The inside sharper area use on your legs, thighs, arms, tummy, etc. Don't be afraid that it's not soft. Trust me! you'll not be sorry. Every time you bathe or shower, use the loofah to scrub away the dead cells off your wet body.

Not only will it remove all the dead skin, leaving a smoother, softer surface, but it will help to remove the blackheads and ground-in make-up, which clog facial pores. You may notice the saggy areas under your upper arms will tighten up. Depending on how fast

you get used to the rough, sharp side, with regular use of circular motions on those cellulite accumulation areas, for repeated counts of tens, twenties, thirties, etc. It just might give you a surprising reward.

Remember the islanders don't sit out in the sun and bake their skin, so protect yours, Good luck with this not-too-expensive way of getting rid of unwanted skin and cellulite, while leaving you with baby soft skin in its place!

**MYTH:** A Loofah comes from the sea.

**FACT:** Where I come from the Loofah grows hanging off a large tree. The eggplant shaped pod is picked and dried. The skin is removed. Then the dried loofah is shaken to remove all the seeds within.

**Yasmin John-Thorpe** was born on the island of Trinidad in the Caribbean. She resides in Penticton and is a published writer and poet.

## An Island Remedy

By Yasmin John-Thorpe



# The Holistic Networker

Premieres Oct 6th Thursday night at 5:30 pm  
and is repeated

Friday 7:30 pm, Saturday 9:30 am & 9:30 pm

Sunday 6:30 pm, Monday 9:30 am

\*\*Please note that it starts Thursday not Friday as in previous years

**Nov. 3 - 7**

**Peter, Roxsane & Rhoyalle** chat about their experiences practicing Reiki or the laying-on of the hands then **Lynda Henderson** will demonstrate **Ear Candling**.

**Nov 10 - 15**

**Roberta Dean & Margery Tyrrell**

Students of the Kootenay School of **Rebalancing** they share their stories of their journey to wellness.

**Nov. 17 - 22**

**Troy Lenard - Sound, Color & Crystals**

The main ingredients for the transformation of vibrational energy that increases our ability to become aware.

**SHAW**  
cable

Penticton & Summerland

**Nov. 24 - 29**

**Ann Twidle & Sandy Haldane** both are Personal Growth Consultants that use the Integrated Breath Technique. Then **Don McGinnis** explores why he uses **Qi Gong** and **Polarity Therapy** to help him improve his ability to regain his health and reduce stress.

**Dec. 1 - 6**

**Gary Schneider & Christine Schieberle**

**Rolfing & Craino-Sacral Bodywork...** Two very deep subjects that get to the root of tension and body holding patterns that eventually affect our health.



# Healing The Pain

## Pain Relief - Acute & Chronic

Some of my most powerful, self-revealing, meaningful experiences and relationships have been with bodyworkers and massage therapists.

My first massage was in 1985 with a trager practitioner in Berkeley, CA. I remember being nervous and not knowing what to expect. She was warm and reassuring and I enjoyed the treatment, though I felt vulnerable and didn't understand what my body was feeling. Years later, I had a car accident and needed chiropractic care. They recommended Aston-Patterning, a form of massage and corrective postural work. In those months, I found a safe environment which taught me about my body, how it talks to me, and how to listen to it. I had massages on and off, thereafter, but the true profound results came with consistency.

I moved to Hawaii in 1989 and started to work with a massage therapist trained in medical massage. I learned to trust, surrender, and relax into the process. A lot was accomplished. Besides relief from a lot of hip and low back pain, I was cared for and nurtured and I looked forward to my weekly visits. Many feelings were stored in my body, memories I hadn't recalled in so many years. Some of the memories were painful, sometimes I cried, sometimes I laughed. My body rejoiced in having the opportunity to remember memories and discard what it didn't need any more. With it, pain relief followed then joy, and then gratitude.

Today, I practice a combination of medical massage, stretching postures and corrective postural techniques. I was moved to become a massage therapist because of the great improvements I experienced. I studied at the Hawaii Islands School of Body Therapies, in Kona. I now practice in Kelowna with a wonderful group of practitioners at Harry Sukkau and Associates (763-2914). If you are in pain, chronic or acute, have an injury or just want to relax, come see us sometime soon.

**Aloha  
and  
Good Health.**

## Acute & Chronic Pain Relief

**Back Injuries, Headaches,  
Sport Injuries & PMS**



Jessica Diskant

*Uses a variety of  
approaches to  
body work*

**Harry Sukkau & Associates**  
1451 C. Ellis St., Kelowna, B.C.

**763-2914**

## Medical Astrology

understanding your health  
through the stars.

★ Saturday 19, Nov. 10 - 4  
beginners to intermediate. ★

★ Sunday 20, Nov 10 - 4  
Intermediate to advanced. ★

For information call Vancouver  
Call 731-5404 / 732-5732

## BIG FOOT Reflexology

Gwen Honigman

**545-2337**

at

"Take Time"  
in the Olde Train  
Station

4A, 3101 - 29th Street  
Vernon, B.C. V1T 5A8

## Getting What We Want

by  
Sandy Haldane



I used to live on the premise that "one day I would get what I wanted." I lived a lot in the future not taking the time to discover

what I truly wanted.

I knew that I'd like a career change but what would I do? I decided to stop procrastinating and take some action.

I started to increase my desire to change by focusing on the discomfort I'd feel if I didn't take some risks and try something new.

I felt the disappointment and regret, but then focused on the pleasure, the satisfaction, as I saw myself winning with the challenges and change.

My next step was to determine what experience I'd like in my new career. What did I love to do? What gifts did I have?

Because I love participating with people and contributing to others' happiness and well-being (definite nurse traits!), I decided I'd like to be a personal growth consultant. I felt excitement and a sense of freedom as I signed up for my first course.

I continued to work full time as a nurse and studied. Yes, I was very busy but it was a great experience as I expanded beyond what I had thought myself capable of. I also transferred what I was learning to my nursing and had a much greater experience there.

Eight months later I changed from full time nursing to casual and took my next course. I continued to work, study and establish a clientele.

Much to my amazement, after finishing my course mid December, I wanted to quit and go back nursing. I conjured up all sorts of reasons why that would be a good idea eg. security, comfort, ease, etc.

It was time to refocus and recommit to myself and my desire. I had to pull up all my intention and will power to keep moving forward. I had to deal with my emotional blocks, my limiting thoughts and change my mind. I had to believe in myself, to persist, to take more action steps, and commit to not giving up on myself. I learned to trust.

I let go of nursing and am about to begin the last leg of my journey with excitement, courage and strength. I believe I can get what I want. I believe we all can. *Sandy is a Breath Practitioner with Inner Direction Consultants.*



# Alternate Building Techniques

## TOILETS

by Mark Bossert

Did you know that the present day water closet or toilet is actually a hundred year old design that is basically unchanged? Surely there must be some radical improvements to a five gallon per flush, water wasting and polluting design. Let's look at a few. The real problem with the common toilet is that it takes a little waste and pollutes a lot of water - count the number of flushes in your house times all the people in your town times five gallons - whew!

Now we have low flush models of toilets that can use as little as 1.5 gals./flush. There are also micro flush models that will use as little as one quart per flush. These terms usually mean fork over lots of money. However, there is a low flush toilet from Korea available at Home Hardware that has a good flushing action for less than \$150.

What if we don't use water to dispose of our waste at all? Canada leads the world in composting toilet technology. Almost all the composting toilet manufacturers are in this country. Sancor, Sun-Mar, Clivus Multrum, and BioLet are all examples readily available. Composting toilets basically use natural processes to break the waste down into harmless soil. Expect to spend up to \$1500. Sancor 800-387-5245; Sun-Mar (905) 332-1314; BioLet (604) 925-0347.

Another option is the powered toilet, such as Incincolet or Storburn. These products use electricity, LP gas, or natural gas to reduce the waste at high heat to a benign powder. These toilets are easy to use and are completely pollution free. Expect to spend up to \$2500. Storburn (519) 442-4731; Incincolet 800-263-0379.

The next step in the evolution of our personal waste disposal is to treat the other waste water from the house in a useful way. This is called grey water and a well researched technique of treatment will be used in the prototype tire house in Kamloops. This involves creating an indoor planter/garden/jungle tank that all waste water except for the toilet is directed to. The plants clean the water and use it to grow food for

our use. Research has shown that the grey water doubles plant growth, and that the plants completely clean the water! This technique works so well that it is used to treat municipal waste water in many areas.

The Provincial Health branch has a policy of allowing properly monitored demonstration installations of alternative waste treatment in homes. Typically, they want a backup system installed as well - a full septic system is installed and won't be used at the tire house prototype.

### Tire House Update

There are nine of these houses under construction in B.C. with four slated for completion this fall. All these homes use recycled tires and adobe as the main building materials to create a beautiful earth bermed, solar mass home that is state of the art in energy efficiency.

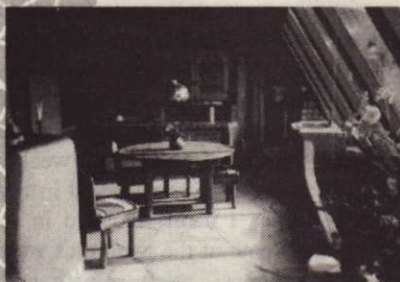
Tires with mud walls? The soft flowing walls are finished in any style from African, East Indian, and Middle Eastern to Mediterranean or Southwest. The walls are sealed with stain, or paint and can be sculpted with patterns, designs or other artwork. You can create unique interiors that are not defined by sheetrock or wallboard. The large expanse of windows on two levels and all the planters make for a bright, fresh environment.

The engineered and fully permitted prototype house in Kamloops has the roof and insulation waterproofing envelope installed and plastering has begun on the inside walls. The house is available for viewing. Call George Reed at (604) 573-5432. A stepped two-story house is being built in Slocan. Call John Hall at (604) 365-5057. A unique two bedroom home with an indoor lap pool is under way in Taylor B.C. and a two bedroom split level house is proceeding near Ashcroft.

There will be lectures on Tire houses and alternatives at UCC Kamloops, Nov. 9 and at Shared Vision breakfast, Vancouver, Nov. 11. Call 1-800-881-2388 for information.



## AFFORDABLE EARTH FRIENDLY HOMES



Tires are packed with earth to form the load bearing walls of the home. These are plastered with adobe and can be finished in a contemporary, southwest or Mediterranean style.

Books, videos, and plans available  
Sample plan package \$ 5.00  
Newsletter \$20.00/year

### CALL FOR YOUR FREE INITIAL COPY

Information overview package \$5.00  
(includes pictures)

## RECYCLED TIRE HOMES LTD.

P.O. Box 1592,  
Vernon, BC., V1T 8C2  
1-800-881-2388



# CALENDAR

**Nov. 2**

**Acupressure & More** Certified  
Call Nuthery Institute Winfield 766-4049

**Inspirational Humour** with Jon Lee  
Penticton, p.24

**Nov. 4**

**Katherine Sue**, A small medium at large  
Penticton's Holistic Healing Centre, p. 24

**Nov. 5**

**Yoga with Mugs**  
Penticton's Holistic Healing Centre p. 10

**Nov. 5 & 6**

**A Composite Workshop** giving you a  
basic working knowledge in Reflexology,  
Acupressure & Energy Work.  
Call Nuthery Institute Winfield 766-4049

**Reiki I with Rhoyalle**, Kelowna: 860-9880

**Nov. 9**

**Recycled Tire Homes** Kamloops p. 14

**Nov. 11 & 12**

**Reiki Extravaganza**, Penticton p.11

**Reiki I**

Call Nuthery Institute Winfield 766-4049

**Completing the Journey by Dr. Michael Mirdad**, lecture - Friday 7:30 pm, Workshop Sat. 10-5 at 3315 30th Ave., Vernon. Tickets \$15 for Intro and \$85 for workshop. Phone Lea 838-7686

**Nov. 17**

**Personal Best Introduction** Nelson, p. 7

**Nov. 18**

**African Drumming Workshop**  
with David Thiaw

We will emphasize group playing and communication. Cost is \$20 Time: 7 - 9:30 pm phone Graham to register 492-5106 Penticton

**Nov. 19**

**Sat. One day workshop on Relationships**  
(participating with passion)

Begin to participate more fully in your relationships and discover the value in joining with others. Join us for this heart opening experience.  
Inner Directions Consultants Kelowna: 763-8588

**Nov. 19 & 20**

**Reiki I with Rhoyalle**, Kelowna: 860-9880  
**Reiki I with Kathrine**, Penticton 492-5371

**Nov. 21**

**Dreamwork with Sarah Wellington**  
p. 6 & 24

**Nov. 22**

**Wholebody Reflexology** (Certified).  
Call Nuthery Institute Winfield 766-4049

**Nov. 24**

**Jin Shin Do Demonstration with Josey Slater & Sarah Wellington**,  
p. 6 & 24

**Nov. 25, 26 & 27**

**Vibrational Healing with Sound, Color & Crystals** with Troy Lenard Kelowna p. 3 & 24

**Dec. 2 - Fri.**

**Polarity Therapy with Don McGinnis**  
Penticton, p. 24

**Dec. 3**

**Yoga with Daniel Vogel**  
Penticton Holistic Healing Centre p. 10

**Dec. 3 & 4**

**The Shaman's Perspective Level II.**  
Call Nuthery Institute Winfield: 766-4049

**Dec. 9**

**Rolfing** with Gary Schneider and  
**Cranio-Sacral** with Christine Schieberle  
both from Kamloops p. 24 Penticton

**Dec. 10**

**Reiki Level II**  
Call Nuthery Institute Winfield: 766-4049

## ONGOING EVENTS

**TUESDAY - JOY OF AGING 1-4 PM**

Kelowna. 860-9880 - Rhoyalle

**WEDNESDAY- Celestine Prophecy**

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

**THURSDAY- REIKI EXCHANGES**

Kelowna. 860-9880 - Rhoyalle

**KELOWNA PARAPSYCHOLOGY ASSOC.**

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

**SUNDAY CELEBRATION** is a gathering for family and friends to share love, joy, singing and an inspirational talk based on the principles from "A Course in Miracles." Sunday 11- Noon 1725 Dolphin Ave., Kelowna : 763-8588

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

**Kelowna:** Thursday: 7-9 pm-1725 Dolphin Ave.  
Phone Inner Directions: 763-8588 in Kelowna

## Subscribe to ISSUES

and have each informative issue mailed directly to you!

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Town: \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone # \_\_\_\_\_

Enclose ☐ \$20 Canadian or \$30 American for 1 year Make cheques payable to **ISSUES**  
Mail to: 254 Ellis St., Penticton, B.C., V2A 4L6





*Jill E. Newman*  
Spiritual Healing & Psychic Surgery

- Spiritual Healing Classes
- Private Appointment for Psychic Surgery
- Toll Free 1-975-9124 • Vernon: 545-0661

## *Lynda Anne Henderson*

*Certified Practitioner*

- ★ Ear Candling Sessions with Aromatic Herbs to detoxify the sinuses and clarify hearing
- ★ Pamper yourself with Reiki & Reflexology in a peaceful atmosphere.
- ★ Nurture your soul with an aromatic wrap.

*Holistic Healing Centre Penticton 492-5371*

## *Donald McGinnis*

*Certified Polarity Therapist*



*"How strange that we see the positive as unnatural, and the negative as natural."*

**For appointments, call: 492-5371**

# Some Thoughts

Rev. Donna Maurice Winchell,

Pastor South Okanagan  
New Thought Center of  
Religious Science



What is Peace? During this season of Peace, we once again turn to a greater realization of peace within our lives and on this planet. We are called to abide in the peace of God - "that peace that passes human understanding" and to bring the Peace of God, which is a "light unto every man". Blessed are the peacemakers.

What is the peace of God? It is the peace of the soul, peace to be found in our connectedness with humanity and all of Life. It is the realization of the Life and Love that is everlasting. It is the awareness of that within us that has never been hurt, harmed or diminished.

And yet somehow these definitions seem to take us out of this world, affirming the peace of the spiritual world, but not necessarily the physical world. There is the subtle, but pervasive feeling for so many of us that this life is hardship, suffering and struggle, and we seek to find spiritual peace and meaning within it, in spite of it.

How do we do that in the face of what appears to be, and the powerful traditions of race thought? Maybe this is the gift we truly have to share as peacemakers -- the consciousness that Life is more than we see. It can be more than we have ever imagined -- pure creativity, learning, expression and fulfilment.

Life is more than comfort; it is also celebration. It is more than survival; it is living passionately. It is more than recovering; it is regenerating. It is more than problem - solving; it is creating for the pure joy of creation! We can re-direct our creative energy beyond struggle, for the purpose of visioning, creating building, exploring and revealing the wonder of life in its infinite possibility. A leap of faith, possibility, heart, imagination -- this is to bring Peace that is not only the comfort of God, but God's promise fulfilled. We have the opportunity to use our divine power -- the energy of creation -- to bring forth a new world, a new reality that is a pure reflection of the spiritual world.

What does this mean for you and me? We share joy in small ways, touching the whole world, one person at a time. We give the gift as we receive it, learn it, embody it and allow it in our own experience. What a way of choice for life! *Blessed are the peacemakers!*

## *Increase Vitality, Feel Balanced*

*Be Radiant with*

**Vita Fons II®**

(ex-Vita Forum)



Life's Fountain

*Life Force energy for balancing & integration of the physical, mental, emotional & spiritual fields.*

- \* improve your vitality
- \* increase emotional stability
- \* promote faster healing
- \* fill your aura with a shower of light
- \* reduce stress & tension
- \* great for emergencies & prevention

For **FREE** information or to order the  
**SPECIAL INTRODUCTORY OFFER call 1-800-465-8482**

**SOUTH OKANAGAN  
NEW THOUGHT CENTRE  
of Religious Science**



**SUNDAY SERVICES 10:00 AM**

*"A spiritual community that Love is expanding"*

Okanagan Mission Hall - 4409 Lakeshore, Kelowna  
New Office location is 1859 Harvey St, Suite #210

**Phone 768-0468 or 762-2650**





# SOCIAL CHANGE THROUGH INNER PERCEPTION

## *The Call To Arms*

by Melva Manseau

This article is dedicated to the faithful, who know the infinite silence of the innermost care. Any Meditator will tell you that the feeling of "Oneness" derived from a good meditation is like having hours of sleep. Awakening with a feeling of knowing you have been somewhere, and yet, physically you haven't left - but your Astral Body has and is back.

Arcane, or R-Kahn, Guardian of the Flame, Masters of Wisdom, of White Brotherhood. A rose by any other name would smell just as sweet. You who you are: Like a harp we stand in silence, strings taut and tuned until the Troubadour comes to play the great range of our being - the heights and the depths, the major and the minor keys.

Wisdom is knowing we are nothing without the One who comes to play the song. And rapture is being fully used as an instrument in the symphony of the Master Musician.

We live in a particular frequency that is always thirsting for living water that we find by treading the inner path. Deep inside is something that never wavers.

We are open, but not naive. We have wrestled with the powers of darkness within our own heart and have overcome. Having mastered the process we seek total expression of the glory we have found both within and without.

We are not bound by age, race, profession, sex or creed. We are just as likely to be a housewife as you are a scientist or an author or anything else. We know the sun shines on all alike.

The spine straightens and the heart sings when we find another of our kind. It's a certain look in the eye of one who knows the joy of the phenomenon called LOVE. And is hard put to contain the ecstasy.

We watch the Earth changing dimensions in total fascination, without a trace of anxiety. That which doesn't match what is right and good and true is disintegrated before our eyes. For that which is perfect is come.

We have all been scattered all over the Planet - yet we are gathering, magnetized by a scintillating conspiracy of Light.

We know that education in its highest sense means that our consciousness, our method, and our intelligence can be brought to bear on Earth's problems. This is what intelligence is for. But intelligence must follow the heart.

The power of the heart, mind, soul and strength aligns within us. The potency, when united with others in meditation, of like mind, to focus into view a new and perfect world. We have already been given all the answers, all we need do is go inside and seek our course, our methodology.

We all await a glorious climax to the play. What better time than now, and why not together? The grand unification of those of us who have served "One Being" in many eras, in many dimensions on many galactic systems. The Missile/Mission has found us and we have found it.

**Let's Meditate Together, Share Together In Love.**

## Intend to establish ourselves

40 yr. single father and 10 yr. daughter will relocate to central or southern BC. Offer competence or knowledge in property maintenance and repairs, coaching children, editing, writing, public speaking, ACJM, driving, or organization/administration. Seek an opportunity to enhance tolerance and brotherhood. Open to networking and creative arrangements. Will consider long range situation & projects. References and photos available.

Chris & Katie Duggan (403) 922-2747 or write  
#188 - 52343 RR 211 Sherwood Park, AB., T8G 1A6



## Tai Chi Acupressure Rebalancing Bodywork

with Margery Tyrrell

Penticton's Holistic Healing Centre

**492-5371**

## You are the... **The Ultimate @ You**

Maintain a feeling of oneness  
with us as we Meditate together  
**Every Saturday at 7 pm**  
at CKIQ Radio Stn. Bldg. (downstairs)

**PAY BY DONATION**  
"TITHE"

**PRIVATE COUNSELLING**

Phone/Fax (604) **766-0345**



**I am**  
**Melva Manseau, M.S.D.**  
Certified teacher  
of Metaphysics



**CUSTOM FRAMING**  
**ARTS & CRAFTS • POTTERY & GIFTS**  
**NATIVE ARTS & CRAFTS**

Lee Rawnsley  
604-838-0010

701, George St.  
Enderby, B.C.





# Midwifery:

## *Decline and Renaissance*

by Andrea Hardwood-Jones

Until 1850, midwives and lay healers worked in all parts of our country, caring for pregnant women and attending births. Birth was a natural process, though the possibility of maternal death or an exhausting or agonizing birth was very real.

The Early 1600s saw the beginning of a medical trend that was to escalate with time. Control of the birth went from the mother and her midwife into the hands of a male doctor. Midwives were persecuted. Birth was moved from the home to the hospital, and various drugs and interventions were introduced. The fear of death or a difficult labour led many women to support these interventions.

The late 1800 and early 1900's saw the height of obstetrical management of birth. Many of our mothers and grandmothers report being strapped to operating tables and drugged unconscious, only to awaken to the news that they had a baby, a baby which they might not see or hold for 24 hours or more.

By the 1950's it became clear to many that the medical model of childbirth, while reducing some risks for women in some circumstances, had become a danger in itself. The process to restore a more woman-centered, midwifery-based birth began. The new midwives, who had been quietly practising behind the scenes for years, were part of that process.

So, what does the future hold? While hospital birth practices have improved since the 50's, Canada still cannot compete with European countries such as Sweden and the Netherlands, both who have extensive midwifery services and both whose infant mortality and prematurity rates are substantially lower than ours. In British Columbia hospitals, the cesarean section rate has now reached an embarrassing 25% (one in four pregnant women).

It is evident that those concerned with childbirth in our province still have much work to do. Midwives and their consumers will be at the forefront of this labour of love.

*Andrea Hardwood-Jones is the chairperson of The Midwifery Task Force, Vernon Region. 558-1821.*



HEALTHTECH  
THERAPIES  
INTERNATIONAL

Colon Hydrotherapy  
Touch for Health  
Laser Therapy  
Deep Muscle Isolation Therapy  
Supervised Juice Fasts

Sharon  
Hample

Patricia  
Albright

CHRISTINA LAKE 447-6356

## Ziggs

**THE Vegetarian Restaurant**

Incredibly wholesome & delicious foods.  
2684 Pandosy - KELOWNA - 762-8722

OPEN Mon. 10-2 pm  
Tues. to Sat. 10 am - 8 pm

## TINY PILL

*approved for  
network marketing*

*Has done wonders  
for chronic pain  
and inflammation  
including arthritis*

*For more information  
phone*

*Ted Windsor*

769-4287 or Fax 769-6113

**Strong, Sturdy, Silent & Lightweight... High Quality.... Yet Affordable**

**5 year Guarantee ... 4 Models Made in Victoria by Cox Design**



## Portable Bodywork Tables

phone Jan for a catalogue 492-5371 or write 254 Ellis St., Penticton, BC, V2A 4L6

## SOUL CAGES

**Men, Womyn and Beyond . . .**

The definitive guidebook to Third Millenium thinking on the riddle of human sexuality. The insanity of the past and the hope for the future. A stairway to Heaven for the dazed and confused. If you love someone, set them free . . . with this invaluable powerhouse of information.

Cheque or M.O. for \$10.95 plus \$2.95 P & H to:  
**Five Ships Literary Co. Ltd.,**  
Dept. A, Box 750, Nelson, B.C. V1L 5R7





# My Own Story

by Louise Tapp

I began my study of nutrition eleven years ago when my son was born. Here was a beautiful healthy baby totally breastfed and suffering with colds and ear infections. Just like most people, I went to my doctor to receive guidance and advice and received medication time and time again, but I wanted to know why or how a perfectly healthy child could become so sick? My pediatrician was quick to reassure me that ten colds and ear infections a year was quite normal for children and is to be expected. This just didn't make sense to me. I was eating everything I had been told to eat according to the Canada's Food Guide, so my search began. I joined a mother's nursing group in Toronto in hopes of getting some answers. Although they advocated healthy eating (preparing their own baby food), their children as well as themselves were suffering with the same chronic sicknesses. Although I bought their cookbook I knew my search was to continue. From this point through a period of vitamin supplements, high protein diets, tonics, fad diets and other experiments. I had clued into the fact that it was probably diet oriented from my pediatrician. At one of our many visits he had known that I had been eating chocolate. I was amazed and asked him how he knew and he told me because of the rash on my son's legs. Even back then this doctor was recognizing the part diet played, even in nursing mothers. I have to add here that this man was in the process of becoming a vegetarian himself on the advice of his youngest son.

One day my husband heard a radio show about a doctor Lendon Smith advocating that we were making our children sick by giving them dairy products. I got the book and tried to apply it to our life but the dolomite pills and concoctions seemed to be too much trouble and just didn't make sense. I just knew there had to be a better way.

I had heard about the Diamonds on a Phil Donahue show talking about food and nutrition but it was to be later that I discovered their book. It was actually my younger sister who found the book for me and I am forever grateful to her. By this time my daughter was born and had suffered for three months with colic. I was given the book after her colic was over but I understand now that dairy products and diet are a contributing factor to the causes of colic. Upon reading this informative book I knew this was the truth about diet and nutrition. It answered all my questions and was simple to apply. The obvious thing was that it was full of common sense. The results within my family were immediate. My son, who is now almost twelve, has never experienced a single ear infection since that day. My daughter who is now eight years old has never had the pleasure of experiencing one. They exemplify beautiful health as children should and they have never been on any form of medication including Tylenol or cough medications. As of today they have not gotten any childhood diseases such as measles, or chicken pox. When we do get what I like to call 'under the weather' and our body starts a cleansing, it is usually because we have detoured from our diet to include unwholesome food products like chips and pop. Because their bodies are so clean it usually only takes a day to clear up without the assistance of medication.

The results with me were very rewarding as I lost thirty-three

pounds and my long term eczema which I battled with all of my life, cleared completely and has never been a problem since. My husband's results were even more dramatic, as he had suffered with chronic influenza at least four times a year and became bedridden for at least two weeks each session. That same year he was given a yearly bonus at his work for the employee who never missed a day of work. This was just too good to believe and yet so simple and obvious. Our energy levels sky-rocketed and we felt better than we had in years.

Even though I had my own personal experiences of obvious proof, that wasn't enough. I had to see if other people could get similar results. I started to educate my six brothers and sisters as well as my parents about this way of life. Over the years I have witnessed wonderful results in them. My mother who was told that she would have to have a hysterectomy has to this day remained intact and in good health. One brother who got gout applied this diet and was soon healed. My other brother who had a near-death accident when a safe fell on him, was told he could not have any children with his wife. Although he was reluctant to follow my instructions because he would jokingly say that he loved the chemicals and additives in his food, his wife played a great part in his change of diet. I educated her and she fed him. To day he is the proud father of a three year old girl and is presently expecting twins. My father who is a meat and potatoes man has even converted. When his doctor told him that he had to change his diet because of his high cholesterol he barked at her 'you sound like my daughter' and she barked back 'well maybe you should listen to her'. My mother says that he follows it to a T when he is sick but the minute he's feeling better he's back to his old habits. This is still a positive sign because he is at least getting the feeling of what it is to feel well on a healthy diet. His father died of a heart attack at a very early age so he knows this is an issue for him.

After witnessing these testimonies I was convinced that this

## How To Eat Your Way to Health

with Louise Tapp

Come Join Me For Ongoing

**Vegetarian Cooking Classes**

Plus ... Proper food combining

How to eat according to your natural body cycles

The principles of natural hygiene

Demonstrations on Juicing & Sprouting

Preparing Vegan dishes (no dairy or eggs)

For More Information Call

**762-9588**







## FOCUS ON WOMEN

Laurel Burnham  
A RITUAL OF ENDINGS

### "I am the Beginning and the End"

*from the Hopi Ceremony of Wuwuchim*

Consider the season. We are now in Fall, moving towards winter. The days grow shorter, the weather changes. Leaves drop from the trees. She who would understand light, must understand darkness, and in this ritual we acknowledge darkness. We honor death.

This time of the year is the Hopi New Year, the ceremony of Wuwuchim, where the plan of life and creation for the coming year is established in the universe and on Earth. A starclad, white-robed figure enters the Kiva and says "I am the Beginning and the End."

We know that in the great circle of life, beginnings and endings meet. So it is with this ritual, where we acknowledge death and honor our beloved dead. This ritual is aimed at overcoming the fear of death that is engrained in our culture, by providing some familiarity with it. We acknowledge the Goddess in her Crone aspect.

**Advance Preparations:** Please ask everyone to come prepared to speak about anyone of significance to them who has died. They can also bring a memento of that person, if they wish.


**Altar:** White and black candles. Flowers and fruits of late fall: chrysanthemums, pinecones, seed pods, apples, gourds, corn ears, pomegranate. Images of old people, grandmothers and others, your favorite Crone statuary. Crystal ball, other divination tools, tarot decks, etc. A scrying bowl (a bowl filled with water with a crystal at the bottom) if you like. A bowl of nuts. A cauldron or metal bowl with sand in it. Paper and pens. If you are doing this on your own, make sure you include those items which you know that your deceased friend would have enjoyed.

**Purification:** Done with incense. Preferably frankincense, sage or cedar smudge sticks.

**Casting the Circle:** Call upon all the grandmothers from each direction, all the crones. Go around the circle, with each woman naming herself and foremothers as far back as she knows their names.

**Invocation:** Sample only: They who are dead were as alive as we and we have not forgotten. We too will die and we will not be forgot. In our ceaseless file from mystery to mystery, through the well of life and death and soft Nov. dust—Are we all alive or like the dead? Let no one say.

**Body of ritual:** Pass out paper and pens. Have the women write down everything they want to banish from their lives. Put the paper into the cauldron/bowl and burn.


You can raise power by humming, drumbeat or gentle chants. Send the energy toward banishing evil, banishing women's fears, and invoking hope and peace. Ground. Acknowledge the grandmothers, release the circle. Group hugs and feast. 

### My Own Story *continues from page 19*

was that an important key to good health. I wanted to learn more as I found out the Diamonds got their information from an organization called 'The American Hygiene Society,' so I was happy to find a chapter in Toronto, Canada. I've unfortunately never been able to attend their seminars but I have always subscribed to their monthly newsletters for updates and support.

Although I started this search motivated by the compassion for my family, I knew I had to share my discoveries with others. I concentrated on assisting other mothers as I had seen their children suffering so unnecessarily. Unfortunately I became a nuisance to my own children because outings to town always seemed to lead to my education of the general public. The cashiers in the grocery stores were always intrigued by my cart full of fruits and vegetables and I would get the so familiar look like 'where's the beef?' When I would express that I was a vegetarian, they had a lot of questions but would always sigh that they wish they could eat that way because they knew it would be so much healthier. I knew back then there was a great need to assist people in their transition but at the time I was too busy with other commitments. What I did start to do was counsel other mothers on diet and nutrition who were usually at home also. One mother I recall had two children who were to be scheduled for ear-tube implants to help drain their ears, as they suffered regularly with ear infections. She applied my principles and to this day her children have clear ears. Her doctor was amazed and after a year of clear ears he asked to read her books. To this day he is the only practicing vegetarian pediatrician in Owen Sound. Another mother had a daughter with eczema and she suffered with obesity. The results were amazing, just as I thought they would be. The mother lost so much weight that she gained a new self-esteem and her daughter was able to take swimming lessons again without her skin being irritated.

The world is full of fast food giants and quick fixes which may steer us in the wrong direction. It's very easy to get caught up in life and put your nutritional needs on the back burner. Your body will let you know when it's had enough, either through a cleansing crisis or disease. I don't feel we should wait for this crisis to change our eating habits. As habits. This is still a positive sign because as soon as we get the picture that what we put into our bodies affects the quality and quantity of our life, the sooner we can change.

I have come to realize that people in general, including myself, resist change. It's a funny thing, because every one has a level of how much change they can make. That's why I feel we should take the steps that are most comfortable for each of us individually, because everyone has their own pace. To this day I am still learning and fine tuning my diet. We all slip into old habits, but as long as we are aware and get back on track, we reap the rewards of good health and longevity. 

\* LIFE PATH \* TAROT \* INTUITIVE DIRECTION \*

*You-Nique Vibrations*

Kathrine Sue

'OPTI-MYSTIC'

Caravan Books 493-1997  
Holistic Healing Centre 492-5371



# A View to the West

with *Beverley Franic*



Happy Samhain, everyone. As the wheel turns once more, and we head into winter, our thoughts and direction become more inner focused. Snuggling into the hearth's warmth, we find more time for study, contemplation, and quiet conversation over steaming mugs of cappuccino. The harvest is in, our spring bulbs have been planted. In seven weeks time we will be celebrating the

sun's rebirth and coast downhill into an early spring.

I recently had the opportunity to enjoy a session with Cassie Benell. The Light Centre has opened its doors in Kamloops and Cassie has opened her heart to the better health of us all. I wasn't very knowledgeable about Cassie's therapy when I arrived, but an hour and a half later, I had a much better grasp of the what, who, where, and why.

As for the what - it consists of gentle types of body therapy positioning the body in comfortable "preferred" posture, taking the time needed for the body to spontaneously release tension and to facilitate its self-healing. This helps to achieve body harmony, integrating body, mind, and spirit. Cassie Benell has seven years of experience using smooth and gentle energy techniques, often resulting in long term relief.

For each individual, a unique combination of modalities is used which specifically addresses that person's needs. Most people find relief from such non-invasive and non-manipulative techniques. In combination, these therapies together work synergistically to facilitate the body to heal itself. The goal of the therapy is to relieve the underlying causes, not just the symptoms of discomfort.

This kind of therapy would be a benefit to those suffering from head injuries, balance problems, whiplash, scoliosis, sciatica, feminine problems, joint pains, TMJ, baby colic, autism, and pelvic discomfort to name a few.

I was involved in a car accident twenty years ago and hurt my back quite badly. Cassie was able to pinpoint those areas that have given me discomfort and alleviate the tension I hold in my spine. I left her office feeling lighter, more relaxed. My body was definitely happier.

Sessions vary from one half hour to an hour and a half. Cassie states that when a person is aware of their own bodily sensations they will know themselves how often they need treatments. The effects of the therapy can be carried on for a week, or longer. Cassie also recommends self-help exercises that her patients can do at home to further heal themselves. I would recommend that anyone with soft tissue injuries, or the problems mentioned above would benefit from Cassie Benell's Light Centre."

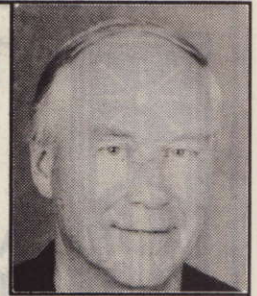
I would like to bring to your attention a fine newsletter being published by the Registered Colon Therapists Association of B.C. It is called the 'Colon Chronicle' and can be obtained by calling Pam Newman at 376-2213 (Kamloops) or Dale McRann at 374-5106 (Kamloops). It is published quarterly out of Kamloops. The newsletter contains important tips on how to keep our colons healthy, the benefits of Colonic Irrigation Therapy, a question and answer column, even a yummy recipe section. Read it, for your health's sake!

**And now some Astrological Insights to plan your month:**

**Oct 29 - Nov 5** - Saturn and Neptune are semisquaring. Means our fears are exposed due to reality (Saturn) meeting illusion (Neptune).

**Oct 29 - Nov 10** - Mercury turns direct through Libra. Means contract

# Past Life Therapy



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

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

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

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

***I am willing to travel to your place of residence.***

negotiations are completed. On the 10th Mercury enters Scorpio. Means speak the bottom line.

**Oct 14 - Nov 23** - Venus is retrograde. Not an advisable time to get married! Jupiter is sextiling with Uranus. Unexpected turns of fortune good or bad.

**Nov 9** - Saturn turns direct and heads into Pisces. Giving form to spiritual direction.

**Nov 10** - Venus is trining Saturn. A good day to assess reality of relationships.

**Nov 13 - 15** - Mercury is conjunct Venus. Good days for proposals.

**Nov 15** - Courage outstrips danger. Keep your feet firmly on ground.

**Nov 21** - Wild Card Day - Detours happen unexpectedly.

**Nov 24** - Mercury sextiling Neptune. Excellent day for meditation, lousy for signing contracts.

**Nov 25** - Mercury sextiling Uranus. A day for mental breakthroughs.

**Nov 27 - 29** Mercury squares Mars in Scorpio. Communication intense and, bottom line is best.

**Dec 2** - Jupiter conjuncts Pluto in Scorpio. Will mean a subtle yet widespread shift in global attitudes.

Astrological information provided by Moreen Reed.

See Cassie Benell's ad p. 25 and under Bodywork in the NYP

**Beverley** is an **Advertising Rep & Distributor** in the Kamloops area, call **372-0236** work, or **372-9874** home.





## Books and Beyond

Alternative Spirituality  
Personal Development

Books, Music, Jewellery, Crystals

1561 Ellis St.  
Kelowna, B.C. V1Y 2A7  
763-6222 Fax 763-6270



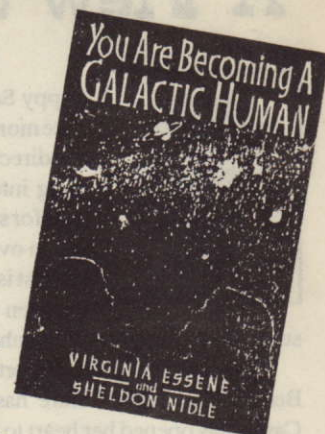
CANADIAN  
COLLEGE of  
ACUPUNCTURE and  
ORIENTAL  
MEDICINE

In a three-year Diploma program, the CCAOM offers training in traditional Chinese acupuncture and herbology alongside basic Western sciences. The CCAOM focusses on Traditional Chinese Medicine as a distinct form of health care, and on the development of the personal, professional and clinical skills necessary to individuals involved in the healing arts.  
Financial assistance may be available

Established in 1985. For information or catalogues (\$5) contact:  
CCAOM, 855 Cormorant St., Victoria, B.C., V8W 1R2  
Tel: (604) 384-2942, FAX: (604) 360-2871

## THE PHOTON BELT

by Peter Mikiel Hutt



During the past several years those in the metaphysical and scientific communities have been hearing vague references to something called the "Photon Belt." Whether you are familiar with the term or not, the chances are you are going to be hearing a lot more about this phenomenon, and indeed experience its impact directly.

According to Virginia Essene and Sheldon Nidle, authors of an extraordinary book called "You are Becoming a Galactic Human Being," this is one of the exciting reasons why you chose to incarnate at this time. Whatever difficulties you have experienced in this crucial lifetime thus far, they will seem a small price to pay for being able to be here to experience the unbelievable changes that are about to unfold.

In depth information given by Nidle and Essene serves to prepare us as individuals, and as a planet to move into a higher dimension. In so doing we will ascend together from the third dimension into the fifth. The significance of our solar system's entry into this 760,000 billion mile wide Photon belt or "Manasic Ring" will be the complete transformation of our DNA and chakra systems, resulting in the restoration of our Full Consciousness. The time frame outlined for entry into this vast region of light is sometime between March of '95 and Dec of '96.

What about this belt? It was discovered in 1961 by satellite instrumentation near the vicinity of the Pleiades star system. As we approach this huge doughnut shaped belt of photon light particles we are completing a roughly 25,000 year cycle. It culminates with the illumination of our solar system. Photon light within the belt is produced by the collision between an anti-electron (positron) and an electron. During the collision the mass of the two particles is completely converted into light energy. This represents an entirely new form of energy which will be available to support us during and after the shift.

The implications of entering this intense zone of light energy are awesome. Dividing the belt into 3 sections, Nidle and Essene describe our entry through what is called the "Null Zone" which will take approximately 5 to 6 days to cross. The first 3 days will be in absolute darkness. During the first day no electrical devices of any kind will be operational. As day 2 proceeds the atmosphere will become compressed and we will feel bloated. The earth will continue to cool dramatically. By day 3 to 4 photon energy devices will be operational, and the atmosphere will begin to warm up.

We will have gained incredible psychic abilities as we move into the main part of the belt. Here we will experience continuous daylight until we exit once again through the null zone, and out of the photon belt into the fifth dimension.

The legacy of this transformation is that we will enter into a new era as "galactic humans." This is the golden age alluded to in our religions, and the age of aquarius as described by astrologers. As we emerge from this photon belt we will have regained our 12 stranded DNA code and expanded our chakra energy system from the current 7 centres to 13. We

## Keep Warm *this Winter*

WITH QUALITY PRODUCTS FROM DUCKY DOWN

Not every down quilt is made equally. Many people get trapped into buying poorly filled or leaking quilts. If you don't want to freeze or pay twice... phone the experts first. We recover, refill and manufacture our quilts, pillows and quality bedlinens right here in Kelowna.

TUES. - FRI. 9:30 - 5:00  
SAT. 9:30 - 4:00

2821 PANDOSY ST.  
KELOWNA, B.C.  
762-3130



**ducky  
down**  
downquilts

**Toll Free 1-800-667-4886**



will be able to utilize our new chakras as "scalar" wave antennas to transmit and receive high frequency multi-dimensional life force energies. This will account for our enhanced psychic abilities.

More importantly we will finally take our place as guardians and stewards of life on this planet. In so doing we will join the cetaceans, the various species of whales and dolphins, and the Spiritual Hierarchy whose membership includes the angels and ascended masters. Together we will assume our shared role as fully conscious and responsible caretakers. The triumph of light and love over negativity that is destined to occur will allow our precious earth to become known to us and throughout the universe as a radiant showcase of the Divine plan.

Before all of this takes place Nidle and Essene advise that we will be contacted en masse by a large contingent of space brothers in light who will prepare us for our successful emergence into a new world, as a new galactic civilization.

What can we do as individuals to assist this process? At this time there is a tremendous amount that can be accomplished by those who may wish to use the power of group meditation. This will help facilitate a smooth transition towards the peaceful means to the end of duality, war, corruption and irreverence for life and its Source.

By coming together with singular purpose, with one mind, there is a logarithmic application of the power of love and the potential for a love based reality to prevail. Through the vehicle of meditation we may choose to be accountable on a very high level for our thoughts and allow our actions to be guided from the highest possible source for expression. Each of us might ask ourselves the question: Did we come just to watch?

Perhaps in another time we did not truly care enough, and the photon belt was the means of our extinction. Perhaps this time we will see the opportunity to restore and rejuvenate the human family into a greater celestial community. Perhaps this time we will anticipate the purifying effect of the photon belt with joy rather than fear. Perhaps we will celebrate our heritage in oneness in peace and harmony at last. What do you as a spiritual being really want? Remember and know that you are supported in your desire to realize your real purpose in this grander plan—the one in which you are playing such an important role.

**Congratulations to Hajime  
(Harold) Naka on the birth of a Baby Girl**



**FAYE STROO, DCT**

Transformational Counsellor-  
Concept Therapist

**TRANSFORMATIONAL  
Counsellor Training Program**

*Heart-centered, feeling focused inner healing  
Relationship counselling - learning the art of intimacy  
Grief and loss counselling*

*Making peace - forgiveness and letting go of the past  
psycho-spiritual orientation in harmony with all 12 step programs  
Transformational energy shifts - Youthing and ageless awareness  
Exploration of and alignment with life/soul purpose.*

Office: **868-8088** or Home: **868-8820**

**Lasting  
Impressions  
Bodywork  
Therapy**



**Roberta Deans**  
Certified Reflexologist  
& Rebalancer

**Rebalancing Deep Tissue Bodywork  
Emotional & Breath Awareness  
Joint Release - Energy Play - Meditation  
Active & Passive Bodymind Integration**

**Kelowna - 868-8210**



**Canadian  
Acupressure  
Institute Inc.**

offers a 500 hour certification program in Jin Shin Do acupressure, counselling, anatomy and clinical supervision from Sept. to April in Victoria, B.C.

Principal Instructors: **Arnold Porter**  
**Kathy de Bucy**

Contact: CAII, (604) **388-7475**  
301 - 733 Johnson St., Victoria, BC V8W 3C7

Certification available through the BC Acupressure Therapists Association, American Oriental Bodywork Therapy Assoc. & the Jin Shin Do Foundation.



**Claire-Luc Luce**  
(B.A.M.A.)

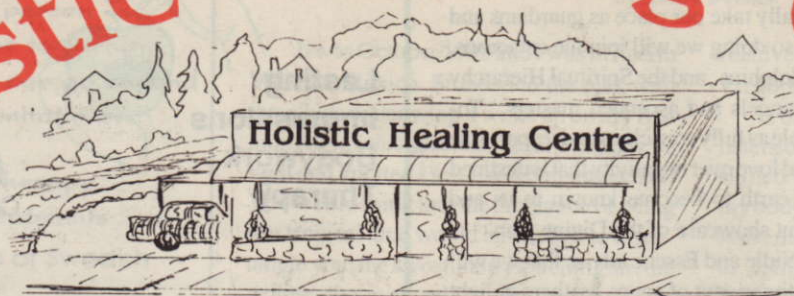
**New Age Services  
INTUITIVE ARTS**

- ★ Astrology
- ★ Tarot
- ★ Runes
- ★ Numerology
- ★ Homeopathic-Healing
- ★ Astro Logos
- ★ Counselling (individual or group)
- ★ Self Actualization
- ★ Relationships
- ★ Workshops to suit your need
- ★ Affirmation tapes

Box 273, Kelowna, B.C. V1Y 7N5  
**Phone (604) 491-0333**



# Holistic Healing Centre



254 Ellis St., PENTICTON, BC

## Speaker Series

**Presentations start at 7:30 pm. Doors open at 7 pm. ☎ 492-5371**

**Sliding Scale Donation - \$3 to \$8 .**

**Please come & offer what you can, education is our goal.**

### **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 Weekend. Experiential sessions by donation will be offered to the public Saturday 2-7 pm

### **Nov. 18 - Fri.**

#### **African Drumming Workshop with David Thjaw**

We will emphasize group playing and communication. Cost is \$20

Time: 7 - 9:30 pm phone Graham to register 492-5106

### **Nov. 21 - Mon.**

#### **Dreamwork with Sarah Wellington**

Dreams are messages from our unconscious. Learn how to understand them based on Jungian and Sufi dreamwork. Bring a dream.

### **Nov. 24 - Thur.**

**Jin Shin Do with Josey Slater & Sarah Wellington**

Based on Chinese medicine, Jin Shin Do balances energy and works with body, mind, emotions and spirit. After learning a neck and shoulder release you will give and receive a mini session.

### **Nov. 25 - Fri.**

#### **Vibrational Healing with Sound, Color & Crystals**

**Troy Lenard from Kelowna.**

Sound is the basic building block of matter and can be directed for use in many forms of healing. Week-end seminar will be consist of creating the vowels of the seven rays and the consonants of the twelve rays unlocking the keys to our names.

Troy is available for individual appts.

### **Dec. 2 - Fri.**

#### **Polarity Therapy with Don McGinnis**

A student of Qi Gong and Gestalt Therapy Don integrates his therapy to help the body heal itself. Learn how the energy flows and how to detox your system.....

### **Dec 9 - Fri.**

#### **Rolfing with Gary Schneider and Cranio-Sacral with Christine Schieberle both from Kamloops.**

Enjoy an evening of discussion of two leading edge therapies that are helping us to release old patterns of holding tensions in the body. As the energy is allowed to go free we have more energy to live!



# the 'NATURAL' yellow pages

## ACUPUNCTURE

**LISA A. KRAMER 368-3325 TRAIL**

### OKANAGAN TRADITIONAL ACUPUNCTURE

Rosalyn Harder, D.T.C.M.

Acupuncture, Counselling, Member of A.A.B.C.  
649 Burne Ave, Kelowna, B.C. V1Y 2P3

by appointment: 862-9003

## AROMATHERAPY

**ESSENTIAL OIL TREATMENTS** for over 500 ailments. Useful with massage therapy or at home. Starter packs available, orders by mail, gift certificates. Aromatics Aromatherapy 868-0335.

## ASTROLOGY

**LEAH RICHARDSON .... 100 Mile House**  
593-4563 Astrological Counselling & Teaching.

**MOREEN REED....Kamloops: 828-6206**  
Explore your life's lessons and cycles of unfoldment. Also compatibility, right livelihood, children and relocation. Office at 332 Victoria St, Kamloops, BC V2C 2A5. Call 1-800-867-4550

### PSYCHIC ASTROLOGER

Heather Zais Kelowna 868-9202 or 862-1445 or FAX 868-9202. Past Life, Present & Future, Tarot, Cards, Horoscope, Clairvoyant, Palms, Aura, Dreams, Magnetism, etc.

### THE HIDDEN FOREST

Metaphysical store with advanced computer astrology system. Astrological book rental. Railway Plaza, 4710 31st St, Vernon: 549-4775

## BIOLOGICAL DENTIST

**JOHN SNIVELY, # 201 - 402 Baker St.,**  
Nelson B.C. Phone 352-5012

**TED EPSLEY, #174-1848 Main Street**  
Penticton, BC. Phone 493-2006

## BIOFEEDBACK

**R.E.S.T. & BIOFEEDBACK CLINIC,**  
Vernon.....545-2725

## BODY / MIND FITNESS

### JOAN CASORSO, INNER RHYTHMS STRONG, STRETCHED & CENTERED

Integrating Postural Alignment, Breath Awareness, Tai Chi, Yoga, Dance & Drum Exploration, Relaxation Techniques. Classes, Workshops and Personal Training. ... Phone 860-2834

## BODYWORK & HEALING

**ACU-LITE THERAPY & RHMART** Distributor for pain, rheumatism and arthritis. Princeton - Robert and Betty Pelly. Light attracts life...Ask us. Phone 295-6179

### ACUPRESSURE & NUTRITIONAL

**Counselling** - Nelson, Castlegar & area. Your home or mine. Margaret Carroll: 365-2490

### AROMATHERAPY & SHIATSU

Alice -Kelowna: 762-9255

**CAROLYNE COOPER,** acupressurist,  
Royal Chinese technique Penticton 493-7030

### CENTRE FOR AWARENESS...Rosland

Sid Tayal - 362-9481 Bodywork, Polarity, Yoga, Reflexology, Chinese Healing Arts, Counselling, Rejuvenation program. Annual retreat in Aug..

**DONALIE CALDWELL .....** Reflexology,  
Relaxation Bodywork, Intuitive Healing & Health Kinesiology. Kelowna: 762-8242

**DONNA'S TOUCH** Merritt: 378-6429 Touch  
for Health, Reiki, Reflexology & Pure Life Supplements

### F.M. ALEXANDER TECHNIQUE

Gwen Dobie & Giancarlo Rizzo, qualified teachers. Private Lessons and Introductory Workshops in Nelson, Kelowna & Vernon: 352-9119

### HEALING CONNECTION

Salmon Arm: 832-7162 & Vernon: 558-5008  
Massage, Reflexology, Touch for Health, Iridology, Rebalancing, Psychotherapy & Counselling.

### HELLERWORK / DREAMBODYWORK

Based in structural bodywork, movement re-patterning, and process-oriented dialogue to explore the dreamingbody. The Hellerwork series realigns your body, unwinds chronic stress, pain and patterns. Excellent for back and neck pain, TMJ, migraines, whiplash, compensatory misalignment from injury and surgeries.

For a brochure call Donna 828-6206 Kamloops or 737-8013 Vancouver.

### HOLISTIC HEALING - Christina Lake: 447-6201

Craniosacral Therapy, Visceral Therapy, Acupressure, Chi Qong, Healing Gems and Stones. **Kathleen MacKenzie, B.Sc., R.N.**

### LEA HENRY - Enderby / Salmon Arm 838-7686

Ear Coning, Therapeutic Bodywork, Reflexology, Touch for Health, 2nd degree Reiki, Nutritional Products

### LIGHTPOINT PATHWAYS

**PETER MIKIEL HUTT...** Reiki Master  
Spiritual Teacher & Healer, Radiant Bodywork, Advanced Energy Balancing, Intuitive Counselling. Spheroidal Gemstone Therapy. Toll Free 1-975-3122 Kelowna

### LUCILLE STEIL .....Armstrong: 546-6401

Crystal Healing, Holistic Bodywork, Aromatherapy, Color Therapy, Touch for Health, Reiki Master, Vitamins & Herbs. Ongoing workshops to suit your needs and time in Crystal Healing and Reiki.

### MARLANA MHORYSS Penticton: 493-9433

Acupressure, Relaxation Bodywork & Reiki

### POLARITY THERAPY .....Oliver: 498-4885

1-800-889-1477 Carole Ann Glockling, Certified Polarity Therapist, Reflexologist & Bodyworker.

### REBALANCING BODYWORK

Margery Tyrrell.....Penticton..... 493-8439

### JILL NEWMAN Spiritual Healer practising

Psychic Surgery. Absence Work available. Vernon: 545-0661 or Toll free: 1-975-9124

### SHIATSU with KATHRYN HALPIN

In Penticton at the Lakeside Fitness Club: 493-7600 and the Holistic Healing Centre: 492-5371

In Summerland at Cosmos Hairstyling: 494-1230

## MARSHA K. WARMAN, R.M.T.



### HEALTHBRIDGE CLINIC

Kelowna, BC, V1Y 8P8

Phone 762-8857

Achieve body harmony through  
gentle types of body therapy

Ortho-Bionomy, Cranio Sacral Therapy,  
Reiki, Bioenergy, Therapeutic Touch

### The Light Centre

REGISTERED PRACTITIONER OF O.B.

372-1663



Cassie Benell

332B Victoria Street  
Kamloops, BC, V2C 2A5



# the 'NATURAL' yellow pages

## THE ESSENTIAL BODY

**Karen Stavast & Jane Theriault**

Rossland: 362-7238....Aromatherapy, Registered Massage Therapists, Three in One Concept (Identification & Diffusion of Learning Disabilities). Workshops & Individual Consultations

## THE LIGHT CENTRE **Cassie Benell**

Kamloops: 372-1663....Ortho-Bionomy, CranioSacral, Reiki, Bioenergy & Therapeutic Touch

## WELLSPRING CENTRE 832-9767

Salmon Arm. Aculite Therapy, Reflexology, Allergy Testing, Colon Therapy, Touch Beyond and Nutritional Counselling.

## WELL-QUEST HOLISTIC HEALTH

**CENTRE**.....Winfield: 766-2962

Myotherapy, Reflexology, Integrative Bodywork.

## BOOKS

**BOOKS & BEYOND** - Phone 763-6222

Downtown Kelowna - 1561 Ellis St.

## CARAVAN BOOKS & WARES

Penticton...493-1997 317 F Martin St., in the Penticton INN. Your Metaphysical Oasis.

## OAHSPE, THE WORLD'S TEACHER.

The New KOSMON (AQUARIAN AGE) bible in the words of JEHOVIH. A teaching and guide for all people of all races and religions on earth. Write for free literature to Oahspe Service, PO Box 2356, Stn R., Kelowna, B.C. V1X 6A5.

## OTHER DIMENSIONS BOOKSTORE

Salmon Arm: 832-8483 Books & tapes, metaphysical, esoteric, self help, healing and more.

## REFLECTIONS "Your Personal Growth Ctr."

Books, Art, Cappuccino- come in and browse! 191 Shuswap St, N.W. Salmon Arm: 832-8892

## SPIRIT DANCER BOOKS & GIFTS

Kamloops....828-0928..270 Lansdowne St. Crystals, jewellery, stained glass and more.

## THE HIDDEN FOREST

Books, tapes, crystals, jewellery, personal care. Railway Plaza, 4710 -31st St, Vernon: 549-4775

## WHOLISTIC LIVING CENTRE

Books to help you with personal growth  
Phone: 542-6140, 2915 - 30th Ave, Vernon

## BREATH PRACTITIONERS

### CLEAR INSIGHTS CONSULTING

Offering Breath Integration Sessions/Rebirthing, Self Development Workshops and "A Course in Miracles." Castlegar: 365-5040

### INNER DIRECTION CONSULTANTS

1725 Dolphin Ave., Kelowna: 763-8588  
Offering Breath Integration Sessions, Self Development Workshops, Sunday Celebration and "A Course in Miracles." Cheryl Hart, Patti Burns, Sandy Haldane, Roma Stanton, Marj Stringer, Judy Grimsen, Jean Lanoue.

### PERSONAL GROWTH CONSULTING TRAINING CENTRE

Individual & Group Breath Integration (Rebirthing) Sessions offered, One-day and Weekend Self-Empowerment Workshops, Six-Month Personal Empowerment Program - a prerequisite for Breath Practitioner and consecutive trainings. Sunday Celebration, *A Course in Miracles* Study Group and much more! Executive Director - Cyndy Fiessel, Senior Staff - Susan Hewins, Marilyn Puff, Bob Puff & Estella Patrick Moeller. Ph. Kamloops: 372-8071

### WELL-QUEST HOLISTIC HEALTH CENTRE

..Winfield: 766-2962  
Rebirthing with Gayle Konkle

## BUSINESS OPPORTUNITIES

**ARE YOU READY** for a dramatic change in your health and finances? For a free tape call 1-800-775-8081, ext 2045 (24 hours)

## CHIROPRACTORS

**Dr. Barbara James**..... 868-2951

#101 - 1823 Harvey Ave., Kelowna

**Dr. Condren Berry**..... 492-7027

228 Eckhardt Ave. E., Penticton  
Extended Hours. Call for your Appointment Today!

**Dr. Richard Hawthorne**..... 492-7024

1348 Government St., Penticton  
Extended Hours. Call for your Appointment Today!

## Souch Chiropractic Office

Penticton.....493-8929  
Dr. Bill Souch, 225 Brunswick Street

## CHURCH GROUPS

**SOUTH OKANAGAN NEW THOUGHT CENTRE OF RELIGIOUS SCIENCE**, a "Science of Mind" Centre, with Sunday Services at the Okanagan Mission Hall at 4409 Lakeshore at 9:30 a.m. Call Rev. Donna Maurice-Winchell at 768-0468 for further information. Come and join "GREAT THINKERS" like yourself!

## COLON THERAPISTS

Kelowna: 763-2914 Diane Wiebe  
Penticton: 492-7995 Hank Pelser  
Peachland: 767-6465 Cecile Begin  
Nelson: 352-3143 Kootenay Healing Garden  
Kamloops: 374-5106 Dale McRann  
Kamloops: 376-2213 Pam Newman  
Salmon Arm: 832-9767 Pamela Rosa  
Clearwater: 674-3067 Susanna Rossen\*  
\* also does Iridology and Touch for Health

## COLON HYDROTHERAPY

**HEALTHTECH THERAPIES**: 447-6356  
Christina Lake: Sharon Hample & Patricia Albright

## COUNSELLING & THERAPY

**ANJA NEIL** Winfield: 766-0732  
Certified Master N.L.P. Practitioner

**BARBARA JAMES** - Kelowna: 868-2951  
Certified N.L.P. Master Practitioner



**Cecile Begin, D.N.**  
Peachland...767-6465

### Pain? Chronic fatigue? Digestion Problems?

Cecile uses Nutripathy, Iridology and urine/saliva tests to pinpoint the problems. She has 10 years experience as a colonics specialist and practices bodywork and nutripathic counselling to help restore the body's health and well-being.



### Natural Health Outreach

**H.J.M. Pelser, B.S. C.H.**

Certified Colon Therapist

160 Kinney Ave.  
Penticton, B.C, V2A 3N9

492-7995



Herbalist ♦ Iridologist ♦ Nutripathic Counsellor



# the 'NATURAL' yellow pages

## BODY-CENTERED THERAPY

Bodies store memories. Emotional release and healing for the Bodymind using Jin Shin Do and Jungian dreamwork in a safe atmosphere.  
Sarah Wellington 493-5598

## CHRIS MORRISON, M.A., RCC

Psychotherapist & Clinical Counsellor  
Salmon Arm: 832-7162 & Vernon 558-5008  
Counselling, Groups, Workshops, Personal Growth

## GORDON WALLACE, MA

Kelowna  
868-2588 Counselling Psychology, Midlife Issues  
Jungian approach to dream interpretation.

## JO VEN, Peachland: 767-6367 ... Registered

Professional Counsellor, Inner Child Work, Dreams  
Past life Regressions & Hypnosis.

## JOAN MCINTYRE, M.A., Registered Clinical

Counsellor - Vernon: 542-6881  
Women's issues, Grief and Loss, Transformational Counselling & Lifestyling

## INGRID P. DOWNHAM, Kelowna: 769-6089

certified Clinical Hypnotherapist

## KARA BARKVED, M.A.

CYRIL BARKVED, B.Ed  
Vernon: 558-4526 sliding scale.  
Individual & Relationship Counselling. Anxiety, Stress, Self Esteem & Personal Growth.

## LIFEWORKS COUNSELLING SERVICE,

Reta Derkson, BA ... 545-4043: Vernon  
Life Skills Coach, ACOA, Sexual Abuse & Women's Issues

## MARLENE MCGINN, BGS ..... Kamloops

372-2769. Body Mind Therapist - Individual and couples counselling. Acupressure Treatments.

## ROBBIE WOLFE, Registered Psychologist

Individual Counselling, Sand Play Therapy  
Penticton: 493-1566

## CRYSTALS

### CRYSTAL THERAPIST... Joyce Egolf

Have you got a special crystal/gem that needs setting? I can design one just for you!  
Wizard of Stone - Keremeos ... 499-5522

## DISCOVERY GEMSTONES (403)476-3262

Gems & Minerals for healing & jewellery. Mail order 7507 152B Ave, Edmonton, AB T5C 3K9

## HEALING GEMS & STONES

Christina Lake: 447-6201 Kathleen MacKenzie

## HIGH QUALITY CRYSTALS & GEMS

Joan McIntyre .... 542-6881 - Vernon.

## MAUREEN BLAINE - WHITE is relocating

to Powell River, clients and friends are invited to call direct. .... 485-0994

## THEODORE BROMLEY

The "Crystal Man" Enderby 838-7686. Assorted Crystals, Minerals & Jewellery. Crystal Workshops and Healings. Huna & Reiki Practitioner.

## ENVIRONMENTAL

### EARTHSHIPS..RECYCLED TIRE HOMES

Ecologically responsible, beautiful homes, as low as \$20/sq ft. Project Management, Training and Consulting. For info. call 1-800-881-2388.

## ENVIRONMENTAL PROGRAMS

TIPI CAMP 227-9555 - see Places to Play

## LIGNOVA BAUHOF - BIOFURNITURE

Create a healthy indoor climate with furniture for the home, office or school.  
Contact Andreas Seeger (604) 352-3927 Nelson

## LIVING WATER SYSTEMS!

An important innovation to serve Mankind at the most fundamental level, our water. Available now from Ecolife Technology Distributor, Kelowna  
Peter Mikiel Hutt phone Toll Free 1-975-3122

## FLOAT CENTRES

### R.E.S.T. and Biofeedback Clinic

Vernon: 545-2725

## FOOTWEAR

### MAGIC EARTHWEAR.....Phone 499-2557

Sandals, sheepskin slippers, children's moccasins. Send SASE for free brochure and foot chart  
Magic Earthwear, Box 564, Keremeos. VOX 1N0

## FOR SALE

**AFRICAN DRUMS** djembes, sabar, talking drums and teaching tapes. Phone Edmonton David Thiaw 1-403-270-7871

## FLOWER REMEDIES

**YARROW ALPINE** ...Salmon Arm: 835-8393  
**HARRY SUKKAU & Assoc** ...Kel: 763-2914

## GIFT STORES

**THE HIDDEN FOREST** .....Metaphysical & New Age gifts from around the World.  
Railway Plaza 4710-31<sup>st</sup> St., Vernon: 549-4775

## HEALTH CARE PROFESSIONALS

**CECILE BEGIN, D.N. Nutripathy**  
Peachland.....767-6465, Iridology, Urine/saliva testing, Colonics specialist, Herbalist & more.

## HARRY SUKKAU, M.H. & ASSOCIATES

Kelowna: 763-2914  
Master Herbalist, Reflexologist, Certified Touch for Health Inst., Educational Kinesiology, Hyperton-X, Flower Remedies, Acupressure, Laser, Iridology & Constitutional Hydro Therapy.  
Colonics Therapist ....Diane Wiebe.

## OKANAGAN FALLS

**Centre of Natural Health:** 497-8995  
**Colleen Nicklassen, MH, Aromatherapist, & Iridologist. Natalie Klimp, Traditional Chinese Herbalist, Western & Chinese Herbs, Bulk & Patent, Vitamins & Essential Oils.**

## NATURAL HEALTH OUTREACH

H.J.M. Pelsaer, B.S., C.H., C.I. .... Herbalist, Iridologist, Nutripathic Counsellor, Certified Colon Therapist and more. Penticton: 492-7995

## NUTHERAPY INSTITUTE OF NATURAL HEALING

Winfield 766-4049 Nutritional Counselling, Certified in Reflexology, Acupressure, Polarity Therapy, Colour Therapy, Reiki Master.

## THE ASLAN GALLERY

In Cawston, 499-2096

where exquisite watercolour art and earth energy combine in "EARTH EXTENSIONS" and "DESIGNER AGATE"

Beth Sellars, artist

499-2096

## CONCEPT NOW COSMETICS

founded 1971

### May Binfet

Skin Care Consultant



Dr. Formulated & PH Correct

11888 Lambert Drive,  
Vernon, B.C.  
V1B 2P4

(604) 549-3185





# the 'NATURAL' yellow pages

## HEALTH CARE PRODUCTS

**EAR CANDLES ....** Available in retail and wholesale quantities. Nuthery Institute of Natural Healing, Winfield: 766-4049.

**EAR CANDLES...100% BEESWAX**  
and natural cotton. Full size. 2for \$7/10 or more \$3 ea. Ear coning with trained practitioner \$15 phone Salmon Arm 832-9921 or 832-9767

**CHANGE YOUR LIFESTYLE**  
Improve Health & Wealth. 768-4915

**EAR CONES** manufactured in BC. \$8 per pair, discounts for large orders. Falkland: 379-2848, Fax 379-2738 Toll-free in BC(604) 975-9623

**HERBALIFE Independent Distributor**  
For product or opportunity. Please call Wilma (604) 765-5649 - Kelowna

**MATOL Botanical International Ltd**  
Independent Distributor..... Chris Huppertz 493-5056 or 493-5637.....Penticton

**VITA FLORUM / VITA FONS II**  
A spiritual energy for challenging times in practical form. Phone Mark 1-800-465-8482

## HEALTH RESORTS

**COMPLETE FASTING PROGRAM**  
Daily lectures, yoga, walks, hot springs. Luxury private accommodation. Supervised by naturopathic physician. **Mountain Trek Health Spa**, Box 1352, Ainsworth Hot Springs BC V0G 1A0 1-800-661-5161

**HEALTHTECH THERAPIES**  
Daily or weekly health retreats. Massage, Colon Hydrotherapy, Touch for Health and Juice Fasting. Beautiful accommodation in mountain setting. Christina Lakes, BC. Any questions (604)447-6356 or fax 447-9080

**SIMILKAMEEN VALLEY TOURS**  
Soft Adventures; easy walks, mountain biking, hiking, gold panning, golfing, fly fishing, horse-

back riding and cattle drives. Day Trips: \$15 & up, 2½ - 7 day packages \$195 & up. Includes meals, accommodation and a guide. Organize a group of six or more and receive a discount. Phone toll free: 1-800-800-7242 or 295-7013, or write: Box 1017, Princeton, V0X 1W0

## HERBALIST

**OKANAGAN FALLS**  
**Centre of Natural Health:** 497-8995  
**Colleen Nicklassen**, MH, Aromatherapist, & Iridologist. **Natalie Klomp**, Traditional Chinese Herbalist, Western & Chinese Herbs, Bulk & Patent, Vitamins & Essential Oils.

**HARRY SUKKAU, M.H. & ASSOCIATES**  
Kelowna: 763-2914  
Master Herbalist, Reflexologist, Certified Touch for Health Inst., Educational Kinesiology, Hyperton-X, Flower Remedies, Acupressure, Laser & Hydro Therapy. Colonics Therapist .. Diane Wiebe

## INTUITIVE ARTS

**CARD READINGS by "MISTY"** 492-8317  
By appointment at the Tudor Town Tea Room in Summerland 494-7774 Ask about Home Parties!

**CLAIRE LUC LUCE, B.A. M.A.**  
New Age Services - "The Truth Sayer" Astrology, Tarot, Runes, Numerology, Workshops to suit your needs. Speciality: Relationships. Need to Know? Call 491-0333 in Kelowna.

**GWENDELL - PSYCHIC COUNSELLOR**  
Tarot, Aura or Channelled Readings.  
Mirror Lake Guest House. Workshop Space available. Phone/Fax Oliver: 495-7959.

**HEIDE NEIGHBOR...**Kamloops:376-6434  
Palmistry, The Tarot, Positive Body Language

**ELLEN AITCHISON - Vancouver**  
International Psychic Counsellor  
Ph 327-5388 PH/Fax 327-5350

**MAUREEN BLAINE-WHITE...**485-0994  
Is relocating to Powell River, Clients and friends are invited to call direct.Channelling Universal Sources, including your own Spirit Guides for your Answers

**TYARA - Kelowna** 868-8106  
Reiki & Intuitive Bodywork

**TAROT READINGS** In your Home or Holistic Healing Centre Penticton 492-5371 for appt.

## IRIS PHOTOGRAPHS

**HAVE YOUR EYES** photographed by Dr. Jensen's ... state of the art ... professional camera. It will help you to understand your physical and emotional health. a detailed explanation of the IRIS photograph included... Cecile 767-6465

**Kootenay Healing Garden** Nelson: 352-3143

## KINESIOLOGY

**Educational & Health Kinesiology**  
Kelowna: 763-2914.....Harry Sukkau & Assoc.  
Gerda Neumann - practitioner

**Elaine Fournier, Switched-On Positive Learning** Brain Gym/Edu-K, Touch for Health, Movement Re-Education, Three-in-one Concept, Emotional Stress Release, addictions, phobias, obsessions, compulsive behaviour & stuck emotions. 210-598 Main St, Penticton. Phone 496-5938 or office:493-kind for an appt.

## LASER THERAPY

**ACU-LITE THERAPY** Phone 295-6179  
Princeton - Robert and Betty Pelly.  
RHMART Distributor for pain, rheumatism and arthritis. Light attracts life...Ask us.

## MASSAGE THERAPISTS

**APPLE PLAZA MASSAGE THERAPY**  
Jayne Molloy, BSc. Hon. RMT  
3018 Skaha Lake Road Penticton 493-7823

**BRACALENTE MASSAGE THERAPY**  
Okanagan Falls / Oliver  
Mary-Jo: 497-5658 or 498-3418

**DEEP MUSCLE MASSAGE CENTRE**  
Stephen Biollo: 860-3826  
#202-3140 Lakeshore Road, Kelowna, BC.

**HEALTHBRIDGE CLINIC**  
Marsha K. Warman & Matthew Longman  
#14-2070 Harvey Ave, Kelowna: 762-8857

**MASSAGE THERAPY CLINIC**  
Marilyn & Floyd Norman 492-0238  
187 Braelyn Crescent, Penticton

**OKANAGAN MASSAGE THERAPY**  
Steve Wallinger: 492-8421  
3373 Skaha Lake Road, Penticton

**PENTICTON REHABILITATIVE MASSAGE THERAPY**  
Cliff Dickson 493-6999  
#207 - 483 Ellis St., Penticton

**SUMMERSET MASSAGE THERAPY**  
James Fofonoff: 494-7099  
13003 Henry St., Summerland

**SUMMERLAND MASSAGE THERAPY**  
Manuella Sovdat 494-4235  
#4 - 13219 N. Victoria Road, Summerland

**THE ESSENTIAL BODY**  
Karen Stavast & Jane Theriault, B.A. 362-7238  
#6 - 2118 Columbia Ave, Rossland

## ESSENTIALIST CHURCH OF CHRIST



A small Church for  
Thinking People

**SUNDAY SERVICE - 9am**

**Pamela Rose • Gregory Kemp**  
ministers

**545-9794 Vernon**

One for All - All for One  
The KEBZEH Foundation





# the 'NATURAL' yellow pages

## MEDITATION

Weekly Reading, Meditation and Talk  
**TIBETAN BOOK OF LIVING & DYING** by  
Sogyal Rinpoche, Kelowna: 763-9763

## TRANSCENDENTAL MEDITATION

Technique as taught by Maharishi Mahesh Yogi  
is a simple, effortless technique that has pro-  
found effects on mind, body, behaviour and envi-  
ronment. Please phone these teachers:  
Kamloops...Joan Gordon 374-2462  
Kelowna ...Clare Stephen 860-9472  
Penticton...Carol Ross 493-1997  
Kootenays & S. Okanagan Annie Holtby 446-2437  
Nelson contact... Ruth Anne Taves 352-6545

## MIDWIFE

**HOLISTIC MIDWIFERY** Trained & licensed  
in Texas. Prenatal and nutritional counselling,  
Prenatal yoga, Water birth, VBAC, Home birth,  
hospital labor support and post partum care.  
Josey Slater Toll free 1-979-6966 (pager)  
Serving Kelowna and the South Okanagan.

**LICENCED IN EUROPE** - Experience in Africa.  
Has done over 2,000 deliveries including 600  
home births. Lieve Maertens: 549-2723, Vernon

## rites of passage-doula services

VBAC ... Vaginal Birth After Cesarean  
Classes, information, guidance and support.  
Wendy Field: 765-2660 Kelowna

**WATER BIRTH TUB** available for gentle  
home birthing. Videos & books included.  
Phone Shawna Krisa 768-9698 Westbank

## NATUROPATHIC PHYSICIANS

**Kelowna**  
Dr. William Russell ..... 868-8578  
#206 - 2365 Gordon Road, Kelowna, V1W 3C2

**Penticton**  
Dr. Audrey Ure & Dr. Sherry Ure: 493-6060

**Penticton Naturopathic Clinic**.....492-3181  
Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

**Trail**  
Dr. Jeffrey Hunt - 368-6999, 1338 A Cedar

**Winfield**  
Dr. S. Craig Wagstaff: 766-2633

## NUTRIPATH

Penticton: 492-7995 - Hank Pelser  
Peachland: 767-6465 - Cecile Begin

## NUTRITIONIST

Kootenay Healing Garden Nelson: 352-3143

## ORGANIC

**FOUR WINDS FARM**, certified ORGANIC  
Echinacea Plus Tincture & Comfrey Plus Salves.  
Cawston. Doe: 499-2952. Wholesale enquiries.  
General Delivery, Cawston, BC, V0X 1C0

**ORGANIC, WILD WHOLE FOOD** supple-  
ments. Wholesale Prices. Distributorship en-  
quires welcome ... Nelson: 352-3143

**SOOPA (Similkameen Okanagan Organic Producers Association)** SOOPA is a farmers' association which provides support services to producers and consumers of organic food. Farm certification based on peer recognition and backed by third-party verification ensures that food produced by SOOPA transitional and certified members meets our high production standards. For a copy of SOOPA guidelines, membership list and harvest times send \$5.00 to Box 577, Keremeos, B.C., V0X 1N0

**ZEBROFF'S ORGANIC FARM.** 499-5374  
George & Anna, CAWSTON. Producing organic food since 1973. Fruit (fresh, dried or processed), Honey, Jams, Apple Juice, Eggs & Meat.

## PAST LIFE THERAPY

I help you channel your Higher Self so that you can heal. 767-2437 Peachland or Penticton 492-5371. Dane Purschke.... See display ad

## PERSONALS

### CARD READINGS

Inquire at HOOT SWEETS, 469 Main St, Penticton: 11 am - 5 pm. 492-8509 or 492-4245

### THE HIDDEN FOREST

Friends and Lovers. Astrological compatibility reports \$15 - Railway Plaza 4710-31st St, Vernon: 549-4775

### SEEKING A SOULMATE ?

Meet your Soulmate from NEFERTITI'S CHOICE Now! A Canada-wide Singles Network designed exclusively for the Spiritually, Metaphysically and Wholistically Minded. Confidentiality Assured ! Call Today (403) 428-8848

## PET CARE

**ALL NATURAL, SUPER PREMIUM DRY DOG** and cat food delivered from ALPHEN™ to your home. 30 day money back guarantee. Distributors wanted in the US & Canada. Interested in additional income? Remember dogs and cats eat every day, think of the repeat sales. Training available. Guy King:ph/fax (604) 861-9501 or Diana Knowles (604) 861-4978. Kelowna

## PLACES to PLAY

**TIPI CAMP** Kootenay Lake East Shore:227-9555  
Retreat / Vacation in a secluded, natural setting. Lakeside Tipi Accommodation, Water Taxi, Delicious Meals, Caring Service. Water Activities, Nature Trails and Ridgewaywalking.

## PRIMAL THERAPY

If you want to make more of your life, we want to assist you. Our focus is on *cellular consciousness*, to undo old patterns of behavior or experiences which so unpleasantly dwell in our system. Our training started 1978. Members of the International Primal Assoc. **Agnes & Ernst Oslender** Primal Center of BC. Winfield:766-4450

## RESTAURANTS

**SUNSEED NATURAL FOODS & CAFE**  
Home baked bread - Vegetarian Menu  
We fresh-grind organic grains daily,  
Soups, Entrees, Salads, Desserts,  
Fresh squeezed Juices...Open Monday - Friday  
9 to 5 pm.....2919-30th Ave., Vernon: 542-7892

## REFLEXOLOGISTS

**BIGFOOT REFLEXOLOGY** - Gwen Honigman  
4A-3101-29th St., Vernon 545-2337 - Certified

**CAROL ANNE GLOCKLING**  
Oliver: 498-4885 or Penticton: 492-3181

**GLENNESS MILETTE** Elko, B.C. 529-7719

**HARRY SUKKAU, M.H. & ASSOCIATES**  
Certified Reflexologists - Kelowna: 763-2914

**HANDS ON HEALTH** Reflexology & Bodywork  
Armstrong, Enderby & Salmon Arm:832-5228

**LEA HENRY** - Enderby / Salmon Arm 838-7686

**NUTHERAPY INSTITUTE OF NATURAL HEALING** Winfield 766-4049  
Certified Reflexologist, courses available

## 'Scent' ual Touch Body Therapy

Celebrate your body with a  
relaxing revitalizing nurturing  
massage with essential oils.

Holistic Healing Centre  
492-5371 Penticton

NYWYN 492-7978



# the 'NATURAL' yellow pages

## REFLEXOLOGY BY LESLEY

Winfield: 766-2740

## SUSAN VOGT, certified reflexologist

Home Visits .... Penticton: 492-8890

## TAKE TIME OUT FOR YOURSELF!

Lucille Pittet, certified reflexologist. Home visits available 860-0146. Kelowna

## WARREN'S REFLEXOLOGY

Penticton: 493-3104

Reflexologist C.R.R., Symptomologist  
26 years, trained & certified through the International Institute of Reflexology.

A member of the Reflexology Assn. of B.C

## REIKI PRACTITIONERS

### CECILE BEGIN

Reiki & Bodywork..... Peachland 767-6465

LEA HENRY - Enderby / Salmon Arm 838-7686

MURIEL MAY Kelowna: 763-8870

Counselling & Reiki

NATALIA Vernon 542-0431

ROXSANE EDIS Penticton: 490-0545 or 492-5371 - 2nd Degree practitioner

MICHEL D'ESTIMAUVILLE .... 497-5658

Second degree practitioner

URMI SHELTON.....Naramata.....496-4234

TYARA - Kelowna 868-8106

2nd Degree Reiki, for an appointment please call

## REIKI MASTERS

GLENNESS MILETTE Elko, BC: 529-7719

## NOOR-UN-NISA JOAN SMITH

Reiki classes and treatments, spiritual guidance, lay counsellor, minister. Phone 357-2475  
Box 134, Salmo, V0G 1Z0.

## PETER MIKIEL HUTT

1st & 2nd degree classes & consultations. Your ENERGY is EVERYTHING. "Do not limit the Healing you ask for, the Love-God Source has no limitation." Kelowna Toll Free 1-975-3122

## RHOYALLE TAYLER RYANE

Reiki Workshops, Emotional Release Work, Consulting. Kelowna 860-9880

## SPIRITUAL GROUPS

TARA CANADA: free information on the World Teacher, Maitreya the Christ, now living in London, England and on Transmission Meditation groups, a form of world service & a dynamic aid to personal growth. TARA CANADA, Box 15270, Vancouver, B.C. V6B 5B1 ☎ 988-TARA

## THE ROSICRUCIAN ORDER ...AMORC

A world wide educational organization with a chapter in Kelowna. Why am I here? Is there a purpose in life? Must we be buffeted about by winds of chance, or can we be truly masters of our destiny? The Rosicrucian Order AMORC can help you find answers to these and many other unanswered questions in life. For information write Okanagan Pronaos AMORC, Box 81, Stn. A, Kelowna, B.C. V1Y 7N3

## TAI CHI

### DOUBLE WINDS, Traditional Tai Chi,

Authentic Yang Style as taught in China. Weekly lessons & workshops. 28 year student of Master Chung. Master/Sifu Kim Arnold, Sifu Heather Arnold: 832-8229 - Salmon Arm.

### DANCING TAO - TAI CHI CENTRE

Moving Meditation, Effortless Exercise, Uncanny Self-defence and Timeless Philosophy with Hajime Harold Naka - Master of Tai Chi Play. For Classes, Workshop, Demonstrations phone Kelowna: 762-5982 or 762-8789.

## TEACHING CENTRES

### ALPINE HERBAL CENTRE .. 835-8393

Classes on the spirit & therapeutic use of herbs. Register January to March, starts in April.

### HARRY SUKKAU & ASSOCIATES

KELOWNA - 763-2914 - EK & Touch for Health Certificate Classes in Reflexology

### CRANIO - SACRAL THERAPY

Donna Cameron, RN, C.T., Facility member Upledger Institute available for teaching, consultations, presentations & therapy. Specializes in infants, children, teens - feeding, behaviour & pain problems. For adults - whiplash, headaches, back and neck pain. Call for appt. 832-2751.

### INNER DIRECTION CONSULTANTS

1725 Dolphin Ave., Kelowna: 763-8588  
Offering Breath Integration sessions, six month personal empowerment program and training for Breath practitioners. Plus, Sunday Celebration and "A Course in Miracles." Penticton: 492-3394.

### KOOTENAY SCHOOL OF REBALANCING

1016 Hall Mines Rd, Nelson, BC, V1L 1G4  
A six month course in deep tissue bodywork with many facets for Career and/or Self Transformation. Please phone Meniha: 354-3811

### NUTHERAPY INSTITUTE

Winfield: 766-4049  
Reflexology, Acupressure, Polarity Therapy, Reiki. Workshops on Crystals and Healing

### OSHO ENERGY SCHOOL

4 week residential intensive May '95 in Hawaii (\$3,000 US) Phone Ramakanta: 354-3811 or write 1016 Hall Mines Rd, Nelson, BC, V1L 1G4

### PERSONAL BEST SEMINARS

Kelowna offers a phenomenal program in Personal &

Professional Development for healthy, successful people who want more!! Kelowna: 763-Best(2378)

## PERSONAL GROWTH CONSULTING TRAINING CENTRE...372-8071

257 - 4th Ave., Kamloops, BC, V2C 3N9

Offering Breath Integration (Rebirthing) Sessions, Self-development Workshops, Six-month Personal Empowerment Program - a prerequisite to Breath Practitioner, Leadership and Teacher's Training, Sunday Celebration, A Course in Miracles Study Group, plus many other community activities. Founder and Executive Director - Cyndy Fiessel. See display ad.

## REFLEXOLOGY CENTRE OF VANCOUVER

Certificate Weekend Workshops, Reflexology Association of Canada Accredited Training Course. Sponsor a local workshop! Info: #535 - West 10th Ave., Vanc. V5Z 1K9 -875-8818

## THE CENTER.....Salmon Arm..... 832-8483

Growth & Awareness Workshops, Meditation, Retreats, Summer programs, Metaphysical Bookstore & more.... Program catalogue free.

## TRUE ESSENCE AROMATHERAPY

Inquire about Home Study and Certification Programs. Calgary: 403-283-5653

## WHOLISTIC LIVING CENTRE.....Vernon

Phone: 542-6140..2915-30th Ave, Helping you with Personal Growth in all areas, Books, tapes, crystals, seminars & workshops. Retail Store open Mon-Sat. 10 am to 5:30 pm

## WOMEN'S SECTION

### CHRIS MORRISON, MA, RCC

Psychotherapy & Counselling.  
Salmon Arm: 832-7162 & Vernon: 558-5008

### INDISPOSABLES™ Cotton, Sanitary

interchangeable pads: single, double or night time. Fits into a cotton and waterproof breathable outer pocket with wings, velcro or snaps. Phone Moreah in Rock Creek: 446-2448 distributor for INDISPOSABLE™ COTTON DIAPER CO.

### MANY MOONS

### WASHABLE MENSTRUAL PADS

100% soft cotton. 2 styles: self-fastening snap wings or G-string style. Vernon: 545-9240

## YOGA

### KELOWNA - IYENGAR METHOD

Build strength and endurance while correcting posture and balancing all the systems of the body. Enjoy the relaxation that follows stretching. Margaret: 861-9518. 14 yrs teaching experience.

### SIVANANDA YOGA CLASSES in Naramata

Come and enjoy the stretches, breathing, meditation & relaxation. Ph. Marion Mahler 492-2587

### HEALTHBRIDGE CLINIC offers ongoing

classes in Hatha and Therapeutic Yoga. Phone 762-8789 for details.



# HEALTH Food Stores

## Kelowna

### Lifestyle Natural Foods

Orchard Park North Mall: 762-9711

Vitamins, Cosmetics, Herbs & Books

"Helping you to change your lifestyle"

Open Sundays for your convenience.

### Long Life Health Foods: 860-5666

Capri Centre Mall: #114 - 1835 Gordon Drive

Great in store specials on Vitamins, Books, Natural

Cosmetics, Body Building Supplies & more.

Bonus program available. Knowledgeable staff.

### Bonnie's Incredible Edibles & Health

Products: 517 Lawrence Ave. 860-4224

Discount Supplements, Herbs, Books, Organic

and Natural Food, Macrobiotic Supplies. Friendly

and knowledgeable staff.

## Penticton

### Vitamin King - 492-4009

63 Nanaimo Ave. East, Penticton

Body Aware Products, Vitamins, Supplements,

Fresh Juices & Body Building Supplies

Herbalist on Staff

### Judy's Health Food & Deli

129 West Nanaimo: 492-7029

A Full line of Natural Supplements

Specialty Foods, Herbal Remedies.

### Penticton Whole Food Emporium

1515 Main St.: 493-2855 - Open 7 days

Natural & Organic Foods, Books, Bulk Foods,

Health Foods, Body Care, Appliances, Vitamin &

Herbal Supplements & Vitamin Discount Card

### Edible Dried Goods

407 Main St.: 492-4080

Vitamins & Supplements. Wide selection of Bulk

- Natural foods & Okanagan Gift Baskets.

## Nelson

### Kootenay Co-op - 295 Baker St - 354-4077

FRESH SUSTAINABLE BULK ORGANIC.

Organic Produce, Personal Care Products,

Books, Supplements, Friendly & Knowledgeable

staff. Non-members welcome!

## Princeton

Cafe Naturell ... 117 Vermilion Ave.: 295-7090

Yogurt, Juice bar, Soups, Snacks, Vitamins &

Books.

## Kamloops

### Be Prepared Centre....Aberdeen Mall

Phone: 374-0922

Vitamins / Natural foods/ Books / Cosmetics

Dehydrators / Juicers / Bosch Kitchen Machines

### The ZONE ORGANIC MARKET

Fresh, Organic Produce, Your One-Stop Shop-

ping Market and Restaurant. 444 Victoria St,

Kamloops, BC, V2C 2A7. Phone 828-7899.

## Osoyoos

### Bonnie Doon Health Supplies

8511 B Main Street: 495-6313 Vitamins, Herbs,

Athletic Supplements, Reflexology - Self Help

Information "Let us help you to better health"

## Vernon

### Sunseed Natural Foods and Cafe

2919-30th Ave: 542-7892

Specializing in Organic Produce.

Fresh ground grains & snack foods.

### Terry's Natural Foods 3100 - 32nd Street

549-3992 ... One of the largest selections of

natural products in the Interior of B.C.. Low prices

on bulk foods and environmentally safe products

and natural footwear.

## Grand Forks

### New West Trading Co.....442-5342

278 Market Ave. A Natural Foods Market

Certified Organically grown foods, Nutritional

Supplements, Appliances, Ecologically Safe

Cleaning Products, Healthy Alternatives

## Summerland

### Summerland Food Emporium

Kelly & Main: 494-1353

Health - Bulk - Gourmet - Natural Supplements

Mon. to Sat. 9 am to 6 pm, for a warm smile.



ISSUES is available at Health Food  
Stores, Metaphysical Book & Gift  
Stores and Holistic Practitioner offices  
plus many other places.

# DEADLINE

for combined months of  
**December & January**

Advertising and/or Articles

**Nov. 10th**

**492-0987 (Penticton)**



# Holistic Healing Centre

254 Ellis St, Penticton

492-5371

## Some of the Services offered

### Ear Candling

The hollow candles are formed around a spiralling wick impregnated with therapeutic herbs which, when burned, create a suction and draw excess wax and other impurities out of the ear canal.

### Jin Shin Do / Midwifery

Jin Shin Do seeks to stimulate the body's own system of self regulation by activating the meridians and allowing the body to balance its own energy.

### Shiatsu

Acupressure is an oriental massage in which the fingers are pressed on points throughout the body by massaging along the "meridian lines", 14 channels through which the body's energy flows.

### Reflexology

A western variation on pressure-point therapy, reflexologists believe that points on the bottom of the feet are linked to specific organs, and that massaging the tender spots promotes better health.

### Pranic Healing

This is a highly evolved form of non-touch healing which is very effective on all physical, emotional, mental and spiritual levels.

### Postural Integration

Releases our armour - all those well developed postures from dealing with life (rigid neck, tense shoulders, held in belly, fat rubbery waist) - all those guarded feelings (covered up sadness, held back anger, paralysing fear, deep seated resentment and bitterness) along with limiting (often unstated) beliefs.

### Rolfing

Deep muscle massage to bring the body as a whole into better structural alignment.

### Life Path Interpretations

A journey into self-discovery combining numerology and tarot to present an introduction to personal numbers, challenges, gifts and cycles. Based on name and birthdate vibrations.

### Polarity Therapy

Releases energy blocks by contacting specific positive, neutral and negative crossover points on the body using fingertip pressure to balance and restore the electrical flow of energy.

### Aromatherapy and "Scent"ual Massage

With its clear effects on mood, emotion and attitude as well as on the physical body, aromatherapy restores health to mind and body.

### Reiki

Reiki is a balancing energy and when applied it stimulates the body in its own ability to heal and brings harmony to the physical body, mind and spirit.

### 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.