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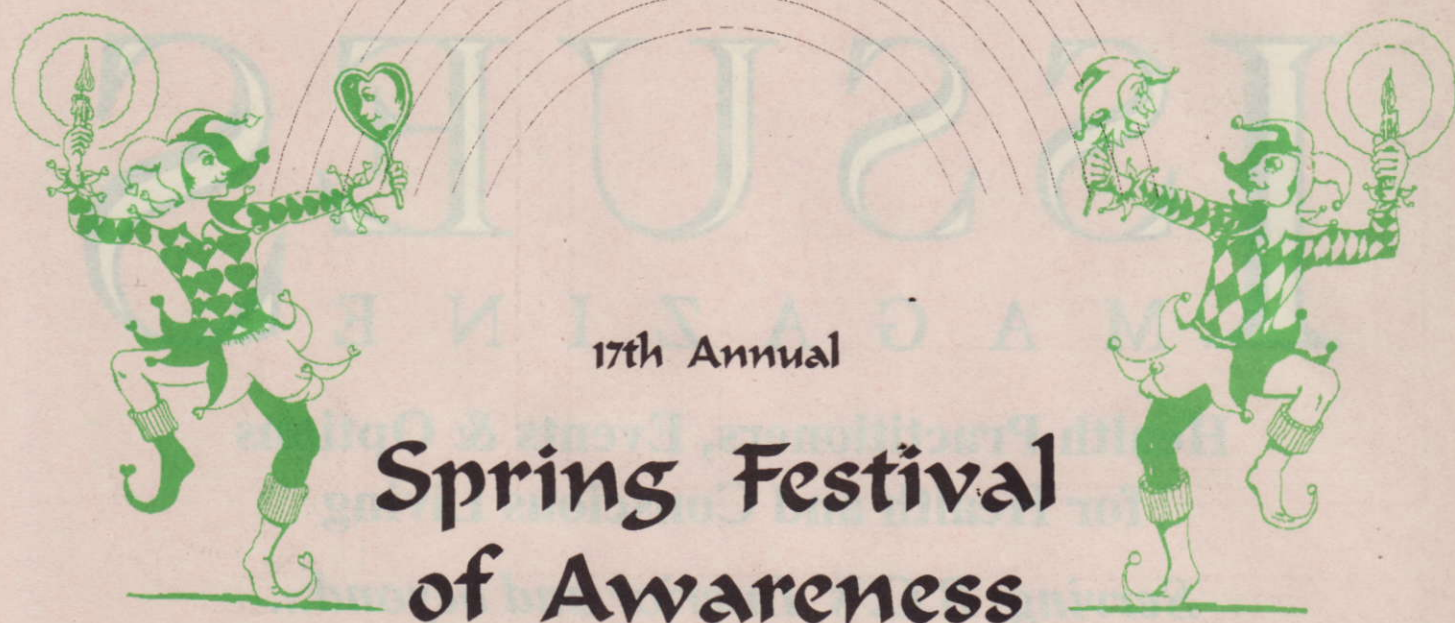
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Volume 6 - Number 1



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Many Thanks Steve .. for taking the many photographs for ISSUES.

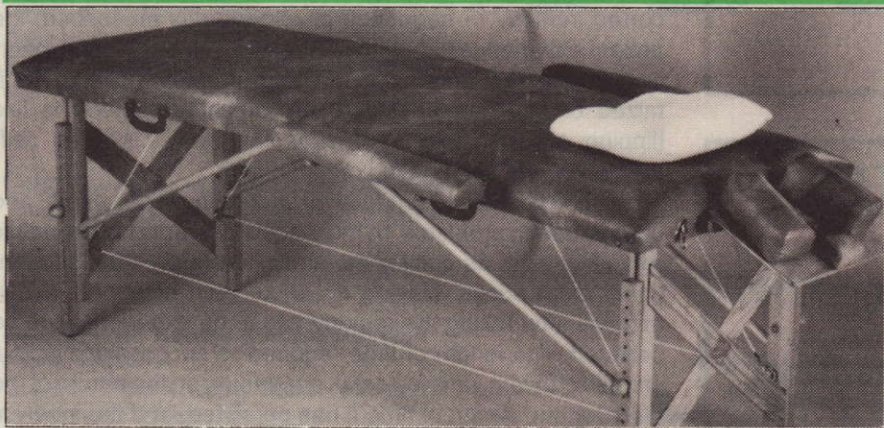
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CONSTITUTIONAL HOMEOPATHY

by Dr. J. Douglas Miller

Homeopathy is a complex system of medicine based on treating the patient as a unique individual. Homeopathic remedies are prescribed to fit the patient as a whole based on inherited traits, and physical, mental and emotional symptoms. Three patients with the same illness will likely each require a different homeopathic treatment. I was drawn to study homeopathy after being cured of asthma through constitutional remedies prescribed by a naturopathic doctor in Toronto.

Homeopathy was originated in the 1800's by a physician named Samuel Hahnemann who refined the principle of "like cures like." A substance which in large doses would cause a particular set of symptoms, when taken in small or infinitesimal doses (energetic doses) could be used to treat those same symptoms. A simple example of this is Ipecac. This herbal preparation is used in hospital emergency rooms to induce vomiting when someone has accidentally ingested a poison. A homeopathic preparation of Ipecac will do just the opposite; homeopathic Ipecac will treat nausea and vomiting.

Homeopathy has been used for generations in Europe and many other parts of the world. Mahatma Ghandi was an avid supporter of homeopathy, as is the British Royal family to this day. In France, over 30% of regular medical doctors use homeopathy in their practices and homeopathic remedies can be purchased at the corner drug store. In B.C., naturopathic physicians have been licensed to practice homeopathy since 1933. Though not yet a household word in North America, homeopathy's popularity has been growing by leaps and bounds in the last several years and homeopathic remedies are now available in many health food stores.

Everyone is endowed with a particular constitution with inborn susceptibilities to various diseases and health problems. This constitution is unique to each of us and can be studied by the homeopathic physician who researches clear and precise signs found in the person's history. In typical 60 to 90 minute initial consultation the classical homeopath delves not only into the nature of the health problem, but also asks about food cravings, dreams, fears, and personality. The goal is to find the remedy that energetically matches the patient's constitution at this point in time - the simillimum. When the correct remedy or sequence of remedies is prescribed, the patient experiences enhanced health on all levels, and inherited or acquired tendencies to health problems can be minimized or eliminated. Taking the indicated remedy is like flipping a switch which turns on the body's internal self-regulating and self-healing mechanisms.

Homeopathy is effective in treating both acute and chronic health problems. In most acute ailments homeopathic remedies work as quickly as, and often faster than conventional medications. Having an acute pain disappear within minutes after taking the remedy has to be experienced to be believed. The length of time required to successfully treat a chronic problem varies greatly, depending on the nature of the disorder, the length of time it has persisted, and the inherent reaction of the individual.

Homeopathy works well in conjunction with most other naturopathic methods of treatment. Homeopathy can be a real aid to someone doing intensive growth work or counselling.

continued on page 17

The Traveller

by Leonard Howell



*"My Brother you are the Eagle
my sister you are the Dove
we'll follow the raging river
to the soul of the sun
at Wind Canyon"*

These are the words I wrote for the song "Wind Canyon" from my debut album "Traveller" now available from Dancing Light Productions. When these words came to me, I felt more like I had allowed them to flow

through my heart centre from my ancestral spirits. It has only been a few short years since I began my spiritual quest for the Great Eagle and the Holy Grail within myself.

This journey has led me to sweat lodges, Medicine Wheels, meditation gatherings and many spiritual workshops. I have openly learned from the wisdom of the masters Tall Pine, St. Germaine, Christ Jesus, Archangels Michael and Raphael, as well as my own guardian angel. The enlightenment of the masters has helped me express my truth through music.

During this time I have been in touch with ancestral roots. I have discovered my Great Grandmother is a full Lakota Sioux princess, the daughter of a chief from Billings, Montana. As well as a grandfather of Metis origin and a grandfather of Dene' from N.W.T. This was an amazing discovery for I always had a great spiritual kinship with my Native American brothers and sisters, as well with the Celtic Welsh and Norwegian circle. In dreams I walked the dusty buffalo clad plains of bygone days and I rode the great white steed as a Knight in shining armour. This will all be told in the future release of Dances with the Spirit, poetic biography.

Here is a short explanation of the songs.

'Tobacco Plains Farewell' is a ballad about a dream-woman named Hawkwind who dances around the night fire and eventually turns into the Great Hawk.

'Wind Canyon' is a song reflecting the home of the ancient Anasazi Indians of the south. It is also about the migration of the North American Natives and speaks of how we need to become the circle to protect Mother Earth.

'Medicine River' is a chant that speaks of the place in all our hearts where we can merge with the higher self to find courage and unconditional love.

'Great Grandfather' is a ballad about my emergence from senseless racism and prejudice experienced in my childhood.

'Haida Lament' a sweet ballad dedicated to my friend Johnny Walks in Dreams who died of a drug overdose in Vancouver, B.C. in 1972.

And finally, the theme song 'Traveller' is a haunting ballad of homelessness. A song that reflects the importance of finding our truth, centering ourselves, becoming the God/Goddess in fullness to be in a state of grace for our ascending journey home.

I am a Traveller, my journey is ongoing. I express my truth in song and somewhere along this path we may meet. My only wish is that my music bring love and enlightenment to your life.



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Leonard Howell
author
composer
director

Season's Greetings... winter always reminds me of family portrait time. A time to reconnect with family and friends. Since I started publishing ISSUES and writing this monthly column I do better than just a Christmas letter. Every month, I put my thoughts on paper and share them with anyone who is interested.

Mother always arranged for a family photograph that she sent out every year. I still remember the first year at Rosswood when mother bought some fancy processing paper and developed the prints in the kitchen. She then wrote in white ink 'The Brousseaus,' drew a small mistletoe on top of the photograph, and quickly popped them into the oven for few minutes to dry. I got the job of removing them from the oven. It was quite a busy and tiring evening, but mother seemed driven to get those cards out.

When I got married, I decided to make home-made cards. I usually wrote a poem about the past years' journey of the family and enclosed photographs of the boys. Soon my sisters-in-law were doing the same thing for we enjoyed using our talents to create that special touch. Looking at the old cards brings back many memories and reminds me how subtly I got programmed. Until now I did not think of connecting my childhood Christmas cards with the ones I sent as an adult, for mine were so different... but really they weren't. Making the connection as to why I am the way I am is very important to me, so I shall continue writing.

The front cover photo was taken in 1962 in front of the fireplace of our basement home at Rosswood, BC. Since so many of you have met most of my family individually as I reminisce about my family snap shots in previous ISSUES, I thought this would be a great chance to see what we looked like as a group. So I will start with the back row, with Grandad sitting in the chair, then Mom and myself, then Phillip, David, Chuck (Grandad's nephew) and Dad. In the front row is Target, our dog, being held by Paul, then Bill, Mike and Don. I have noticed that in most of our portraits we are in order of the oldest to the youngest.

My father died many years ago and Mother lives with Mike in Terrace, who has eight children so far and expects more since their faith believes that having children is an important contribution to mankind. He also prays for my soul as he does not agree with my belief in yoga and the Oriental healing systems. Paul disowned the entire family after he moved back to the United States. David lives in Grand Forks and has two children; he thinks it is great that I am doing what I enjoy and gives me credit for having created my own job. Phillip is a loner for his hurts are deep and he won't allow others to get close. Billy died as a young adult and Donald died just after his second child was conceived. All of my brothers are roofing or siding contractors and enjoy construction as did Dad and his Dad. My being a health nut since I was twenty years old created challenges in our communications as did my unorthodox views on ways of healing. My believing in angel guides and reincarnation kept our conver-

Musing with Angèle



sations fairly unique. My immediate family mostly respect my knowledge but certainly don't agree with all of my beliefs. My Mom and three boys support me ninety-eight percent and my ex-husband just let me do my own thing and was open-minded, but he didn't have the enthusiasm for self-responsibility and change that I thrive on.

I am told that all of us have many different families. The front cover photo is my family of origin. My children are my family of creation. My extended family includes relatives and friends. My spiritual family are chosen strangers that I have come to know that support my belief systems.

This photo is of my spiritual family. The Spring Festival Crew also qualify for that category and you will get to meet them once again in the February ISSUES when the Spring Festival Program is announced, but for now I would like to introduce my Centre Crew. Sitting on the floor is Jan Stickney, my Spring Festival Registration Coordinator for the past four years and the driving force to make the Holistic Healing Centre a reality. Her strength and knowingness that it was time to manifest our vision gave me the assurance that I can count on her to make sure the doors stay open, even when the hours are long or the phones get busy. She walks her talk and I am honoured to have her as a friend and co-creator. Behind her is Mike, her significant other and handyman for the Centre. He is also switcher for my TV show 'The Holistic Networker' and helps with the cooking and dishwashing. Since he likes to drive, he is taking over the delivery of ISSUES to Bev in Kamloops and Theodore in Salmon Arm to Enderby areas, and has just started learning the Kootenay route. Beside him is Nywyn, a local art designer who produces a line of T-Shirts called Sidhe Effects. She looks after all the plants that people have given to us and nurtures me as well with her Es'scentual massages. Beside her is Linda: she does Reiki and Ear Candling, covers the phones for Jan on her breaks, and helps with the never-ending task of educating people as they drop in to check out this new place. Kathrine Sue is our spiritual director and coordinator of social activities and she will supervise volunteer schedules. She does Life Path Readings and her counselling skills are appreciated by all. And then there are Carol Ross, Judy Armstrong and Samaya of Shared Vision who are not in the photograph but who I feel are my Soul Sisters. I haven't even mentioned all the Metaphysical Book Store and Health Food Store owners, advertisers and friends who have contributed time and money because we share a common belief.

My hope for the Centre is two fold: firstly that it becomes an education facility for those searching to understand the pain or dis-ease brought about by emotional causes and/or to find natural ways of improving their energy and feeling of well-being. Secondly, as a resource and social activity centre for folks who are on 'the path', so that like-minded souls can connect and share. Enlightenment means to lighten the load and that can be done physically, emotionally, mentally and of course, spiritually.

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PHOENIX COMMUNITY



by
Kathrine
Sue

Spiritual Director



It has been an interesting month, to say the least, since my return from Victoria. Actually, the past nine years have been, for the most part, quite a magical experience!

I feel I have arrived at a place for which I have been prepared--and preparing. I look forward to this phase of my adventure working as Spiritual Director at the Penticton Holistic Healing Centre. Also, to working with Linda and Nywyn, preparing social events and activities. I'm not sure what it all entails, only that it is another part of my soul's journey, to which I have again said, "Yes!"

Although spirituality is interwoven through many of the Centre's activities, I feel it is important to have a defined spiritual component. As part of the definition, the name Phoenix Community has been chosen. The Phoenix is a mythological bird that builds its own funeral pyre every 500-700 years and rises from its own cremation ashes. To me it is symbolic of reincarnation, rebirth and regeneration.

It feels as though the time has come to identify ourselves as a Spiritual Family. From the days of the "Aquarian Conspiracy," where small groups of people gathered in basements and back rooms discussing a "New Age of Awareness," to this moment, where we can now come together, like-minded people--to form Community--Common Union--Communing in Spirit. 11 is a Master Number Vibration and December 11 is chosen as the opening day of Sunday Services. Each Sunday thereafter, from 11 a.m. until noon, an inspirational service will be held. There is a lightly structured format, so if there's something you would like to experience, please let me know.

The first two Sundays there will be inspirational readings and reflections, as well as an invitation for members to share experiences of their personal journey. Beginning December 18 and on

the third Sunday of every month thereafter, Faye Stroo of Kelowna will facilitate a Course in Miracles Sunday Celebration. The message on the 18th will be the meaning of Christmas according to the Course in Miracles. Anyone interested in the Course in Miracles can also contact the Centre.

The Christmas Day service and then the last Sunday of the month will be facilitated by LaRue Hayes from Science of Consciousness (formerly Science of Mind), Kelowna. LaRue will also be co-ordinating Science of Consciousness classes on the last two Saturdays of the month. Phone for details 492-5371 or 768-762-2650.

Be sure to save the calendar in Issues, for all of the spiritual and social events taking place throughout December and January.

As well as Sundays, we will have Winter Solstice; 12:12 Celebrations; Midnight Christmas Eve Service/Pot Luck and Full Moon Gatherings. There's also the Yuletide Craft Faire, social evenings and New Light (New Year's Eve) Celebration. In addition, we have some great speakers and workshop leaders. Please remember, non-alcoholic refreshments are available at all functions, and the indoors of the Centre is a non-smoking area.

The stage has been set. A few courageous souls came together and realized a dream. But for this dream to really be fulfilled, it will take more than a handful of people. It will take the desire, the presence and the moral and financial support of a Community to ensure its success.

Ultimately, we always know that when we choose to do something, we first do it for ourselves. We feel good challenging ourselves to face our greatest fears, to take that leap of faith into the unknown, and to really say "Yes!" to our soul's urging. It feels good to work in partnership with the Universe to manifest miracles.

The Penticton Holistic Healing Centre is another miracle. Though personal dreams have been realized, the fruits of endeavour are now offered as a gift to you, the People of the Phoenix Community. Come and share in celebration. This is your Centre. You are its Spirit!

Kathrine Sue



My Healing Path

by Christine Schieberle

On my own healing path, which started four years ago, I have gone through many different kinds of therapy. After a major shake up in my 12 year relationship/marriage, I went to psychotherapy for a year. I experienced the 'wake-up' pain at first, but became more fascinated by the process called life, and made the shift from being a dedicated victim to a curious searcher for the real me!

I studied Naturopathy in Berlin and took massage courses as the practical part of my training. Starting with reflexology and Swedish Massage, I moved into lymphatic drainage and deep tissue work. I began to earn my living at doing massage in 1992, and was astonished at the overwhelming positive response of my clients. My confidence expanded. My work grounded me and pulled me through the difficulties of our separation, giving my life direction and fulfilment. In 1992 I took the CranioSacral workshop which was a major breakthrough in my work.

"The CranioSacral system is a physiological system that exists in humans as well as those animals possessing a brain and spinal cord. The therapy is a gentle, non-invasive manipulative technique to remove imbalances and restrictions in this system. Seldom does the therapist apply pressure which exceeds five grams or the equivalent weight of a nickel. Examination is done by testing for movement in various parts of the system. Oftentimes when movement testing is completed, the restricting obstacle has been removed. The system is then able to complete its self correction."

The way I interpret how the CranioSacral Therapy works is that by the therapist's energy merging with the patient's energy, tension held in the connective tissues is allowed or encouraged to release. Despite the light pressure, releases happen on a very deep level. The technique increases the inherent mobility and movement of the bones directly related to the brain and spinal cord, e.g. bones of the skull, vertebrae, sacrum, and tailbone. People with back pains, migraines, digestive dysfunctions, earaches, sinus problems, and low vitality will benefit from this therapy.

The fact that the CranioSacral system can be influenced by a therapist is

scientifically proven. Apart from the realigning and rebalancing effects on a physical level, I consider my treatment to enable a person to become more aware of what is going on in their body. I regard learning to listen to our body again and helping it in whatever healing that needs to happen as a very important step towards health. To make that journey to the inside interesting enough for a person to go on that journey, is the main focus in my work.

1. Reprinted from 'Discover the CranioSacral System.' The Upladder Institute.

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EXPLORING DREAMS

by
Sarah Wellington

'A dream that is not understood remains a mere occurrence; understood it becomes a living experience.' C.J. Jung

So why would you want to understand your dreams? Llewellyn Vaughan-Lee, Jungian psychologist and Sufi says: *'Dreams are like mirrors in which we can see ourselves. They reflect back our hidden self, revealing the true face of our own nature. In our sleep we are shown the mysteries, the beauty and horror of our inner world.'*

There are many types of dreams: the everyday mundane ones in which we sift through and go over our day to day stuff; precognitive ones where we foresee an event; recurring dreams;

lucid dreams in which one is aware one is dreaming; past life dreams, psychological dreams where we are shown the state of our psyche; and lastly, spiritual dreams.

Some people say they never dream, or that they can't remember their dreams. Research has shown that everyone dreams, so the question is, why do some people remember them and others don't? I think the answer is fairly simple - interest. If you think dreams are useful or are curious

about them, you will remember them.

Some dreams really are about the person in your dream. For example, after my partner fell in love with someone else and left me, I dreamt I was very angry with the other woman and attacked her by pulling her hair. Of course this is not something I would do in real life, but the dreams helped me vent some of my anger in a healthy way without hurting anyone.

To explore dreams from the psychological aspect, one needs to understand the premise that all parts of the dream are reflections of oneself. Easy enough when the part is symbolized by someone or something that we like, but not so easy when frightening or disgusting figures appear.

You have to treat everything in your dream as a symbol. Webster's dictionary says a symbol is: something that stands for or represents another thing; especially an object used to represent something abstract - a dove is a symbol of peace. All the symbols in your dream will have a particular meaning for you and nobody else can give you that meaning. The dream comes from you and thus, in order for it to have meaning it must resonate with you. Even if the dove is a universal symbol of peace, it might also have a very particular association for you, and it is to this that you go first of all. For example, doves may remind you of the qualities of softness and gentleness, or they may remind you of pigeons, which in turn may remind you of scavengers, or a holiday you spent in Venice where there are hordes of pigeons. Each of these associations have some sort of quality or feeling attached to them.

The second step is to connect the dream image and its associations with our inner dynamics. For example, how are you soft and gentle? What is the scavenging part of you and how do you use it?

Let's take another example of something that is not quite so easy to relate to, say a charging bull or someone you really dislike. The same process applies: start by making the association and see what part of you is like that. When making the associations, keep doing it until you find one that really fits and you know intuitively that this is the one that clicks. The bull may be referring to bullheadedness; bull in a china shop could be representing tremendous energy.

What about the person you dislike? What is it you dislike: judgementalness, boastfulness, victim mentality. etc? How does this apply to you? At first one usually doesn't want to admit that one has these qualities and so we 'project' them on to others and say they are judgemental but we are not! The dream is telling you to take a look at this quality of judging and see where it fits in your life. Perhaps you are really judgemental.

The third step is to find an interpretation of the dream that rings true for you. After making the associations and finding what part of you this applies to, ask yourself what is the main message that this dream is trying to communicate. What is the overall meaning of this dream for my life? This is where the dream becomes a 'living reality'. It is important to understand the meaning and to see how you can apply it to your life. Dream memories will increase as you honour the dream by using it's message in your everyday life. Sweet dreams!

SARAH WELLINGTON is a therapist who uses dreams, Jin Shin Do (acupressure) and Hakomi techniques to help you get in touch with your issues. She can be reached at 493-5598 or the Centre 492-5371



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**Book
Review**

by
Peter Mikiel Hutt

**THE
CELESTINE
PROPHECY**

James Redfield

"A fabulous book about experiencing life - I couldn't put it down."
Elizabeth Kubler-Ross, M.D.

Of the many new books worthy to be read James Redfield's "Celestine Prophecy" is a gift of incalculable value to the spirit of mankind, a journey of profound awareness of the beauty of life.

Perhaps this manuscript is fictional, but the messages are meaningful. What doorways to unlimitedness will appear to you as you turn the pages? As each insight resonates within your mind, perhaps you will discover how practical this mystical consciousness might be.

Set in the Peruvian rain forest, the quest for an ancient manuscript becomes the sought after prize in a mammoth struggle for the freedom of truth itself. The reader is gripped in the drama as nine key insights into the mysteries of life are tantalizingly revealed, one at a time. Just as each insight is mirrored for spiritual digestion, another is released and the sequential threads of each insight are woven into a garment of super-conscious awareness. While the adventure is an exciting one, the impact of each insight leaves us nodding our head in appreciation of the elegance and simplicity of each beautiful message.

Could it be that there are no coincidences, that there are no accidents, and that nothing is random or merely by chance? Could it be that everything is leading us perfectly on to the destiny each of us is creating? Even those experiences we previously judged as mistakes or failures, are these really a lovingly orchestrated opportunity to receive and learn?

Are you intrigued by the possibility of grasping these insights? Integrated within us they unlock a future of limitless potential. Can we save ourselves, our planet and perceive all that is available to manifest our highest good? Can we achieve integrity within our relationships with family, friends, co-workers, or with whomever we interact?

The Celestine Prophecy celebrates both higher vibrational thought patterns and the development of our vitally important intuitional skills. Together these support our progress towards an optimistic tomorrow by encouraging that reality today.

Through expansion of our sensitivity to the beauty of all creation, and by honouring our capacity to feel, we can find pathways to solutions that previously did not seem to exist. Suddenly it becomes much easier to be responsible for ourselves and our planet through conscious and responsible use of our energies.

This book breaks ground across the gap of mainstream consciousness and gently and powerfully unites us all. The cover says it all. "A book that comes along once in a lifetime to change lives forever."

After you have read this jewel pass it on. The challenge of course is not just to read the book, but to use the insights to commune with life in reverence, with grace, and so love.

TURNING BLOCKS INTO STEPPING STONES

by JANE KANE
Clinical Art Therapist



A common question from Interiorites when I introduce myself as an art therapist is "What is art therapy?" According to the B.C. School of Art Therapy (where I did my Master's Level training), "Art therapy involves the age old belief in the healing potential of art. Its use provides a path to self-expression and awareness. The communicative aspect of the art establishes a visual dialogue between client and therapist: this facilitates the therapeutic relationship. Art therapy may function as either the primary mode, or as an integral part in a multi-disciplinary treatment program. It is used effectively in a variety of psychiatric, educational and rehabilitative settings."

I worked for three years in the Vets hospital adapting art techniques to the clients' disabilities, with the art acting as a socializing agent for change in their lives. I also served clients of all ages through Hospice, enabling grief and loss issues to be expressed with the help of art process. My work at Victoria Mental Health focused on women and issues that manifested psychosomatically. The artmaking allowed buried feeling states to be expressed. I'd like to transfer some of this experience to my new work situation here. Additionally art can be an exciting outlet for families to learn communication skills with each other, with the visual element a common symbolic language, toward understanding each other.

Though personally interested in Jungian and Transpersonal Psychologies, I have explored and utilize many theory bases in my work with clients. My 25 years as a professional artist before I was trained as an art therapist, provide me with a unique and knowledgeable resource in art techniques. My clients don't have to have any previous art experience or 'talent' as my methods focus on the process the artmaking invokes, not the finished product. The images and emotions evoked by art that come out of the therapeutic process can be intensely personal so it's not what one would necessarily hang on walls for display. I facilitate with my experience, helping my clients, allowing them to show me what something means.

I encountered my path while living at Findhorn in Scotland in the 70's and continued to explore alternative wholistic choices which led me to work with Common Ground in Vancouver, then raise my children in the same consciousness of personal commitment to positive growth. Having been involved in the Waldorf school system with my children's education, I learned about the unique range of art materials they use, and employ them in my practice. Modelling coloured beeswax is a very soothing occupation, as is the subtle and evocative veil painting technique. Adapting to different client population is one of my strengths, and I allow a sliding fee payment schedule. My focus is on creating a strong and safe container for emotions to be expressed within. I am a member of the B.C. Art Therapists Association, I follow their Code of Ethics, and have been trained to their specifications, which included meeting rigorous standards of supervised internship and practice. I can be reached at 542-6099 Vernon.

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Our Awakening

by Marilyn Evans

Everything is happening so quickly these days. It feels more like Spring to me than Winter. With books on the best seller list, like "The Celestine Prophecy" (Redfield), "Care of the Soul" and "Soulmates" (Moore), and "Mutant Message from Downunder" (Morgan), it is evident that millions of people are beginning to wake up. For those of us who have been walking for a very long time, this is the breath of fresh air we have been longing for.

This awakening energy that we are all experiencing is very powerful and affects us whether we are aware of it or not. If we do not consciously integrate this awakening energy we might find ourselves shaken by it, as may the whole planet. Old ways of thinking and old institutions that no longer serve people must transform or dissolve. Each of us can play a part in maximizing the "awaking" effect and minimizing the "shaking" effect by consciously integrating those parts of ourselves that remain hidden and unhealed.

There are innumerable tools available to us in this process. One tool I have found to be incredibly useful is dreamwork. Dreams access our *subconscious* mind and bring to the surface, not only our unhealed parts, but our creative potential as well. Dreams also access the *collective unconscious*, the place where all of humanity is connected--where saints and sinners, villains and heroes, fools and masters journey together. This aspect helps lessens our fear, guilt and isolation and brings in the energy of compassion that is so necessary for gentle and loving healing. And our *soul consciousness* chooses the exact lesson we are most ready to learn and sends it lovingly to us in a dream.

No matter what tool we choose, we can play a significant part in this critical "birthing" of our planet. Choose what feels right for **you**--the tool, the teacher, the book. **You** are your own best teacher and the final authority on what is right for you. You are your own source of infinite wisdom and power. Remember--you can make a difference. As Ghandi said, "The pure, unadulterated love of one person can nullify the hatred of millions."

May your holiday season be blessed with love and joy and true meaning.

Marilyn Evans has a B.Ed. and has worked in the Social Services field for over 17 years. She has been studying and teaching personal growth and metaphysics for several years. Marilyn is available to come to any community to present workshops. She also offers individual dreamwork sessions by appointment. Call 545-7881 for further information. See her ad to the left.

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PSYCHOTHERAPY

as a SPIRITUAL PRACTICE

by Donna Martin

Psychotherapy as a spiritual practice invites both therapist and client into a conscious co-creative process that recognizes and honours the intrinsic wisdom of self-healing and the innate lovability of the 'core self.'


Rather than focusing on a problem to be fixed or a disease to be treated, spiritually-based therapy understands that what are generally thought of as 'symptoms' are, in fact, indicators of the healing in process. The role of the therapist is to support the client's healing process and help the client become a more conscious participant in the process. Like other spiritual practices, this approach to therapy presents its own challenges, including:

- 1) the discipline to maintain a certain quality of focus and intent;
- 2) the faith to surrender the need to know, the need to fix, the need to see results, and the need to be appreciated;
- 3) the willingness to go with the flow, to shift tracks when necessary, to follow rather than lead the process;
- 4) the capacity to stay present and loving and open, to practice loving-kindness and compassion, to trust intuition and grace.

Psychotherapy as a spiritual practice, like other spiritual practices, invites non-ordinary states of consciousness. Some examples of "ordinary" mind states would be thinking, analysing, remembering, imagining, judging, criticizing, counting, visualizing, listening, planning, worrying, and so on. A whole other level of mind comes into play with awareness, or consciousness. One aspect of this is called mindfulness - just noticing whatever is happening with a quality of non-judgement. Another aspect of this is 'loving presence' - a quality of attention that is unconditionally accepting, without attachment. This quality of attention provides a kind of spaciousness and sacred containment within which magic can occur.

The spiritually based therapist truly believes in miracles, and knows, too, that nothing is insignificant. Transformation may involve radical changes in behaviour, as when an alcoholic stops drinking, or more subtle attitudinal shifts signalled by something as small as a moment of eye contact. In this state of awareness called loving presence, every moment is precious.

Psychotherapy as a spiritual practice is a shared experience. When two or more people come together for the purpose of spiritual growth - for their souls - the whole becomes greater than the sum of the parts. This wholeness (holiness..."when two or more are gathered together...") is the source of healing. A therapy session based on this is nourishing for both client and therapist. Both feel uplifted, energized, and fed. This kind of therapy practice sustains, rather than depletes, the energy level of the therapist. Burnout is a non-issue. With an open heart, based on gratitude and appreciation, giving and receiving are one and the same.

It is the 'core self' of the therapist that can maintain a loving presence with the client and trust the inner wisdom of the healing process as it unfolds. This loving presence in therapy invites the client's own core self more and more to reveal itself, to speak its truth and reclaim its power. *Ad to the right* 



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Heaven is closer than Hell

by Donald McGinnis

I can recall a time during my training in Polarity Therapy, when I made a shift in my perception of myself and my world. I moved from a state of cynical, depressed judgmentality to an awareness of the beauty and perfection of everyone and everything. This shift is akin to falling in love, without the heartfelt anxiety we usually attach.

I spent the first 25 years of my life becoming more deeply entrenched in cynicism, disillusionment, despair and hopelessness. I envisioned a very old, tired world that offered pain and no escape. The more I struggled to escape, the more confused and desperate I became. After ending a long relationship based on mutual cruelty and imprisonment I made a dramatic suicide attempt, and wound up on a psychiatric ward for several months. I spent the majority of my time going deeper into hell, planning to be successful in suicide. I ran away from the psych ward late in winter and walked into the mountains. I saw a strange red flower growing in the snow, and something subtle happened which seemed to initiate the choice to live. If that flower could grow in such bleakness, so could I.

My cynical mind is still very much in existence. I am suspicious of quick fixes and magical solutions. I get impatient around false happiness. Movies where everyone lives "happily ever after" leave me cold. I see cynicism as wounded idealism, and the cynic saying, "The world should not be so." I respect the integrity of cynicism.

Polarity therapy in itself could not bring any more happiness than mountain climbing could. The choice to move in a different direction, to listen to an inner calling - regardless of the squawks of cynicism and suspicion - begins a new and different life adventure. At times, we need to exhaust every other avenue, every mental trick before saying, "I give up. I'm humbled by the number of times I've had to reach that point. The other side has always offered expansion and release from a narrow way of looking at the world. Yet I need my critical discernment to differentiate between a quick fix and an inner calling.

Polarity therapy is a technique which awakens life energy. Disease is impossible for the awakened mind. Destructive thought patterns are reduced to the shadows they really are. Then the real journey begins.

It occurs to me that I'm writing on the 15th anniversary of my descent into hell. Recently, someone said the difference between a religious person and a spiritual person is that a religious person fears hell, and a spiritual person has been there. Having been there, there's not much left to fear.

I have a strong affinity for people who are cynically entrenched. There is real gold there, and the passage through is usually treacherous and lonely. I am always humbled and honoured to play a role in helping people through, their rebirths. Heaven is closer to hell than anywhere else.

PhotoReading

by Shantelle Wright

Are there any books lying around that you purchased but haven't read? Do you ever start books only to get a few chapters into them before you put them on a pile of "books to read someday?" What about files or work related information stacking up on your desk? If so, don't feel guilty. You are not alone. These are common problems of the "information overload age." Even if you are an avid reader it can be a struggle to keep up. We have the answer! We are CREATIVE DESTINIES, a training and development company, and we are bringing to Kelowna a workshop called PhotoReading, an accelerated, whole brain system of reading and learning that approaches the challenge of taking in information with the question: If the brain is many times more powerful than the most powerful computer, shouldn't the brain be able to process printed materials faster than a mere 212 words per minute? The answer is -- it can! And it has for many people, like the following:

- *One attorney, Charles Faulkner, took 3 minutes to PhotoRead a 300 page legal specifications manual from the Department of Transportation. Then he instantly turned to the one paragraph in the text which contained the information necessary to win the case.
- *When reading for the purpose of writing a college paper, Sue Boehlke spent a mere 30 minutes to study a 600 page book. Another PhotoReader reported reading hundreds of photocopies plus a book in 70 minutes to write a masters level paper. In both cases the students received an "A" for their work.
- *Bernard Marichal, a medical doctor in Brussels, PhotoRead and activated several texts in his field of homeopathy. Three months later he prepared a presentation to his professional association. The brilliance of his insights inspired seven other doctors to enrol in the next PhotoReading course in Belgium.
- *Engineers, data processing managers and project managers, can quickly gather essential information to grasp meaning and begin effective problem solving. Managers at IDS and 3M Corporation applied the techniques to lighten their workload. They were able to read reports in 11-14 minutes that used to require hours.
- *Imagine spending 1 hour instead of 6-10 hours studying, by reducing the reading time alone. Students will PhotoRead an entire semester of college texts the first night they purchase the books. Then during the semester, they'll spend only minutes per chapter to prepare for class assignments. When they attend class, the lectures trigger recognition of the information. Competence and confidence pervades the student's work as s/he studies in a relaxed and efficient way.

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My First Sweatlodge

by Estella Patrick Moller



The steam hissing, throwing warm moist air at us as the water hit the Grandfather Rocks, the smell of rose petals perfuming the steamy air and scenting my body, I was being initiated into the silent very dark interior of the Sweatlodge.

I could hear my heart vibrate like a drum in my ears. I put my hands over my mouth to slowly breathe in the moist air. In the dark I could see the Grandfather Rocks glowing red and pink, the images dancing about on the heat waves rising from their very souls. These pictures would tell me what I wanted to know and understand. Everything I was experiencing was so intense that I forgot to pray.

Then the Lodge Keeper began the prayers for the first round--giving our gratitude to the Creator for the gifts that were given to us, the essence of our "lives", our family, all the animals and everything on Mother Earth. She prayed in her language and then she would switch to English I understood her prayers because her Navajo language was the same as mine.

I was finally "home." I felt grateful for my life because I had allowed my old hurts to separate me from myself and God. My tears began to drop as my soul finally felt at home.

She went on to say personalized prayers for her family, her relatives and for help with her own distresses. Then someone said "All My Relations, open the door!" The door was open and the bright sunshine streamed in.

While the other women scrambled out on their knees, I decided to stay in the lodge. I sat on my towel, staring at the

Grandfathers. I decided then I was going to be a Sweatlodge Keeper.

During the second round the Lodge Keeper began prayers about the female energies because this was a women's sweatlodge. The men would start the second round on the male energies in their sweatlodge. She prayed for the safety of all her female relatives and ancestors, the female species of the four legged, the finned ones, the winged ones and Grandmother Moon for reminding us of the power to give life. She asked the Grandmothers from the Four Directions to come and be with us while we were in the sweatlodge.

Everything that was happening made sense to me. Nothing felt fearsome or distorted. As she prayed it reawakened in me the knowledge that all of God's creations were equal and were good. The steam pounded on my skin and the old layers of dried skin fell away, in the same way as the exterior layers of my past conditioning dropped to the ground. It felt like I could breathe through my skin, refreshed and light. I could hear some of the other women stirring, saying prayers.

My sense of time collapsed, I could see all my friends and ancestors singing and drumming in my own language, the vision reeling past on the waves of steam rising from the Grandfather Rocks. Then the door was open and the sun was still shining brightly, more intensely alive for me than ever before. I scrambled outside to drink some water, refreshing and holy. My perceptions changed that day.

The third round began with the sweatlodge keeper beating on her drum singing a warrior chant. She reminded us to appreciate the male energy that was a part of us and to remember to keep it in balance, to be strong women. I was amazed to learn about the male energies like the Grandfather Sun and we thanked the Grandfather Rocks for giving their lives to help us heal old hurts that we had accumulated in our lives. We again gave reverence to the male species as we did in the previous round to the female species.

On the last round, the prayers were powerful and healing, purifying and awakening my soul. My search for a place that was safe and good was over. I could claim back my belief and trust in God that I had lost at the age of twelve when I attended the Lejac residential school. The decisions I made as a disillusioned youth evaporated and my perceptions changed forever. I could see beyond the mountains, I could feel the presence of God in the Lodge, the God who I had thought was a million zillion miles away.

The sweatlodge was in Morley, Alberta in the summer of 1975. Nine years later I was leading sweatlodges of my own.

My spiritual quest has been arduous and powerful, my visions clear and strong. My journey sometimes looks like the highways in the prairies and sometimes like the road to Inuvik.

I now work as a Breath Practitioner (Rebirthing), Sweat Lodge Keeper and I teach about Native Spirituality. The gifts that I was given from my first sweatlodge, I now share with people from all nations so that together we can dismantle the barriers within that cause separation between us. The steam and rose petals of that first sweatlodge have helped me to see my vision of peace and cooperation for all people.

Estella is a breath practitioner at Personal Growth C.T.C. in Kamloops.



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TOOLS FOR SURVIVAL

by Janelle Breese-Biagioni

Four years ago, tragedy struck, darkening my path with the sudden death of my husband. Not only was I left to pick up the shattered pieces in my life, but also in the lives of our children, Myriah and Dale, who at the time were 12 and 10, respectively.

Where was I to begin? Furthermore, how? Gerry and I'd been marital partners for fourteen years and like any good team, we solved our dilemmas together. Not this time. I had to walk alone.

Naturally, I drew strength from the family "well" by calling upon my Mother, brother, sisters and their families, for support. They readily offered courage by the bucket. My daughters and I drank without reaching saturation.

For me, I needed to dig deep and soothe the gaping wounds of abandonment. The girls depended on me to show them we could survive as a threesome. It didn't matter how much time our families gave, this was something we had to do ourselves.

I had to learn some tools for survival which could be passed on to my children. One that seemed to come to me unprompted was my gift of writing. Somehow, it was easier for me to get the words down on paper than to speak them.

Keeping a journal had been a major part of my life prior to Gerry's death, so it felt appropriate to continue. Each day, I recorded my feelings or moods. Sometimes, my entries started with an observation about my daughters. From there, I would allow the ink to flow unrestrained until it led me to a sense of peace.

Soon the pain, hurt and anger recorded on the page became "nuggets" of golden memories. These treasures carried me through even the darkest hours, lifting me out of a seemingly endless pit. As the darkness lifted to light, I clung to the sense of hope and courage that came through these writings, feeling as though I'd found the magic to put my broken life back together.

Since then, I have continued to write by compiling my journals into a book titled: *Angel in My Eyes; Stranger in My Arms*. This reveals the story of my husband's death and the events leading up to his passing.

While writing this book, I realized that little had been done to address the losses of children and their need to heal. While helping my children face the loss of their dad, I created an exercise where we went room to room in our home gathering precious memories. I encouraged the girls to visualize these memories as little angels and put them in their pockets for a rainy day. When they really missed their dad they could take the memory out and have a 'Pocket Angel' to get them through. This unique idea helped to heal my children, continuing to be used throughout the past four years. It is my greatest joy to now be creating a healing book for children title: *Pocket Angels*. This will offer children a series of situations they may identify with, encouraging them to record precious memories for a rainy day.

My healing journey in writing has also led me to some wonderful opportunities. The most significant was a "Journal to the Self" Instructors Certification course held in Denver, Colorado. Being that my manuscript had been born from the art of journaling, I was delighted and very flattered to be invited by Kathleen Adams, M.A., creator of this program. In June of this year, I attended her one week session at the Loretto Spiritual

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Centre and received my certification.

Journal to the Self offers 17 different journaling techniques which will take you on a journey through time management to personal growth and self expression. The tools gained through this magnificent course have the ability to sustain us through both hectic and chaotic times, to even the most painful wounds. Its "nuggets" are choices to grow and have control of our lives.

I have completed teaching the fall session of this course through Okanagan College. In January there will be two sessions held for four weeks at the HH Centre. See above ad.

— **Constitutional Homeopathy** continued from page 4 —

Homeopathy can be used to complement conventional medical treatments though drug therapy can sometimes be disruptive to the action of the homeopathic remedy. The remedy can free up energetic blocks and allow the individual to leave behind issues that they haven't been able to process through counselling alone. I've seen cases of longstanding depression respond dramatically to a single dose of the correct homeopathic remedy.

Remember, homeopathy treats individuals, not diseases. It is not a panacea, but it can be an extremely powerful tool in enhancing one's health on all levels.

Dr. Doug Miller is a naturopathic physician practicing in Vernon. He specializes in classical homeopathy along with nutritional and herbal medicine.

The Shaman's Perspective:

by Clinton Jarboe

'Tis the Season...

We are rapidly nearing the point at which, in the Northern Hemisphere anyway, all life goes into hibernation.

Taken as an expression of a place on the medicine wheel, this is the place of inner creativity, the dormant stage when plants rest from the frenzied activity of the growth sprint of summer and perhaps gather energy for the next outward expression of life. It is a never ending cycle of death and rebirth, advance and retreat, yin and yang. Bears and other animals hibernate during the winter, slowing their metabolisms, hiding themselves and their life force beneath a blanket of white. Here is pure creativity, a wellspring of spiritual life percolating along beneath the surface of the material world, ensuring that life is indeed not what it seems, not in any season. Only in winter is this most noticeable.

During the week of the Winter Solstice, we find also the symbolic birth of the child who was the Christ. From a Shaman's perspective, this is a wonderful symbol of the rebirth of man, with the return of the sun a promise of bright days to come.

What many of us do not realize, so great is the materialist culture's influence upon us, is that this holiday (holy day) is an essentially pagan ritual. In celebrating the solstice, other cultures beat drums and sound whistles and let off fireworks and set fires and yell and shout and pray so that the universal source of light will return to grace us with another year of life. Those cultures know that if the sun does not return, it's all over. Of course, we know that too. We've studied history, and therefore think we know all about ice ages.

I've seen some fanciful drawings of ice-age hunters scouring the glaciers in search of the woolly mammoth whose flesh meant life. I recall asking my grade four teacher what mammoths ate, since, in the picture there was ice reputed to be a mile thick. I thought to get comments on some sort of miraculous gardening methods. She said she thought there were probably warm spots where mammoths could get food in the


short summer, storing food as fat for the long winter nights. The Arctic sprang to mind. I was not convinced.

From my place in the world as a man in a materialist's culture, I know that the earth careens through space at great speed, captive of the sun's gravitational pull. I know that the sun rises in the east and sets in the west. I know that this is an axiom, something that just is.

But as a shaman I read of an instance in the bible, in Judges, I think, where the sun rises, stays in the sky for three days and then sets where it has risen, all because of the displeasure of the Supreme Being. I read in Mayan creation myths that a great flood swept over the land and killed most of the people, whereupon it was dark for three days before the sun moved again on a new course. I hear of a man in New York who predicts earthquakes with great accuracy. He has dreams where the sun reverses it's direction in the sky, and there are great winds.

I know that Native American prophecies are in agreement with Biblical prophecies that the world is coming up on a great cleansing. It makes me nervous.

So, on the night of the solstice, wherever I am, I'm going to yell and scream and beat drums and light fires and pray that the sun will come back to us for another year. I'm going to treat my fellow humans and the other sentient beings of the planet with love, compassion and respect. I'm going to pray to the spirit for the strength to do that even when the media and my own outraged sensibilities tell me I should be lynching people and going to war.

And perhaps, for another year, the sun and the earth will oblige us with another year to face the challenges of our lives with courage and dignity.  Clinton & Karen are at the Holistic Healing Centre in Penticton on Dec. 7th for a talk. See Calendar.

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ALTERNATIVE HEALTH CARE ADVISOR TRAINING

INFORMATION EVENING

**December 8, 1994
& January 10, 1995**
7:00 - 8:30 pm

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Study of Nutrition & Wellness
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Applied Techniques
Professional Development

From the desk of Lorna Hancock, Executive Director
Health Action Network Society

Dear Santa:

[and people who may want to help]

Hello! My name is Lorna and I am 47 years old. Is that too old to write to you? [I still feel young at heart!] I have written to you before, in my younger days, and you were a great help, so why not now? Besides which, I hear that if you don't let people know what you REALLY want, how are they to know? And how are they to help if they wanted to?

We have worked very hard at my office this year, Santa [see HANS Good Works]. There are a lot of people who appreciated us, and whom we appreciate in return.

Most of all, I want people to have a place to call or write where they can get information on the alternative treatments for health problems and then choose what would be best for them. I also want an information resource which facilitates a clean and safe environment for people to live in [i.e. a healthier world!]. I know other people want this too, judging by the 14,000 enquiries which HANS received last year. But, Santa, I know this will all take time. In the meantime, I have to let you know some bad news.

At my office, we've had some misfortunes. Our Society relies on memberships, grants, and donations to offer this service, and through no fault of our own at the beginning of the year, two major sources of funding were no longer available. Ouch. We didn't think we were going to make it through, but by laying off staff, by not postponing the printing of Health action [our quarterly publication], and cutting back to the bare necessities, we were able to make it to this point.

Thanks to the supportive spirit of Angele Rowe of Issues, who recognizes the importance of this work and who responded to our call for help, I was able to write to you today. What we are looking for are caring individuals who would like to help us develop this unique public service, by becoming HANS members at \$25 a year. All additional donations are gratefully received. Perhaps you know a few people such as this, who would make the difference. If you can help us out, Santa, that would be great; truly great!

Warmest of regards,

Lorna

P.S. A membership of \$25 per year is entitled to a FREE biorhythm chart; simply include your birthdate for one!

A GLANCE AT THE 1994 'GOOD WORK' REPORT!

At HANS, many things have been achieved this year, thanks to the hard work of the staff, Directors and many volunteers associated with HANS. Over 14,000 enquiries were handled.

With the appreciated help of a local educational foundation, HANS completed a six month alternative-cancer information project last year, and now makes this information available to members and the public.

Ongoing research takes place on natural medicine & self-care techniques for a wide-range of human ailments, food irradiation, BtK, biotechnology and genetic manipulation of food, fluoridation chlorination/chloramination, pesticides, herbicides & more.

HANS interviewed key industry and government officials about the 'reclassification' of 64 herbs, in an attempt to inform the public about the possibility of not having access to these herbs for personal use in the future, and the need for public involvement in the decision-making process. Much appreciated volunteers generously contributed

14,900 hours of their time to make this work possible. We are all very grateful.

Ho! Ho! Ho! Response Form



___ Yes Lorna, I'd like to help out! Here is my tax-deductible donation of ___ to help this vital work continue. [Would you like to apply \$25 of your donation towards a non-tax deductible HANS membership? Yes ___ No ___]

___ Enclosed is a cheque made payable to HANS.

___ I would like to use my VISA/Master Card for this donation.

VISA/Master Card No. _____ Expiry Date _____

___ I understand that a free one-year biorhythm chart comes with membership.

Please send me one. My birthdate is: ___d/___mo/___yr

Name _____ Address _____

Town _____ Telephone _____ Fax _____

Mail to: **HEALTH ACTION NETWORK SOCIETY**, #202 - 5262 Rumble Street,
Burnaby, BC V5J 2B6 Telephone [604]435-0512 FAX [604]435-1561

CALENDAR

The Penticton Events are to the right

December 3 & 4

The Shaman's Perspective Level II.

Call Nuthery Institute Winfield: 766-4049

December 10

Reiki Level II

Call Nuthery Institute Winfield: 766-4049

December 18

Inner Directions Consultants KELOWNA, is holding it's Christmas Candlelight Service from 7-9:30 pm at Sarsons Senior Activity Centre corner of Sarsons and Hobson Rd. Call Sandy at 763-8588 for more information. Come celebrate the spirit of joining. Children's program also with a visit from Santa!

January 14

WORKSHOP: SELF ESTEEM

DARING TO BE YOURSELF- 10 am-6 pm

Inner Directions Consultants 763-8588 Kelowna. Discover how to begin letting go of the past and overcome fear and remember the power and joy in being yourself. All challenges we face are opportunities for growth as we accept and release the blocks to the potential of who we are. \$75.00

January 14 & 15

The Shaman's Perspective Level II.

Call Nuthery Institute Winfield: 766-4049

January 18

Wholebody Reflexology Certified

Call Nuthery Institute Winfield: 766-4049

January 19

Acupressure Level II Certified

Call Nuthery Institute Winfield: 766-4049

January 21

Reiki Level 1

Call Nuthery Institute Winfield: 766-4049

January 28 & 29

Healing with Colour & Crystals

Call Nuthery Institute Winfield: 766-4049

February 4

Reiki Level II

Call Nuthery Institute Winfield: 766-4049

February 7

Wholebody Reflexology Certified

Call Nuthery Institute Winfield: 766-4049

February 22

Acupressure Level II

Call Nuthery Institute Winfield: 766-4049

ONGOING EVENTS

TUESDAY-Celestine Prophecy

7:00 pm - Kelowna. 860-9880 - Rhoyalle

WEDNESDAYS- Meditation Instruction

on Inner Light & Sound FREE Vernon:545-3098

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 Sarson's Senior Citizens Activity Centre corner of Sarson & Hobson Rd, Kelowna: 763-8588

Penticton 11am-1 pm phone 492-5371

A COURSE IN MIRACLES STUDYGROUP

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

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★ **INYENGAR YOGA** - Drop in on Thursdays 7 pm with Marsha K. Warman

★ **THERAPEUTIC STYLE - HATHA YOGA** with Marsha K. Warman

★ **THE DANCING TAO TAI CHI** with Hajime (Harold) Naka

★ **Adult Survivors of Sexual Abuse** 10 week series starting Jan. 11th with Susan Armstrong & Joanne Cooney

★ **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**

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

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also lecture/workshop space available

Healthbridge Clinic ☎ 762-8857

Program & Services ☎ 762-8789

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

December 1994

Penticton's Holistic Healing Centre Schedule of Events ... *please clip and post!*

S	M	T	W	T	F	S
				1	Speaker Series 2 7-10 pm Don McGinnis Polarity Therapy	Yuletide 3 Craft Faire 10 am - 7 pm \$1 Donation-Kids Free
Yuletide 4 Craft Faire 11 am - 4 pm \$1 Donation	5	6	An evening of Psychic Surgery 7:30 - 10 pm Clinton & Karen \$15	8	Speaker Series 9 7-10 pm Gary & Christine Rolfing & Cranio	YOGA 10 with Dariel 10 am - 2 pm \$25
Phoenix 11 Community Sunday Celebration 11-noon Mystery School 2-6 pm	12:12 12 Celebration Details on page 29	13	14	15	Christmas 16 Social Evening 8 - 12 pm \$7 donation details p. 38	Full Moon 17 Gathering Twin Lakes details p. 23
A Course in 18 Miracles Sunday Celebration 11-Noon Mystery School 2-6 pm	19	20	Winter Solstice 21 Celebration 7pm \$7 Reiki Circle	22	23	Phoenix 24 Community Midnight Celebration & Potluck 11 pm- \$7
Science 25 of Consciousness Sunday Celebration 11-Noon	26	27	28	29	30	New Light 31 Celebration New Years Eve Social - 9 pm \$20

January 1995

S	M	T	W	T	F	S
1	2	3	4	5	Speaker Series 6 7-10 pm Peter Hodsman Postural Integration	YOGA 7 with Dariel or Mugs 10 am - 2 pm \$25
Phoenix 8 Community Sunday Celebration 11-noon Mystery School 2-6	9	10	11	12	Speaker Series 13 7-10 pm Janelle Breese-Biagioni Journal to the Self	Reiki Level 1 14 with Peter Mikiel Hutt 9 am - 5 pm
A Course in 15 Miracles Sunday Celebration 11-Noon Reiki I - 1 - 6 pm	16	17	Reiki Circle 18 7-10 pm donation	19	Speaker Series 20 7-10 pm Donna Cameron CranioSacral	Science of 21 Consciousness Classes (formerly Science of Mind) 10 am - 4 pm
Phoenix 22 Community Sunday Celebration 11-Noon Mystery School 2-6 pm	23	24	Phoenix 25 People Gathering 7-11 pm 'Sharing our Journey'	26	27 Social Evening 7-10 pm	Science of 28 Consciousness Classes (formerly Science of Mind) 10 am - 4 pm
Science 29 of Consciousness Sunday Celebration 11-Noon	30	31				

Gathering of the Eagles Clan

by David Charles

I would like to begin by saying how honored I feel to be on this planet to share my spiritual journey with all of you. The Full Moon gatherings at the Ranch, which are based on the Rainbow Teachings of Sun Bear, have been happening every full moon for the last 17 months. We honour all teachings from around the world that show us how to respect the universe and ourselves. At these gatherings we have had people come to share and heal from just about everywhere on this planet. It makes for a very interesting time with as many as forty-five people attending.

People start arriving at my house in Twin Lakes around six pm. We share views and ideas, have a pot luck supper, give prayers and blessings to the Great Spirit/Creator, have talks about traditions around this particular Full Moon and how the ceremony is to be. We then smudge with Sweet Grass, Sage, Cedar and then walk the path down to the Medicine Wheel. Most nights our animal friends speak to us as a wilderness symphony. Coyotes, owls, hawks and the silent presence of the deer and porcupine bring joy to our hearts. Under a brightly lit full moon sky we honour all the directions--East, South, West, North, Mother Earth, Father Sky, Grandmother Moon, Grandfather Sun and within Ourselves. We start drumming, singing and sharing stories from other cultures. The Healing Circle, which follows, has everyone telling us what is happening in their life. Some people just say their name and pass their turn to speak...we all honour this. Others go through their process in a safe, secure and loving environment. To close the Medicine Wheel, we call out the names of our loved ones for a healing or the names of people we wish to honour.

I listen to many different responses from the participants as they leave. I honour everyone's process and how they feel. I believe feeling is much more important than thinking!! Sometimes I hear people say, "I feel I don't get the impact of this Medicine Wheel for anywhere from 3 days to 3 weeks later."

In closing I'd like to share this special quote with you!

"In allowing all pathways to have equal validity, you will see the power and glory of the unified family of humanity. This is the gift of the Rainbow Warrior or Warriress. The "I" has no place in this Whirling Rainbow that comes from the Great Mystery and is replaced by the universal "we". All colours of the rainbow and all pathways are honored as one."

Jamie Sams & David Carson, authors of Medicine Cards

If you are interested in sharing call me. See ad below

GAEA OURANOS RANCH



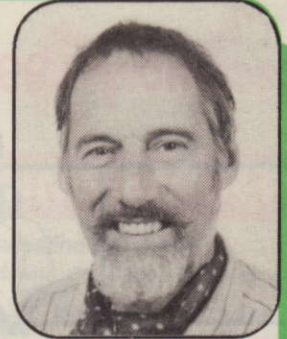
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A New Beginning

by Barbara Cameron, Career Development Practitioner

It is 6:30 in the morning; I am getting up to go to work. Coffee first; toast second. As I shower I start talking to myself. I've gone through these thoughts before. I try to avoid them, but they continue to surface once again.

I am going to the same place of work that I have been doing for the past 18 years. I feel mixed feelings; I feel I have to talk myself into going. By nature, I know I am a positive person, yet I feel almost dread. I shower, talking myself into believing this day I will learn something new. This is not a matter of stress, this is a matter of re-evaluating and getting in touch with what I am feeling. I enjoy working as long as I am having fun. I asked myself, why not? The reason was simple: I had gotten all I could get out of my present job. I decided to leave my secure, well paying job and take my chances. I wanted to be stimulated and happy. I became creative in my approach to thinking. This was wonderful for me, especially in my present job. I needed to expand, I needed to develop my ideas into a new career. What would that be?

Career development counselling offers an approach that takes a photograph and looks inside. That photograph is a self portrait--a life role analysis of your values and beliefs which in turn form your interests and abilities. Career development helps you move towards your goals. Career development counselling explores a number of options by integrating life and work to help you make decisions and develop action plans. Want to know more?

Barb wants to start classes in Penticton.

Interested? Phone the Holistic Healing Centre at 492-5371.

THE HEALING OF EMOTIONS HEALS DISEASE

by Dane Purschke

Do we really create our own disease? And if so, how? All of our attitudes, beliefs and judgments, when given expression through emotions such as fear, guilt, self-judgment, self-pity, anger, blaming, despair and such, take a tremendous toll on everyone's health. If such emotions persist in a person's life, and especially if they are strong and intense, their negativity eventually leads to physical, mental and emotional disease. The disease that manifests is symbolic of the manner in which we do not love ourselves. Louise Hay has written a book called, "You Can Heal Your Life" which catalogues the emotional causes of disease. She writes that the emotional causes for cancer are: "Deep hurt. Long standing resentment. Deep secret or grief eating away at the self. Carrying hatreds."

When any individual gets to the point in their life where the avoidance of their strongest negative emotions is not life-serving, or not healthy, the skeletons in one's emotional closet cry out for attention and say, "Here I am. Deal with me."

We all have a closet or store-house that contains the memory of the incidents after which we began to feel angry, guilty, fearful and critical of ourselves. These forgotten memories are stored both in our physical and emotional bodies. Therapists who do body-work often trigger off memories in their clients, sometimes past-life memories. One such occurrence happened to me in the middle of a Rolfing session. The pain of the deep body-massage triggered a past-life memory in which I tortured people on the rack. I didn't realize at the time that I was Rolfing them. Aromatherapy, Shiatsu, Reiki, Reflexology and such, often stimulate the body to bring forth the memories it has stored.

Suppressed unconscious negative emotions eventually show up in some form of illness, which makes every ailment a symbolic representation of an unacknowledged emotional problem. Pain is just a siren that something isn't working and the physical body is finally feeling the pinch. Emotional and mental changes are necessary to truly heal. Otherwise that stuck feeling or rigid attitude will just show up in another form later on. In my experience with clients, when the emotional causes are cleared then the physical symptoms change for the better.

The carryover from one lifetime to the next is in the emotional body, which exists outside of time. The experience of a thousand years ago is as if it happened today. By facing a fearful memory for ten minutes in a therapy session and releasing the fear attached to the memory, the person no longer has to live with that particular phobia. Multiply this example a hundred times over and realize that every anxiety, fear, self-judgment in our life was learned at sometime, somewhere, then we have an understanding of what goes to make up the many energies in our own personality. When our negative emotional energies are powerful enough they manifest as disease. We are not innocent victims of disease, but the cause of them to the degree we do not love ourselves.

The clients have to heal themselves. The past life therapist can only help them to recall their hidden memories which brings them to the present, the only place they can be dealt with. The negative feelings and judgments that arise during the session are cleared from the emotional body with light exercise. After

the session the person will feel different inside simply because they have released a lot of negative energy from their life. Emotions are energies.

Diseases are our teachers. They cry out to us to live ourselves so that they can go away and not come back. As a past life therapist, I help people to identify how and why they do not live themselves. I help them to let go of their anger, guilt, fear and self-judgment. The immediate results are: forgiveness of self and others; liking and loving oneself and others; getting beyond judgment of self and others, which leads to both physical and mental health improving because the emotional causes have been removed. This is how the healing of emotions heals disease.

I don't mean to give the impression that every ailment, sickness and symptom of disease is necessarily caused by an unresolved emotional problem. Air pollution, chemicals and preservatives in food, an unhealthy workplace and such, cause most anyone to get sick in different ways. Apart from all of that, our emotional make-up is by far the greatest influence on our health.

Like Louise Hay says, "You Can Heal Your Life." Most people need a little help in order to do it, but you can and do heal yourself in past life therapy, and through other related therapies. *You can reach Dane by reading his ad...same page.*

Past Life Therapy

IS CHANNELLING YOUR OWN HIGHER SELF

It is direct communication with the highest part of yourself, that knows everything about you, has never judged you and loves you unconditionally. This is not hypnosis, rather, it is guided memory.

By recalling the past you learn how it still effects your present. Your Higher Self has all of these memories and I help you to connect with that consciousness so that you can bring your past lives into the present, the only place they can be dealt with.

Past Life Therapy deals with: Healing the inner child; healing spousal and family relationships; healing woundedness from broken relationships; dissolving phobic fears; rebirthing; possession; overcoming fear of death and dying; communicating with those who have died; discovering past lives and relationships; clearing the emotional body.

Immediate results are: Forgiveness of self and others; liking and loving self and others; getting beyond judgment of self and of others; physical and mental health improve when the emotional causes are cleared.

Contact: **Dane Purschke** at **767-2437** or at

Penticton's Holistic Health Centre: 492-5371

Have Car - Will Travel



In-Ground Heat Storage

by Mark Bossert

Over the years many inventors have experimented with various forms of heat storage. If you can use a free heat source, like the sun, and store that heat to use later, then you'll use less of a heat source that costs money. Water is by far the most effective cheap storage medium, however it is very costly to store in quantities large enough to say, provide heat all winter.

The focus of conventional housing is to isolate the comfortable inside from the wide range of temperature and elements outside. To that end, contractors and researchers have focused on using more and better insulation, and better air tightness to try and really isolate the home from the atmosphere.

Examples of this are 2"x6" stud walls, even double stud walls that result in 12" of space to provide more insulation; Stress skin panel walls and roofs that have complete thermal breaks; all aimed at trying to slow down the natural transfer of heat through conduction to the outside in the winter. Or in the summer, keeping the heat out.

A bermed or underground house is more energy efficient. Think of it this way - a conventional house is exposed to the elements. The Sun, air temperature, the wind, the rain and snow all have com-

plete access to all the outside of the house. With an earth sheltered house, only the front is exposed. The rest of the house is protected by the earth, which seals most of the home off from the air temperature, the wind, and the rain and snow. Like a submarine under water.

Back in 1979, a system of in-ground heat storage using the ground around the house was developed at the Rocky Mountain Research Centre based on studies done at the University of Minnesota and the University of Texas. This system has been proven in over 300 houses around the world including some of the severest climates on earth.

How can you store heat in the earth? Isn't the earth always cold?


The temperature of surface earth is determined largely by the air temperature. So the surface earth temperature rises in the spring and summer and drops in the fall and winter. To successfully use this earth to store heat requires 3 major steps.

1. You need to isolate the earth from the air. (Insulation.)
2. You need to apply free heat to the earth to warm it up. (The Sun.)
3. You have to keep the earth dry. (Waterproofing.)

The insulation/waterproofing envelope is laid horizontally out from the walls of the house for 20 feet in all directions, creating an umbrella around the house. We actually can use the earth around the house as a huge storage bank. A storage bank of heat that keeps the house warm all winter. Now, an interesting side effect of storing heat is that it keeps the house cool in the summer./

The house will stay within a 6 degree temperature range through the hottest summer and coolest winter. For free!

This system of heat storage is adaptable to conventional above ground houses, and although they will require some back-up heat, the energy bills would be 1/10 that of a conventional house. It works far easier and better with earth-bermed and underground structures, which can easily realize free year round temperature control.

These principles and how to construct this system are discussed in detail in Recycled Tire Homes Special Report #4 In-Ground Heat Storage. 

"I'm building a beautiful \$250,000 super energy efficient house for less than \$50,000 !"

"They all laughed when I told them that I was building a house out of tires, but I'm the one laughing without a mortgage.

And what's great is that my house is free to heat and cool! We're using a revolutionary heat storage system that has been proven in hundreds of homes worldwide. And it's costing me no more than a conventional heating system to install. Of course, I won't ever pay a heating bill again.

Would you believe that this house is built out of used tires that I got for free ?

I love my house. I love how much money I've saved and I'll continue to save with free heat !"

We've jam packed a report with answers to all the most asked questions about this exciting new housing technology. It's full of pictures, plans and drawings to really explain these earth friendly homes. Get the real scoop from satisfied owners.

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Understanding Rolfing

by Gary Schneider

Like all material structures, the human body is subject to the basic laws of physics. The purpose of Rolfing is to better balance the body around a vertical line in the field of gravity so that gravity begins to support the body, rather than tear it down. The "organ of response of gravitational law is the myofascial system." The myofascial system is the system of connective tissue or fascia that envelops every muscle, bone and organ of the body. The Rolfing technique of structural integration was developed over fifty years ago by a remarkable biochemist and physiologist, Dr. Ida P. Rolf.

The myofascial system encapsulates, envelops, attaches, supports and relates all body components. It is a highly adaptive and plastic system. Physical and emotional trauma and the compensations resulting therefrom, infection and disease processes, rigidly held attitudes, poor habits of posture and movement, stress, emotional distortions, cultural and social pressures and the biomechanical wear and tear of everyday living, create disorder in the myofascial system.

The myofascial system leads to injury, habit and the strain of gravity by shortening, thickening, twisting, binding and bluing down the sheets, planes and membranous layers of connective tissue. Physiological changes occur as the body modifies its myofascial environment to cope with new strain patterns. Without skilled intervention the myofascial system is certain to become less, rather than more integrated over time.

Problems in the myofascial system manifest themselves as an inefficient and unflattering posture, rigid and awkward patterns of movement, a sense of effort, heaviness, strain, and fatigue, chronic aches and pains, psychological and emotional dysfunction, a qualitative deterioration of the appropriate tonal balance of the myofascial system as a whole, and many of the abnormal debilitating conditions in the body which are usually attributed to aging.

Rolfing uses the remarkable plasticity and mobility of the myofascial system to balance, organize and align the body. Rolfing calls forth, through highly skilled manipulations, appropriate organization, i.e., anatomically normal alignment, and biomechanically efficient movement. In so doing, the major segments of the body, head, neck, shoulders, chest, waist, pelvis, legs, ankles and feet are brought towards their optimal arrangement in the gravitational field.

Rolfing creates a dramatic improvement in posture. Many, if not all, chronic everyday aches and pains are manifestations of distress in the myofascial system. Educating and restoring myofascial competency clears these conditions quite readily. This is so because the patterns of holding in the body exist as an interconnected complex of fascial binding and distortion. The situation is like trying to accelerate a vehicle with the brakes

engaged. We easily understand that this would create excessive wear and premature failure in the car. It is quite logical to understand that an identical process is happening in our bodies.

When fascial restrictions are released and the whole body system is well integrated, all biomechanical and metabolic processes are improved. These assertions have been proven and validated by rigorous scientific testing. When the myofascial system is freed and balanced, the network of soft tissues surrounding the bones, joints and organs becomes both stable and spacious. The skeletal system can then, quite literally float inside its connective tissue webbing.

Rolfing is not designed as a therapeutic modality, per se. It is an educational and restorative method with profoundly therapeutic ramifications. However, we do not seek to treat symptoms or attempt to diagnose or cure disease. The task we set for ourselves is nothing short of facilitating an individual to most effectively release outmoded and debilitating patterns in structure. When we bring about order in the human structure we bring about a concomitant environment in which a

form of healing occurs quite naturally.

As Rolfers, our goal is to offer the individual what we consider every person's human birthright, i.e., a body that uses gravity efficiently, effectively and appropriately.

Finally, it is not my intention to engage in the debate or controversy surrounding work being done in either, for everywhere in the body there is process, movement, rhythm and quiet pulsation. It is merely my contention that Rolfing, as with other body work systems, seeks to illuminate the integrative and unifying qualities that characterize the nature of whole systems.

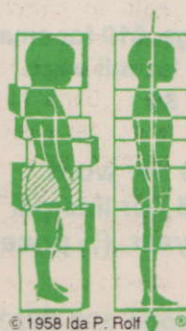
Gary is the Speaker on Dec. 12. He comes to Penticton monthly for appointments: 492-5371.



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After



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Some Thoughts

Rev. Donna Maurice Winchell,

Pastor South Okanagan

New Thought Center of

Religious Science



"Endings and beginnings...the cosmic dance goes on..." So sings one of my favourite Alliance tunes. Do you know what is happening in the South Okanagan? A whole new church is going on!! --Hello and welcome 1995!

If you are like me, you are probably happy to say "so long" to 1994. It was indeed an "interesting" year. (Don't you love it when some one uses the word "interesting" to describe something -- it could mean anything from good, bad to indifferent.) Well, that what's what 1994 was for me -- a lot of good, some "bad", and a lot of indifference. It is not often that we get to look at our lives with such clarity, but December and January are one such time.

I have a suggestion for you which I plan to use for myself and I invite you to use it if appears appropriate for you. Take a long hard look at the "bad". Look at it through new eyes. Ask yourself, "What message does this experience bring to me?" Listen intently to what comes up for you. Take what is meaningful for you and discard the rest.

Then, take the "good" and ask the same question: "What message does this experience bring to me?" Take what is meaningful, say "Hey -- thanks for sharing" and discard the rest.

Indifference? Hardly -- usually something I have chosen not to look at or ignore. Nothing happens in our life by accident, and so the indifferent experiences I have are simply those I choose not to give any attention to. On reading the "Celestine Prophecy" we note that the author encourages us to pay more attention -- that each person is in our life to give us an important message -- that each situation is exactly right for our spiritual growth -- there is no such thing as "indifferent" unless we choose to live that way. Again, look at the indifferent experiences and say: "What message did this bring to me?" Accept what is meaningful, discard the rest.

The whole point of this exercise is to extract the value of yesterday's experiences and then get on with our lives TODAY!

1995 is a clean slate and we hold the chalk and eraser in our hands. It is our choice as to what we will experience in the next twelve months and it is entirely based upon how well we can use not only the chalk...but the eraser! The chalk, of course, is the way we use our conscious minds and the eraser our ability to let yesterday go--the good, the bad and the "indifferent." The past is done--let it be done!

On Jan. 1st, our first Sunday of 1995, the New Thought Centre has a special "burning bowl" ceremony to allow each of you to release all of 1994. We then move into our Adventures of Faith programme, a seven week commitment series where we are brought into the awareness of the necessity of commitment to our spiritual growth. Join us at this special time. Give yourself the gift of acceptance and love as you commit to your higher consciousness. *Namaste.*

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December 1 - 6

Gary Schneider & Christine Schieberle Roling & Craino-Sacral Body-work... Two very deep subjects that get to the root of tension and body holding patterns that eventually affect our health. They are from Kamloops.

December 8 - 12

Sarah Wellington An indepth view into one women's journey to understand herself and in the process to get well. Discussion on Jin Shin Do, Dreamwork and the messages they bring.

Christmas Programming of Special Community Events

January 5 - 9

Janelle Breese-Biagioni was struck by a tragedy, her life shattered by an accident. This woman felt compelled to journal her emotions to understand her grief. Four years later she is now in the process of getting her book published so that she can help other people deal with their losses.

January 12 - 16

Donna Cameron is long time practitioner of Cranio Sacral work. Tune in and discover the the subtle movements in the spinal cord and the connections to wellness or disease. Donna lives in Salmon Arm.

January 19 - 23

Kathrine Sue is Spiritual Director & Program Director at Penticton's Holistic Healing Centre. A discussion of developing a spiritual community where everyone is supported and encouraged to be more of who they are.

January 27 - 30

Rose Backman speaks of her journey learning Contact Reflex Analysis and the emotional blocks that the body hold. **Wayne Woods** will give a demonstration of Reflexology and discuss the benefits.

STORYTELLERS SOUGHT

by EveLynn B. Debusschere

After participating in a one-day storytelling workshop in August, a small group of Kelowna storytellers have continued to meet once a month to support each other in their efforts to develop and utilize their skills as storytellers. Each participant has his/her own aim in working towards becoming a storyteller, but all share the common feeling that storytelling is a wonderful way to bring about community development, to teach values, as well as to entertain.

This group now wishes to reach further into the community and is working towards offering a storytelling evening in February, 1995. an open invitation is extended to storytellers and aspiring storytellers alike to be a part of this evening. If you are interested in participating in a storytelling night, please call EveLynn Debusschere at 604-763-3769 (evenings) and share in the planning of this event.

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A View to the West

with *Beverley Franic*



As I run head long into my 40th birthday, I can't help but feel inexplicably elated. Maybe I'm amazed at the fact that I am still alive; mostly, I am thrilled at the quality of my life. I believe that transporting myself from busy old Vancouver to, at times, boring old Kamloops (my impression at first) has allowed me to grow into the beautiful self I always was but never knew. Funny how, when you have to slow down a notch, you have the time to rediscover what makes you happy. I recently had the honour to facilitate a women's circle. 17 women gathered to celebrate Samhain. Amid tears and laughter we honoured our selves, our fears and our hopes. For days afterward, I easily recalled the love and acceptance that was freely exchanged by all.

This year has found me joyfully accepting my womanhood, battle scars and all. I look forward to my next 40 years of joy. Congratulations to Devra Pitts on the opening of her new office located at Spirit Dancer Books, 270 Lansdowne, Kamloops. Devra will be doing Body Work and Energy Attunement. Devra brings compassion, and a beautiful, loving energy to everything she does. We all wish her every success in her new venture. Dec. 21 will find me, and others celebrating Yule and the sun's (son's) return. The cycle of light and dark and back to light again is as sure as sure can be. In a world of inconstants, it is reassuring to know that life's cycles will always be dependable. No sooner will we celebrate Yule and pack the evergreen away, Imbolc rises on the horizon. The word Imbolc means "in milk" and is celebrated on Feb. 1 or there about. It is the first Spring awakening. It is a time of cleaning out the cobwebs we collected over the winter. It is a time of rededicating ourselves to what we believe. As a Sagittarian, I am waiting to see what things will take place beginning Sep. 17, 1995, when Pluto swings into the sign of Sagittarius. I am hoping to see 13 years of optimism and a lightness of being for all the planet. We can also expect to see plenty of that 'foot in mouth' syndrome that we Sag's perform so well at. It should be a time of expansion in the areas of education, spirituality, and travel.

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12:12 - Gateway To Freedom

A Personal Reflection

by Kathrine Sue

According to information being presented, 12:12 energies will herald in the Golden Age of Man.

Since the Harmonic Convergence in 1986, at certain times of the year, groups of people have gathered together, singing, dancing, drumming and meditating. They act as emissaries, coaxing and welcoming in energies to expand consciousness and assist us as we move through the doorways and windows of the universe. Although the cost of the depleted ozone layer has been significant, I also believe it has afforded an opportunity to open to the highways of the universe and allow an incredible exchange of energy to take place.

Events such as 11:11 and the Opening of Sirius are world renowned, and hundreds of people travel thousands of miles to partake in the adventure.

Now, once again, in Egypt and various points around the world, the mysterious call beckons strangers together.

In Penticton, on December 11 at Gaea Ouranos Ranch (490-3863), 12:12 Celebrations will begin. There will be a social gathering in the afternoon, and then at 12:12 a.m. (midnight) and at sunrise December 12th, ritual will take place. At 12:12 p.m. (afternoon), events will carry on to the Centre and take place throughout the day and evening. Significant times are 12:12 p.m. (afternoon) and Sunset (Penticton) 3:59 p.m.

Many people don't know what to make of any of this. Others have literal interpretations to offer, and still others present a more esoteric approach. Some don't need to understand or explain or define. Their Spirit responds to a call from deep within their soul, pulling them magnetically to particular events, places and groups of familiar strangers.

From my own personal experience, I've enjoyed being involved in these events. It just makes sense to me that being with friends and sharing love, joy and happiness is bound to have a positive effect on the planet. Besides, I know I feel better, look better, and live better than I ever have. I feel lighter and clearer and very, very grateful for my life. Explanations? Cosmic Priestess Syndrome? 11:11? Pleiadians? 12:12? Sirius? Enlightenment?--whatever! Right on!! What a great time to be alive! ♦

OUR CHRISTMAS STORY

by Karen Timpany

I would like to share with all you wonderful people a story about my family, a Christmas story. When my youngest daughter, Laurie, and I moved back from Ontario in the summer of 1993, we left behind my two eldest daughters and my grandson. I knew I had to come back as the pull was beyond my desire to resist, however, the heartbreak of leaving family behind was tremendous and difficult to make. The first few months here gave me little time to dwell upon much as I was kept busy with the construction of the clinic, settling in, painting, wallpapering and all that goes into moving into a new locale. Within a very short period of time, (so it seemed), winter set in and Christmas was upon us. I was making a lot of phone calls to Kitchener, talking to my daughters and trying to offset the depression that was setting in. Our first Christmas apart was making me resent a season that should be jolly. Well, bah humbug to situations that separate family from being together anytime of the year. Winter departed, spring was upon us and not being able to stand it any longer, I phoned up the girls and said I'd fly them home for the summer if they wanted to come. To my absolute delight, Laurie and I were on our way down to Vancouver June 30th, to pick them up. Summer was busy with young people coming and going, and the adjustment of five people in a three bedroom house. With summer ending, my inner preparations for the separation from my family once again began. It's something like being ripped up inside, because you're feeling things, but don't say a lot because you don't want to upset the others. I guess we were all feeling the same way. Julie my eldest was the first to come forward and tell me that she didn't want to go back, could she please stay? Are you kidding? Kimberly also decided to remain, although she waited until the last minute before telling me; I was on tenterhooks by then. My joy overwhelmed me and I cried tears of thanks for weeks. We're still a little overcrowded, it's noisy sometimes, Jesse keeps Grandma hopping, (delightfully) and there have been many adjustments made by us all. Each day that I'm able to give my daughters a hug and tell them I love them, every morning that my grandson crawls into bed with his Grandma for our morning cuddle., I give thanks for the most wonderful blessing of all, my family. Christmas is just around the corner, preparations are under way but for me Christmas arrived June 30th. May the blessings of the season be as great for you as they have been for us. ♦

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Dec 12 12:12 am (Midnight) Opening Ceremony
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CHRISTMAS HAPPY

An Opti-Mystic Reflection by Kathrine Sue

Christmas presents itself once again, as events are planned, crafts are made, and memories both happy and sad, are brought to conscious mind to determine the spirit of the season.

It was while pondering Christmas that I recalled a question asked some time ago: "Can you recall the most significant person from your childhood who would impact the person you've become today?"

I have two memories of Christmas prior to being 42 years old. For some time, I struggled with that, deciding it must have been related to excess drugs, alcohol, etc., or perhaps I was brain damaged or maybe suffering from premature Alzheimers. I don't know at what point I finally determined it was okay--but today, I know it's okay to have one memory of a Christmas with my daughter and her dad, and one memory of my own childhood.

I imagine the year was 1958, though I'm not certain. The memory comes alive as I see myself riding home on the Crosstown bus, gazing out the window at the piles of dirty slush lining the curb. Hanging from my wrist, a shopping bag harbours a book of Betsy McCall Cut-Outs, a bag of marbles, pickup sticks, jacks and a colouring book. My Christmas shopping list was completed. As we neared my neighbourhood, I pulled the cord, and descended from the bus.

I don't think I was aware that anyone really lived differently than we did (except for my rich girlfriend Laura). I suppose we'd be considered lower middle class according to economic standards.

I was 14 years old--and called "Suzie".

Later that evening, after Dad had read the Christmas story to the kids and they had hung their stockings and gone to bed, Mom said Angie and I could help wrap the gifts from Santa. As she emptied the familiar Simpsons Sears box, we acted as surprised as we possibly could, but I'm sure she knew we had already investigated its contents a week before while babysitting.

When the gifts were placed beneath the tree, Angie decided to bathe, Mom was in the kitchen baking and Dad was lying on the couch doing crosswords.

I sat in the squeaky old rocking chair, and began to rock. Back and forth. Back and forth. I glanced at the long shiny tree decorated with home-made decorations and paper streamers. Then my eyes drifted to the Christmas Crib set up on the sewing cabinet next to the tree. I kept rocking back and forth. Slowly my eyes surveyed the gifts Santa and we'd exchange, one for each child. I began to feel a surge of emotion well up inside me.

Damn! I thought. There should be more. They deserve more. All year long "barely enough" was okay. Lots of macaroni and hand-me-down clothes felt normal. Nobody knew different. But at this time of year, they deserved more. I felt my shame as the tears escaped from my eyes. The lights on the tree blurred. I don't care if I'm selfish, dammit--they deserve more!

Suddenly, a knock on the door shook me back into reality. I quickly wiped my cheek with my sleeve and opened the door.

"Good evening, is this the Lucier residence?" I felt like the breath had been knocked out of me. He stood there before me, a bright red scarf tucked into the front of his heavy grey overcoat, which strained to encompass his rotund build. The brim of his hat supported a ridge of new fallen snow and his neatly trimmed white beard and moustache glistened in the light of the street lamp.

"Who's at the door, Pet?" Dad called. "Let 'em in, you're heating the city!" I couldn't move. I just stared into his clear, blue eyes. "Susie," Mom said sharply, opening the door further. "Who is it?" The man stepped forward slightly, extending his hand to Mom. "Hello, are you Mrs. Lucier?"

"Why--yes--I am", she returned. I knew she was as shocked as I. Dad walked toward the door to greet the familiar looking stranger. "I'm Art Lucier. This is my wife and my daughter. Can we do something for you?"

The man smiled. "Well, yes, actually you can. I own a department store downtown and it seems our purchasing clerks became overzealous with ordering stock this year. Anyway, I happened to be talking to your mother-in-law, Mrs. Wilson, and she said you could probably use some extra toys!" I looked at Mom, who stood absolutely still. Then at Dad, then back at the visitor. I was sure any minute now this guy was going to pull off his fake beard and they'd all yell, "April Fool!"

or something. "Well," Dad said, quite matter of factly, "the girls just put the gifts under the tree." He gestured to the far corner. "Thanks anyway, but..."

I flashed a quick dagger at Dad, then back to the man. He looked at me, then replied, "You'd really be helping out, Sir, you know, inventory and all!"

Dad shrugged. "Well, suit yourself, fella. Bring it in." The stranger was nearly apologizing. "Thank you," he responded, "but perhaps you could give me a hand?" Dad slipped on his galoshes and jacket and went out with the man. I watched out the window as they approached the back of a station wagon. "Mom, did you see him?" I turned to see she had gone back into the kitchen. "Mom, he looks like--!" "Suzie, get away from that window", she said in a loud whisper, as if he could hear.

They returned, struggling toward the tree with two large boxes overflowing with toys, books and a teddy. "There," the visitor said. "I'm sure I can handle the other one. I'll be back right away." As the door closed, Angie walked into the living room, donning towels and a robe. "What's that?" she exclaimed, surveying the boxes. As she heard the front door handle rattle, she ran to her bedroom. He put the box down and stepped back onto the carpet. "Sorry about the snow on the floor. I should have removed my boots." No problem," Dad answered, hands on his hips. "This is quite a haul. I'm not sure what we'll do with them all!" "Oh, I'm sure you'll figure something out," he answered, and I'm certain he winked at me.

Mom walked towards the door, "Thank you very much, Mr. --?" "Happy," he replied. "Joe Happy. And you're very welcome. He shook Dad's hand, tipped his hat to Mom,

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Admission \$20 person

then turned to leave. "Thank you," I called, "Thank you, Mr. Happy!" He turned to me--tipped his hat and smiled. "Merry Christmas," he said, and he was gone.

The rest of the evening is a haze of memories--dolls, cars, balls, games! Angie and I could hardly contain ourselves! Dad had returned to the couch, Mom, to her baking.

"Don't tell me you're going to try to get all the stuff under the tree," Dad said. "Just put some of it back in the box and--!" We looked at Mom in the kitchen. Please! our eyes begged. Please! "It's okay Art, there's lots of room," she called--and nodded.

Christmas morning arrived. Such laughter and excitement! "Look what I got!" "Look what Santa Claus brought me!"

Many years have passed since that Christmas. When I was 44, I decided to face a great fear in search of Truth.

It was Christmas Day and family had gathered once again at Mom and Dad's. I sat at Dad's place at the end of the table in the kitchen. Mom was at the other end,

preparing vegetables. We could hear everyone in the living room.

I had only this memory of a childhood Christmas. Why not just leave things as they are? But, it felt so sure, and I needed so much to know. I was afraid to ask, for fear that it was only an imagination or a dream, or a young girl's fantasy.

"Mom--", I said finally, "Do you remember Mr. Happy?" She frowned a little, and continued to place the radishes on the plate. I realized I had stopped breathing. Then she raised her head slowly, and a gentle smile lit up her face. "Oh yes!" she answered. "Do you?"

There have been some things in life I don't know what to believe about, and some I just don't and some I'm not sure. But belief is only a head thing. For me, my truth comes from my heart and is based on my experience.

So what I have come to know in my heart to be true is: there is manifesting power when the heart desires; magic and miracles and love are one and the same thing. And yes, there really is a Mr. Happy! *Merry Christmas!*

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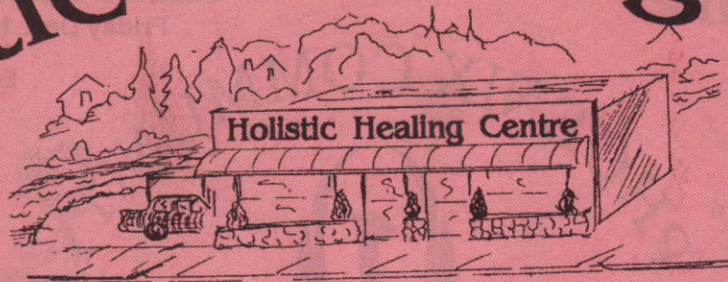
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December 16 - Friday

Christmas Social Evening Entertainment, Dancing & Music



January 6 - Friday

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January 13 - Friday

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