

Priceless 

FREE

# ISSUES

## MAGAZINE

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

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



**June / July / August 1994**

Volume 5 - Number 3

13th Annual

# Centre for Awareness RETREAT

July 24-30th

Northport, Washington

This year's Theme: "Transformation through Intent"

Join us for 6 rejuvenating days of rest, healing, sharing and learning in the areas of holistic health and self awareness. This quiet mountain retreat offers workshops in Tai Chi, Yoga, Polarity, Acupressure, Nutrition and Natural Foods Cooking, Massage, Meditation, Stress Reduction and much more!



**GLENNESS MILETTE** lives in the small village of Elko in the East Kootenays. She is a Reiki Master in Usui Systems and offers Reflexology, Acupressure and her seminars as a medicine woman from her log home. Her life is an ongoing flow of unconditional universal love, light and laughter. Glenness will offer Reiki Initiation level I & II and reflexology..



**BILL ROMANIUK** is an avid naturalist and lives in Rossland. Bill has spent a lot of time in nature. Through nature walks and stories during the evening campfire, Bill will share his connection with the plant and animal realm.



**SHARON O'SHEA** lives and plays in Kaslo, BC. She has studied Astrology for the last 23 years. Sharon will share subtle aspects of the feminine quality of asteroids and Chiron and birth of "the Aquarian Age." She would like to help each person find their purpose during these times of profound inner changes. Bring your chart for an Astrological Reading.



**MAMA LUNA** is a student/teacher of life. Her focus is dance, tai chi, tantra, sacred dye techniques, color healing, nutritional balancing, organic/nature spirit gardening, education for all ages, massage therapy, breathwork, family centering, creating sanctuary space and planetary/universal unity.

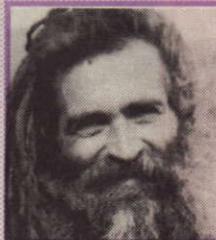
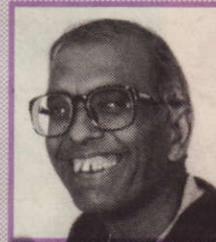
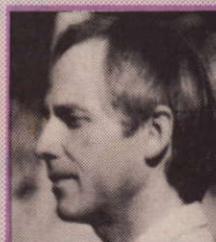
## WORKSHOP FACILITATORS

**PAUL PITCHFORD** will teach Confluence of Oriental Healing Arts. This includes Zen and Taoist meditation and supporting dharmas, Tai Chi movement, traditional Chinese healing principles and dietary/herbal therapy so that we may joyfully rediscover. Paul directs the "Wellness Clinic" at Heartwood Institute in California. Author of "Healing with Whole Foods: Oriental Traditions and Modern Nutrition."

**SID TAYAL** is a holistic health counsellor and teacher with international experience. He has taught and counselled on Polarity, Yoga, Nutrition, Acupressure, and Traditional Chinese Medicine. He will offer tools to each individual through workshops on bodywork and journeys to the other levels.

**GAIL, SHOOTING STAR** is an astrologer, rebirther, environmentalist and social activist. She will share her knowledge, rebirthing and astrology.

**AFRI-I, BOYD KANAUSS** will construct and share Sweatlodge ceremonies. He also offers gentle Rebirthing experiences, & shares his background in herbology.



**Cost \$350.00** (\$250 US) .... Includes all workshops, meals, facilities and C. F. A. membership  
*Attendance limited to members of Centre for Awareness*

*For information and to register contact:* Centre for Awareness, phone (604) 362-9481  
or write Sid Tayal, Box 300, Rossland, B.C., V0G 1Y0

## Choose to Live a Balanced Life!

Introducing Susan Smith Jones, Ph.D., internationally renowned author, lecturer and instructor in a special two part seminar being offered in Kelowna at the Coast Capri Hotel and sponsored by the South Okanagan New Thought Center on **Oct. 22 and 23, 1994.**

Author Wayne Dyer wrote of Susan's book, *Choose to be Healthy*: "A very strong thread of spirituality and 'higher consciousness thinking' is woven throughout the pages of this book."

Health, peace and the celebration of life are direct results of choices we make. Susan will inspire and challenge you to honestly and lovingly examine your life to discover the effects of your choices personally and globally.



**Susan Smith Jones, Ph.D**  
**Oct. 22 & 23, Kelowna**

- \* *Reversing the aging process*
- \* *Creating the body of your dreams*
- \* *Self-nurturing*
- \* *Stress reduction*
- \* *Releasing bad habits and addictions*
- \* *Foods that heal your body and promote health*
- \* *Living more from inner guidance*
- \* *Making peace your constant companion*

Tickets go on sale June 22nd at all Towne Ticket Centers or call the SONTC at 768-0468 for more information.

## Cheryl Grismer

presents

### Introduction to Meditation & Stress Reduction

Learn to ease anxiety, reduce frustration and find inner peace. We will explore: Visualization, Self Hypnosis, Breathing Techniques, Autogenics, Progressive Relaxation, and more.

**June 12th, 9 am to 5 pm - Coquitlam - Valerie: 463-1577 - Investment: \$130 plus GST**

### Intermediate Meditation

Experience new ways to use meditation for answers in your daily life.

**June 25th - 26th, Westbank, BC**

Sat 9 am to Sun 3 pm - Cheryl: 768-2217 - Investment: \$210 plus GST

### Private Counselling Sessions

1 - 1 1/2 hours of intuitive counselling. A psychic art portrait of your energy field with a taped interpretation

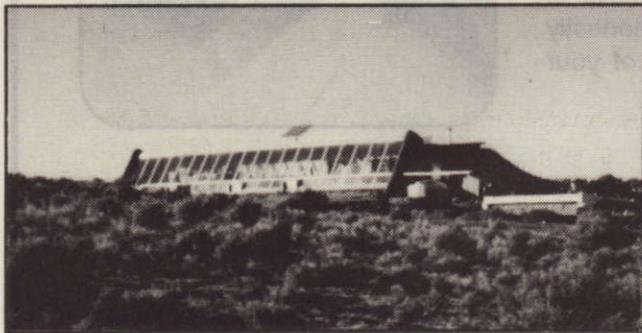
*phone Cheryl Grismer*

**Westbank: 768-2217**

# Affordable, Earth Friendly Homes

by Mark Bossert

How can I possibly afford a home? Have you ever wondered that? There are a number of options available that can significantly reduce the price of a home. One of the most innovative choices is a home built with tires, into which dirt is rammed to form a massive support wall that also stores and radiates heat.



How can I really help the environment? Well aside from the often mentioned reduce, reuse, and recycle how about building your home and all its systems in the most green manner possible? This might involve using recycled materials, benign substances, innovative products and proven technologies to create a truly green home that minimally impacts the earth and yet is within the reach of regular Joes.

Recycled tire homes combine elements from many areas of efficient housing technology. We combine earth sheltering with passive heat storage and solar heating, recycled products (such as tires) with adobe building techniques, super insulation and air tightness with ground tubes and natural air movement, and ample indoor plant space with water and energy conserving features that reduce waste water by 70% in the most conservative design. The benefits of these features result in a home that is super energy efficient, low maintenance, ecologically responsible, easy to build, warm and lovely to live in and look at, and can realistically be built for \$20-\$30/sq.ft. by the owner or \$60-\$70/sq.ft. by a contractor.

What about the building code, and inspectors and permits? Tire houses are not contained in the current code stipulations which means that, in regulated areas, we build under the supervision of an engineer and this satisfies the requirements of the permit process. These type of houses have gone through rigorous engineering evalua-

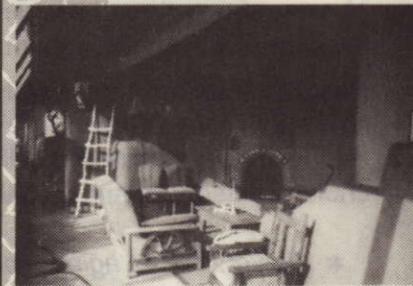
tion and have proven their structural soundness. In fact, a tire house was located just 50 miles from the epicenter of the last big Los Angeles earthquake. And while conventional houses had to be condemned, the tire house rode through the shaker with only very minor cosmetic damage!

Where can I see one? There aren't any completed houses in B.C. at this time. However, there are a number that are under construction and many more scheduled for building this year. Places that will have homes built this year include Taylor, Clearwater, Barriere, Ashcroft, Kamloops, Falkland, and Castlegar. At the University of the Cariboo we will be offer-

ing training courses where we will build a house, in Kamloops. Please call 828-5106 to register for these weekend courses. Housing technology is going through a radical period of change. While our government and bureaucracy keep looking towards ever more "high-tech" (read expensive) solutions, underground innovators are developing fantastic alternatives or rediscovering tried and proven techniques that make economic and environmental sense. Current research includes making 2x4's and other dimensional lumber out of a slurry of garbage and plastic and injection molding, and paper crete cement that is made with recycled paper or pulp waste and cement to create a strong, light and insulative floor, plaster or wall. These are just two examples of many well researched and dynamic ways of turning problems into benefits.

I feel that we can no longer use up our forests in the sometimes frivolous fashion that we have in the past. They are a precious resource, worth incalculably more than so much per board foot. They are necessary for us to continue to exist. We must treat harvested wood like gold, not wasting any of it and using it in the most beautiful and strategic places possible. This is where we are headed, as the price finally begins to rise to wood's true vast value. The house of the future will look very different. We are pioneering a massive change 

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# Cranio-sacral Therapy

by Donna Cameron, R.N., C.T.

Cranio-sacral osteopathy was first developed in the 1920's by William Garner Sutherland, an osteopath who set out to prove that movement of the bones of the skull was impossible. He devised ingenious head gear which he wore for periods of up to a month, applying pressure on different parts of the cranium. He created and documented severe head pain and personality changes in himself. He then sought to explore the reasons why this happened.

The cranial bones are connected by joints or sutures which are composed of cartilage. These sutures allow a very small expansion and contraction of the brain case. Through trauma it is possible for these connections to become restricted, causing problems such as headache, sinus problems, learning problems, and chronic ear infections, among others.

Sutherland, the Cranial Academy, and later osteopaths such as John Upledger further refined the techniques of Cranial Osteopathy. Dr. Upledger developed Cranio-sacral therapy while he was a professor of Bio-mechanical Medicine at Michigan State University. He started teaching this technique to non-osteopathic professionals in an attempt to serve the one in forty people with severe learning disabilities related to cranial stresses. Not all learning disabilities are related to cranial lesions, but the ones that are, are easily treatable.

Cranio-sacral therapy works on the principle of "myofascial release." Application of osteopathic pressure on connective tissue not only of the skull, but also throughout the rest of the body produces a release of "energy cysts," areas of blocked off energy which cause muscle spasm. This energy is usually released as heat but can also be released in a letting go of emotional energy. This technique is very gentle.

This therapy is by no means a cure-all for all physical ills. It works beautifully in specific cases of whiplash, chronic pain, cluster-type headaches and is very effective for ear problems in children. Cranio-sacral therapy works best as one technique in combination with others such as diet, exercise, naturopathy, homeopathy and others such as conventional allopathic medicine. Most long-standing problems require this kind of thoughtful intelligent approach.

*Donna Cameron is a former partner in the Cranio Institute in Toronto, has studied and practised Cranio-sacral therapy for ten years, and has taught with the Upledger Institute. She invites any questions that you might have at 832-2751.*

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# Musing

with  
Angèle

Publisher of ISSUES

## 'The Finishing Touch'



Fred Rosenberg photo

and leaving the choices open will help to create services while funding shrinks and the dollars become limited. Technology has become very expensive and must be chosen carefully if we want to make a success of overall care. I think the government has made a wise decision and I support them one hundred percent. Changing the healthcare system will not be an easy task, but it is one that I would like to be involved in. It will take time and co-operation amongst people with ideas on how to better spend the funds available and I will keep you informed of what I observe in my future 'Musings.'

This month's front cover shows a back view of our barn. Phillip and David, the two oldest boys, are peeling the logs that will be used to divide the barn up into compartments for the animals and to make fences to keep them close by. The photo from last month showed the front view with the ramp built for a tractor to haul hay onto the top floor. My parents had the barn built against a hillside so that the hay could be delivered and stored easily. When we wanted to feed the cows, all we had to do was pull back on the trap door and drop the hay down into their stalls that were underneath. Near the barn in the same bank was the root cellar. Every winter, we cut ice from the lake and had it hauled into the cellar and covered it with sawdust. It was our refrigerator, and it amazed me how some of the big blocks of ice stayed pretty much intact right through the hot summer, as long as no one left the door open. It was fun digging around in the sawdust to find carrots or a bottle of root beer that someone had forgotten.

I think back to my childhood once in a while for I am told that that subtle programming is very strong in our bodies. I know how busy we were kept as children just doing what seemed to be necessary, and today I seem just as busy. As I have probably mentioned before, I feel like I am still in school. Having a downtown office with a receptionist and distributor makes me feel that I have just graduated to high school, a time of greater expectations from myself and my teachers. For me starting high school was a time of more responsibility as I worked two part-time jobs and had money to spend on the things I wanted. Publishing a magazine, organizing a festival, doing promotional work including TV interviews is my educational process now. I seem to prefer to be taught this way rather than through traditional academics and I think my upbringing in self-sufficiency has helped me to think this way. It has certainly provided a good foundation for my learning to do things! Listening to the babble of the creek and enjoying the quietness of country living is still my way to recoup and relax before returning to the business of the world and doing what needs to be done.

Many thanks to my many friends who donated \$1651 dollars. So far, it is being used to renovate the building. Your energy has helped to manifest a vision that I have had for several years. If you can think of a name that you think is suitable to call 'The Centre' give me a call at 492-0987; otherwise it will probably be called the Holistic Health Centre. Please drop in and check out the facility after July 3rd. If you are a practitioner interested in renting space give Jan a call 492-0522 or our new office number 492-5371. We will be having an ongoing fund raising drive with tickets available for bodywork sessions, home-made drums and other prizes. Be sure to attend our GRAND OPENING September 10th & 11th.

I am sitting by the river bank as I prepare this rough draft. I find that I am struggling to write this column: the deadline is near and I have so many things to do. My vision of a 'Holistic Health Care Centre' is no longer just a dream, the renovations have started and I want to be there every moment, making sure everything is thought of to make it as comfy and efficient as possible. Even choosing the front cover picture seemed a challenge this month but finally decided to continue with the theme for the past several ISSUES and show the other side of the barn.

The Spring Festival of Awareness is over. Every year it gets better and more organized, which means more paperwork for everyone including me. My crew makes it possible for me to keep co-ordinating it and allows me to observe the bureaucratic process in action. I find this fascinating as it helps me to understand why rules and regulations are set in place. I am starting to understand why the government does so much paperwork. Being involved in a collective that uses consensus for its decision making process also teaches me about the creative process and our limits.

I have found a building to lease for a Holistic Health Centre in Penticton at 254 Ellis St. It is located in the quiet part of downtown and has a creek on two sides of it. The Centre will have a workshop area, space for practitioners to rent for their sessions and an answering service for practitioners who want help in booking their appointments. We will be open for business July 3rd. Our new phone number will be 492-5371 or read the ad on pages 24 and 25 for more details. ISSUES will also move into this downtown space during the summer.

Starting this September ISSUES will be published ten times a year, monthly except for a combined issues for Dec/Jan and July/August. I know it is time for the move but I have mixed feelings, for it means I will have to depend on people to help me, but it will allow ISSUES to grow and become more main stream as more people seek alternative types of help. I invite everyone to drop in and check out my new office and the 'New Holistic Health Centre'. You can say hi to Jan, my receptionist, and Sue who will be helping with advertising and distribution.

I enjoy being busy and am delighted that my child-rearing years are over. My kids do keep coming home once in a while and I enjoy seeing and hearing the change in them, but our life styles are quite different so we don't share a lot of time together. This frees me to spend more time getting involved in healthcare awareness.

Government has shifted its policy, wanting to give healthcare back to the people and get them involved. They admit that they have lost control of healthcare costs and that people have to start taking more responsibility for themselves. This opens up a lot of room for people like me, who think there is a better way. Educating people

Angèle



# ISSUES MAGAZINE

254 Ellis Street  
Penticton, BC, V2A 4L6

Phone 492-0987

The next issue of ISSUES will be for  
**September**

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

Publisher / Editor  
Angèle Rowe

ISSUES has a circulation of **15,000** copies  
and  
is distributed freely throughout the Okanagan,  
Kootenay and Shuswap valleys and is  
available at most Health Food Stores and  
Metaphysical & Spiritual Book/Gift Shops.  
We also mail to many of the northern towns  
including Terrace, Prince Rupert, Prince  
George, Fort St. John, 100 Mile House,  
Hazelton, etc.  
**If you would like to help distribute ISSUES  
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ISSUES welcomes articles by local writers.  
Please keep it to approx. 500-700 words  
and submit if possible on an IBM disk,  
before the 10th of the month. We reserve  
the right to edit or condense copy.

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

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Holistic Networking Service of connecting  
people and ideas for health  
consciousness and human potential  
development.

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# ANGEL RETREAT

Sorrento Center, Sorrento, B.C

with **Karen Maresca**

**June 18th & 19th**

"For He shall give His Angels charge of  
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*Psalm 91:11*

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Together we will experience the reality of  
God's Love with the help of the Angels,  
particularly Archangels Raphael and  
Michael.

**Karen Maresca** is the director of the Ministry of Angels  
of Christ in New York. She has been conducting workshops  
and retreats since 1978 in New York, Toronto, Baltimore,  
San Francisco and other North American Centers.

**Karen will be available for private consultation and  
counselling June 14 - 17 in Salmon Arm.  
Call 832-2751 to book your appointment.**

Workshop hours are 9:00 - 4:00 Saturday  
and 9:00 - 3:00 Sunday

To register please send registration with payment by  
cheque or money order to: *Lightbrook Consultants*  
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**Phone 832-2751**

# The Teacher Within

by Marj Stringer

As we each walk along our spiritual path, we have the opportunity to follow many different roadways. From each obstacle that blocks our path, there is an opportunity to discover that which we need to learn to move forward in our growth. Discerning which roadway to take is sometimes difficult. We must come to trust our own inner teacher for guidance and know that the answers that will lead us to Truth are waiting to be given, just for the asking and the receiving.

Only three years ago, I began my own process of gradual awakening to that quiet voice within me. I had cared for my father who was dying of cancer for six months. To do this I had left a lucrative paying job and a bustling schedule of meetings, trips and paperwork. Over the months of slowing down and refocusing my life on giving instead of taking and searching for some sense of peace outside myself, I came to understand and remember what life is all about. The love that I felt for my father that I had all but thrown in the trash can, began to return and fill my heart with a warmth and a joy that made me realize where peace must begin. Shortly before his death, I had become exhausted and unsure of myself and the care I was giving him. I became extremely fearful as I watched his pain increase and his body gradually waste away. One night, feeling desperate, I lay on my bed crying and from my heart I asked into the air, "If there is a God out there, I need you now. Whatever help you can give, please give it to me now, I am afraid." A voice came clearly to me in my head and said, "You have done well, he is under my care now. I will decide. Relax, be at peace. Your work is done now." With these words came such an overwhelming flow of peaceful energy. I felt as if I was floating. My body completely relaxed, my tears of sadness fell away to tears of joy, and I knew that neither I nor Dad had anything to fear. What I never was sure of, I now felt more deeply than anything I had ever known before. There is a God and He is gentle and kind, loving and joyous and all I need do is ask with my heart, and He is there. I closed my eyes and rolled over to go to sleep. I felt as if I was sinking into a blissful heavenly space. Lights of orange and red, yellow and pink circled all around me and I fell into a sleep that kept me motionless for the next six hours. Upon awakening, it felt as though I had been on a long journey. My body no longer ached, my mind was fresh and clear and I felt at peace with what I had left to do. I went to my Dad's bedside and told him all that I had seen and felt. Although he had appeared in an unconscious state for several days, as I finished I asked him if he had heard what I had said. He opened his eyes and looked into mine and smiled, blinked twice at me and closed them again. As I said the words, I felt he already knew and the next morning he peacefully passed away.

I see my father's death as an unexpected roadway that although painful and seemingly rocky at times, led to a garden I had no idea was there. From that experience, I began to listen to the voice of God within me that led me step by step to the right books, the right people, the right places, that assisted me in learning the lessons I came to learn. What a schoolhouse this life we have been given is! The Truth that will lead each of us home will be given in whatever form is best for us. We only need ask and listen for the answers and trust that when the student is ready, the teacher will come to support us in the remembering of who we are and why we are here. ♦



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# Past Life Therapy

by Dane Purschke

It is encouraging to know that there are many new disciplines and therapies available for people to heal their woundedness. Reiki, rebirthing, shiatsu, massage and colour therapy, just to name a few, along with past life therapy make up a long list of holistic practitioners who help people to heal themselves. We are not in competition with each other as if the wounded are few and far between. We complement each other and would like others to experience the healing we ourselves have experienced from our own discipline. But no one discipline can heal everything. The current medical profession is valid but like all disciplines is limited in what it can do. I like to look upon past life therapy as an alternative way of treating some of the woundedness in us all. There is need to work together and encourage each other all the while admitting our limitations.

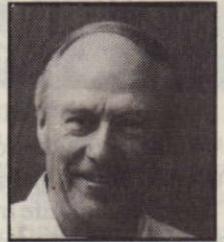
I didn't grow up believing in reincarnation. I was born into a traditional Catholic family and at age 20 began studies for priesthood and was ordained ten years later. After twenty years of priesthood I began to doubt and no longer believe many of the Christian teachings about the angry, vengeful and punishing God. When I could no longer represent many of the Church's teachings I left after twenty-five years. For the same reasons I left the priesthood, I have left Christianity with its limited and limiting beliefs. I would like to think I outgrew many of the teachings derived from organized religion.

Spirituality is often described as a human being in search of a spiritual experience. I prefer the understanding that we are spiritual beings having a human experience. We incarnate to have more than just one human experience. The influence of one incarnation can carry over into following life times. For example, I have had two clients who wanted to deal with their claustrophobia. They each recalled past lives in which they were buried alive. They were conscious long enough to experience the suffocation of being closed in and unable to breathe or escape. The fear, the darkness, and all of the emotions associated with the incident are recorded in the emotional body. In a following life time, elevators, dark closets and crowded places trigger off the phobic fear taken on in a previous life time. Another client mistrusted his wife who he believed was unfaithful to him. He recalled a past life in which he was a woman who was unfaithful to her husband, couldn't deal with the guilt and committed suicide. His self judgment carried over into this lifetime where he projected his own guilt upon his spouse. The healing came when he forgave himself and in session cleared the guilt and blame from his emotional body. People who in this life time abuse each other have probably done so for many life times and have come together once more to deal with their karmic relationship. Clearing the emotions of any relationship can occur only after the person gets beyond judgment, blaming or who did what to whom.

All of our attitudes, our beliefs, our emotions and feelings have been learned. Each of them was a learned response to a personal experience. Past life therapy helps us to let go of those past life experiences that affect us negatively in this life time. Not all lifetimes are negative. We bring with us talents, the abilities, the experience and wisdom learned before. If we can recall a lifetime when we were balanced, integrated and loved ourselves, it helps us to feel good about ourselves again.

In a broader outlook there are no such things as past lives, only past experiences that affect us in the present. Past life therapy helps bring past experiences into the present which is the only effective way of dealing with them. We only exist in the present. Each of us is free to change whatever is happening in our lives. But only you can change you. If you

# Past Life Therapy



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

During one on one sessioning, the facilitator helps the client connect with their Higher Self and then employs guided memory, not hypnosis, to which the client responds by recalling forgotten memory, not hypnosis, to which the client responds by recalling forgotten or suppressed memories and also past lives. As the past is recalled it is brought into the present which is the only place it can be dealt with. The controlling energies of guilt, fear, anger, hate, etc., can then be released from the emotional body.

In the sessioning a simple light exercise is used to clear the controlling energies from the emotional body. You heal yourself with the help of another. This psycho-spiritual energy-work helps to heal emotions, wounded relationships, inner child, phobias and much more.

Contact: **Dane Purschke by phoning Jan at 492-0522 before July 1st and after phone Penticton's Holistic Health Centre: 492-5371**

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

really want to change how you respond to life, and how you feel about others and certain issues, if you want to know why others always dump on you, or why you dump on others, or why you are deathly afraid of water, of heights, or mice etc., there is a past experience that explains why. Clear the energy of the experience that explains why. Past life therapy is a vehicle for change, and for growth and for being set free to move on with life instead of compulsively repeating the same experiences one lifetime after another. Past life therapy also involves healing the inner child, simply because children begin to manifest the emotional energies carried over from past lives.

From past life therapy I have personally found a lot of peace in my life as I let go of my fear, guilt, anger judging and so on. I began to forgive myself and others. I began to like myself and to enjoy people much more. It helped me to change and grow. My health has also improved a lot.

Limited space limits further explanation at this time. I received my training at the Deva Foundation in Pecos, New Mexico and I graduated in a class of nine in December of 1991. If you want to read more about past life therapy, one of my teachers wrote a book, "Emergence of the Divine Child" and his teacher, Chris Griscom wrote "Healing of Emotions." I look forward to working in cooperation with the many holistic practitioners in this area. There is a lot we can learn from each other. Dane can be reached at Box 357, Kaleden V0H 1K0

# Buying Club Gives Health Consumers a Break

by Linda Ryan

Wholesale buying, or 'transfer buying' as the company calls it, is a unique concept that's catching on.

Nutrition For Life International, an eleven year old nutrition and health company based in Houston, Texas, recently entered the Canadian marketplace with their unique catalog toll-free shopping concept. With over 280 life-enhancing products, including vitamins and minerals, food and weight management, homeopathics, herbal formulas, and hair and skin care products, they truly provide a 'health store to your door'.

A Canadian shareholder in the company, provides over 90% of the company's products through his extensive research and manufacturing facility in California. Underlining the company's vision is a family of products that allow us to harness the remarkable power of nature and live longer, more balanced lives in harmony with the world around us.

The product line is ecologically sound, free from chemical contamination and animal testing. They include many exclusive formulations and organic herbs not available at retail outlets in Canada.

"Many of our products are not approved for retail sales in Canada," claims Nutrition For Life Executive, Luke Vorstermans. "However, they can be purchased for personal use through our company. Some of the (restricted) ingredients we use are medicinal herbs which have widespread acceptance throughout the world".

While 'personal use' is open to interpretation, Canadians can usually import two bottles at any one time without a problem because our government accepts that as 'personal use'.

"That's one of the benefits in having a membership in Nutrition For Life," said Vorstermans. "We have many requests for one of our weight management products called, LeanLife. It's very effective but I can't sell it to you nor can your local health food store. But you can buy it directly from the company in limited quantities. Of course, the advantage is that you buy it at the wholesale price and save money!"

Nutrition For Life also has the exclusive marketing rights to a new product called the Aroma Pen, a set of three pens that assist people in modifying their dietary habits. The pens were developed after extensive research in the relationship between inhaling certain aromas and weight control.

If you eat food, take vitamin supplements, use hair and skin care products, brush your teeth, wash your clothes, or use any of the 100's of everyday products stores sell, the 'transfer buying' concept is for you. The concept simply transfers some of your family's existing health or 'greenware' purchases to the wholesale buying club. You buy the products at wholesale and also accumulate points which can result in further savings.

"The wholesale buying trend is great for the dollar conscious consumer," states Vorstermans. "We all need a break!"

Members in Nutrition For Life Int'l receive a color catalog describing the product line, price list, product audio tape and a monthly newsletter.

"For a \$15.00 lifetime membership, guaranteed by a 30-day money back offer, you'll save on your first order," says Vorstermans. "Best of all, you'll be taking responsibility for your health."

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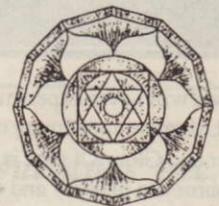
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## The Law of Acceptance

by Virginia Ellen "The Radiant One"

The First Sacred Seal is the Seal of Acceptance. As we begin to work with the law of Precipitation (manifestation), the first step is acceptance. If we do not accept that we have the power within us to do anything, to create from within by pure desire and

will, we will never experience our true power and glory.

Using the attunement of "I Can do Anything, I Accept That The Power and Glory Of God is Within Me," as you accept this you begin the journey to mastery and self empowerment.

Close your eyes and bring your attention and awareness down to your first Sacred Seal, the chamber of creation and life force energy. Now say aloud, "I Accept That The Power and Glory of God Is Within Me. I Accept That I Can Do Anything." Feel the movement of energy within you. As you work with this, the energy will build within the chamber and the chamber begins a new movement, a rotation of itself. Once the energy builds and begins a new rotation it will ascend to the second chamber and so on up and out the crown seal. You become this new consciousness and you hold within your seals, physical body and auric field this new belief. The stronger this new frequency becomes a part of all that you are, you will begin to manifest circumstances to demonstrate to you your own belief.

The Law of Acceptance is created from within the First Seal. If in the past you have accepted at anytime that you were not good enough in any way to receive or have what you truly want then this energy is locked within the chamber of the First Seal. This old outdated energy

keeps you from your dreams and the power to manifest them. By asking, "Beloved Father, Mother God I desire to see and know of my own limited self so that I may truly know my unlimited divine self." These old limited beliefs will be revealed to you. Our beliefs create the rotation of energy within the Sacred Seals. Consciousness creates energy; it is very simple and yet very powerful.

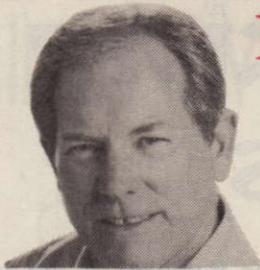
When we hold self in judgment or self criticism, our life force energy is stifled, our power disappears, our will to live dissipates and our joy is nowhere to be found. As we accept without judgment our life situations, our behaviour patterns, our personal self with a pure heart and a desire to ascend to a higher plateau of self love, we enter a new realm of energy. In this new realm of self we allow the Mother/ Father God within to assist us. We give permission to be helped. We make ourselves available for the Divine Mother within to transform this old energy and consciousness to a higher and higher truth of self. We also invite and yield to the Father's wisdom within and allow ourselves to be guided and brought into alignment to our highest purpose.

Look inside yourself and see where you might feel ashamed of yourself or your life. Call home these areas of shame to the Divine Mother to be loved and in this love transformed.

First, you must be vulnerable to yourself and admit to yourself the shame you have been hiding even from yourself. You may feel ashamed of yourself because you thought you were not good enough to be wanted or accepted and loved for who you were. Feel your shame and once you admit this to yourself and to the God within, you open the gateway within to ascend this consciousness, and healing occurs from within you.

Once the activation of our Sacred Seals begin, we truly begin to return home for our love and guidance and our healing occurs within us.

*Virginia Ellen is the Founder and voice of Celestial Teachings a Mission in Truth. From her home in southern California she travels extensively teaching and sharing the secrets of Healing. Virginia offers private healing sessions and teaches a number of powerful techniques for self realization. She can be reached at 493 Village Square West, Palm Springs, Ca. 92262. Ph (619)325-7485. 1994 Radiant Productions. See ad above.*



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**Nelson:** Wed. July 6th 7:30 - 9:30 pm **Free Introduction**

July 9th 9:00 am - 6:00 pm Wellness Workshop \$100.00  
July 10th 9:00 am - 6:00 pm Healers Workshop \$150.00

**Kelowna:** Wed. Aug. 3rd 7:30-9:30 pm **Free Introduction**

Aug. 6th 9:00 am - 6:00 pm Wellness Workshop \$100.00  
Aug. 7th 9:00 am - 6:00 pm Healers Workshop \$150.00

**Nelson:** Thurs. July 7th 7:30 - 9:30 pm Free Harmonics Intro  
Wed. July 13th 7:30 pm - 9:30 pm Free Workshop Intro.  
July 16 & 17th 12:00 - 6:00 pm  
**Synchronized Harmonic Attunement Workshop \$175**

**Kelowna:** Thurs. Aug. 4th 7:30 - 9:30 pm Free Harmonics Intro  
Wed. Aug. 11th 7:30 pm - 9:30 pm Free Workshop Intro.  
Aug. 13 & 14th 12:00 - 6:00 pm  
**Synchronized Harmonic Attunement Workshop \$175**

For information about the **FREE seminars**, workshops or private consultations with either Rich or Ann Marie please contact Vivianne toll-free 1-800-900-4203 or in Nelson 354-1749 or 354-1497  
They will be available for private healing consultations: **Nelson: July 6<sup>th</sup> - 20<sup>th</sup> & Kelowna: August 2<sup>nd</sup> to the 20<sup>th</sup>**

**Nelson:** the FREE Introductions and Workshops will be at the Waldorf School, 3468 Ymir Road, Nelson.

**Kelowna:** location to be announced, please phone Darlene St. Jacques for more information 868-8008.

## A Healing Journey ... Where do you begin?

by Vivianne Ellington

How do we go about deciding who is the right counsellor, therapist or healer for our transformation? How do we know which alternative therapy is best suited to our needs or wants? With all the exciting possibilities, talented people and unusual methods, how do we choose? Well for me, my journey of self-fulfilment and spiritual awakening began 8 years ago as a result of a personal crisis. Since that time I have been taught by what I consider to be some of the great enlightened beings of our time. My path has been full and I feel privileged to have studied with such wonderful individuals that have been there at the right time! Am I finished studying? Absolutely not!

This is why I am thrilled to bring to Canada Rich Work and Ann Marie Groth. Two exceptional Human Be-ings who have integrated a number of therapies and now travel the globe bringing their personal stories and their gifts of health, harmony and happiness.

Rich has been deeply involved in the medical arena for more than 20 years because of his personal experience with cancer, heart disease as well as mercury poisoning, chronic fatigue syndrome, and asbestos poisoning. Having personally had all of these illnesses, he not only successfully sought out alternative therapy that has put these diseases in full remission and brought him back to health but he has made a serious study of these and other diseases that affect our modern society. Rich says, "Wellness is a term referring to health, happiness, vitality and balance of the Mind-Body-Emotions and Spirit. The state of wellness is reflected in continued learning, growth and ongoing creative expression regardless of chronological age." In his 20 year intensive pursuit into the healing arts (For 30 years Rich was the National Sales manager and Director of Training for the largest manufacturer of industrial power tools in North America) Rich has been brought into a greater awareness of an area of healing that is

often overlooked and more often neglected, yet has been available to us since the beginning of time. Rich shares his knowledge and experience of this healing by telling us about his life-threatening diseases, and the therapies that have brought him the vibrant health he enjoys today. As a certified Lymphologist and credited in Massage therapy, Reiki and Etheric Healing, Rich will demonstrate and teach you methods for self-healing. In his hands-on-workshops you will experience, participate, learn and share the many options that are yours in the quest for knowledge and understanding of Dis-ease.

Ann Marie on the other hand, has her own personal story to tell. After battling the incurable and crippling disease of Multiple Sclerosis for several years, Ann Marie now enjoys total vibrant health. At the time she was told about M.S. there was no known cause or cure. She refused to accept the prognosis of "no hope." It was then she began her extensive search for anything that could make a difference in her health. She returned to college and received her Master of Science in Nutrition, then she furthered her education by gathering additional training and knowledge in biochemistry, vibrational essences, homeopathy, herbology, color therapy, bio-magnetic/kinetic energy therapy, acupressure, Reiki, bionetics, cranio-sacral therapy, polarity, ortho-bionomy, kinesiology and imagery. The integration of this knowledge continues to reveal the answers for which she searched.

Not only has she conquered multiple sclerosis but she now brings to others her Synchronistic Attunements and Divinely inspired Harmonic Essences. With her work, energy systems of the body balance, raising the amplitude flow and harmony of Life Force energy. This releases the body's innate ability to heal itself and to bring forth the incredible inner power to return the body to its original state of perfection. *Please see ad above for details.*



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# Networking News

**Hugh Gibbs** of Summerland passed away May 8 at the age of 95. A true pioneer in the metaphysical realm.

**OK Falls** has a Holistic Health Clinic with Herbalist Colleen Nicklassen and Natalie Klimp, a Traditional Chinese Herbalist. Drop in or give them a call 497-8995.

**South Okanagan New Thought Centre** is sponsoring Susan Smith Jones, a motivational speaker from California on human potential and wellness education this October. They need help doing promotional work for this major event. Call Donna in Westbank if you would like to help 768-0468

**Arnold Porter** is making his yearly tour through the valley teaching Jin Shin Do. Very subtle and very effective way to balance the energy in the body and improve health.

**Congratulations** to Doug Brown of Penticton's Shaw Cable and technical director for the Holistic Networker TV show for starting his own business called Light/Speed Multimedia. He will produce instructional videos, record special events or seminar speakers, and is expecting their first child at the end of May.

**Roberta Deans** is opening her doors and offers deep tissue bodywork as well as reflexology in Kelowna. She has just completed her training in Nelson.

**Welcome Dane Pursche** just moved from Alberta, who will be, doing Past Life Therapy at the New Centre in Penticton.

**Penticton's Holistic Health Centre** is open for business July 3rd. If you have been looking for space to rent so that you may better serve your clients in Penticton we have a complete promotional and answering service available, with spacious rooms and seminar space for rent. Phone 493-5371. We will have monthly or ongoing gatherings for just about everything including Reiki, meditation, yoga, tai chi, as well as seminars and evening classes. Check it out... 254 Ellis Street.

**ISSUES** is expanding. It will be published monthly starting this September. The new office is 254 Ellis, downtown Penticton.

**Vegan Potlucks** last Wed of each month in Penticton. Phone Angie for details: 496-5789.

**Midwifery** is coming to the Okanagan, please have your voice heard and fill in the survey and let the government know you support MIDWIVES. Birthing tub available in the Natural Yellow pages.

**Many thanks** to all the healers, volunteers and instructors who made this year's Spring Festival of Awareness the best ever.

*If you have info you would like to share write or phone ISSUES 492-0987*

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# Summer Schedule at a Glance

## June 3 & 9

Free Introductory Wholegraphic Releasing,  
Penticton p.18

## June 10, 11 & 12

3 day Intensive Wholegraphic Releasing,  
Penticton p.18

Career Planning Weekend Retreat: An **innovative, non-traditional and sensible program** for conscious career planning with Career Counsellor Marlene Haley, M.Ed.. In this life-changing and inspiring weekend, Marlene offers a new vision for creative career decision making.  
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## June 18

Giving & Receiving workshop with Personal Growth Consultants, Kamloops 372-8071

## June 18 & 19th

Angel Retreat, Salmon Arm p. 07  
Reiki I, Kelowna. p.20

## June 24, 25 & 26

Linda's Fun & Fitness Water Retreat,  
Naramata. p.18

## June 25

Acupressure Facial, Kamloops. p. 17  
Psychic Development  
Winfield, p.5

## June 25 & 26

Intermediate Meditation,  
Westbank, p. 13

## July 3

Penticton's Holistic Health Centre opens.  
p. 24 & 25

## July 6-20

Rich Work & Ann Marie Groth,  
Nelson, p. 13

## July 16-20

In Search of Freedom, Andy Schneider  
Salmon Arm, p. 10

## July 15, 16 & 17

Ayurvedic Self Healing, Apply Ayurveda in your Life for Health & Wellness, includes cooking class and 1 lunch \$60. John Alton,  
Nelson: 352-6168

Ann Mortifee in Grand Forks, this page

## July 20 & 23

Virginia Ellen Seminars  
Kelowna, p. 12

## July 24 - 30

Centre for Awareness Retreat  
Northport, WA. p. 02

## July 30 & 31

Reiki I - Kelowna, p. 20

## August 19-21

Red Mountain Rock & Twang Music  
Festival, Rossland, p. 23

## September

Canadian Acupressure Institute Inc., Victoria

The Kootenay School of Rebalancing, Nelson

Canadian Healing Arts Institute, Rossland

Breath Practitioners Training begins. Personal Growth Consulting Training Ctr., Kamloops

Basic Jin Shin Do workshops  
Kamloops & Nelson, p. 17

## ONGOING EVENTS

### MONDAYS-TRANSFORMATIONAL YOGA

Kelowna -7 pm. Muriel 763-8870

### THURSDAY- MEDITATION TECHNIQUES

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

### THURSDAY- REIKI EXCHANGES

Kelowna. 860-9880 - Rhoyalle

### KELOWNA PARAPSYCHOLOGY ASSOC.

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

**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."

Dates: Every Sunday.... 11 am to Noon  
Place: 1696 Cary Rd., at the German Canadian Harmonie Club, Kelowna, B.C. ....763-8588

### A COURSE IN MIRACLES STUDY GROUP

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### Ann Mortifee

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**Joyce O'Doherty 442-8658**

# My Poor Body

by Anke Smit

Working as a physiotherapist I came across a lot of people who have problems with their backs and necks (or associated symptoms). Sometimes there was an obvious reason for the pain, for example due to an injury. Often the client could not give me a reason for the pain. Then it is difficult to understand and for the therapist to explain.

Let me give some examples: Mary, who has been an office worker for years, spends most of her time behind a desk working on her computer. She's never experienced any problems, but lately she has neck pain, headaches, pins and needles with off and on numbness in her hands. When she came to me her first question was "why do I have these problems now and not before?" John works as a bus driver. He sits a lot but also has to load and unload suitcases. The same as Mary, he never had any problems, but lately he wakes up in the morning with pain and stiffness in his lower back. After a few hours of driving John experiences pain and numbness in his legs. Why now?

It is difficult to give a good explanation and sometimes difficult to cure these people. They need to have a good understanding of how the spine works. In general people don't know how their body works because as long as we can function we don't worry. There is no education about body mechanics, what happens in the joints and soft tissues when there is an injury and what to expect in the healing process.

As soon as the client has a better understanding about the body, how it functions and why he got into problems, he can cope with it better. It also tells him how he can do his best to improve his health. Rehabilitation is not only the job for the medical professional but also needs the cooperation of the patient. You can get all the treatments in the world and still not get better possibly due to doing things that are counteracting the treatments.

So the start would be education; learn what your body is capable of doing, what happens in certain situations and how to deal with it. Unfortunately the human body is not like a car. When a car is broken we can get new parts, get it fixed and drive on again. Certainly modern medicine can give us new parts such as a new hip or knee, but we also have to deal with the soft tissues around it. On top of that, every person copes with his/her bodily problems in his/her own way. The state of mind has a lot to do with it too. For example, there is a difference between an athlete recovering from a minor muscle injury compared to someone who has long standing problems and has to deal with an injury disabling him more.

It is a lot easier to accept a temporary disability than a permanent one because you know there will be an end to the pain. But when you know there is a permanent disability, how do you cope with it? How do you live with it? How does your family cope with it? These are difficult questions to answer with a simple reply, but I do believe that the bottom line is to have a good understanding of your body and take it from there. Ask your medical professional and get as much information as you can. The more education you can get, the more you know about yourself, the better you can look after yourself.

now imminent, is of a world stock market crash, to begin in Japan. Concerned to emerge as soon as possible to mitigate the effects of such a crash, Maitreya is ready to meet with representatives of the major media if invited to do so.

For free information on the emergence of Maitreya the Christ, please contact TARA CANADA at Box 15270, Vancouver, BC V6B 5B1. Telephone (24 hours): 988-TARA.

The world has had enough  
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to humanity's problems.



Info: TARA CANADA  
Box 15270 Vancouver BC V6B 5B1  
Phone: (604) 988-TARA

## MAITREYA THE CHRIST APPEARS IN MONTREAL

by Diana Holland

On Sunday, 13 March, Maitreya the Christ appeared "out of the blue" to a gathering of about 600 fundamentalist Christians in Montreal, speaking for 16 minutes (in English). He has appeared in a similar way to groups all over the world on about 300 occasions so far, to help prepare his emergence into full public view. Photographs taken at the first such appearance, to 6,000 people in Nairobi, Kenya in June 1988, were carried by major world news media, including CNN.

In the vicinity of his appearance sites, including Montreal, Maitreya has been charging wells or streams of water with healing properties. Wells have already been discovered in Tlacote (Mexico), Nordenau (Germany), and Nadana (India), where people are flocking to take the water, and experiencing cures from AIDS, cancer, epilepsy, heart disease, etc. The next source of healing water to be discovered will be near San Antonio, Texas, followed by one near Edinburgh, Scotland.

The healing wells are one of Maitreya's gifts to humanity at the dawn of the Age of Aquarius, whose astrological representation is the Water Bearer, a man carrying a pitcher of water on his shoulder. Bestowing the waters of life on all humanity, Maitreya will serve as the World Teacher for the coming age. He is one of a line of great teachers called forward by mankind all down the ages, to help guide its evolution. Such a one was Jesus, at the dawn of the Age of Pisces.

Maitreya has forecast a series of world events which have come to pass with astonishing accuracy. For example, in March 1990 he forecast that the states compromising the Soviet Union would become independent, and then in August 1991 that Gorbachev would be replaced, somewhat before the events occurred. Another forecast,

*Continues to the left*

# Chinese Herbal Medicine

by Natalie Klimp, TCH

The Chinese system of Herbalism dates back, in written form, almost 5000 years. This is an incredibly long, unbroken system of healing. Over 20% of the world's population, and not just Asians, rely upon Traditional Chinese Medicine (TCM) as their primary health care. Now in the West also, TCM is proving its capabilities as a valid treatment method.

TCM has its roots in natural theory - a theory based on the assumption that we and our environments are all interconnected. Our physical, spiritual, emotional and mental bodies, the seasons, general climates, foods, and living environments are all related to our health in this theory. It must be noted that the Chinese considered cutting into a body as unnatural and abhorrent, so there were no 'scientific' dissections of any creature, let alone humans. The entire theory is based upon observation of living organisms and the energy of life, not upon the cutting up of dead creatures.

The entire TCM system is unique, and practitioners use terms that need to be defined for the Western mind, to make sense to us. All of those terms are capitalized, to differentiate them from the Western meaning of the word. The first five terms need to be understood by the client as Energies, not so much as tangible substances. These energies, when not flowing smoothly, manifest as discomforts and diseases. They are Qi, Blood, Fluids, Yin and Yang. Any of these Energies can be in Deficiency, as is common, or Qi or Blood can Stagnate.

In TCM, there are five major Organs that rule the body. These unfortunately have the same English name as some things in our body. The Chinese view of Organs is as Functions, and they are not located in particular spots in the body. The five Organs are Lungs, Heart, Spleen, Liver and Kidney.

There is also the Eight Entities, which are pretty straightforward: Cold, Hot, Wet, Dry, Excess, Deficiency, Yin and Yang. There is also Wind, indicating a condition that moves throughout the body, or a condition involving tremors and shakiness. Most illnesses are the result of at least one imbalance in the above list.

The emphasis in TCM is not on treating a symptom or two - it is on bringing the body into balance again. I never give a formula for arthritis, for example. Usually, after a couple of weeks, month or few months, the arthritis is remarkably reduced, and the person feels a lot better in all areas of their body, not just their joints. This is very important to understand - herbs do not treat symptoms, they treat people. If the Chief Complaint is a long term, chronic condition, Nature needs a bit longer to return the body back to health, especially when using the gentle actions of herbs. Using herbs under the care of a qualified practitioner, there are no side effects, no dangerous drug interactions, and more often than not, wonderful results. 

*Natalie has an ad in the Natural Yellow Pages - Herbalist*

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## **Linda's Fun & Fitness Retreats**

by Sue Heffernan



"Encouraging and providing opportunities for women to take a complete approach to living life more fully." Linda Abbott states this is her goal in organizing an increasing variety of weekend getaways, adventures, for women. Abbott, founder of Linda's Fun & Fitness Retreat, has structured weekends that can be a "Real treat" for ladies in these busy, hectic times.

Abbott provides a vehicle, for women, that offers choices for a better quality of life through a variety of entertaining motivational speakers, with thought provoking, stress reducing, fun and fitness activities for the mind and body in a relaxing atmosphere.

With her background in physical fitness, Abbott developed the retreat weekends to offer opportunities to women to find new ways to enhance their total well being. It allows women a time to explore and experience some of the many choices available to them with support and without the many interruptions and distractions they can face in their day to day world.

Abbott carefully selects her presenters to appeal to a variety of tastes and needs. A weekend of choices, all of which can lead to an increased sense of direction and awareness, resulting in a potentially higher level of fun and enjoyment in daily living.

"Ladies leave better equipped with tools that help them to experience and enjoy more of what life has to offer", Abbott says of the weekends.

So you are just a little shy or nervous signing up for a retreat, maybe...you have no one to go with or you can't think of someone you would like to spend a weekend with. Previous retreats have seen a number of creative solutions to "Letting Go" of some of the fears and hangups that can stop one from fully participating in their lives.

Mothers and daughters have used this time to reunite, as have friends. While those who are feeling the stresses and demands of their businesses recognize the need for relaxation or something different and co-workers have taken the time or been given the time by their bosses to have a chance to get to know each other better or just relax after a challenging jog is completed.

Attending by yourself or with others has its benefits. For example: if you choose to share your accommodation the cost for each person decreases and sharing information from each of the sessions soon leads one to discover that each person leaving the retreat has had different adventure during their weekend. With one of the possible benefits being that they have moved forward in gaining knowledge that allows them to be better equipped to face daily challenges.

The next retreat takes place at Naramata Centre June 24 - 26. Weekend registration includes two nights accommodation at Naramata Centre. An opportunity to choose your own adventure with a unique combination of speakers, fitness sessions and variety of pampering extras. Lots of fun, welcoming surprises and draws add to the weekend's adventure.

For more information or to register please see her ad or contact Linda's Fun & Fitness Retreat at P.O. Box 777, Station "A", Kelowna, B.C. V1Y 7P4. Phone 764-8650 or fax 861-1340.

# Centered in the Tao

## Enlightenment, another roadside distraction

by Hajime (Harold) Naka

Another Spring Festival is history, but the feeling of being enriched by all the people there remains. Having been involved with the Festival for the past ten years, I have seen many changes take place in people as well as the focus of the Festival.

In the early years at Vernon, there were quite a few people searching for gurus and the gurus were recruiting disciples. Getting enlightened was also, "in." About the only thing that got enlightened though, were peoples wallets.

And remember the New Age people who were going to change the consciousness of people worldwide through mass meditation? Well, they have become the New Age entrepreneurs of the nineties, making real money in network marketing.

The Festivals have more balance now, less ego-tripping and more honest sharing. But, there is always the exception. This year, the only person with a bigger ego than Brock Tully was myself, and we both love our egos. I asked Brock just to make sure. There were more workshop leaders going to other workshops, which is a healthy sign. The more we can share and learn together, the more everyone benefits, so I was honored to see Brock practicing humility by participating in my workshop. Afterwards, I asked Brock if he would be interested in doing a workshop together. He said "Sure, I'll just have to lower my standard." I guess I'll take that as a compliment?

Over the years I have learned not to take myself so seriously and share my life's unfolding with a sprinkling of cynical humour, playful laughter and a sense of wonder as I stumble into my destiny. I have to laugh at myself and feel a bit embarrassed when I reflect back and see how much resistance I had to change, like a river trying to flow up a mountain. Now, gravity and water are constantly reminding me to surrender to the forces of nature. I can still remember when a friend of mine asked if I wanted to go to a Tai Chi workshop in Kelowna about fifteen years ago. I said, "No way!" I had not heard of Tai Chi then, and I didn't want to get brainwashed into some cult, so I thought.

Isn't it interesting, that what we resist the most, is what we become. Scary thought, eh! Well, on the lighter side, I once asked my Higher Self what my purpose on this planet was? The answer I received was: "Your only purpose is to give 'The Course of Miracle' people a chance to practice their lessons." Oh, really? Did I channel that? Is that you Ramtha? My lower self tells me to dance, move through space and fly without wings. On that note, I want to thank Brock for his inspiration, to all the wonderful people who made the festival happen, to mighty Joe Young for sharing and finally to the many people who opened their hearts and played with me...Sayonara for now. 



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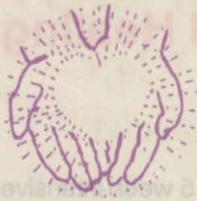
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# Transformational Yoga

by Peter Mikiel Hutt

This particular variation of the ancient art form of Yoga has been brought forth to assist an ever growing number of those desiring to transcend the limited version of the self. Yoga means union through thought. Transformational Yoga is the union of the trinity of the Body, Mind and Spirit. There is a great longing within the soul of each one who draws breath to bring the gifts of peace and harmony into all levels of being.

We have experienced the perception of the separation of the self and all of its illusory creations of pain, of loneliness, feelings of being unloved, confused, and living in fear, or more correctly dying slowly by being afraid to live life in this body that we have created as our present temple of expression. Indeed every experience is an attempt to create balance and we grow impatient to receive this precious gift.

After many years or even lifetimes in search of this treasure, many have grown weary of looking endlessly outside of the self in search of this Holy Grail. To satisfy this hunger within the core of each candidate for peace of mind, which is the peace of God, we return once again to the one who holds the keys to self realization. This is the one whom you have been programmed since infancy or perhaps even in the womb to judge most harshly. This is the one whom you have disliked and even hated most of all and who has held you back from fulfilling your potential dreams. This is the one whom you are ashamed of, and who has caused you to become dis-eased, and suffer seemingly unjustifiably. This is the one who is hurting even as you read these words, and who feels the pain as it focuses somewhere within the physical body as an energy block. This is the one whom you spend most of your time fleeing or fighting, so as to contemplate being someone else but who you *seem* to be.

Because no one else can "be" for you, the importance of your discovery of your true self, the one that exists at higher realms of thought is most important now for all of us, for you represent the only one that needs to heal to complete your mission. Your vibration is feeding the rest of the world and so your gift is priceless, and infinitely beautiful to the wholeness which is co-created by your efforts.

Of the many spiritual tools available to help us receive awareness of the true self, to help us to transform from human beings to Human Spiritual Beings, Transformational Yoga is a most powerful vehicle for change. Through the utilization of postures which are gentle and supportive to the physical body and assisted by the breath and sounding, the discharge of disharmonious energy is facilitated from the various chakras or energy centres. Fresh prana or life force energy is brought in to cleanse and nurture the physical and subtle bodies of your auric field. The inner muscles are developed, and the mind is stilled allowing you to access higher states of consciousness. You leave the realm of thinking and you enter the realm of knowing.

The instructor's use of affirmations of the truth known as At-one-ments transforms the consciousness of the body at the level of the cell. Limited belief systems and errors of thought stored in the physical body are released and surrendered, followed by the acceptance of a new vibration, one which no longer embraces the old program of fear, lack or need. The process leads to empowerment, alignment and balance. This form of yoga was used by the ancient Essenes and is given now to assist each one who desires to heal the "inner family" and to birth forth the radiant self, the goal of all our life experiences here.

Classes in Transformational Yoga are offered by instructor Peter, see ad to the left. Virginia Ellen, the Radiant Mother of Transformational Yoga, will be in Kelowna the week of July 20 & 23rd for seminars and instructor training. *See her ad on page 12*



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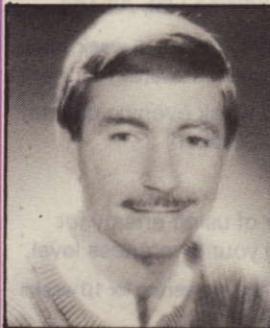
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# Taoist Tai Chi

by Penny Wade

Taoist Tai Chi is an ancient Chinese exercise for health. It consists of slow and graceful movements that relax and strengthen both body and mind. Tai Chi is a Taoist art based on the philosophy of return to a natural state of health and well-being. Chang San-feng, a Taoist sage who lived in the 11th century (Sung dynasty), is recognized as the originator of Tai Chi as a formal system. Today, Tai Chi is one of the world's most popular exercises and is practised by millions of people of all ages.

Taoist Tai Chi was first introduced to North America by Master Moy Lin-shin. Master Moy studied the Taoist arts of health and longevity for over thirty years in China and Hong Kong. He restored to Tai Chi principles from the Taoist internal arts, traditional Chinese medicine, and Taoist meditation. In this way he developed a form of Tai Chi specifically aimed at cultivating health and vitality. He named this discipline "Taoist Tai Chi".

Recognizing the great potential of this art to improve health and alleviate suffering, Master Moy has dedicated his life to making Taoist Tai Chi available to all and to establishing an organization focused on helping others. The Taoist Tai Chi Society of Canada is a registered charitable organization. It is administered almost completely by volunteers, which allows income from dues and donations to be used in furthering its aims and objectives. The volunteer aspect of the organization provides many opportunities for members to contribute their time and talents for the benefit of others, and often to learn new and valuable skills in the process.

An accredited Taoist Tai Chi instructor must meet the national standards set by Master Moy and continually upgrade his or her knowledge through attendance at regular classes and workshops. In keeping with the aims of the Society, all instructors are volunteers. For the student, being taught by a volunteer means receiving attention that is motivated by enthusiasm and belief in the benefits of the art.

Taoist Tai Chi has an extra degree of stretching and turning in each movement, placing the emphasis on health improvement. With diligent practice, this type of movement produces a profound effect on all systems of the body by reducing tension, improving circulation, and increasing strength and flexibility. In time, the internal aspects of the art of Taoist Tai Chi penetrate deeper than the muscles to benefit the entire physiology.

The fast paced yet sedentary nature of modern life often results in stress and lack of sufficient physical activity. Many hundreds of individuals have found the massage-like movement of Taoist Tai Chi to be an effective therapy for a wide range of health problems, including poor circulation, headaches, high blood pressure, arthritis, back pain, breathing difficulties, digestive and nervous disorders, to name but a few. By restoring proper circulation and relieving tension in the muscles, ligaments and tendons, Taoist Tai Chi helps optimize the functioning of the whole body. In this way, health is restored and the proper functioning of all systems, organs and tissues in the body is maintained.

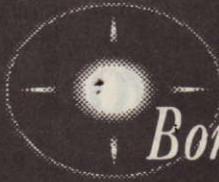
The Taoist tradition from which Tai Chi comes recognizes that a person's health depends on the harmonious interplay of mind and body. Stress anxiety and extreme fluctuations of the emotions have harmful physical effects. In addition to restoring physical vigour and relaxation, the movements of Taoist Tai Chi exert a calming influence on the mind by engaging one's total concentration. This results in a natural form of "meditation in motion." Taoist Tai Chi truly



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With the help of many hundreds of enthusiastic volunteers inspired by Master Moy's dedication, skill, and generosity, Taoist Tai Chi has spread quickly across Canada and around the world for a total of over 300 locations. If you would like further information about Taoist Tai Chi and the classes we have to offer, please contact any of the following: **Penny** 542-1822 or **Bryan** 542-5029 at the Head Office, 4407 - 29th St. in Vernon, V1T 5B7, **Agnes** 764-4259 or **Jamie** 769-5369 1462 St. Paul St., Kelowna, V1Y 2E6, or **Carol** 548-9280 Oyama, **Rose** 547-9545, Lumby, **Jim** 352-2192 Nelson, **Michael** Salmon Arm 832-0639.

# The Journey

by Don Rees



I'm flat on my back on the rug staring up at the circular skylight and the slim poles that radiate down from its centre to the walls of the round seminar house. The skylight is black because it's late in the evening. The session is over, the participants sitting in small groups. There's a muffled murmur of conversation while Neil Diamond's "I am I said" drifts softly from the stereo. Everything seems soft and muffled as if the room was padded with cotton batting. I am at perfect peace...I need no one around me, I just want this contentment to last forever. But of course it doesn't.

It was just one of the many moods in my excursions to the Cold Mountain Institute on Cortes Island in the years between 1972 and 1979...yearly trips to attend five-day workshops in self-awareness, meditation and the world of psychic phenomena. Sometimes there was that closeness and warmth of group sharing, other times, moods of depression and anger as buried thoughts and experiences hammered their way up from the subconscious, demanding to be faced.

The Cold Mountain Institute, now restructured and re-named Hollyhock Farms was and still is a growth and learning retreat. The Institute took its name from a Chinese poet-hermit of the T'ang Dynasty, about 650 A.D. who called himself Han Shan or Kan Zan which translates into Cold Mountain, the place where he lived, and has come to mean the man, the mountain and the quest to know oneself and ones relation to the universe. In the 70's it felt the influence of such growth centres as Esalen in California, and New Age notables like Fritz Perls and Wilhelm Reich with their radical ideas and eccentricities.

Arrival was by ferry trip from Campbell River, then a drive across Quadra Island to catch the ferry to Whaletown on Cortes Island and a half hour drive to the Institute. Most times I was able to catch a ride in Vancouver with someone who was also travelling to the workshop. On one occasion I travelled by plane to Campbell River and then took the regular Beaver aircraft flight on its scheduled run taking fishermen and loggers to various locations. One time I arrived at Campbell River by bus only to find that the regular flights were cancelled by a strike and I had to hire a Cessna float plane piloted by someone who looked about sixteen and strolled onto the dock with hands in pockets allowing me to carry my own suitcases. I remember his words as we settled into the cockpit, "Let's see, how do I turn this thing on?"...a real confidence grabber. However he did turn out to be a good pilot.

I attended my first workshop in 1972, actually two in that one year. The Cold Mountain Institute was a converted farmhouse with sleeping rooms up and downstairs, a kitchen and large dining room with low round tables and polished wood floor. I had trouble getting up and down, so I sat on the stairs for my meals all through the workshop...next time I brought a pair of slippers with non-skid rubber soles. The farmhouse was just above the ocean and the calm waters at noon sparkled like a bay of diamonds.

At the first workshop I shared accommodation with two others in a bedroom just off the kitchen. I woke the first morning with the Institute's mangy black cat sitting on my chest, peering intently into my face, and in the next room sounds of breakfast preparations and on the stereo, the other-worldly strains of Paul Horn's "Inside the Taj Mahal." These are islands of memory, some high, some down in the depth of depression, like the night I tossed and turned and finally got up and walked down to the beach where I saw and recorded a beautiful sunrise. That picture, enlarged and framed greets me from the wall of my bedroom when I wake in the morning.

Another memory of a slim blond girl, sitting with head on hands, her body racked with sobs after a self-revelation about her past life, made even more difficult because her mother was also in the workshop. The happening reached its climax when the seminar leader, tears streaming down his face went over to the girl, knelt, and they cried in each others arms. And I immediately thought of the phrase "And Jesus wept."

I also marvelled at the calm trust of the leader who could sit at the end of a mattress while urging a participant to physically express anger which had been stored up for years by striking the mattress again and again with a baseball bat. And the achingly sad but beautiful scene of someone sitting opposite a cushion, finally able to say appropriate goodbye and release a departed loved one.

Other workshops included the five day meditation intensive, with its silent walking meditations at night along a gravel road in a thick fog. It was another world, with the only sounds the crunch of the gravel as someone passed you. Or the five day psychic workshop where we dissolved clouds and one of the participants was bullied by a group of mischievous spirits who were attracted by the high psychic energy we were generating.

Looking back, I know it wasn't just accident that I attended a Thomas Harris "I'm OK you're OK" workshop where someone gave me a Cold Mountain brochure and started me on that important period of my life, and made me realize that I had a direction. One of the popular exercises at Cold Mountain workshops was the guided meditation in which you saw yourself climbing to a cave in the side of a mountain. At the end of the tunnel inside the cave was a fire and behind it sat an ancient Chinese gentleman who could tell you something important. I vividly remember one of my trips up the mountain where the path I climbed was rocky and dusty, and when I walked through the cave to the fire, the ancient one said to me "You've come a long way." It made me aware of just how far I had travelled and how much I had grown. I am still on the journey, still climbing on paths that are sometimes dusty and rocky, and looking for those islands like Cortes and Ancients behind a flickering fire to help me measure my growth.

# What Do You Believe?

by Jill Newman



I went from excruciating pain with prognosis of a wheelchair and my family watching helplessly; I went to a functioning vital life on my own two feet. Does this sound strange or impossible? This happened to me.

A close relative suggested a healing method available if I could commute 60 miles, and I grabbed the opportunity with both hands. The healing came fast, from being carried and driven by my husband, to walking and driving myself in just a week. The healing had the effect of not only changing my appearance and body, but shaking me to my very core, without my even realizing it at first. It sparked overwhelming curiosity that started a fire inside.

I knew that I did not want to go back down the road of pain, so I educated myself. Through classes, my transformation continued. It was clear that I would be forever changed for the better. The fire changed to a drive to help myself and more. I knew that I had to assist others; this is what I had been searching for: "My Path".

From this journey grew the discovery of many gifts I had been blessed with. Onward I went, to put together a class assisting people in helping themselves and others. It contains 24 different healing energies, many vibrations for personal transformation, plus three spirit helpers from the Light to assist and work with the individual. The class is taught in an 8-night format and contains 24 hours of instruction and practicum. I personally have used this class material for the past nine years for my continuing evolution and health. I found from my own experience that you do not outgrow this class; it grows with you as you evolve.

I also offer private appointments in a hands-off psychic surgery; this method is similar to that used in the Phillipines except that the spirit doctors do the surgery. I am only the instrument they work through.

This is the method that was used on me to heal my entire being. It works. Physical healing depends upon the inner as well as how much healing the body is ready to accept. All levels of one's being are worked on, so results manifest in the body can take up to six weeks. A wide range of problems have been worked on, running the gamut from emotional to cancer. Results have been remarkable. WHAT DO YOU BELIEVE? Contact: Jill Newman at 747-1427



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# Storytelling

by Thea Vanderplaats

Storytelling is an ancient art.  
Its fire rekindled.  
Its magic restored.

Soul Stories are like nuggets strewn amongst our every day thoughts, and act like brilliant stepping stones that light the way to a more direct path to the Source. They do not invade, nor push. They do not demand, nor judge. Rather they allow us to really hear, privately, intimately, yet openly.

The kind of stories I am talking about are those that have been touched by Life itself. It is as if the story reaches out and the listener accepts the offer to walk along a while and simply be.

Stories are therapeutic, and they are fun. They answer the call of the child in all of us, regardless of age, creed, planet or perception. We are all as unique as pebbles in a pond, but the kernel of soul stories touches us in the same spot.

My interest in storytelling piqued a few years ago when I needed to find something that was uniquely me and gave me a sense of fulfilment and satisfaction. so I dowsed for inner treasure. What surfaced was a rhythm that I translated into poems, rhymes and short stories woven out of life's fabric, but with imaginary characters. They have a mystical quality which allows the listener to freely hunt for treasures in and beyond their own mental makeup.

I am still surfing on the rhythm of words and I am taking my stories under my wings and will fly to wherever I am invited. So if you are looking to add a little lightness, fun and frolic to your gatherings, retreats, workshops and functions, my flying carpet is ready for takeoff.

On Friday, June 24th at the Okanagan Centre for Positive Living in Vernon (#202-3315-30th Avenue; Love offering basis), I am offering an evening of my own magical, mystical and musical stories and poems. Call me at 493-7287 for more information.

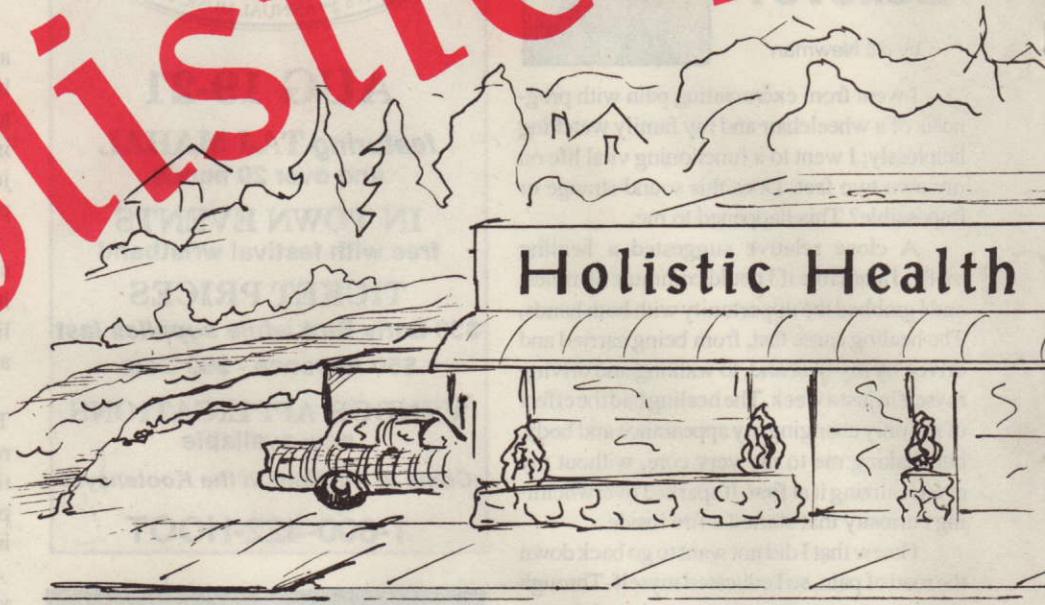
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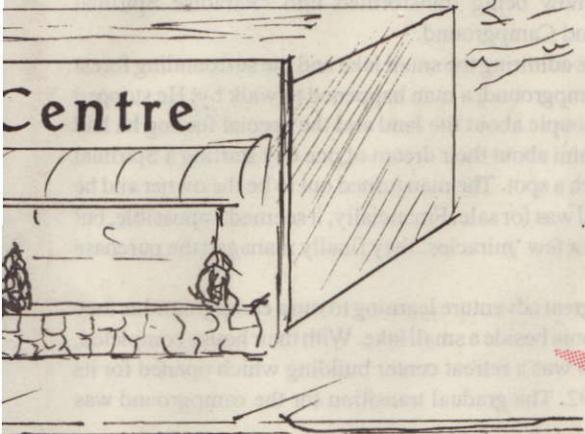
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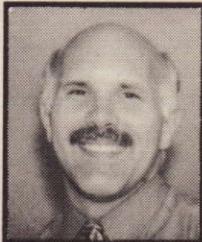
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# Dream of Paradise Comes True

by Seann Tanner

The vision came during their Honeymoon. Ten years after they first fell in love with each other, Rudy and Rhonda fell in love with a beautiful campground on Vancouver Island. To them the Humpback Valley Campground was much more than a relaxing vacation spot. Where there was a patch of grass, they saw a beautiful garden. Where there was loud partying campers they saw people quietly enjoying and contemplating nature. They had a vision of what is now becoming a reality. A place that for 20 years has been a family campground is now being transformed into "Paradise Spiritual Retreat Center and Campground."

As they were admiring the small lake and the surrounding forest of pines at the campground, a man happened to walk by. He stopped to talk with the couple about the land and the special feeling he had for it. They told him about their dream of one day starting a Spiritual Center in just such a spot. The man turned out to be the owner and he told them the land was for sale. Financially, it seemed impossible, but with his help and a few 'miracles' they finally managed the purchase within a week!

They had a great adventure learning to run a campground as they built their new home beside a small lake. With their house completed, there next project was a retreat center building which opened for its first event in 1992. The gradual transition for the campground was well underway.

In August 1993 they made an inner commitment to convert the entire property to a Spiritual Campground and Retreat Center. Right away camping business dropped off, sooner than expected as it was still peak season. Mysteriously all the signs pointing to the campground also disappeared.

It was a challenging winter, financially and emotionally. They had to let go of many ideas of how things should happen. They inwardly asked for guidance and a clearer purpose came into focus. Help soon came in the form of support from others who had similar visions about a spiritual retreat center. Along with their dreams, the people creating the Paradise vision brought with them practical skills and expertise in addition to their spiritual and personal growth experiences.

This is the Summer that the campground becomes dedicated to its special purpose, a 114 acre private spiritual retreat and nature sanctuary...a place to heal, relax, play, learn and grow. Love and respect for all life is the spiritual foundation here. Our commitment is to create an environment where all life can live in balance, harmony and peace. 'Paradise' offers personal growth opportunities with a variety of workshops and seminars. Group and private sessions are available in Spiritual explorations, creative arts, holistic healing, body work, yoga and meditation. There is also a summer work exchange program available.

Nestled among the trees and near the lake are attractive sites for tents, motorhomes, trailers and the like. The facilities are clean, the grocery store is well stocked and there is plenty of pristine forest to hike through and nature to get in touch with and explore. Paradise Spiritual Retreat Center is the ideal spot for a peaceful camping break...an eco-tourist dream come true. 'Paradise' is heaven on earth for Rhonda and Rudy, and now open to others who share their vision of a nature sanctuary-spiritual retreat center to restore body, mind and soul!

*See the Natural Yellow Pages for details.*

## The "NOW" Age...The Age of Awakening

by Faye Stroo

Time has been one of the most major issues I have had to deal with. I have felt a lack of it most of my adult life. I used to say that I wished every day had at least four more hours and each week were 9 days instead of seven. I have often felt like a "prisoner of time." Many of my spiritual and metaphysical lessons have focused on my learning to BE more and do less and learning to live the truth that time is an illusion. I realize that time issues are trust issues and that when I'm not trusting I get impatient and rushed. A few months ago I wrote the following poem: *Prisoners of Illusion*

*A prisoner of time,  
Asleep behind bars  
Stronger than steel.  
Bound by eons of illusions  
Stirs in her prison. Her first movement  
Since time began. Is she awakening?  
Her sleep is disturbed by a strange light  
Somehow familiar, both frightening and compelling.  
She dares not open her eyes  
Yet can no longer sleep. Half awake  
With eyes closed, trembling with fright and anticipation,  
She waits. "To be awake in prison would be hell.  
Better to sleep and dream of freedom."  
Out of the light,  
A voice calls, "Wake UP, You're Free"  
"You've been pardoned."  
Could this be true? The voice keeps calling  
And still she waits. "What is freedom?  
To awaken or not to awaken????  
I'll decide tomorrow."*

I have practiced, "being here now" for years through meditation, mindfulness and other practices focusing on the now and have found a gradual improvement. In Nov./Dec. last year I spent a month in Nelson and during that time I kept hearing my inner voice saying, "This is the dawning of the NOW Age."

Over the years I have had several experiences of doors opening within, to spaces of which I was previously unaware. This most recent opening is into an inner space of ever expanding awareness and consciousness, "The Now." I am exploring this place with excitement and wonder. My inner teachers of the Now are ever willing to share their wisdoms whenever I am willing to listen. "Now is a Holy Instant in time where all is known, all is whole and all is one. It is an opening into eternity." The most recent information I have received is concerning the seven wisdoms of the now. There are four wisdoms of being and three of doing. I am writing about these wisdoms and will be sharing them in a book and also in workshops later on this year. These wisdoms show us how to live for the joy of the moment, to be who we are in the moment and to create what we want in the moment.

The now age is not about new information...it is about remembering. Often, remembering seems new at first recall. The difference between new information and remembering is that new information comes from without while remembering awakens the stored memory from within. The "Now Age" is not the new age warmed up, or the old age re-newed. It is not new, it is not old. It is now. Now is beyond beliefs and belief systems. Anything that implies separation of any kind cannot enter the now age. Now integrates the opposites. In the now we know we are all one. Oneness is the ultimate experience of now.

*Faye's ad is to the right.*

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# DANDELIONS, WEED OR FEED!

by Karen Timpany

Recently I was given a recipe for Dandelion tea as a method of cleansing my body. The results were so good that instead of digging dandelions up in my lawn and garden, I now cultivate them. These wonderful prolific herbs cleanse the bloodstream and liver and increase the production of bile. Also used as a diuretic and for improving the function of the pancreas, spleen, stomach and kidneys. This marvelous herb can be used for anemia, gout, rheumatism, jaundice, cirrhosis, hepatitis, abscesses, boils, cramps, fluid retention, constipation, and breast tumors. It also reduces serum cholesterol and uric acid. Now, think of all the weed killers out there, designed to kill everything that doesn't support the idea of the perfect lawn. Soft velvety green blades of grass immaculate and pleasant to the eye to behold..... well, I prefer not to use any chemicals on my lawn or garden and I love the spotted yellow flowers that dot the grass and help to create a kaleidoscope of colour to my world, as well as filter toxins out of the air; another thing about Dandelions that few people know. These flowers that have been so badly maligned have such a wonderful purpose here on earth and as an added bonus were created to handle pollution as well. I think this is well proven out by the fact that no matter how many different weed killers we produce, the dandelion population continues to multiply in the face of all adversity. Man for all his supposed wisdom of what perfection really is, will always be brought to his knees in humble recognition of a greater source of knowledge, be it spiritual or the purpose of a pesky weed (?), called the Dandelion.



Please cut this out and mail in this survey

## MIDWIFERY TASK FORCE SURVEY

**Please make your opinions and needs known.**

\_\_\_\_ I agree that midwifery care should be available to all birthing families in the province of British Columbia. (You can select this option to indicate support of midwifery even if you do not intend to use the services of a midwife or become a member of the task force.)

\_\_\_\_ I am interested in the services that midwives can offer me personally, and would like to know more about midwifery. (Either mail this form to us with a \$1 donation, or call for more information: 493-0475 in Penticton, 558-1821 in Vernon.)

\_\_\_\_ I would personally like access to the services of a midwife for a (circle one) home or institutional (i.e., birth centre or hospital) birth.

\_\_\_\_ I would like to become a member of the Midwifery Task Force (\$15 membership fee enclosed). Please sign me up for the Penticton or Okanagan Chapter (Please circle one).

# MIDWIFERY:

NOW is the TIME to show your SUPPORT!

by Jacinta Ferrari

Just over one year ago the provincial Government announced its intention to legalize midwifery in B.C. An advisory board (called the Midwifery Implementation Advisory Committee) was set up to guide the Ministry of Health during the implementation of midwifery into the health care system. The official body that will govern the practice of midwifery in the province (the College of Midwives) will be established by Dec. '94. Slowly but surely midwifery is on its way.

For people who care about the quality and accessibility of care that will be provided, however, the struggle is not yet over. A few of the issues of immediate concern are:

**AVAILABILITY** - There are currently few midwives in the B.C.

Interior. However, if consumers make their demands known, more will surely be enticed to practice here.

**FUNDING** - Universal access to midwifery care is only possible if services are fully funded by the Government. This issue is under review at the time of this writing (early May 1994).

**HOSPITAL PRIVILEGES** - As an autonomous practitioner, the midwife must have the authority to make hospital admissions or medical referrals if warranted.

**MEDICAL SUPPORT** - The midwife will function best if she has established a mutually supportive relationship with the medical community (including nurses, physicians, and obstetricians).

The Midwifery Task Force cares about quality and accessibility. We are a consumer-responsive society of volunteers dedicated to making high-quality midwifery services available to all birthing families in the province. We need your support in these endeavours. If you think midwifery is a good idea (for yourself or anyone else), if you would personally like access to the services of a midwife, or if you would like to get involved in the Task Force, please complete the accompanying form. *We need to hear from you.*

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Please mail your return to the Vernon address below.

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## FOCUS ON WOMEN

Laurel Burnham

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"Everything the power of the world does is done in a circle."

*Black Elk*

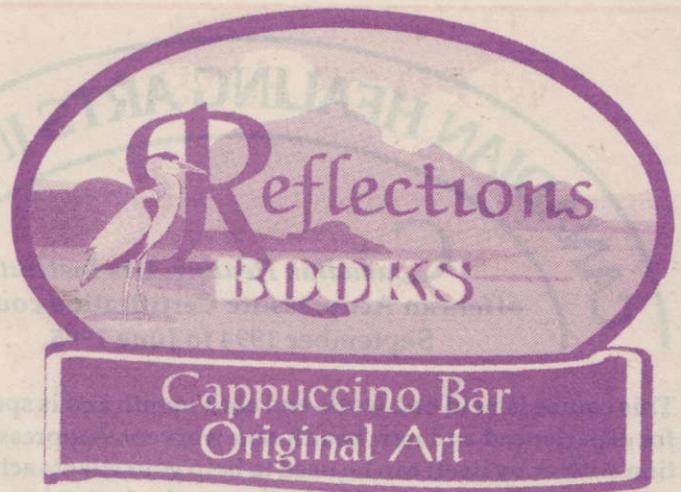
The power of ritual lies in its ability to go beyond our ordinary levels of consciousness. The magic of ritual reaches deep into our subconscious selves, to empower and heal. Whether we are consciously aware of this process or not, it will work just the same. There is a very deep part of ourselves that only responds to candles and firelight, drumming and song, music, symbols, art and poetry. This deep part of ourselves is sometimes called the "Id," (by those familiar with Freud), or the collective unconscious (as identified by Jung), or the "Child" of Transactional Analysis. Some traditions call this the "Younger Self." "Younger Self's verbal understanding is limited; it communicates through images, emotions, sensations, dreams, visions and physical symptoms." **Starhawk** *The Spiral Dance*.

Ritual enables us to communicate with that "Younger Self." We can learn much from our "Younger Self." And we can also help that self to heal. There are specific tools which are used in ritual. They are time-honored tools, used in the shamanic process from the very beginnings. Standing, or sitting together in a circle is a very good beginning. Circles represent life. They represent the universe, eternity, all beginnings and endings. When we join hands, we acknowledge that we belong to the greater circle of all beings. We are recreating the Sacred Hoop of life.

When we make a circle, we are creating a safe place, a sacred space for ourselves. In this circle, women should feel totally safe to be who they truly are, to feel fully validated and loved. In creating a circle, we are symbolically acknowledging our community, our common bonds. We are telling our younger selves that we are home. We are also acknowledging our equality. In a circle, everyone is on the same level as everyone else, everyone can see everyone else. We are not staring in front of us, not looking at the back of someone's head. You will notice that conventional churches and schools are not set up to reinforce the idea of equality and connectedness. They are structured to maintain authority, hierarchy and control. That is why the circle is so important, because we wish to acknowledge the essential divinity of each one in the circle. We are seeking to empower ourselves, to breathe new life back into our world, and our relationships with one another.

The next step in creating ritual, after establishing our sacred space through purification, and creating our circle, is to call upon the elements of earth, air, fire, water and spirit. These are identified in the Medicine Wheel as the directions of north, east, south, west and centre. Every living thing is a combination of these elements. Each one of these elements is essential to life. We experience each element in every day of our lives. The sun (fire) radiates its heat and light,

*continues next page*



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which travels through the atmosphere (air) and the oceans and rivers (water), which cover the body of the planet (earth). The relationship of all these elements is the centre, the essence or spirit. Becoming more aware of the elements allows us to experience more of the sacred, the essence of all our lives. Now let us explore each element. We will do this in the order or direction given by the Medicine Wheel.

## Air/East/Mind

When we invoke (or call upon) air in a ritual,

we are asking that the qualities represented by air be available to us. In Jungian terms, the element of air represents the mind, the ability to think, the powers of objectivity and discrimination. On the altar we use objects such as feathers, fans, incense, pinwheels, books or pens.

The totem animals of the air are birds, especially the eagle and the hawk. The color associated with air within the Medicine wheel is often yellow, but one can also use white, crimson or sky blue. The element of air is associated with smelling, and sound itself.

In tarot, air is represented by the suit of swords. We call upon the element through speaking or reading, through quick, light motions, by the actions of lifting up or offering up. When we face east, we are acknowledging the place of beginnings. The east is where the sun comes up. The season is spring, the time of day is dawn, the place in our lifespan is infancy. The crescent moon is associated here, too. The tree of this direction is the aspen, plants are pansies, violets, yarrow.

## Fire/South/Intuition

The element of fire is associated with energy, creativity and intuition. Through this element we experience visions or new possibilities. It is also associated with warmth, enthusiasm and passion. To symbolize this energy in a ritual, we can use a wand, or candles, or a fire. Sparklers and triangular shapes are also appropriate.

This element is associated with sight. Colors are reds, oranges and yellows. In tarot, this is the suit of wands. We can call upon this element through lighting a fire or a candle, or by burning something. The scents we associate with fire are sharp, tangy smells like cinnamon. Plants associated with this direction are garlic, hibiscus, onions, red peppers and poppies. The tree is the flowering almond.

The totem animals of this direction are snakes and salamanders, also cougars and lions. When we call upon the element of fire, we are acknowledging our desire to be energized and inspired. We are asking to be strengthened, to grow and be transformed. The season is summer, the time of day is noon, the place in our lifespan is adolescence.

## Water/West/Emotion (Feelings)

The element of water is associated with our emotions. Through this element we are connected to everything else. We can move from a sense of isolation to communion, through our emotions. Our emotions are essential to us, and we represent them through calling upon the element of water.

This is the element which rules the unconscious mind, our dreams and our wombs. On our altar we can have water, seashells, images of fish, dolphins or other watery creatures. The colors associated with water are blues, blue-greens, indigo and sometimes black. In tarot, this is the suit of cups.

Any actions that are fluid, graceful and

rhythmic invoke the element of water, such as dancing and swaying. We use melodious, flowing sounds, harps, rhythmic chanting, the sounds of water, waves and rain. Water is associated with our sense of taste. Appropriate plants are lilies, mosses, seaweeds and rushes. The tree of this element is the willow.

The totem animals of the element of water are all the creatures of the water, dolphins, whales, turtles, fishes, seals and sea mammals. When we invoke the element of water, we are calling on the power of our emotions to heal and restore us, to reconnect us to our true selves. The season is fall, the time of day is twilight, the place in our lifespan is adulthood.

### Earth/North/The Body

The element of earth is associated with the physical world. It is our own body, and it is the body of the earth, our Mother. The element of earth rules the body, nature, sustenance, material gain, money, birth and death.

On the altar we have stones, metals, crystal and wood, bread and grain (corn, rice, rye, wheat). We use earth tones, browns, blacks, russets and white. Plants such as comfrey, ivy. We can call upon the earth with the drum, by low, deep tones, and slow, steady rhythms; we can also call on this element in stillness and silence. The associated sense is touch.

The animal is the bull, bison and/or stag. The tree is the oak. The tarot suit is pentacles. The season is winter, the time is night, the place in our lifespan is old age.

### Essence/Centre/Spirit

In the centre of our circle is the Spirit, the essence. The function of calling upon essence in a ritual is to create balance and unity. Its purpose is to unite and blend all the other elements, which gives rise to something greater, and that is Spirit. The altar, or central fire can represent essence. It is represented by the central altar, the candle, lantern or lamp. We call upon Spirit by holding hands in a circle. We can invoke this energy by giving thanks. We can use an instrument with a lingering echo, such as Tibetan bells. The sense associated with essence is hearing. The plant is the mistletoe. The season is the turning of the year itself. We begin, and we end, with our connection and acknowledgement of the Centre. ❖



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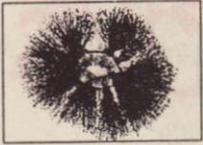
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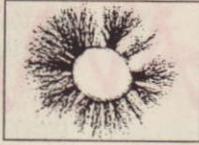
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## MIDLIFE ISSUES

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

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

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

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## Switch to Organics

by Colleen Kerr

Being a professional Esthetician and Make-up Artist, I often get asked what is in style as far as cosmetic colors and styles go. Natural looks and products are what to strive for. We see this every day in other areas of life. Alternative medicine is gaining more support; the environment is a number one concern in households; and natural products are the choice.

As an average Canadian, I have wondered why people use so much care in choosing the clothes they wear; the cars they drive; where they live; etc. but not what they put on their skin. The skin acts as a mirror to what goes into our bodies and to our overall health. A person with dark circles under the eyes and a sallow complexion is obviously in a less state than someone with a glowing, rosy complexion.

The Egyptians taught us that plants, berries, nuts, etc. are wonderful beauty products. This idea was followed by the Greeks, Romans, and other ancient peoples. It's too bad that industry and so called progress found it cheaper to make products from crude oil. Petrochemicals, the substances derived from crude oil, are the base of an endless number of consumer products from food to cosmetics. They do nothing but harm to our skin because they are made from the same ingredients as motor oil. Could you imagine moisturizing your face with 10W30? Sounds disgusting? Well it is, but that is what the fact is. A noticeable disadvantage is the senseless killing of animals still taking place. People need and have every right to know what consumer products contain especially when ingredients come from animals or chemicals. For example, there are animals facing extinction because people want to smell good. A valued fixative in some expensive perfume is Civet Cat oil. This cat, found in Africa, will soon be killed off because people aren't told. Musk oil, a very popular ingredient in perfumery, comes from a gland in the musk deer. This deer is a native of Tibet and China. Domestic Musk oil comes from the beaver and muskrat. Ambergris, from the sperm whale, is yet another fixative used in fragrances. This problem not only exists in perfumes. these ingredients are also used in cosmetics. Rabbits, cats and dogs are popular for product testing like cosmetics even though these tests are inconclusive because human skin is totally different. The testing process blinds animals and eventually kills them. Totally inhumane, some very painful tests are even conducted without the use of anesthetics. With all these cases of animal abuse, doesn't it make you wonder if there is a choice?

There is. You can look and smell just as good with natural products. People often speak of going to the country to connect with nature. Well you can connect right at home using Aveda Natural Cosmetics and Botanical Kinetics skin care products. With ingredients such as rose, camomile, peppermint, vitamins A and E. A person has no choice but to feel great because you look great and are doing the best thing possible to ensure that beauty and healthy skin continue to go hand in hand well into old age. Organically grown without pesticides, herbicides, or any other chemicals on farms throughout the world. this builds a bond between indigenous peoples from third world countries and manufacturers from Canada and the U.S.A.

Aveda Natural Cosmetics are excellent products with a wide range of colors. Since petrochemical products cannot blend with the skin's natural chemistry like organic ones do that is all they can do...sit on the surface and mask one's beauty.

I invite you to come and experience Creative Images "The Natural Choice." Please remember, because good health and great appearance are closely linked, organic cosmetics and skin care are to the skin what a salad is to the body. *Colleen's ad is on page 20*

## Some Diets Don't Work... Lifestyle Changes Do!

If your weight management program has as many failure points as success, you're not alone. Waning willpower, monotonous non-food meals, lower energy levels and tasteless foods all work to sabotage the efforts of most dieters.

Have you ever worked to lose weight with a meal replacement program, only to gain it right back when you begin to eat 'real food' again? Most everyone does. That's because once you started eating again, you fell into your old habits, like overeating.

Now you can stop the diet rollercoaster! Learning how to achieve a new lean lifestyle – and keep it – is the key to your "sweet success."

Nutrition For Life Int'l has introduced one of the most exciting weight management breakthroughs of the decade – the AromaPen.

Everyone carries a pen. But this one is unique...when you remove the cap, you'll find not ink, but a pleasing aroma. What is it? A carefully formulated example of one of the roles of scent. For years the effects of odors has been a topic of research at centers and universities throughout the world. The AromaPen technology applies this type of research to your weight control program.

In a recent six month dieting study, more than 3,000 people lost over 30 pounds each simply by sniffing aromas such as banana, apple and peppermint.

"We are delighted with the results," says Dr. Alan Hirsch, director of the Smell & Taste Treatment and Research Foundation in Chicago. "It further shows the direct link between the sense of smell and weight gain. A few people actually lost over 100 pounds. Clearly, odors affect appetite."

In the six month study, 3,193 subjects who were at least 10 pounds overweight, many much more, agreed to inhale one of the three odors whenever they had the craving for food.

The participants weighed an average of 217 pounds. The average age was 42. Females comprised 86% of the study, 14% were male.

By inhaling the smell, the brain was being told that the eating process was taking place resulting in a decrease in food intake.

Peppermint, apple and banana aromas were used because people enjoyed their smell.

"A pleasing odor tends to work because people enjoy smelling it, whereas unpleasant odors have the opposite affect," says Hirsch.

Participants would alternate between the three different aromas over the duration of the study. The frequency of inhaling ranged from a low of 18 sniffs per day to a high of 285 in one day.

The average weight loss was 5 pounds per month or 30 pounds over the length of the study. Some participants lost over 100 pounds.

Slow weight loss, from a pound to two pounds per week, is healthier and more lasting than rapid weight loss. Be patient and you'll be less likely to gain back the weight.

Choosing a weight management plan you can realistically follow is the most important step. A healthy diet that tastes great is easier to stick with if you're looking for long-term results.

How much weight will you lose by using the AromaPen? It depends on you. When used as part of a sensible and healthy program of diet and exercise, the AromaPen can help you better achieve your weight loss goals.

The AromaPen is available in Canada through Nutrition For Life Int'l and select beauty salons and health stores.

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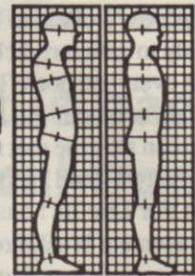
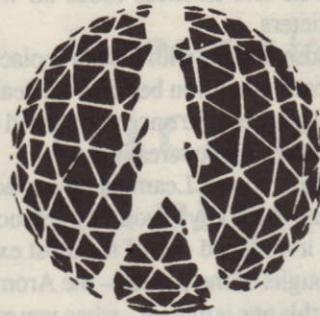
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## Midlife: An Opportunity to Fall Out of Love

by Gordon Wallace, M.A.

"Did you hear about the middle aged man who left his family and ran off with a twenty-two year old woman?"

So begins our cultural stereotypic view of relationships during mid-life. Unexpected feelings, thoughts and behaviours often arise during our midlife years which can be frightening, or at the very least, unsettling. An individual's once solid footing in their psychological and social worlds suddenly feels insecure and stories about radical changes during these years are legion.

Just as grief arises in response to pain in the past, fear is our response to anticipated pain in the future and is often the common emotion during the midlife years. But if we are able to move beyond the constricting grip of fear, the midlife years can provide us with a wonderful opportunity to become more conscious of who we really are. And as our awareness and acceptance of who we are as individuals grows, so too does our ability to maintain healthy and intimate relationships.

As a culture, we are in love with that early stage of relationships, 'falling in love.' It is an engrossing, ecstatic, 'magical' period and we are suspect of any task which will require 'work' in order for relationships to survive and flourish. No wonder Romeo and Juliet is Shakespeare's most famous play; we love youthful romances, and in this drama, conveniently enough, death spares us having to watch the lovers grow into adults. In "The Art of Loving", Erich Fromm explained how easily lovers mistake 'the intensity of the infatuation, this being 'crazy' about each other, for proof of their intensity of their love, while it may

only prove the degree of their preceding loneliness.<sup>1</sup> As the Jungian analyst, Adolph Guggenbuhl-Craig writes:

*It is well-known that most people get on each other's nerves even when they undertake only a fourteen day trip together. The two marriage partners, however, promise to live their whole lives (thirty, forty, fifty, sixty years) together in the greatest physical, spiritual, and psychological intimacy and this lifelong commitment they make to each other in their youth! They make this promise at an age when they neither know who they are themselves or who the other is...That a decent, responsible society not only allows, but actually encourages, young people in their complete ignorance to bind themselves together permanently...seems incomprehensible.<sup>2</sup>*

What is missing in our culture, and what I believe is actually feared, is an understanding of the natural process of 'falling out of love'! The curtain falling on this act within the drama of romance often occurs during the midlife years. Disillusionment sets in. Boredom raises its ugly head. As one becomes more conscious of the finiteness of one's life, the questioning and uncertainty about spending the rest of those years with one's partner intensifies. As one Jungian therapist observes, marriage becomes for countless people 'the greatest disappointment.'

The complete diagnosis of a problematic relationship must start by looking at the relationship not as a social institution or series of emotional encounters, but rather as a 'container' in which two separate

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individuals come together to live, love and work. The focus away from the relationship to the individuals allows for each of them to explore their prior experiences of love and relationships; how their early infatuations were felt; who they were conscious of looking for in a relationship and what they expected the other partner to bring to them; how their relationship began to lose its vigor and life; and most importantly (especially at midlife), what needs and desires are realistically met with another person and which ones need to be experienced and lived from within themselves. What looks like a lack of interest or desire in the other, is often in fact, a need to understand more about ourselves. Midlife is one of those critical points in our lives when we disengage from others and focus our attention and energy on ourselves.

Growth through the life cycle is neither continuous nor smooth. It moves forward and back, zigs and zags, coalesces and disintegrates, then reintegrates in new and unexpected ways. Combine the lives of two people (and mix in jobs, children, in-laws, fatigue, and all the rest) and the number of possibilities dragging a couple down - or lifting them up - is astronomic. Under such circumstances, it is not puzzling that relationships run hot and cold; in fact, it would be puzzling if they didn't! Carl Jung, the eminent psychiatrist, noted 'Seldom or never does a marriage develop into an individual relationship smoothly and without crisis.'<sup>3</sup>

If we can move beyond fearing the 'falling out of love' stage of a relationship, then we can use this time to deepen our understanding and acceptance of not only our partners, but more importantly of ourselves. Midlife couples have an opportunity to live the rest of their lives in a new, vibrant and fulfilling relationship not only with their partners, but more importantly, with themselves. But as long as we fear the 'falling out of love' feelings, we will inevitably tend to associate 'new relationships'

with the visible, tangible process of changing partners, rather than with the invisible and mysterious process of changing ourselves. Paradoxically, as we become more like the individuals that we are meant to be, then we are more capable of being in relationship with another person. To paraphrase the psychologist and philosopher Sam Keen:

There are two important questions that individuals need to ask themselves. The first is 'Where am I going?' and the second is 'Who will go with me?' If you ever get these questions in the wrong order, you are in trouble!<sup>4</sup>

Professional counselling sessions can effectively assist individuals and couples through the labyrinth of change known as Midlife....

To help individuals and couples understand this inevitable process of transition;

To provide support and guidance as they work their way through the challenges that have arisen for them; and

To provide psychotherapeutic treatment in the areas of relationship, vocation, and intrapersonal problems.

Initial consultations with patients is welcomed. For further information or referral phone Gordon Wallace, M.A. at 868-2588

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1. Erich Fromm, *The Art of Loving* (New York, 1956)
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## SOME THOUGHTS

Rev. Donna Maurice Winchell,  
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George Bernard Shaw wrote:  
*"This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one..."* We who study Science of Mind recognize that the truth of our being is that we are Spirit; that we are the means by which Spirit expresses itself as Life, Love, Light, Power, Peace, Beauty and Joy. This is our true nature and when we do not express these inherent spiritual attributes we experience unhappiness, frustration and a sense of hollowness.

The Universal Life Force *uses us* to express itself to its fullest. It lives, moves and has its human experience by means of us -- and recognizing this is the first step to becoming more aware of our spiritual purpose which George Bernard Shaw called "...a mighty one." What is our spiritual purpose? What have we come to do while on this plane? Finding the answers to these universal questions is the joy we experience as we unfold and expand and become more fully conscious of Spirit moving in our lives.

Our purpose in life is "...a mighty one." Mr. Shaw continues, *"...the being thoroughly worn out before you are thrown on the scrap heap; the being a force of nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy."*

Ouch! Not one to mince words, this wonderful thinker has pointed out the spiritual necessity to live our lives to the absolute fullest -- to be "...thoroughly worn out..." or as John Rogers says *"Wear out -- don't rust out!"*

We have been given a wonderful challenge and an even more wonderful opportunity -- to express the essence of Life, to contemplate the Wisdom of the Ages, to experience Love at its purest and to know Joy at its fullest. However, none of this can come to pass without our cooperation. When we are concentrating on the insignificant in the world around us; when we are putting our thoughts and our energy into the material forms we have created; when we focus on negative circumstances and become caught up in the chaos we often see around us, we have little time to spend focusing on the truth of our being and what we are really here to do.

Life is our opportunity to become aware of who and what we really are. Life is our opportunity to *really* be. Life is our opportunity to reach our fullest potential and discover the abundance of the universe within ourselves.

By staying out of the "world of effect" and putting our energy and our attention on Spirit, we allow a free-flowing of creative ideas and emotion that will manifest themselves as form in our lives in a richer and more fulfilling manner than we could ever dream possible. Within each person is this All-Givingness of Spirit, poised and ready to express itself abundantly and it is our joy to open ourselves to allowing this - without restricting it to our limited ideas of what is possible in our lives. Remember always that we are spiritual beings enjoying a human experience. The key word is "enjoying." Life is meant to be a joy-filled, harmonious, exciting adventure -- and so it is!

# Aromaology

by Susanne Netz

So, you've heard a lot about aromatherapy and aromaology lately. Still confused about what it is? Or maybe how it can help you? I'm writing this article to let you in on a secret. I am an Aromaology technician at Bandeous Hair Design in Kelowna, BC and I just wanted to let you know about a great experience that you could be enjoying.

Aromatherapies and aromaologies have been around for a thousand years. Ancient Egyptians used dried petals of flowers and oils from herbs and roots as part of their medicinal and personal grooming practices. Rain forest Indian Tribes used fragrant paints and oils for the death and birth ceremonies and rituals. Ancient Chinese secret - no secret at all - fragrant spices and herbs were used in their healing practices. Grecians and Romans put so much emphasis on smells and fragrances they said they were gifts from the gods.

Now, the dictionary definition of Aromaology states that it is one form of body care in which aromatic, essential oils from herbs, flowers, fruit, plants, roots and spices are used as active, functional ingredients to produce moisturizing, cleansing, relaxing stimuli to the human body.

I use a unique line of aromaology oils. Their pure plant and flower essences are extracted or distilled from freshly harvested plants at the peak of their maturity. As a result, the plant nutrients and natural properties are preserved at their highest levels of purity and potency. We use customized "balancing compositions" which are essential oils for different skin types, ie: dry, combination, and oily. This individualized hair and scalp treatment balances your skin and delivers incredible sensations of relaxation, and gives you the most beautiful hair. We have several aromatic oils and formulas which your aromaologist technician individualizes so your treatment is especially for you. These oils and formulas are designed to be massaged onto your skin, body, scalp and hair. Each composition and combination of oils is created with a very large number of plant aromas and ingredients that will appeal to everyone's senses.

Since I work at a hair salon, our main emphasis is on hair. What if I told you that with aromatherapy I could help you with receding hair lines, and promise new growth. What if I told you I could help your old perm and color stay vibrant and brilliant longer? The oils are specially formulated from plants that have a PH level similar to the chemistry of our own skin and hair so it won't leave a greasy residue. The oils you are lacking will be absorbed and the rest will rinse off. Aromaology helps bring back the natural oils that have been depleted from your hair via washing, styling, and everyday wear and tear. Your environment also harms your hair, ie: air conditioning, industrial and vehicular emissions and even the sun. The oils when massaged in help to repair the damage done. We use a detoxifying gel that will remove build-up and debris and leave your hair healthy. If you get an aromaology treatment a few days before you get a perm or color I can help the process to be more effective and last longer because there is nothing left preventing the solutions from directly entering the hair shaft.

Men suffering from the ever receding hair line, this therapy may help. One of the reasons why you may have a receding hair line is because you emit testosterone. Too much testosterone causes an over-production of "sebum" (skin's natural oil) and will eventually clog the hair follicle so the soft hair beneath the surface can't push through. Over time the follicles get damaged and the soft hair dies.

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See Sue's ad on page 20

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# Brainwriting

with Angèle

Connectedness in writing is taught after children learn to make the shape of the letters. For some it comes easy, while others find it difficult. Generally speaking, the more connected the writing, the more logical, rational and analytical the person is. Their thinking is systematic and their sense of calculation and strategy moves them to want to plan ahead. They are goal-minded, persistent and purposeful. They love to sort out facts comprehensively, organizing them into cohesive wholes and coming to definite conclusions. These writers are determined, practical and realistic. They like to start projects and proceed to a conclusion. They have great powers of concentration that enable them to think, plan, act and execute according to their preconceived ideas. Connected writers are fond of reading and study and they have good memories for facts.

*I like to know what my next step is*

When writers connect words as well as letters, it is an indication of great concentration. If they also have copybook style of writing and the form looks stiff, it indicates blocks to creative ideas and abilities. The mind tends to focus on the objective to such an extent in such writers that the ability to react to change or to accept new opportunities is limited: they are bound by convention. If the writing is not integrated or harmonious, it could indicate a lack of ability to focus on real issues.

*I just finished a very busy week*

Most adult writers pause periodically to dot i's, to cross t's or to think what comes next. Usually the hand will lift just enough to leave the paper, but the flow remains smooth and continuous.

*I'm not sure what to write about*

Disconnected writers, on the other hand will leave many gaps between the letters in a word, stopping and starting the process of communication. Generally speaking their opinions come from a sense of feeling rather than reasoning. Certain inner convictions exist independently of logic, and the ideas of disconnected can be very inventive. They know without needing to know why. They have a good memory for impressions and are extremely observant. Disconnected writing ranges from inspiration of a genius to the spastic thinking process that leads nowhere. Negatively disconnected writers sometimes lack the ability to see themselves critically and they can be impractical and unorganized, depending on the extent of the disconnectedness. There reactions are instinctive. By contrast, connected writers calculate their actions.

Ideal handwriting has a combination of all these traits. Keeping in context the totality of the writing, the graphologist must weigh one trait against the other to come to a conclusion as to the comfort zone of the writer. It is easier for left-handed people to print so we keep this in mind when doing an evaluation, and also consider the age of the person.

When I ask people why they print or when they first noticed the change, I am usually surprised at the bluntness and knowingness of their answers. Some print by training like accountants or engineers; others believe people can't read their writing and print to help slow them down and make the writing more legible: clear communication is important to such people.

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*I'VE ALWAYS WONDERED WHY I PRINT*

*I've always wondered why I print?*

Printed capitals are analysed differently to printing in upper and lower case letters but generally speaking, disconnectedness in writing displays disconnectedness in lives. Disconnected writers may have feelings of isolation and inadequacy, but they can't admit to the emptiness. They tend to strive for perfection and that creates self-centredness. Most of the time, they would rather do things alone than to try and cooperate with others. Feelings of guilt block channels of self-development and creativity, so that the writer may be sophisticated and immature at the same time.

If there is alternation between printing and writing this can indicate confusion about social roles, inconsistency in the thinking process or changes in modes of expression. If the writing looks confused, it could show emotional instability.



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

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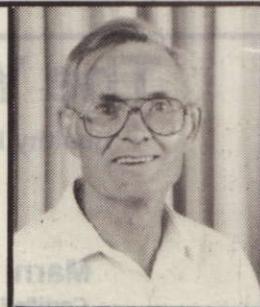
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Certified by Reflexology Assn. of Canada

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

## CAROL ANNE GLOCKLING

Oliver: 498-4885 or Penticton: 492-3181

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

## HARRY SUKKAU, M.H. & ASSOCIATES

Certified Reflexologists - Kelowna: 763-2914

## HANDS ON HEALTH Reflexology & Bodywork

Armstrong, Enderby & Salmon Arm:832-5228

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

## NUTHERAPY INSTITUTE OF NATURAL HEALING

Winfield 766-4049  
Certified Reflexologist, courses available

## REFLEXOLOGY BY LESLEY

Winfield: 766-2740

## SUSAN VOGT, certified reflexologist

Home Visits .... Penticton:492-8890

## TAKE TIME OUT FOR YOURSELF!

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

## WARREN'S REFLEXOLOGY

Penticton: 493-3104

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

## REIKI PRACTITIONERS

### CECILE BEGIN

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

**JAN STICKNEY** Penticton: 492-0522

2nd Degree Reiki

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

**MARLENA MORRIS** Penticton: 493-9433

2nd Degree Reiki, Acupressure and Bodywork.

**MURIEL MAY** Kelowna: 763-8870

Counselling & Reiki

**ROXSANE EDIS** Penticton: 490-0545

2nd Degree practitioner

**MICHEL D'ESTIMAUVILLE ....** 497-5658

Second degree practitioner

**URMI SHELDON.....Naramata.....496-4234**

**TYARA** - Kelowna 868-8106

2nd Degree Reiki, for an appointment please call

## REIKI MASTERS

**ASHNA N. Il'mun'rei - Kamloops:372-9413**

1st & 2nd degree Reiki classes, will travel. Offering reiki, reflexology & ear coning sessions.

**GLENNESS MILETTE** Elko, BC:529-7719

(BRAT) Birthing Relaxation Assistance Technique with Reiki. Acupressure Therapist. Reflexologist & Polarity Training.

**HOLLY BIGGAR...Silverton.....358-7757**

Vita Florum, healing with flowers.

**KAREN TIMPANY ....** Winfield 766-4049

1st & 2nd Degree attunements. Certified in Reflexology, Polarity Therapy & Acupressure

**LINDA KRAMER VANDERLINDE**

Kelowna: 763-7629

Full Body Treatment & 1st & 2nd Degree Classes

**NOOR-UN-NISA JOAN SMITH**

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

## PETER MIKIEL HUTT

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

## RHOYALLE TAYLER RYANE

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

## RETREATS

### COMPLETE FASTING PROGRAM:

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

### KOOTENAY SUMMER RETREATS

#### AUGUST 1-5

Kung Fu Summer Retreat for Young People  
Classes in Hsiao Chuan Fa Kung Fu, animal forms, self-defense, weapons and philosophy. Recreation includes hiking, swimming and boating. Open to ages 8-18. Martial arts instructors interested in learning this style created specifically for youth may also attend. Fee (includes supervision/ instruction, well-balanced vegetarian meals and accommodation): \$240

#### AUGUST 7-13

The 18th Annual Tai Chi Summer Retreat  
Classes in Chi Kung, form principles, push hands, self-defense, weapons, meditation, philosophy and massage. Recreation includes hiking, swimming, boating and nearby hot springs. Open to beginner through advanced. Fee (includes instruction, well-balanced vegetarian meals and accommodation): \$375

### SEND FOR A FREE BROCHURE

Enrollment limited, register early. Send a deposit of \$50, (non-refundable) to: Kootenay Tai Chi Centre, Box 566, Nelson, BC, V1L 5R3, Canada. Phone: (604) 352-3714 or 352-2468

### NATURAL GETAWAY...THE TIPI CAMP

see 'Places to Play' for details.



## Healing Touch Therapy

- REIKI
- ACUPRESSURE - SHIATSU
- STRESS MANAGEMENT
- NUTRITIONAL GUIDANCE
- POLARITY THERAPY
- TRANSFORMATIONAL COUNSELLING

• PROMOTING A BETTER QUALITY OF LIFE •

PHONE 493-9433

MARLENA

## Carole Ann Glockling

CERTIFIED POLARITY  
PRACTITIONER  
CERTIFIED REFLEXOLOGIST

OLIVER: 498-4885  
#1 - 34445 - 97th Street

PENTICTON: 492-3181  
AT DR. MAZURIN'S EVERY THURSDAY & FRIDAY  
55 E. PADMORE, SUITE 202



# the 'NATURAL' yellow pages

## PARADISE SPIRITUAL RETREAT CENTER

on Vancouver Island is a beautiful natural sanctuary and healing environment with private lakes and hiking trails on 114 acres of pristine forest. Seminar room and cabin rentals, camping, RV sites, workshops, retreats, yoga, meditation and creative arts. Summer work programs. (604) 478-6960

## SIMILKAMEEN VALLEY TOURS

Soft Adventures; easy walks, mountain biking, hiking, gold panning, golfing, fly fishing, horse-back riding and cattle drives. Day Trips: \$15 & up, 2 1/2 - 7 day packages \$195 & up. Includes meals, accommodation and a guide. Organize a group of six or more and receive a discount. Phone toll free: 1-800-800-7242 or 295-7013, or write: Box 1017, Princeton, V0X 1W0

## WOULD YOU BE ABLE TO HOMESTEAD?

If times got really hard, could you survive? Well, now is your chance to find out. IDEALIA is a spiritual based group who would like the opportunity to teach survival living to all. Come and learn how to survive outside of the city. Expect homestead living conditions. \$250 per week. Max of 4 people at a time. All found, vegetarian fare. For more information write: Idealia, General Delivery Vanderhoof, V0J 3A0.

## SPECIAL INTEREST

### FAMILY NUDE Recreation Seminars

Presented monthly by the Okanagan Shuswap Nudist Society. Please phone 542-1930 to reserve your place. Donations gratefully accepted!

## SPIRITUAL GROUPS

**TARA CANADA:** free information on the World Teacher, Maitreya the Christ, now living in London, England and on Transmission Meditation groups, a form of world service & a dynamic aid to personal growth. TARA CANADA, Box 15270, Vancouver, B.C. V6B 5B1 ☎ 736-TARA

### THE ROSICRUCIAN ORDER ...AMORC

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

## SPIRITUAL TRAVEL

### LIVING FLAME PRODUCTIONS

Spiritual Transformation Journeys travel to Sacred Earth Sites 769-0369. Write #47-251 Harvey Ave., Kelowna, BC V1Z 6C2



## TAI CHI

**DOUBLE WINDS, Traditional Tai Chi,** Yang Style as recommended by the Chinese Medical Assoc. Weekly, private lessons & workshops. Certified Instruction. Kim Arnold, Heather Arnold 832-8229 - Salmon Arm.

### DANCING TAO - TAI CHI CENTRE

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

## TEACHING CENTRES

### ALPINE HERBAL CENTRE .. 835-8393

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

### DOLPHIN CENTRE for the HEALING ARTS

868-8088. Bodywork, Workshops, Transformational Counselling & Art Therapy. OPEN Monday to Friday 10 am to 5 pm.

### HARRY SUKKAU & ASSOCIATES

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

### CANADIAN GRAPHOLOGY Consultants Association.

Handwriting Analysis Correspondence Certification Program. Darleen Simmons: 739-0042, Vancouver

### INNER DIRECTION CONSULTANTS

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

## OSHO ENERGY COURSE

2 month course beginning September 1994 Phone Ramakanta: 354-3811 or write 1016 Hall Mines Rd, Nelson, BC, V1L 1G4

## KOOTENAY SCHOOL OF REBALANCING

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

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

257 - 4th Ave., Kamloops, BC, V2C 3N9 Offering Breath Integration (Rebirthing) Sessions, Self-development Workshops, Six-month Personal Empowerment Program - a prerequisite to Breath Practitioner, Leadership and Teacher's Training, Sunday Celebration, A Course in Miracles Study Group, plus many other community activities. Founder and Executive Director - Cyndy Fiessel. See display ad.

## REFLEXOLOGY CENTRE OF VANCOUVER

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

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

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

## TRUE ESSENCE AROMATHERAPY

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

## WHOLISTIC LIVING CENTRE.....Vernon

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

# DEADLINE

for the next ISSUES

Advertising and/or Articles

# August 10th

Please phone Angèle 492-0987 (Penticton)

## WOMEN'S SECTION

### CHRIS MORRISON, MA, RCC

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

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

### MANY MOONS MENSTRUAL PADS

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

## YOGA

### KELOWNA - IYENGAR METHOD

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

### SIVANANDA YOGA CLASSES in Naramata

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

### HEALTHBRIDGE CLINIC offers ongoing

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

OK Falls  
Kelowna  
Penticton  
Salmon Arm  
Armstrong  
Kamloops  
Sorrento  
Osoyoos  
Winlaw  
Vernon  
Nelson  
Trail  
Oliver  
Midway  
Cawston  
Rossland  
Castlegar  
Westbank  
Naramata  
Grand Forks  
Gardom Lake  
Christina Lake  
Summerland  
Greenwood  
Peachland  
Keremeos  
Princeton  
Sicamous  
Enderby  
Winfield  
Terrace  
Hazelton  
Smithers  
Dawson City  
Prince George  
Edmonton  
Calgary  
Elko

Discover ... ISSUES in ...

# HEALTH Food Stores

## Kelowna

### Lifestyle Natural Foods

Orchard Park North Mall: 762-9711  
Vitamins, Cosmetics, Herbs & Books  
"Helping you to change your lifestyle"  
Open Sundays for your convenience.

### Long Life Health Foods: 860-5666

Capri Centre Mall: #114 - 1835 Gordon Drive  
Great in store specials on Vitamins, Books, Natural Cosmetics, Body Building Supplies & more. Bonus program available. Knowledgeable staff.

### Bonnie's Incredible Edibles & Health

Products: 517 Lawrence Ave. 860-4224  
Discount Supplements, Herbs, Books, Organic and Natural Food, Macrobiotic Supplies. Friendly and knowledgeable staff.

## Penticton

### Alive Foods - 492-4009

63 Nanaimo Ave. East, Penticton  
Body Aware Products, Vitamins, Supplements, Fresh Juices & Body Building Supplies  
Herbalist on Staff

### Judy's Health Food & Deli

129 West Nanaimo: 492-7029  
A Full line of Natural Supplements  
Specialty Foods, Herbal Remedies.

### Penticton Whole Food Emporium

1515 Main St.: 493-2855 - Open 7 days  
Natural & Organic Foods, Books, Bulk Foods, Health Foods, Body Care, Appliances, Vitamin & Herbal Supplements & Vitamin Discount Card

### Edible Dried Goods

407 Main St.: 492-4080  
Vitamins & Supplements. Wide selection of Bulk - Natural foods & Okanagan Gift Baskets.

## Nelson

### Kootenay Country Co-op

295 Baker St.: 354-4077  
Organic Produce, Personal Care Products, Books, Supplements, Friendly & Knowledgeable staff. Non-members welcome!

## Princeton

### Vermilion Avenue Health Foods

117 Vermilion Ave.: 295-7090  
Fresh squeezed carrot juice, quality sandwiches soups, snacks, etc...plus vitamins, gifts, books

## Kamloops

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

Phone: 374-0922  
Vitamins / Natural foods/ Books / Cosmetics  
Dehydrators / Juicers / Bosch Kitchen Machines

### The ZONE ORGANIC MARKET

Fresh, Organic Produce, Your One-Stop Shopping Market and Restaurant. 444 Victoria St, Kamloops, BC, V2C 2A7. Phone 828-7899.

## Osoyoos

### Bonnie Doon Health Supplies

8511 B Main Street: 495-6313 Vitamins, Herbs, Athletic Supplements, Reflexology - Self Help Information "Let us help you to better health"

## Vernon

### Sunseed Natural Foods and Cafe

2919-30th Ave: 542-7892  
Specializing in Organic Produce.  
Fresh ground grains & snack foods.

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

549-3992 ... One of the largest selections of natural products in the Interior of B.C.. Low prices on bulk foods and environmentally safe products and natural footwear.

## Grand Forks

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

278 Market Ave. A Natural Foods Market  
Certified Organically grown foods, Nutritional Supplements, Appliances, Ecologically Safe Cleaning Products, Healthy Alternatives

## Summerland

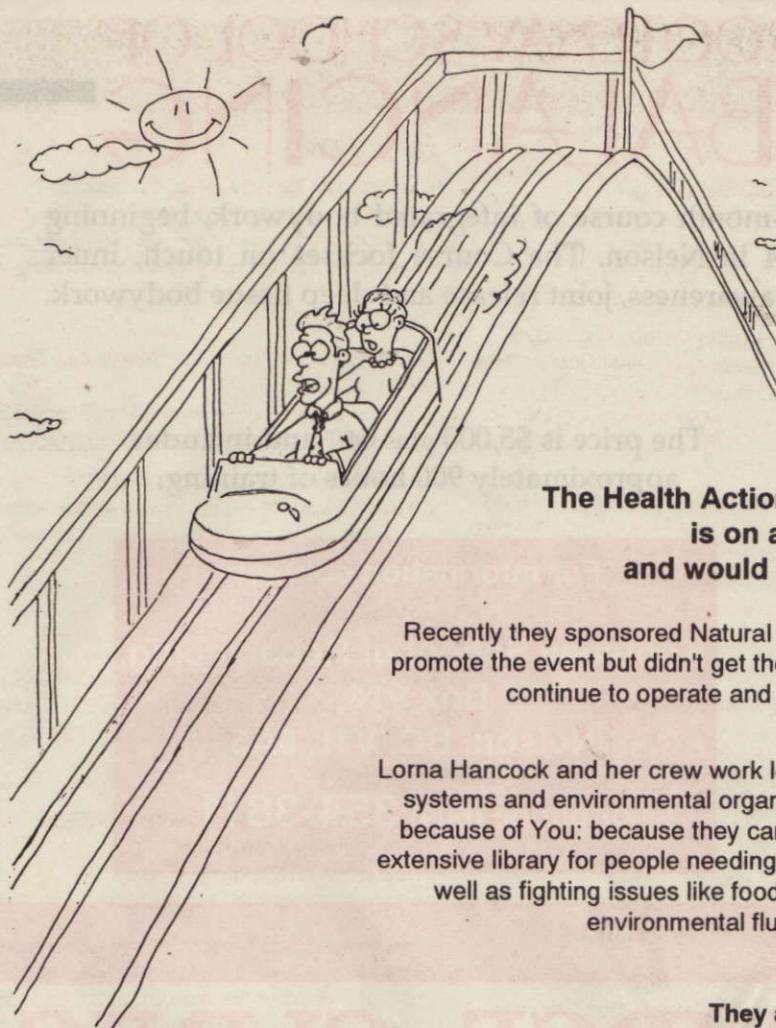
### Summerland Food Emporium

Kelly & Main: 494-1353  
Health - Bulk - Gourmet - Natural Supplements  
Mon. to Sat. 9 am to 6 pm, for a warm smile.

ISSUES is available at all of the above  
Health Food Stores

& Metaphysical Shops listed in  
Natural Yellow Pages.

plus many other places.



**The Health Action Network Society in Burnaby  
is on a roller coaster ride  
and would like your help to get off!**

Recently they sponsored Natural Medicine Children event and worked very hard to promote the event but didn't get the support they needed. They need financial help to continue to operate and publish their quarterly magazine *Option*.

Lorna Hancock and her crew work long hours trying to dialogue with the health delivery systems and environmental organizations to get change to happen. They are there because of You: because they care about this planet and the people. They have an extensive library for people needing information on alternatives to drugs and surgery as well as fighting issues like food irradiation, chloramine, pesticides-herbicides, environmental fluoride pollution and BtK spraying.

**They are asking for help...**

Please send them a tax deductible donation.  
This is one of the best organizations I know of that promotes health.

Last year they handled over 12,000 enquires.

HANS Environmental committee presented information to municipalities and the public on safer alternatives to chlorination, fluoridation, spraying and food irradiation.

They kept the public informed about the reclassification of 64 herbs in an attempt to get the public involved.

- They sponsor many Health seminars and Events in Vancouver.

They are very dedicated and committed to public service.  
I would like them to keep working and stay involved.

*please send your donation to:*

**HEALTH ACTION NETWORK SOCIETY  
#202- 5262 Rumble Street, Burnaby, BC V5J 2B6**

phone 435-0512 or fax 435-1561

**Thanks!!!**

*Anzile*



# THE KOOTENAY SCHOOL OF REBALANCING

offers its 8th, six-month course of integrated bodywork, beginning October 3rd, 1994 in Nelson. The Course focuses on touch, inner connection, body awareness, joint release and deep tissue bodywork.



The price is \$5,000 plus GST and includes approximately 900 hours of training.

For information contact:

Kootenay School of Rebalancing,  
Box 914,  
Nelson, BC, V1L 5A5  
or phone (604) 354-3811

## HEALTHBRIDGE CLINIC

Integrated Health Services  
Prevention - Education - Rehabilitation

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

### Ongoing Classes & Workshops

- ★ THE DANCING TAO TAI CHI  
with Hajime (Harold) Naka
- ★ INYENGAR STYLE - HATHA YOGA  
with Marsha K. Warman & Lisa Colvin
- ★ THERAPEUTIC STYLE - HATHA YOGA  
with Marsha K. Warman

- ★ POSTURAL INTEGRATION SESSIONS
- ★ ALEXANDER TECHNIQUE
- ★ STRESS MANAGEMENT & RELAXATION
- ★ SOMATICS WORKSHOP  
..... Watch for upcoming lectures

**Healthbridge Clinic ☎ 762-8857**  
**Program & Services ☎ 762-8789**

We are located at

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

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

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