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# ISSUES

## MAGAZINE

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

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



**'Gone Fishing'**

to find out more  
read 'Musing' page 4

**February 1995**

Volume 6 - Number 2



# Cheryl Grismer

## *Spiritual Intensive*

For those who are committed to turning their life in a new direction that is closer to their heart's truth.

Participants will begin to hear the calling of their own soul more clearly. A graduated program that aids in developing your paranormal skills.

**Kelowna** Contact: Cheryl, 768-2217

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Investment: \$600 plus GST

**Vancouver** Contact: Valerie, 463-1577

May 5-7; May 12-14; May 19-21

Investment: \$600 plus GST

## *Introduction to Psychic Development*

In this workshop you will experience relaxation techniques and learn to develop your intuitive skills for practical use in your everyday life and spiritual development.

**Penticton** Contact: Jan, 492-5371

**March 25** Investment: \$91 plus GST

CHERYL IS THE FRIDAY NIGHT SPEAKER MARCH 17

7:30 PM AT THE HOLISTIC HEALING CENTRE

PENTICTON - BY DONATION

## *Intermediate Meditation*

Experience new ways to incorporate meditation into your daily life. Explore and learn to identify the various levels of the meditative world.

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Contact: Cheryl, 768-2217

**April 1, 9 - 5 pm; April 2, 9 am - 3 pm**

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Participants will be blindfolded and led through various exercises to help gain self-insight and inner peace.

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**Sat. April 8, 8 am - Sun. April 9, 1 pm**

Investment: \$150 plus GST

## *Advanced Meditation Retreat*

A live-in retreat that will expand and deepen your meditating. Release blocks and come to know your 'God within'.

**Sat. Apr. 29, 9 am - Sun. Apr. 30, 3 pm**

Contact: Cheryl, 768-2217 or Leslie, 578-8676

Investment: \$150 plus  
accommodation & GST

## *A Time Together*

This is an open workshop; it will develop as we go - come with an open heart and an open mind. Be ready to share your stories, questions and laughter.

**June 3 - 4** - Contact: Cheryl, 768-2217

## *A Place of Our Own*

Those of you willing to invest time and money in creating a retreat centre are invited to write me describing your vision and the commitment you are able to extend.

Cheryl Grismer

2601 Wild Horse Dr.,  
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# A weekend with Sam Keen

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- living as a spiritual person in the '90's
- preparing for a spiritual journey
- discovering glory at the lowest
- using your spiritual "B.S. detector"
- what you can believe
- locating the spiritual dimension in your life!

Over-educated at Harvard and Princeton, and former philosophy and religion professor, Sam Keen, is a freelance thinker, lecturer, seminar leader and consultant. Author of a dozen books including "Fire in the Belly," Sam will help you explore the great questions - how to live with the reality of death, the unknowable God and the endless journey. "Hymns to An Unknown God" is Sam Keen's newest bestselling book.

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Photo by Steve Tomlinson

# Musing

with  
Angèle

publisher of ISSUES

## 'Gone Fishing'

Seems an appropriate picture for the front cover as I just got laid off from my 'real' job as a Zamboni driver at the Summerland ice arena. Now I can focus on getting the Spring Festival of Awareness program together. I wondered how I was going to do it ... I trust the universe will give me the time if it is meant to be, and people seem to appear when I need help. I do enjoy the precise timing of the universe when I am in the flow. This photo of me was taken after a trip to the fishing hole, during our first year at Rosswood, BC, in the summer of 1959. Fish were plentiful ... seldom did anyone ever come home skunked.

My 'Musings' this month are an attempt at putting into words some of my understanding of why I am the way I am. As many of you know, I have spent many years reading, listening to and practising a wide variety of health alternatives in an attempt to understand my body. With no manual to follow, it has taken much patience for me to figure out what my body is trying to tell me. Digesting food is a major challenge for me and has been ever since I can remember.

As a teenager I complained to the doctor of foul smelling farts. I was given a gall bladder test which showed normal. I asked about the intense pain under my ears and was told that I had sharper than normal bones and there was nothing that could be done. When I asked one of my girlfriends, "Doesn't it hurt you to wear your belt cinched in so tight." She looked at me with a quizzed look on her face and said "No." Panty hose made me feel like I was cut in half and after a large meal, I needed to rest so that the iron nails in my stomach wouldn't hurt so much.

I started experimenting with different diets, including fasting, food combining, vegetarianism, herbs, vitamins, enzymes, ayurvedic cooking, I even tried talking to my stomach. Each time I tried something new my condition improved for a while and then I was back to square one with even more sensitivity and awareness.

About seven or eight years ago I started going to bodyworkers, for I discovered that a good massage would get the gas moving and help release the spasms in my neck and shoulders. We talked about my poor posture and I started an exercise program to stretch the muscles across my chest. I was told I had a short waist and my rounding shoulders didn't give my stomach and intestinal track much room to function.

About five years ago, I had the same thoughts recur during several bodywork sessions and images that felt very real to me. In them, I am three years old, watching my father sleeping on the couch and I think to myself: 'If I just bite off his foot, he'll never kick my dog again.' My mouth starts to water as I sink my teeth deep into his kneecap, when suddenly I am back to reality, with a searing pain in my shoulder. The bodyworker is telling me the energy is stuck and says: "Start talking about what you are feeling so you can help the energy release." I am unsure of what to say but I feel like swearing. I don't, but now I wish I had, for I am starting to understand how we hold onto to hurt and pain, storing them in our auric field and fascia (the connective tissue between the skin and muscles).

I asked my Mom about the incident and she said she remembered a time when she heard me screaming and rushed into the next room to find me on the floor. She thought Dad had thrown me against the wall, and when she screamed at him for doing so, she was told it was his knee jerk reflex that had sent me flying.

I am starting to make the connection between this incident and other frustrations that I had as a child: I think they are directly related to my sensitive stomach. My favorite saying in my baby book at age two was "I'm mad." At about the same time, I bit everything that was close to the floor. I have flashbacks of keeping watch from floor level for hands that dangled over the edge of the chair so I could bite them. I remember at age four being taken to a speech therapist. As I looked into her mouth while she was showing me how to curl my tongue, this voice in my head said, "Give up, Angèle, they have won." After that, I pronounced all my consonants and never went back. At age five they took out my tonsils for I got frequent infections. At age seven, we left the United States and I was happy, probably because my Mom was happy. I think my words "I'm mad," was me reverberating my Mom's words and thoughts. Going back to my infancy, I believe I bit because our dogs would not. Instinctively I knew they should not be kicked and by shutting down the flow of energy to my stomach, I didn't have to feel as much. Instinctively as well, I realized that the fastest and easiest way to do that was to rearrange my skull bones and compress the nerves that control the flow of information and energy to the stomach. I believe that when Dad sent me flying over his head and I hit the wall that this created an imbalance in my body that never got corrected. This was repeated twice more; at age ten I remember flying over my bicycle handlebars as I coasted downhill on a gravel road and at age fifteen, the horse I was riding stumbled and I was thrown over his head. Both times that I can remember I had dizziness and a headache for several days and then I adjusted.

I believe that we create our destiny and that as a child I was closely connected to that intuitive, creative flow that gives us the ability to set in place the conditions that guide us so that we may learn our soul's purpose for incarnating. Learning nutrition, body awareness and meditation to still the mind has helped me go inside myself for answers. I am thankful to my stomach for being so sensitive for I have always known she was my teacher. I am delighted not to be a fast food junkie and I think the world



would be a better place if people had to make more conscious decisions about what they put into their bodies. Many people are swayed by advertising and convenience to switch to processed foods ... they don't take the time to think about the long-term consequences because their stomachs do not react instantly as does mine.

The quality of food I eat is important but I have discovered that my emotions play an even greater role in my wellness. Each organ is supplied with vital 'chi' energy through our meridians and chakras as well as the nerves and blood vessels. Each time I let go of old anger that I didn't even realize I was holding onto, my emotional body is cleared of garbage: I feel lighter and I have more physical energy. Experiencing this feeling of energy and being able to detect it at subtle levels is part of my life's lesson. After many years of trial and error and learning much about nutrition, I have come to the conclusion that **illness is a separation of body from soul**. As I reconnect with feelings in my stomach through CranioSacral therapy, a variety of workshops, singing, dreamwork, Yoga and recently Rolfing, my posture seems to be improving and my food is better assimilated.

In closing I would like to tell a story about a Jin Shin Do session I had. I was drifting away but present enough to know my therapist was doing one of the last sequences, where she connects the energy circuits of my head to my toes. As she did, I felt this incredible surge of energy shake my body, starting at the head. I arched my upper back, screaming into a black hole, as the energy shivered through my body like a wave, exiting through my feet. The sequence was repeated twice with the same intensity and the third time the wave went through, I started to realize I was on the table and I was wondering how loud I had screamed. I waited for the therapist to complete her last set of pressure points and then I opened my eyes and asked her if she felt the surge of energy when I had arched. She said 'no.' I asked about the scream, and she said "You haven't moved in the last while." When I got off the table, I felt lighter. I weighed

myself in my mind and knew I had lost twelve pounds of etheric weight. I don't know what it was that I let go of, but it was very real for me.

This is one small part of my story of why I am who I am. I feel this will change as I learn more and come to realize just how little I really do know. I do believe it is one of the main reasons why I am so determined to promote holistic health and make known the variety of alternative practitioners who have 'real' solutions to our illnesses. There are some medical doctors that are starting to realize the connection between body, mind and soul, but so many people want the magic bullet, 'now' they don't want to understand pain, they don't want to know why they are sick, they don't want to have to slow down or take time to go inside. It is much too confusing and time-consuming to question, "Why me?" For many, getting healthy would entail a radical shift in the way they enjoy life and change seems frightening.

I don't believe I had many choices: my family was sceptical of doctors 'not doing much good,' I felt responsible for taking care of myself and my family, and I had to pursue my intuitive knowingness of what I needed ... educating myself seemed the only sane way to survive.

If you would like to get educated, experience energy or try some creative solutions to pain, check out the variety of bodyworkers and workshops available in ISSUES, check out the Speaker Series in Penticton or come to the **Spring Festival of Awareness**, at Naramata Centre, April 21 to 23rd.

*Cynthia*



My 43rd Birthday Celebration is  
Monday February 20th  
Potluck starts at 6:30 pm  
Bring your voices and instruments  
to the Holistic Healing Centre,  
254 Ellis St, Penticton.

# ISSUES MAGAZINE

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## *Transformational Counselling*

by Faye Stroo

A counsellors job is not about reacting to the person but about seeing the love and the truth within all, no matter what the appearance.

One of the main principles of Transformation is: *the essence of our being is love*. Transformational counselling utilizes various processes and techniques in discovering and removing our barriers to love and healing.

*Accountability* is another important Transformative principle -- this principle releases us from being victims of circumstances and restores our power of freedom and choice. It means we are free to choose our interpretation of life. Accountability is the ability to see all situations not as good or bad, right or wrong, but as learning opportunities to bring love and peace into situations where they were formerly hidden. Accountability tells us:

*~'We see things not as they are but as we are.' ~'Our picture of the world mirrors what is within.' ~'If we accept peace within then no matter what happens in the external world we will still be at peace.' ~'We see in others everything we have not forgiven in ourselves.' ~'Only how we see a problem is the problem.' If it is part of our world we are responsible for it. Responsible to bring love into it and we can do much for the healing of the world if we remember this.*

The next principle of T.C. is: *we are here to learn lessons in how to give and to receive love*, in whatever form would give us the most joy and in accord with our unique gifts and leadership qualities.

We can reinterpret all our problems into *Lessons in Love and forgiveness*. These lessons are attempting to assist us in changing our perceptions from 'separation to unity' from 'fear to Love.' Only in separation could lack of any kind be experienced. There are many wonderful techniques and processes to assist us in learning our lessons in love and forgiveness such as the following reinterpretation example.

Pretend that you are getting this information from your intuition and ask yourself:

**\*\*How did your family situation serve you?**

**\*\*Look at your daily situation as a preparation for your mission.**

**\*\*Take the painful things that happened and turn them into training for your mission or your soul's purpose.** (Your mission is your part to play in 'the plan.' It is one direction expressed in many ways.) Our problems come not from the love we weren't given in the past, but from the love we aren't giving in the present. The *energy of love released through forgiveness dissolves blocks that prevent us from receiving our good*. In doing this we can transfer our past into a love story.

Although the techniques above may seem simple or easy, we need to remember that healing is a process that can take quite awhile and our willingness to release and forgive will make our journey easier and swifter. If we are going through a major healing we need to trust the process, love ourselves, and remember to ask for help. Help often comes in the form of another person, be it a counsellor, a group, a workshop, or some other form of joining. We need to be patient with ourselves and others as we join on our journey and return to love. We are walking each other home. *For more information see ad to the left.*



# Statues of Liberty

Childlike again,  
We remember a spark  
That lies deep within  
In the well of our heart.  
Burning with love,  
Like the flame of desire,  
Calling so gently  
To rekindle the fire.  
Seeking to find  
All the joy that we are,  
Living to be  
Each a radiant star.  
A beacon of truth,  
A heavenly call,  
Reaching to others,  
Extending to all.  
To blossom in beauty,  
Expand to bestow,  
The light of discovery  
Of all that we know.  
We only are chained  
By our own inner fears,  
Break through to glory,  
Shed happy tears.  
For all is within us,  
To be heaven's sight,  
Like statues of liberty  
Holding the light  
....of freedom



by Marj Stringer

What is the light of freedom? I seem to have spent the past few weeks integrating this poem I wrote for myself. A few days ago, I met an old friend to discuss some arrangements that we seemed to have a disagreement of opinion about. The lunch began and it didn't seem to matter what I said, I was wrong and felt very attacked. My inclination was to reach across the table with a good pow, but recognizing that to attack back or defend myself was only a reflection of my own guilt, I kept breathing and continued to love this person. Out of my desire to be right and protect my own fears, I wanted to blame him rather than acknowledge my own buttons were getting pushed and these feelings were mine, not his. By not reacting and attacking back, his energy of guilt began to change and I left the lunch feeling I

Continues on page 14



Theodore Bromley

presents

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behind the barn?

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who's  
listening?



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\*\* Jill is the speaker at Penticton's Holistic Healing Centre Friday, Feb. 24 - 7:30 - 10 pm ~ by Donation

## Psychic Healing: a Personal View

by Peter Mikiel Hutt

Over the past several years I have had a curiosity and desire to explore the realms of psychic healing through various sources. With this as an intention several opportunities to meet and experience the work of psychic surgeons have manifested in my reality. Like others, my original interest was initiated by stories of the "miraculous" healings of the Filipino style psychic surgeons.

While that style of healing makes direct entry into the physical body, later I was to discover a second form of psychic surgery that only feels as though the "healing hands" penetrate the physical body. This occurs paradoxically without contacting the corporeal structure of the physical form in any way. The technique of non-invasive psychic surgery is completely bloodless, as you would expect from a totally hands off procedure. It is not to be confused with the more primitive styles which have tended to be more publicized. The work is done on various areas of the recipient's energy bodies that compose and interpenetrate each other to create the complex totality of a human being.

There are several advantages to the non-invasive type. These include firstly, sparing the recipient the trauma and drama of a physical body entry. And secondly, because there is no touch, there is no conflict with the more traditional allopathic healing doctrines, and no need to exclude any other medical regimes. Beneficial effects are produced in accordance with the divine laws of healing. We each learn from the lessons that disease or disharmony has the power to teach us.

We are fortunate to have living in the Okanagan area a non-invasive style psychic healer who exemplifies the highest ideals of this healing art form. If you have not heard of her yet, her name is Jill Newman. Jill has over the past decade taken the gift that was given to her and "polished the diamond" to a brilliance that allows her to teach many of the secrets of her advanced form of psychic healing.



There are levels of awareness and tools that are universally applicable for those who seek to become instruments of healing and light. They are all gifts from the God Source, available to anyone who is willing to be responsible and use their gifts with integrity and wisdom. The more aligned each of us becomes with the Law of Love (the law that truly rules all of creation) the more we are open to healing on all levels.

One becomes immediately aware of Jill's commitment to her life's work, which is very much quietly in service to the brotherhood of man. She demonstrates that goodness by the quality of her teaching. There is no filler in her classes, just pure, immediately useful, powerful techniques which anyone can use right now. Those who take her classes, (one of the best healing values available anywhere), are warned to expect to be healthier, happier, and more balanced in any area of life where blockages exist. In the metaphysical community, many have already taken her classes. Talk to one of them and find out. These classes are for everyone.

*Please see ad to the left for workshop dates*



# LISTENING HANDS THERAPY

(L.H.T.)

by Kiara Fine



As a healer I have been studying, practising and teaching for the past 13 years. As a human being, my curiosity about alternative healing began in the early 1980's, when my own personal battle with severe migraine pain was taking over my life. I was definitely losing the battle, prescription drugs were an almost daily happening, and I felt like I couldn't go on this way any longer! An internal process of letting go occurred, I found out about biofeedback and began to control my internal system to stop the pattern that created migraines. The excitement of this kind of 'medicine' (being in charge of my body/life) led me to search for other healing methods that would empower, not only myself but others who were interested in healing in this new way. I realise now that it was a time of crisis in my own personal life and when that letting go occurred, it made space for Spirit or the Universal force to come in and show me the way through.

From the many healing methods of energy work, body therapy and transpersonal psychology that I studied, from the many spiritual journeys and healings that I received, and, from my own personal research in my healing practice and personal life experiences, Listening Hands Therapy evolved.

Listening Hands Therapy is the study of the auric field / energy system in relationship to the unfolding of our life process. This therapy encompasses the healing of four energetic bodies: physical, emotional, mental and spiritual. It is a powerful catalyst for change and healing and it incorporates a hands-on practice with the human energy field, personal spiritual development and the experience of group Unity. It supports the client to be in charge of their own unfolding and healing process. Learning to practice L.H.T. helps individuals re-discover their abilities as healers. Often students are inspired to begin their own healing journey. It also gives them the opportunity to have significant changes or healing experiences in their own lives.

This work, when practiced on a regular basis enhances the ability to open to the energy of love and compassion and most of all to raise our personal vibration.

In weekend L.H.T. workshops students are taught energy balancing techniques and are given the opportunity to practice what they are learning in a safe group environment. All levels of individuals attend, from the beginner to practising therapists. Each individual will leave the weekend with the information and experiences that they are seeking. For some, it is about techniques, for some it will be the people they meet, for some it will be an intense healing release, and for others a deeper connection to spirit.

L.H.T. is taught by Kiara Fine, R.N., R.C.C., the founder, and Diane Laviolette, a graduate of the apprentice program. See ad to the right.

## LISTENING HANDS THERAPY Weekend Workshop Phase 1

WITH KIARA FINE & DIANE LAVIOLETTE

Friday, FEBRUARY 17, 7 - 10:30 pm  
Saturday, FEBRUARY 18, 10 am - 7 pm  
Sunday, FEBRUARY 19, 10 am - 4 pm

FEE: \$150.00 (GST included)

LOCATION: COSBA  
Hobson Rd. at Lakeshore, Kelowna, BC

Introductory Evening Seminar  
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# little beacon of tranquility



Hi! My name is *Jasmine Esport*. I had just opened a holistic aromatherapy esthetics studio in November 1994 and went to advertise in *Issues Magazine*. Through gentle persuasion from the front desk at the Holistic Healing Centre while there putting in my ad, they convinced me to jot down a few words about myself and let you know how I arrived at this point in my life. I'm not a storyteller by any stretch of the imagination, but here goes.

I turned 41 in October 1994. The previous 7 or 8 years of my life had slowly but surely been degenerating, becoming increasingly stressful, lacking any of the real meaning of life that I believed in my heart existed--somewhere. There was no identity in me. I felt like an empty shell. There was no lack of me being needed by others, which was nice, and I was always there for them--but somehow--there was no me! I was falling into a very deep, dark hole from which there seemed to be no return!

Then suddenly, as if by design, my dear husband Jim gave me a gift certificate for a facial for my birthday. He thought I definitely needed something to pick up my spirits and maybe this would help? Little did either of us know what a change this was about to bring. It took me six weeks to get around to going because I just didn't care. But a tiny seed had been planted unwillingly. Well, I finally got there and the treatment consisted of aromatherapy products. It didn't hit me for probably another week. I purchased some of the products and then it all started to come together. I began to realize how much better I felt when I used the products. It seemed my heart lifted a little each time I used them. What kind of power did this aromatherapy have? Therein began my journey toward the enlightened age. I wouldn't trade my precious oils now for all the gold and diamonds in the world.

I was always very sensitive to light and colours as far back as I can possibly remember, so I began studying the effects of colour on the psyche.

I've always been interested in vitamins, nutrition, and alternate forms of healing. I get that from my dear mom. I love the metaphysical world. I took a healing touch workshop in the fall and loved it.

I'm also picking away at a course on body reflexology, and on it goes. But in the meantime, I tried to find something I could put together in a short time for a reasonable amount of money. I would have loved massage therapy, but that was too costly and took too long. I had neither the time nor the money. Well, then I thought, what about esthetics? I could use aromatherapy products and nurture people while at the same time bringing them a little stress relief. I didn't care for some of the things that came with the course, but I loved most of it. At least it was a beginning. It was a 6 month course so I could do it right away. And that was it! Then came finding a spot and getting on with my dream.

So, a year and 2 months later, here I am. The seed sprouted and I hope I can make it bloom. I've taken a few baby steps and become connected with my inner self and allowed myself just to be me. It feels great! What the future holds for me, I don't know. I know I'm not finished yet by a long shot, but at least I finally got started.

My little place at Jasmine's Esthetique is at least a tranquil corner where you can get in touch with yourself, and who knows, maybe resolve a few things within yourself while you're there? One lady I had in calls this place 'a little beacon of tranquility right in the middle of Penticton'. Come on in and let me pamper you. Thanks for lending an ear. Hope to see you soon.

*see ad to the right*



# The Benefits of Midwifery Care

by Andrea Harwood-Jones



This month I have the pleasure of talking to you about some of the many benefits of midwifery care. I speak from personal experience as well as research, as midwives caught my little son Matthew 1 1/2 years ago in a wonderful home-birth in Richmond. There were many reasons why I, as a healthy, low-risk woman, chose to have midwives catch my baby.

**Unique View of Childbirth:** Midwives have a unique view of childbirth, seeing it as a normal physiological process in the life of a woman and her family. One is not seen as being sick or treated like a patient. All of a woman's needs - physical, emotional and social - must be addressed and met.

**Safety:** The research that I did indicated to me that the best birth outcomes are found in those countries which have a midwifery model of maternity care. A lower infant mortality rate, fewer premature babies, and healthier mothers are hallmarks of midwifery care. Attentiveness to the needs of their individual clients, respect for the process of birth, and skills in screening clients for risk factors all contribute to the highest standard of care possible.

**Continuity of Care:** By practising in pairs or in small teams, midwives provide their clients with continuity of care before, during, and after birth. Consistent and personal care was important to me, and I did not want a parade of strangers stepping in at different stages of the process.

**Prevention:** I knew that by having a midwife as my caregiver and advocate, we would be able to prevent many of the problems caused by lack of knowledge, isolation, fear, and unnecessary drug use or medical intervention. She would help to protect our best interests.

**Choice of Birthplace:** Around the world midwives work in diverse settings, from hospitals and birth centres to private homes. The birthing woman is able to choose the location that best suits her physical and emotional needs.

**Support and Empathy:** In midwives we see the meeting of the art of caring with the science of childbirth. My midwives are compassionate caregivers who supported me emotionally and physically during my pregnancy and birth. This aspect cannot be overemphasized, especially for a first pregnancy.

I have named just a few of the benefits of midwifery care. If British Columbians are to receive such world-class maternity care then we must encourage our Provincial Government to uphold the promise made by past Health Minister Elizabeth Cull in May of 1993, the promise of legalized, licensed midwifery. Please support us in our struggle to provide fully-funded midwifery services to all childbearing families in B.C. by writing to the following people:

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Victoria, B.C. V8V 1X4

Send copies of your letter to  
The Honorable Minister of Finance  
Elizabeth Cull  
(same address)

*Andrea Harwood-Jones is the chair of  
The Midwifery Task Force,  
Vernon Chapter.  
For the Chapter in your area,  
call Ann at 879-2960 in Vancouver.*

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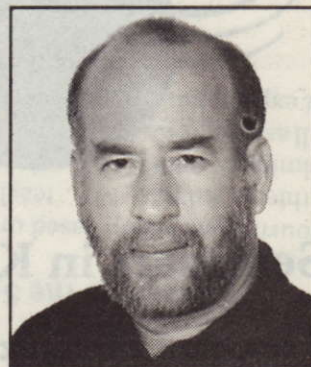
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# Transformational Singing

by Edwin Coppard

Last September, Anthony Robbins invited me to spend a week with him at his resort in Fiji. There I saw for the first time a living model of my vision. A local village where **everyone** sang! I attended a church service and was moved to tears by the incredible sounds and feelings. Everyone sang, and not just in the church; they also pass on their village history through song and dance, and again everyone participates. Finally, they have their own popular music-songs in small ensembles. They have something we have lost--a bonded sense of community and belonging and a far greater degree of happiness. They had no electricity, no TV's, and lacked many other things we take for granted. By our standards they are very poor. I looked to see what was causing their happiness, what they were doing that we were not. The only thing that was uniquely different was that they all sing together regularly. Music is an integral part of their lives in which they all participate. When I look at our society I see how separated we have become. I see an increasingly angry generation of children who have not had their basic need for belonging met, not to mention the older generations who don't know how to create this for them. Learning to sing together has social and personal implications that are vast. Music and song have the ability to reconnect a person with themselves and establish a deep sense of community and connection. My work is to teach the universal principles of music to everyone that I meet and wake up the magic of music. If you have any doubts that singing will benefit your life, consider these six basic human needs and how singing will take care of them:

**Certainty** is the feeling of security that comes from knowing you can open your mouth and sing.

**Variety**. There is no limit to the songs and sounds your voice can create and express. Singing is a smorgasbord of variety that will constantly challenge, excite and surprise you.

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# A Dream Unfolding

by John Bright

"This is a lifelong dream and it is happening now," says Gary Doer of his just released album 'Live in the Now.' All words and music were written by Doer on this eclectic album; which Doer calls "Spiritual Rock & Roll." The inspiration for his music Doer credits to God, "I love to experience the beauty of God - my music flows from there. The more I realize the love of God the more my dreams manifest."

Doer has been musically motivated all his life - "my father's an accomplished pianist and played in bands - his big band era tunes lulled me to sleep as a child. My brother gave me my first guitar and showed me how to move like Elvis." The Elvis influence can be detected on 'Live in the Now'.

"I started entertaining in the local schools around Hope, B.C. when I was about twelve. My own concept of Spirituality began to enter my awareness when I was fifteen. I began entertaining as a full time professional at twenty one." Over the past seventeen years Doer performed throughout the Kootenays, Lower Mainland, the Interior and the Okanagan. His one man show includes guitar and keyboard. He now makes his home in Vernon and is looking forward to a concert tour.

'Live in the Now' is a harmonious mix that focuses on the Spiritually Positive. It was recorded at Horizon Sound Studios in Kelowna and is presently available through the ad on this page.

S.O.M.E. (South Okanagan Men's Evolvement)  
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South Okanagan's First Monthly

## Open Men's Gathering

by David Tauzer

Yes, there does exist a network of men that has been gathering together several times a year. And, yes, there also exist several men's groups working to challenge the vision of what it means to be male, as well as to support each other and become trusting friends. It is time now in the advent of this new season for us as a loosely organized network to make ourselves more available, to become more public in our direction. It is the right time for us as men to embrace our maleness in a positive way and to reaffirm our role in creating a healthy and strong society.

We invite all men, of all ages and of all calls of life to join us to discuss, to plan, to find ways to break down the barriers to real communication between us.

We will meet from 7-10 pm at the Leir House on the  
SECOND THURSDAY OF EACH MONTH  
(February - May) and we will see where this will go.

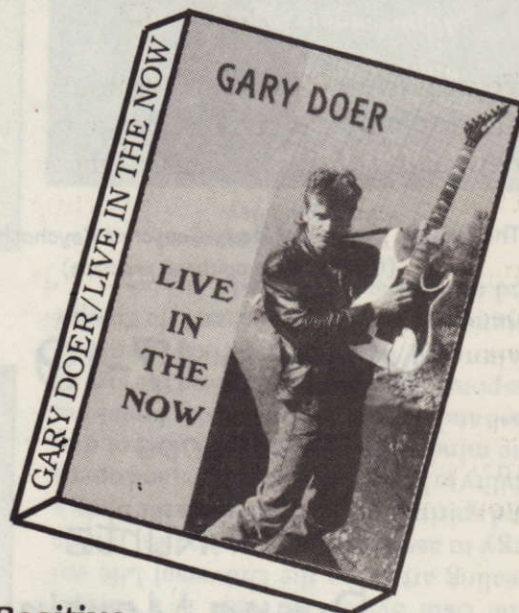
Our first scheduled gathering will be on Thursday evening, February 9th.

Hope to see you there.

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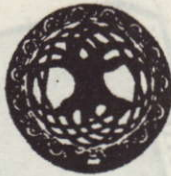
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## 'Depression' There is a Way Through

by Susan Hewins



In our world today you can turn on the T.V. or open the paper or talk to your neighbour or the cashier at the grocery store and you can hear about pain that people everywhere feel. We can all relate to feeling some kind of pain or distress in our lives. We may have a difficult child or have a neighbour that we just can't see eye to eye with. You may be aware of unresolved pain that you carry with you from a time already past in your life. Whatever the case, this pain is looming, ever present. This pain we carry is very often given the clinical name of 'depression'. As I sat on my couch a couple of weeks ago, I found myself crying for no apparent reason. I was alone - the house was quiet - nobody was bothering me; what was the problem? When I took a moment to really think about how I was feeling, I became aware of a heaviness in my chest; it was a sadly familiar feeling, one that only six years ago was with me constantly. It frightened and saddened me at the same time, remembering what a daily survival game my life used to be, stuck in the belief that I would never be more than an unhappy wife and mother. But the tears I was crying this time were cool tears of joy and gladness as I thought about all that GOD had bestowed upon me and my husband and children. As I began to reflect on all of the healing I had been through I gave thanks that six years ago GOD guided me to a counsellor that used a method of breathing called Breath Integration. I began to go regularly for sessions and noticed the weight in my chest was beginning to lift. I was impressed with the results. I was starting to like myself again. This was the beginning of my 'new' life. Since I was a young adult I had wanted to find a way of working with people that would make a difference and I had found it. I carried on to do the Intensive Trainings that I needed to become a counsellor and teacher of this healing method. I enjoy an immense sense of well being and gratitude to GOD, now that I am able to help people move through that dark hole of depression to a renewed sense of their own well-being. Sometimes it takes being able to feel the pain to remember what feeling the joy is like. I know now there is a way through depression--a light at the end of the tunnel. A whole new life is awaiting you--don't wait for it to come to you--go and get it! The next step is up to you!

*Susan Hewins is a Breath Practitioner and Motivational Speaker at Personal Growth Consulting Training Centre in Kamloops.*

**Statues of Liberty** continued from page 7

had learned a valuable lesson about myself. The Course In Miracles states 'to pardon is to see illusions as illusion, not as truth. By its ability to overlook what is not there, it opens up the way to truth, which has been blocked by dreams of guilt.' (CIM-lesson 134). As I reflected on the judgments I had of my friend, I had to ask myself, would I accuse myself of doing this?

Taking responsibility for my own thoughts and feelings opened the door to true forgiveness of him and myself. Forgiveness is not an act of unfair sacrifice of righteous wrath. Genuine forgiveness comes as we accept the truth as real in



# Windows Information

by Peter Hodsman



Love is real. Everything else is a dream. Love is the source where all our desires die into fulfilment. The restless mind has a purpose. It searches for the answer.

The volume has been turned up on our mental radio. As a new frequency band intercepts the old programs we can find

ourselves on our knees begging for fulfilment, begging for an end to the agony of separation.

This is a good 'position' to assume because we are closer to our mother. Try sometime to kneel on the earth, touch her fragrant body with your hands. Be 'in-touch'. Breathe in deeply-let your breath release all your prayers to her. Direct your needs to her, give her your love. You will be surprised. She hears, her capacity for-giving is tremendous. She gives more than we do. Her love is our love.

The air we breathe is the same vital energy as the earth's; Her lungs; all green things. We are connected with her in every way; breathing her breath, sustained by her body, cleansed by her waters. We speak the truth when we say, 'I and my mother are one.' When we heal ourselves, we heal our mother.

Healing is taking on a new context. We (tend to) think that we are on a journey that takes many steps, which is true. However, what we do with that truth is use it in a linear fashion creating a goal 'over here' and a past 'back there' that we are responsible for--need to re-solve.

Let us recognize that there are many possible parallel realities that co-exist simultaneously. Could it be that we can completely transform all that holds us back in one moment?

The dimension of time is much more subject to personal perception than we can possibly dream in our present awareness. All the past, all the future can only be referenced NOW. We are all of that and express that wealth of is-ness NOW. Knowing the illusion of time allows for transformation in a Holy Instant born 'out of time' as our beloved Jesus has referred to it.

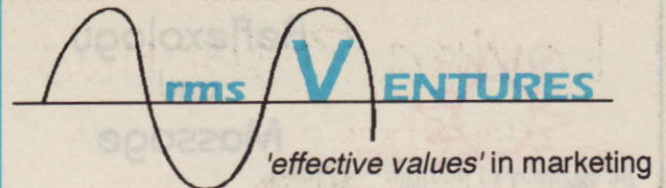
Peter works closely with his clients to achieve trance-formation in the present moment through the powerful modalities of breath, deep tissue release work, sound and postures, along with Gestalt, Reichian, Bioenergetics and Rebirthing. He is available for Postural Integration or private Breathwork Sessions bi-weekly at the Holistic Healing Centre in Penticton and regularly at the Centre for Health Awareness in Christina Lake 447-6642. See 'Calendar' for dates of Group Power of Breath Sessions and Ageless Body Exercises.

## Statues of Liberty continued

someone else, we join together to discover our true reality in freedom and in peace. By practising willingness and honesty that day, I felt a sense of relief and lightness, a lifting of a weight from across my chest. I felt the light of freedom as I let go of attacking myself. 'No one is crucified alone and yet no one can enter Heaven by himself.' (CIM-lesson 134)


I felt like a statue of liberty in a moment of forgiveness. By love, I think I got it!


*Marj Stringer is a personal growth consultant and breath practitioner with Inner Direction Consultants in Kelowna.*




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# MAGNETIC Wellness

by Don & Rita Weston

Health care in Canada is undergoing an extreme transition that will ultimately change the way we look at most if not all health concerns. Medical practices that have been accepted as fundamentally true are coming under scrutiny as being ineffective, too costly and in many cases dangerous. There are many people who are 'sick and tired of being sick and tired'. These people are taking more responsibility for their own health. As these changes continue to unfold, we will see a wide range of health and wellness approaches that seek to find safer, more effective and more natural means to maintain good health.

There is a growing awareness of the use of magnetism for therapeutic purposes. It should be made clear that magnets themselves do not heal anything - they only stimulate the body to heal itself.

In Japan, a number of licensed manufacturers of medical devices are producing magnetotherapeutic devices. One system utilized the placement of permanent magnets into mattresses and pillows, allowing the user to passively receive their therapy as they sleep.

These days there are also special therapeutic magnets available, almost all of them manufactured in Japan, where more extensive research on the subject has been done. Use of the magnets is as simple as using a heating pad, liniment or massage instead of aspirin or prescription pain relievers.

Scientists have documents that earth's magnetic field has decreased about 50% over the last 500-1000 years, with a full 5% decline being recorded in the past 100 years. Other factors decreasing the earth's magnetic field acting on the human body are modern day living conditions such as steel frame buildings, mattress springs and various modes of transportation. All absorb a large part of the magnetic lines of the earth's magnetic field and shelter people from them. As the human race has long been dependent on the influences of the earth's magnetic field, change in this field is likely to cause functional disorders in the human body.

Because we spend much of our time inside steel structures such as buildings and automobiles, we are shielded from the benefits of the earth's natural magnetic field. Magnetic Insoles can help overcome these problems with each step we take. In addition, because of the physiological connections between the various parts of the foot and the different organs of the body, the magnetic insoles have the magnets placed to stimulate reflexology and acupressure points on the feet. The insoles are an excellent method of activating these trigger points to maintain good general health.

Hopefully, the future will reveal even greater breakthroughs in magnetic therapy. As society slowly emerges from years of conditioning that the only approach to good health is through drugs and surgery, let's keep an optimistic view that greater discoveries are just on the horizon.

Interested? Informational seminars in  
Vernon, Salmon Arm and Penticton  
please see ad to the left.



# OFF-CENTRED IN THE TAO

'Dancing with the Dragon'

by Harold Hajime Naka...a rebel with 10,000 faces

It's been a whole year since I left my day job of thirty years and realized my dream of making 'Dancing Tao--Playing Tai Chi' a reality. You know the saying 'time flies when you're having fun'. Well, I can't say it's been all fun, but it seems like only yesterday when I made the big move and now movement is my livelihood. Little did I know twelve years ago, that my introduction into the world of Tai Chi would reveal my true 'rebel' nature and life's work. Now I can finally say, my work is my play. If you're asking how I feel now? Not much different than before. I still don't have any security and have stress (healthy ones, I hope). But on the other hand I love my work. The freedom to create and design a concept that works in the real world is very rewarding. I also have more time between classes...to change my three month old daughter's diapers, (Desta is my new Tai Chi Master). Which reminds me, politicians and babies diapers should both be changed frequently and for the same reasons.

Yes, it was worth taking the risk of failing, to be criticized and being rejected, rather than conforming to the safe, accepted and conventional (boring) way. I have had incredible encouragement and support from many caring people over the years on my non-teaching way. I am reminded of another dragon, the legendary Bruce Lee, whose personal philosophy was 'having no limitation as my limitation, having no path as my path,' reaffirming my own non-way (wu-wei). I feel fortunate and grateful to have had teachers who have inspired and challenged me to grow. I in turn challenged them and learned about humility. My rebel nature still loves to challenge society's restrictive rules, gurus who think they know the meaning of life, 'A Course in Miracles' folks who are stuck in their belief systems, workshop junkies who have taken one too many self-improvement courses, new thought people who are always so positive and Tai Chi players who don't know how to play. I also have a healthy dose of cynicism for parenting experts (do they have real kids?), network marketing hucksters, followers of Maitreya (where are all these space cadets coming from?), and to those

who think 'The Celestine Prophecy' is the best thing to come out of the cosmos since Ramtha. But, Hey! Nobody's perfect, especially myself. Although I am perfect with my imperfection. People who think they are perfect don't love their egos.

I remember hearing rumours that people in Kelowna were going to pay me to NOT come to their workshops. I wonder why? Is it because I'm beyond saving? Or is it because I love my ego? Or both? Perhaps one day I will see the light. Meanwhile, I will just waddle in the mud like a turtle and be content. Gee, I wonder if I have any friends left? I am attracted to non-conformists, risk takers, radical visionaries and free thinkers, also to creative movement artists and original people who take responsibility for their actions. So before you give up your day job, are you willing to fly without wings and not be afraid to fall? I fall for Tai Chi all the time.

## Reiki

**1<sup>ST</sup> Degree Feb. 11 & 12<sup>th</sup>**

**2<sup>ND</sup> Degree Feb. 17 & 18<sup>th</sup>**

9 - 5 pm both days - \$175

**Reiki Master's Feb 24 & 25<sup>th</sup>**

9 - 5 pm both days - \$500

## CRYSTAL HEALING

**Mar. 4 & 5<sup>th</sup>**

**Mar. 11 & 12<sup>th</sup>**

9 - 5 pm

**\$175 each degree**

Workshops at:

C8-RR 1, Heritage Court

**Armstrong, BC, V0E 1B0**

Please call Lucille **546- 6401**



## Boon's Floatation Location

#10 Strayhorse, Apex

Float Tank \$20 / hr

Reflexology or Swedish / Shiatsu Massage

\$25 / ½ hr or \$40 / hr

Rejuvenation Special: \$40

Hot Tub, ½ hr massage & 1 hour float

**Open 10 - 10 daily**

For reservations phone **292-8667**

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

## Tomlinson Photography

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

**Reproduction of Old Photos**

**Portraits, Weddings & Group Photographs**

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



# CALENDAR

## February 4 Reiki Level I

Nuthery Institute, Winfield 766-4049

## February 6

**Wholebody Reflexology**, Certified  
Nuthery Institute, Winfield 766-4049

## Feb. 10, 11 & 12

### CREATING WEALTH

In this week-end workshop you will:

- \*Explore beliefs and attitudes about wealth
  - \*Practice effective goal setting techniques
  - \*Develop a financial plan
  - \*Learn how to commit to abundance.
- Fri 7-10, Sat & Sun 10-6 \$250 ....Call Inner  
Directions Consultants, Kelowna 763-8588

**1st degree Reiki**, Armstrong p.17

## February 16

Start your day with **Power of Breath**  
8 to 9:30 am with Peter Hodsman, \$8  
at Penticton's Holistic Healing Centre

## February 17 & 18

**1st degree Reiki**, Armstrong p.17

## February 17, 18 & 19

**Listening Hands Therapy**, Kelowna, p. 9

## February 18

**Workshop: Playing Tai Chi** 9:30-3:30pm  
Vernon Recreation Centre. Experience the  
Magic of Movement with Harold Hajime Naka,  
Master of Tai Chi Play and inscrutable Taoist  
Rebel. Information Denise 604-542-0827

## February 18 & 19

**Wholebody Reflexology** Part I Certified  
In Salmon Arm Nuthery Institute, 766-4049

## February 23

**Acupressure Level I**, Certified  
Nuthery Institute, Winfield, 766-4049

## February 24

Cheryl Grismer **Spiritual Intensive**,  
Kelowna, p.2

## February 28

Jill Newman **Self Healing & Beyond**, p. 08

## March 4

Start your day with **Power of Breath**  
8 to 9:30 am with Peter Hodsman, \$8  
at Penticton's Holistic Healing Centre

**Drunvalo Melchizedek**, Sacred Geometry  
& the Flower of Life Video, 7:30 pm, \$8-\$12  
at Penticton's Holistic Healing Centre

## March 4 & 5

**Healing with Colour & Crystals**  
Nuthery Institute, Winfield, 766-4049

## March 4 & 5

**Crystal Healing** workshop, Armstrong p.17

## March 11

**Your Second Childhood**, Penticton, p. 7

## March 11 & 12

**Wholebody Reflexology**, Part II & completion  
In Salmon Arm, Nuthery Institute, 766-4049

**Crystal Healing** workshop, Armstrong p.17

## March 13

**Herbalist Meeting** at Marion's 493-3697

## March 17 - 19

**Loving Presence**, Kamloops p. 14

## March 25

Introduction to Psychic Development, Penticton  
with Cheryl Grismer, p. 2

## March 25 & 26

**Understanding Energy** Radionics & Heal-  
ing, Nuthery Institute, Winfield, 766-4049

## March 27 - April 1

**Colon Therapy** Certification Course  
Penticton phone (604) 492-7995, p. 8

## March 30

More about: **Drunvalo Melchizedek**, Sa-  
cred Geometry, Flower of Life Video, 7:30 pm,  
\$8-\$12 at Penticton's Holistic Healing Centre

## March 31

Start your day with **Power of Breath**  
8 to 9:30 am with Peter Hodsman, \$8  
at Penticton's Holistic Healing Centre

## April 13

Still more about **Drunvalo Melchizedek**,  
Sacred Geometry & the Flower of Life Video,  
7:30 pm, \$8-\$12 Penticton's Holistic Centre

## April 15

**Ageless Body Exercises**-Energizing &  
Rejuvenating Peter Hodsman 9:15-11am \$12  
at Penticton's Holistic Healing Centre

**Women's Ways** with Kalia Catherine Leslie  
Visualization, Art, Sound & Movement to im-  
prove Self, Body, Sexuality & Esteem, 12-4:30  
pm \$35 Limited Registration 604-447-6642  
at Penticton's Holistic Healing Centre

**Power of Breath** with Peter 7:30 to 9:30 pm  
\$12 at Penticton's Holistic Healing Centre

## April 21, 22 & 23

### Spring Festival of Awareness

## May 1 - 26

Counselling Hypnotherapy Program, Kelowna,  
p. 11

## May 4 - 8

**Hands on Permaculture** with  
Greg Lamoureux 604-447-6642

## May 11-15 & 19 to 21

**Flower of Life Meditation Workshop \***  
88 hrs Intensive \*Drunvalo Melchizedek  
\*Sacred Geometry \* 604-447-6642

## May 15 - 18

**Flower of Life Meditation** Integration  
Retreat \*604-447-6642

## May 23 - 25

**Touch the Earth Hands**-on Organic  
Gardening at Rainbow's End \*604-447-6642

## May 26 - 29

**Moving Thru Grief** Dances for Universal Peace  
\*Sound \*Movement \*Sweating \*Talking & Being  
Together with Kalia & DayStar \* 604-447-6642

## June 2 - 4

**Hymns to an Unknown God**,  
with Sam Keen, Naramata Centre, p. 3

## June 8 - 12

**Bridges to Empowerment**  
Peter Hodsman 604-447-6642

## June 21 - 23

**Passion for Life** Getting & Staying Healthy  
Joy Gardner, International Author \* 447-6642

## ONGOING EVENTS

### MONDAYS DREAM GROUP

7 pm, Penticton - Sarah Wellington: 493-5598

### TUESDAY-Celestine Prophecy

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

### WEDNESDAYS- Meditation Instruction

on Inner Light & Sound FREE Vernon:545-3098

### THURSDAY- REIKI EXCHANGES

Kelowna. 860-9880 - Rhoyalle

### KELOWNA PARAPSYCHOLOGY ASSOC.

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

**SUNDAY CELEBRATION** an inspirational  
talk based on the principles from 'ACIM'

**Kelowna** Sunday 11- Noon - 763-8588  
Sarson's Senior Citizens Activity Centre

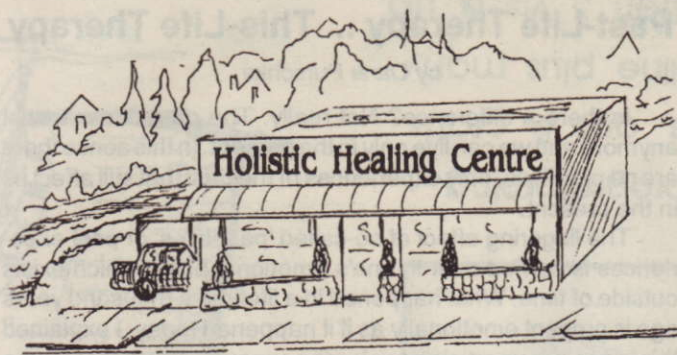
**Penticton** 11am-1 pm phone 492-5371

### A COURSE IN MIRACLES STUDYGROUPS

**Kelowna:** Sunday :7-8:30pm-1725 Dolphin Ave.  
Phone Inner Directions: 763-8588 in Kelowna

**Penticton:** Mon.: 7-9 pm - #124 - 246 Martin St  
Everyone Welcome - by donation. 492-3394  
Facilitated by Anne Twidle & Sandy Haldane





254 Ellis St, Penticton, BC

492-5371 for information

### Tuesdays & Friday mornings

**Chi Kung** with Margery Tyrrell 9:10-10:10 am  
till March 17th

### Thursday Morning - Feb. 16

Start your day with the **Power of Breath**  
8 - 9:30 am with Peter Hodsman - \$8.00

### Fridays Afternoons

**Hatha Yoga** with Josey Slater - 1 - 3 pm  
Maximum 8 people - Starting Feb. 10th - \$48 for 8 weeks

## February Workshops

Feb. 4 - Saturday - 10 am to 2 pm  
**Hatha Yoga & Meditation** with **Marsha** \$25.00

Feb. 11 - Saturday - 9 am to 3 pm

**Divine Adjustment & Ancestral Rescue** with **Valeria**

"Favourable and unfavourable ancestral impact repercussions throughout seven generations of descendants. We speak about some very effective processes that encourage anyone to surrender from the impact and into the freedoms and liberties of 'aliveness.' \$33

Feb. 18 Introduction to Reiki Sat.9-11 am

**Intro is 'Free'** with **Catherine Torrens**

Reiki I - Sat 3 - 5 & Sun.10-Noon & 3-5 pm

Feb. 18 & 19 - Sat. 11 am - 6 pm & Sun.1- 6 pm

**The Harmonics of Sound & Light Vibration** with **Troy Lenard**

Breath Techniques are shared for proper diaphragm use and directed sound control. Each student will be given their Soul Ray Color and Sound Combination to balance Auric Alignment. \$95.00

Feb. 22 - Wed.7-9:30 pm, **Drumming** with **David Thiaw**

Feb. 25 & 26 - Sat. 10 - 5 pm & Sunday 1 - 6 pm

**Science of Consciousness Classes** with **LaRue Hayes**

Learn the basics from Ernest Holmes '**Science of Mind**' that simply explains how life works. This is the first of a series of 3-24 classroom hour sessions that qualify for certification. Member of SONTC \$100, non-members \$110.

## February 1995

S	M	T	W	T	F	S
			1	YOGA 2 Shilan Leslie 7:30-10 pm Drop in \$6	Speaker Series 3 7:30 - 10 pm Len Wright NLP	YOGA 4 with Marsha 10 am - 2 pm \$25
Phoenix Community 5 Sunday Celebration 11-noon	Drop in Meditation 6 7:30 - 9:30 pm with Troy Lenard by donation	Speaker Series 7 7:30 - 10 pm Cassie Bennel Body Harmony	8	YOGA 9 Shilan Leslie 7:30-10 pm Drop in \$6	Speaker Series 10 7:30 - 10 pm Valeria Divine Adjustment	Divine 11 Adjustment with Valeria Cost \$33.00
Phoenix Community 12 Sunday Celebration 11-Noon Sound/Light Wksp.	Drop in Meditation 13 7:30 - 9:30 pm with Troy Lenard by donation	Valentine 14 Social Evening 7-11 pm Dessert Potluck	Reiki Circle 15 7-10 pm by donation	YOGA 16 Shilan Leslie 7:30-10 pm Drop in \$6	Speaker Series 17 7:30 - 10 pm Troy Lenard Sound & Light	Light & Sound workshop 18 Troy Lenard Intro to Reiki 9-11am Catherine Torrens
A Course in Miracles 19 Sunday Celebration 11-Noon	Angèle's 20 Birthday Celebration Potluck 6:30 pm	Speaker Series 21 7:30 - 10 pm Dane Purschke Past Life Therapy	Drumming 22 with David Thiaw Workshop	YOGA 23 Shilan Leslie 7:30-10 pm Drop in \$6	Speaker Series 24 7:30 - 10 pm Jill Newman Spiritual Healing	Science of Consciousness 25 Classes (formerly Science of Mind) 10 am - 5 pm
Science of Consciousness 26 Sunday Celebration 11-Noon S. of C. Class	Drop in Meditation 27 7:30- 9:30 pm with Guest Speaker by donation	Speaker Series 28 7:30 - 10 pm Maurine Val Palfy Tarot Tools				



# MIDLIFE ISSUES

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

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

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

**Gordon Wallace, M.A.** (Counselling Psychology)  
#102-346 Lawrence Ave, Kelowna, B.C., V1Y 6L4  
**Phone 868-2588**

# Past Life Therapy

## IS CHANNELLING YOUR OWN HIGHER SELF

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

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

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

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

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



# Past-Life Therapy ... This-Life Therapy

by Dane Purschke

Is there a difference? Not really. The past doesn't exist anymore and we can live only in the present. In this sense there are no past lives, only experiences of the past that still affect us in the present.

The lingering effect of so-called 'past-lives' or past experiences is carried over in one's emotional body, which exists outside of time. What happened in a lifetime a thousand years ago is present emotionally as if it happened today. I explained this in a previous article by using the example of two clients who suffered from claustrophobia. They each recalled being buried alive. After the memory was relived, a simple light exercise is used to clear the negative energies from the emotional body and the phobia disappears.

Multiply this above example a hundred times or more and we each will understand that every belief we have, every attitude, every feeling whether positive or negative, we have learned through experience either in this or in some past life. Since our emotions or feelings carry over from one life to the next, they begin to manifest early on in childhood, and of course all through a person's life. It is called compulsive behaviour.

It isn't always necessary to recall past-life memories in order to heal the present. Dealing with the memories of this life is enough to heal most negative emotions such as fear, anger, guilt, self-rejection, sadness and such. I have had three or four sessions with some clients in which we never got into past lives. The issues they wanted to deal with were evident enough from this life to be able to clear the negative effects from the emotional body.

People who want to clear the negative energies that result from a divorce, or from a family or business relationship, always require going into past lives that they shared together. As their past lives together are recalled the client sees how they each took turns abusing the other only to return and repeat it over again this time around. After seeing the history he/she has had together with the other person, can he/she get beyond judging who did what to whom and come to forgive themselves and the other. Only then can bitterness, hatred, blaming and revenge be cleared from their emotional body.

There is really only one lifetime that exists, namely, this one. Past-life therapy or this-life therapy are really the same thing. The purpose is to help the client heal the negativity in their emotional body, so much of which is a carry over from experiences in previous lives.

Painful memories are often suppressed in order to cope and survive. There are different therapies that enable people to recall painful, embarrassing and traumatic experiences. As the memory is recalled it should also be cleared of its negativity, not next week or next month, but immediately. Why help a client to recall a painful memory only to leave them with their painful memory? All painful memories, judgments, attachments, phobias and such are stored in one's emotional body. My therapy enables the client not only to recall their woundedness but to also help them release the negative effects it has on them in the present. The wisdom gained from the experience is what is retained. The crippling and limiting emotional responses are let go. The healing is immediate and lasting.

*Dane is the Friday night speaker at the  
Holistic Healing Centre on Tuesday Feb.21*



# My Journey

by Meggie Arens Hartnett

Approximately 12 years ago I finished a major life's lesson and immediately thereafter started on this journey, although I was unaware of it at the time. I had friends over for dinner one Sunday, and during the conversation I blurted out, 'I think I would like to oil paint!' So I bought some supplies and proceeded to paint the following day off. Within a year I moved to Calgary, from B.C., still unaware there was a method behind all this. A friend in Calgary had been sick and wanted to go to a crystal healer he had read about. I'd never been to a psychic and had no idea what this was all about. (Because I was brought up in a main stream religion, I did not recognize situations that had been happening throughout my life as a gift).

I went along with my friend to the crystal healer, Dennis McGuire, to keep an eye on things. No one was going to take advantage of my friend, so I thought! Was I suspicious, or what? When Dennis opened the door and greeted me like he knew me, you can imagine my consternation! Later I found out his guide had told him I was coming and he was to teach me. Through Dennis I found out about my gifts and many other things that helped me open up and let down barriers.

I started channelling all kinds of paintings for people from Awareness centres to spirit guides, with the information surrounding a client's spiritual growth when doing Spirit Guides. I have since then, been privileged to be an instrument for the Great White Brotherhood, in the Light connection of the 12 strand DNA and the 5 outer chakras. Now I am facilitating a workshop that I have been asked to do, as I have been given that there is a need for people to keep themselves grounded and have a good understanding of who they are, to maintain a centeredness and balance in their lives. The workshop is called WHO, WHAT, WHERE, WHY, HOW.

WHO are we? WHAT is happening to us? WHERE have we been focused and where are we now? WHY are we here? HOW are we to find our own truth and become self-empowered by it?

In the workshop I share some of my knowledge by giving you a basic foundation of understanding of who we are as electromagnetic beings of energy in a creation of energy. How we fit into the divine plan and how to help ourselves become self-empowered by finding our own truth.

If anyone wants more information or is interested in having a Spirit Guide pastel sketch or a Light connection, which also includes the connecting of outer chakras, I can be reached at 1-604-975-9169.

For workshop information, please contact names and numbers in ad to the right. Maggie is the Tuesday Night Speaker on March 14 in Penticton.

## IMAGINATION GALLERY

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Striving to bring you the most unique gifts and accessories from around the world.

Designer clothing, Persian rugs, hand made jewellery... its all here just waiting to be discovered.

Introducing Rag Champa incense hot off the boat from India. Drop by and experience the adventure! Stay for tea.

## Valentine Social

Feb. 14 ♡ 7-11 pm

Join us for 'Energy Awareness' & 'Getting to Know You' games.

## Dessert Potluck

Bring your voices, guitar or drum & we'll share music.

Holistic Healing Centre  
254 Ellis Street, Penticton  
492-5371

Sliding scale donation \$3-8



1-604-975-9169  
Toll Free

## MEGGIE HARTNETT

Psychic Artist, Light Facilitator  
Work shop Facilitator: Who, What, Where, Why, How

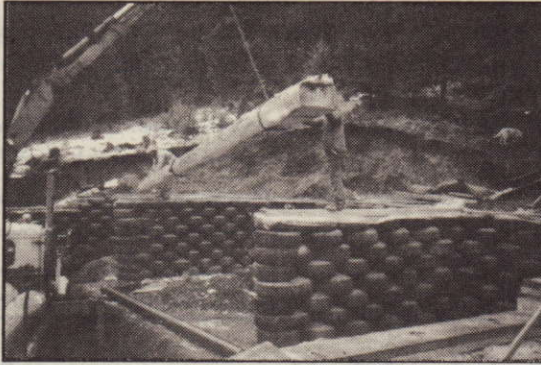
WHO are you?  
WHAT seems to be happening to you and others?  
WHERE have you been focused in life and where are you now?  
WHY are you here now?  
HOW are you to find your own truth and become self empowered?

TO REGISTER: Fee: \$150.  
Kelowna, Feb. 18-19, Connie 769-2140. Register by Feb. 13, \$125.  
Vernon, Mar. 4-5, Gwendalyn 545-7063. Register by Mar. 1, \$125.



# Tire Homes

I had almost given up on building my own inexpensive home, when I had the good fortune of meeting Mr. Mark Bossert of Recycled Tire Homes. I had previously seen the Dennis Weavervideo, and knew this was the



answer for me. Years ago I had always anticipated building a home from earth friendly materials or at least using material already available, and harnessing energy which surrounds us all on a daily basis. I have a difficult time justifying cutting down trees and building energy deficient houses.

I wanted an earth friendly house, and Mark required a site to unfold his wealth of information and experiences brought forward from hours of research and training in New Mexico.

Our first hurdle was the regional district, What a hoot! I wish all of you could have been there. Knowing in advance of the reception we would receive we had the foresight to find an amiable engineer who produced the necessary documentation required to prove the building structure sound and quite capable of supporting roof loads. I must admit I can not recall back-peddling being displayed in this manner before.

In the process of designing this home it magically came to life, starting from a very basic floor plan. The first thing was to change the living room to the center of the house, then of course the idea of archways was born. Could we remove part of the tire walls central support structure? Sure, we just made the area into a three step split level with a huge living room. Three large logs support the upper clerestory which allows mountains of light to flood into the back of the home. The front of the home has five by four foot windows across its eighty foot front. An after thought was born to build a hot tub room which is centrally located in the middle of a jungle. The jungle supplies vegetables, fruit, herbs and greens, all year long. I was overwhelmed by the vision of picking fresh grown dwarf ba-

nanas, while sitting in my hot tub. Not to mention the fact they are organically grown, and nurtured by recycled water from the sinks and shower. My dream is

coming true. To be self reliant, to live in a home which is extremely energy efficient and earth friendly..... and the house takes care of itself when I'm not home. Insulated earth mass surrounding the home soaks up the sun's rays during the warmer periods of the year. This stored heat then is released into the home in winter months when cloudy conditions prevail. The joy of not having a furnace gobble up fuel represents a substantial amount of money. In fact, the house requires no furnace or cooling system. The earth mass serves both purposes.

I couldn't believe the versatility in laying out the floor plan, it can be adapted to individual preferences. For example a twenty-foot sculptured orca on the back living room wall, all made possible by using materials on site. The same material used for the walls, sand, dirt and a little straw. Adobe is very flexible; it can be tinted, painted or simply sealed with linseed oil. The floors consist of a terracrete material which is cut in with a tool resembling a large cookie cutter. Once again this material is found right on site. The floor then is simply troweled out as the surface hardens.

Another feature in the home will be a miniature waterfall with a catch pool at the base.

The first time I entered a tire home, I noticed it was very quiet. It felt solid rather than the cold dankness that concrete seems to emit. I sensed a harmony rather than a fragmented vibration. The space felt gentle, peaceful and serene, perhaps similar to living in the womb of the earth. The walls have long gentle sweeping curves; there are no square corners or hard angles. There is a natural blending

*continues next page*

## Report Reveals how to Build a Beautiful, Energy Efficient \$150,000 House for... \$75,000!

Built out of free used tires and site material, these homes are free to heat and cool. They use a proven heat storage system to easily store the Sun's heat for use in the winter. And storing the heat cools the house in the summer!

The tires are packed with dirt and laid like bricks to form the walls with lovely adobe plaster on the inside. Earth is banked on the outside of the tires for energy efficiency and ease of construction.

**When complete, you wouldn't know there was a tire in the place.**

*Imagine* your own bright, open plan home that feels cozy and safe and is very quiet inside. *Imagine* eating fresh picked organic veggies from the indoor planter. *Imagine* getting your electric bill and it's 1/2 what it is now! *Imagine* living in a home that is good for your family and the environment.

*Imagine* telling friends you saved \$75,000 and are still saving!

This special report is jam packed with answers to the most asked questions about these homes. It's full of pictures, plans, drawings and explanations of how these earth friendly homes work.

Send for your Tire Home report for \$19.95. For a limited time we'll include another report "Secrets of How to Choose Your Perfect, Bargain, Solar Home Site", a \$19.95 value, and a copy of our newsletter, for **Free!**

**100% Risk Free Guarantee!**

If for any reason, you decide this isn't for you, simply let us know and we'll promptly refund your money. And you keep the report. How can we be any fairer than that? **To Order:** Send a check or money order payable to Recycled Tire Homes for \$21.35 Gst incl.

Recycled Tire Homes Ltd.,  
P.O. Box 1592, Vernon, B.C.  
V1T 8G2 (604) 573-2828



# Underlying Causes Affecting Present World Conditions

by Troy Lenard

In these times of great changes, inner and outer, certain underlying conditions play important factors. One of the most important of these is the ending of the Piscean age under the Rule of Neptune and the sixth ray of Purple Violet, incorporating the qualities of Idealism, Mysticism and Devotion and the arrival of the Aquarian Age under rule of Uranus, the colour of Indigo with the seventh ray attributes of Ceremonial Magic, Catalytic Transformation and Dynamic Purpose to Synthesize. The struggle is like a giant tug of war between conflicting old values and newly arriving intuitive insights requiring spontaneous response. The individualist faces the group, magnetism encounters electricity and the ensuing sparks of a yet unequal force create the intensive behaviour and tension felt by all. Purple Violet is inherently connected with our PAST which is facing us everyday to be resolved in our PRESENT NOW and what is being asked of us is to TRUST THE PROCESS.

Our souls are taking control and with it the principles of honesty, integrity

and heartfelt truth are on the increase communicating throughout all media expression, without exception in every social conclave. All has precipitated the necessary CHANGES IN CONSCIOUSNESS. Allow me to share the words of the Tibetan known as Djwal Khul or D.K.

*'The result of the increasing flow of the seventh ray which shows itself as a pronounced crystallization of the standardized and accepted forms of belief, religious, social and philosophic--is to throw millions of people who do not respond to either of the above influences through egoic or personality relation, into a state of bewilderment. They feel entirely lost, are gripped by the idea that life holds for them no desirable future, all that they have learnt to cherish and to hold dear is rapidly failing.'*

*These three groups of people, influenced by the sixth and seventh rays or those who are bewildered by the impact of forces generated by those rays, are those who must together, with understanding and clear vision, bring order out of the present chaos. They must materialize those new and desirable conditions which will conform to the subjective pattern in the minds of the illumined people of the world and to the spiritual plan as it exists in the consciousness of the members of the Hierarchy (Brotherhood of the Light).'*

The whole process may be summed up under the term 'Initiation'. I would gratefully share more of its implications at a later date.

For further study on the impact of the rays on a planetary level, read 'The Destiny of the Nations' by Alice A. Bailey. Troy is a trained 'Akashic Life Reader' offering Telepathic guidance from the vibrational records of Soul Incarnations, leads weekly meditations and offers seminars and pranic healings using Sound, Colour and Vibration, at the Penticton Holistic Healing Centre.

*Please see ad to the right for workshop dates and private appointments. Monday night is a drop-in Meditation group at 254 Ellis St, 7:30 pm, by donation.*

## Tire Homes continues

of all the elements. A very soft feeling starts glowing inside. The home seems to welcome and envelop you in unseen arms, and a special comfort is experienced. Certainly a sense of joy crept through my being as I realized, I was co-creating with nature. At the same time offering alternative methods to building homes cheaply, and using natural elements in a responsible manner. After all our Planet has given us, it is little in return.

I am confident many people will look at these homes and find them very affordable. This 2600 sq. ft. house will cost me \$48,000 on completion. One would never guess the structure was produced from recycled tires.

Please feel free to contact me in Kamloops at 604 573 5432.

## YOGA CLASSES

Fridays - 1 to 3 pm  
starting

FEB. 10

Stretching, Strengthening,  
& Breathing Exercises

\$48 - for 8 classes  
Class limit of 8  
so please register early!

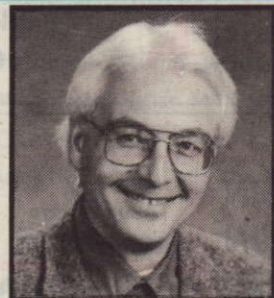
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# Polarity Therapy Bodywork

by Carole Ann Glockling

Polarity Bodywork in its simplest form is to reduce all levels of stress within the body and mind through fingertip pressure on specific points on the body to move 'life energy' through the body.

The word 'polarity' refers to electromagnetism and its positive, neutral and negative poles throughout the body. These fields of impulses direct the physical body. When the body's electromagnetic field is diminished through illness, emotional stress, pain, injury, lifestyle, etc., a Polarity Practitioner applies corrective manipulation through fingertip pressure at cross-over points and re-establishes free flow of life energy currents. The deeper level of relaxation that a person can attain, the greater the energy can flow through the body and mind. You have abundant energy. As tension is released, energy flows freely to be utilized for any activity you require. Medical reports state that over 80% of all illness and disease conditions are caused by stress.

While fingertip pressure is the mainstay of this body work, there are also some massage-style motions and structural work. The fingertip pressure influences the metabolism of the body while the massage-style moves and structural work affects how the body parts fit together and affect posture and grace of movement patterns.

A Polarity session is usually an hour in duration. Each person is unique and is treated as such. At the end of a session, you are deeply relaxed and the same time paradoxically rejuvenated and energized. Many people run on caffeine, adrenaline, deadlines, or sheer willpower. While lying on the table they become aware of where they are holding tension in their body as they experience the release of inner tension.

Many of my clients tell me of the experience that I call the 'Domino effect' that occurs when they come for a Polarity session. They came for a specific condition, but found that other conditions improved after just a few sessions. For example, to get some relief from back pain, not only their back got better, but they don't have headaches anymore, or joint stiffness. Often they notice that their posture improves. Very often their eyes sparkle and skin colour improves as energy is now moving more freely throughout their body. These events occur naturally within the body as energy blocks are released and your body's own healing power begins its journey back to vibrant health.

Polarity is all about energy -- so it is very important to realize that all thought is 'energy'. Cultivating positive thought patterns is an important key to health and happiness. All disease conditions BEGIN IN THE MIND and then manifest in the body. We tend to blame 'the body' as if it created the problem and do not make the mind/body connection. Negative emotions such as fear, anger, jealousy, anxiety, greed, negative stress, etc. create sickness by stopping the free flow of life-force energy in the body.

What I want to leave you with is to have a little more love and respect for the majesty of your body, as well as a desire to listen to, nurture, and care for your body. Remember, if you don't take care of your body, you'll have no place to live!

Carole Ann is a certified Polarity Practitioner practising in Oliver & Penticton. Her ad is at the top of this page.



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# The Bio-plasmic Body or Energy Body

by Karen Timpany

I was elated to learn recently that scientists in England have now proven that a Bio-plasmic body exists within the physical body. What that means to you and me is a world beyond anything you could have ever imagined. To explain this phenomenal news, perhaps I could draw your attention to a few case histories that I have worked on in the Nuthery Clinic. A woman came to me with back problems resulting from an accident and also complained that when she would bring a glass of water in her right hand from a side position, she would jump when the glass was just four inches from her lips and wonder where that glass and hand came from. She was startled to discover that the glass was not already at her mouth. In looking at her energy fields, I could see that her energy body was exactly four inches over to the left of her physical body. The reason she jumped when the glass was near her lips, was because her energy body had already reached her mouth ahead of her actual physical hand and glass. A second case involved a pregnant woman who also had back problems, compounded by the pregnancy. Her energy body was shaped like an "S" shape down her back, this created her pain as she was out of alignment with her energy body. A third scenario involved my own daughter, she had been in a car accident and had suffered terrible whiplash. She went to the Chiropractor and Doctor, with little relief, in fact her back got worse. In one treatment, followed by another after physiotherapy that disturbed the energy body again, my daughter is completely free of pain. Accidents, or sudden violent movements that throw the body in a snapping fashion, or a crash into a solid object knocking you senseless, usually result in nagging pain within the neck, back, head or limbs. The symptoms besides pain are headaches, disorientation, blurred vision, unclear or foggy thinking, memory lapses and if very severe are often the reason for the crippling effect on the physical body, that no amount of physiotherapy, exercise, massage or mind over matter can correct. This energy body is a duplicate of our physical self, and operates on a higher vibrational level making it invisible to the untrained eye. When we are involved in an accident, this energy body does not always snap back into place. This leads to the misalignment, which causes the continuation of pain after the physical body has healed. The energy body can be read with an aura meter and the equipment those wonderful scientists in England confirmed its presence with, also to a few who are given the gift of being able to see different forms of energy with the naked eye. Knowledge of the energy body will allow quantum leaps in the healing fields as more and more people understand that there is more to the physical body than meets the eye. We are indeed a wondrous creature and still a mystery. When man thoroughly discovers what he is, how he is and why he is, he'll have discovered the secrets of the entire universe and will be one with all.

*Karen is Friday night speaker in Penticton, March 24, to do an introduction on Reflexology and Acupressure. She is also working on a schedule to teach this and other courses in many areas of B.C.*

*If you are interested please see ad to the right.*



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# Astrology Today

by Anne Twidle

Astrology today is a unique blend of ancient symbolism and modern psychology. The birth chart, mathematically calculated for the time of birth, provides a blueprint of our psychological make-up. It is symbolic representation of the dynamics of our mind at both the conscious and unconscious level.

The 12 signs of the Zodiac represent archetypal energies common to all human experience. The 12 parts of life symbolized by the signs Aries through Pisces are all integral to a balanced life in which we feel whole. However, most of us find that some parts of life flow for us, while other areas challenge us to work harder to obtain the results we want.

The astrological birth chart provides an excellent insight into the core beliefs we hold about ourselves and life. It identifies where our thoughts and beliefs have the energy of confidence and optimism. This is where we express our talents easily and accomplish our goals successfully. In these areas of life we get what we know we want. The chart also helps us identify more clearly where our core thoughts may be fueled with the energy of anger, guilt or fear. These thoughts manifest the repetitive disappointing patterns we all have experienced somewhere in our lives. In all, the birth chart is an excellent diagnostic tool. When skilfully interpreted, its symbolism provides major clues to where we will project, repress, or displace aspects of ourselves leaving us feeling separated, not only from other people, but from the wholeness that is our Self.

Today, as we study the holistic integration of thought, emotion, body and spirit, we are beginning to understand how our consciousness works. The power of the mind/body/spirit connection is being increasingly recognized and supported by science as well as by the general population. As individuals we are becoming aware of how our thoughts and emotions set up a highly creative energy field which manifests or attracts the events, persons, places etc. that make up our lives. And no matter how disconnected we feel from ourself to begin with, in time we see how our internal energy either supports or sabotages us.

From my own experience and from working with others, I know we could do anything and be anyone we wanted to be if we didn't have to contend with our fears, the places where we feel guilty, or just the resentment we feel about how much time and effort it takes to achieve our goals. But we can move past these emotional blocks and learn to manage these feelings in a healthy way rather than allow them to keep us stuck year after year. The ancient symbolism of Astrology provides us with our very own road map for our journey into growth and expansion and shows us how to navigate through the stuck places.

We are unlimited spiritual beings learning to recognize that our divine inheritance is abundant health, success and happiness. Every New Year holds the promise of a new beginning that beckons us toward our dreams. As we do more, have more, and become more successful, we are expressing more of our unlimited Self. And this is the gift we contribute as we demonstrate Spirit within us and inspire others to do the same. The world becomes a happier, healthier place to play!

Anne Twidle is a personal growth consultant, breath practitioner and astrologer - please see her ad to the left.

## Astrological Forecast for Feb. 1995

by Moreen Reed, Astrologer

*Glimpses into the Astrological weather that can affect us all*

### 02/01 Venus/Mars

Romantic, artistic endeavours are favoured today.

### 02/02 Venus/Pluto

Transformative encounters. Soul meetings.

### 02/06 Mercury/Saturn & Jupiter

Opportunity to realistically plan the completion of projects.

### 02/08 Mars/Neptune

Low motivation can plague personal endeavours; volunteer or be of service to someone.

### 02/15 Full Moon at 4:16am Leo/Aquarius

**Mercury turns Direct** -Bring out your day timer again.

All mental/planning systems can go straight forward again.

**Venus/Saturn** -Partnerships, making commitment based on realistic mutual values.

### 02/18 Sun enters Pisces at 7:11 pm

**Venus/Pluto** -Transformative encounters. Soul meetings.

**02/20 Saturn/Uranus** effect operative for a couple of weeks prior. This energy defies prediction, shocking structural shifts. Don't plan activities that require predictable outcomes for a week or two prior to today.

**02/26 Jupiter/Uranus** Lottery day from the universe. Sudden changes of fortune can happen today.

Moreen Reed is an Astrologer based in Kamloops.  
Please see listing under **Astrologers** in yellow pages.



# A PATH WITH HEART

by Kay Lowery

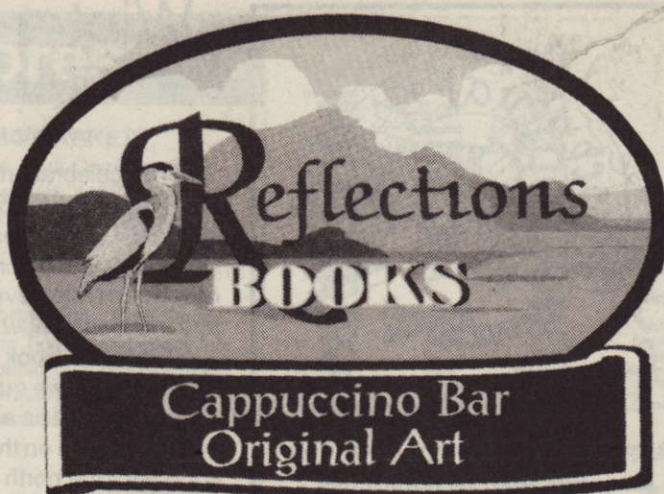
I thought to myself the concept is simple: a bookstore, a bookstore promoting spiritual and personal growth. And the idea grew; a bookstore/meeting place that also featured the art of local artists. And the idea grew some more. And then...a bookstore/art gallery cum cappuccino bar where people could meet and sit comfortably while sipping hot espresso coffee or herbal tea all the while perusing the great books on the shelves.

Guess what? Salmon Arm now has just such a bookstore. It's called 'Reflections', a name inspired by a book on my deceased fathers' bookshelf - 'Memories, Dreams, Reflections' by C.G. Jung. I was at my wit's end trying to come up with the perfect name. My deadline was running out. I said a silent prayer and when I opened my eyes the name 'Reflections' on the spine of the aforementioned book beamed out at me, which, when I thought about it, seemed to say it all - and indeed people from every walk of life come in here every day to reflect on many things.

With Reflections now in its seventeenth month of operation, I'm beginning to relax a little, not much, but a little, knowing that my past experience at Banyen Books in Vancouver and my path down many roads has contributed to my somewhat astonishing success as a fledgling bookseller. Well, let's just say I'm still here and people are still coming in to buy books and to drink cappuccino.

I must say, however, to anyone who will listen that if one wants to test one's boundaries as well as the limits one has previously set for oneself; and if one wants to strengthen one's will or overcome shyness - or if one simply loves the challenge - then operating one's own business is definitely a great idea. I do however suggest meditation, some form of regular exercise, a healthy diet and proper rest to counteract the stress you are absolutely going to experience. It also helps to have a supportive network of family and friends behind you. I might as well say though that all the research and preparation one does, all the soul searching about one's abilities, one's goals and one's values, etc. will never really prepare one for the reality of being a business owner.

Another interesting phenomenon is the female entrepreneur. I personally had no role model to prepare me for what I was about to embark on. Society in general does not prepare girls for an entrepreneurial role. A man's socialization process being what it is: business first, family and friends second - does at least prepare him psychologically for the task. Women, by contrast, have traditionally been cast in the supporting role, quietly nurturing behind the scenes. Although these stereotypical roles for men and women have been shifting and evolving over the last few decades, which in turn opens a corridor to doing business in a different way, there remains entrenched at the core of everyone's being, a belief system, desires and dreams etc. that deserve a lot of reflection to ensure that there will not be internal conflict once one embarks on one's path. As Jack Kornfield says in 'A Path with Heart': 'We must make certain that our path is connected with our heart', or as Kay Lowery says, 'If you're going to go for something heartfelt, do the best you can to prepare, then take a deep breath and jump in with both feet. If nothing else you'll learn a lot and meet lots of interesting people. ☸



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## A View to the West

with *Beverley Franic*

A number of women in Kamloops gathered together to celebrate Yule. Many of the women have found a new closeness to each other. Others were there learning what it means to consciously follow the wheel. The maidens brought innocence, and enthusiasm. The crones brought a new quality to the word beauty. Mothers enfolded us into their arms to keep us warm and safe from danger.



After the hubbub of the Christmas Season, I treated myself to a massage given by Devra Pitts. Devra has newly opened an office at Spirit Dancer Books in Kamloops. Hers is a calming, relaxing space, made all the more comforting with candlelight, soft music, and a variety of aromatherapy oils to choose from. Keeping me constantly covered in warm blankets (except for the area she was working on), Devra went to work on those tense muscles, soothing my poor feet, and honoring those hands that do so much work in a day. My session was thorough; I felt very safe and relaxed. At times, I drifted off with the train and at times I was very focused on the area of my body that was being worked on. For a couple of hours after the massage I felt an incredible lightness of being, like being born anew. Everything was all right with me and the world, and for a time I felt a glowing brightness around me. ☸





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# Winter Solstice

## Sees Changes

by Fritz H. Bernstein

The celebration of the winter solstice in our northern hemisphere has changed considerably since Moses' time, some 4,000 years ago. Quotations from the Oahspe, the new world bible, reveal the whole, true story and message anew.

From the Book of Sethantes, Chapter XII, Verse 13, we quote: 13 Behold, this day I have set apart as a new day in heaven and earth; because on this day the sun taketh its course for the north line; and from this time forth it shall be called the new year's day.

From the Book of Inspiration, Chapter XIX, Verses 1-6, and 11-12 we quote:

1. These are TAE's revelations of Jehovah's times and seasons, appointed unto the chosen:

2. The shortest day on northern line of the sun shall be the end of the year, and shall be called old year's day, saith Jehovah.

3. And the first day thereafter, when the sun on his southern course starteth towards the north, shall be called the beginning of the year, and shall be called new year's day.

4. These are My times of the end and the beginning of a year, which I created; and I made the earth and the sun as My written testimony thereof.

5. And I blessed and sanctified the old year's day and the new year's day, and I appointed them to be holy days, that men might remember the order and the system of My works.

6. And I said unto man: From one year's day until the succeeding one shall be called one year, for it is one completed oscillation of the earth, and of her revolution in the orbit where I placed her.

11. TAE said: For which reason the old year's day shall be named, the MOST HOLY SABBATH DAY. Behold, it is in accord with His heavenly kingdoms. And it shall be with thee a day of spiritual communion, and of praise to Jehovah and His creations; with music and oratory, and ceremonies, and processions for thy youth, orderly and disciplined.

12. And on the new year's day thou shalt rejoice and sing and dance, mingling together, old and young, even as the old year and the new year are joined together, side by side.

These, then, are a few quotations from the Oahspe Bible concerning the real winter solstice. We in the northern hemisphere should obey and follow these instructions.

Interested? .... check the NYP under Books

## Sacred Circle Dance Teacher

The Canadian Sacred Circle Dance Network needs an itinerant teacher for the summer of 1995.

The teacher will be expected to lead several workshops, of between 1 and 5 days. In particular, he/she will be required to lead an intensive workshop for people who are already teaching the dance in their communities, or who are intending to do so.

The program will run between May 15 and October 15, 1995. Exact dates are negotiable.

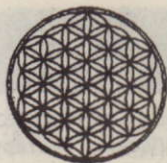
He/she will be expected to travel mostly in Western Canada but also in Ontario. At present, 12 community and 1 teacher workshop are in the planning stages.

Remuneration is by honorarium based on fees paid by participants in the workshops, and will be the responsibility of local organizers. Basic travel and subsistence costs will be paid by the Network.

We need a teacher who has been involved in Sacred Circle Dance for a number of years, and who is currently practising as an active teacher and developer of Sacred Circle Dance. He/she should have extensive knowledge of both ancient folk dance and newly choreographed dances from around the world. We would prefer a person who is actively involved in choreography. Completion of the Findhorn Foundation's Sacred Circle Dance Teacher Training Course is a requirement.

Applications should be sent to: The Canadian Sacred Circle Dance Network  
c/o Mair Smith  
101, 1000387 Avenue  
Edmonton, Alberta  
T6E 2P1,  
phone (403) 433-1661





# SACRED GEOMETRY

by Peter Mikiel Hutt

Preserved within the ancient mystery schools for thousands of years, the wisdom of Sacred Geometry is now emerging for the stimulation of Unity Consciousness. According to a number of physicists and mathematicians, sacred geometry can be viewed as a template for the very structure and form of reality itself. Its importance, therefore, has cosmic significance.

Sometimes called the "language of light" or the "language of sound and silence," these precise mathematical instruments can be thought of as a Philosophers' stone, or "that part in which the whole may be found." Among them are the flower of life (shown above), the seed, egg, fruit, and tree of life, the vesica pisces, and the star tetrahedron, (familiar two dimensionally as the star of David.) The five platonic solids, fibonacci sequence, logarithmic spiral and the golden ratio are familiar to those who have studied geometry, art, or architecture. According to Flower of Life Workshop creator Drunvalo Melchizedek, certain of these prime geometric shapes and patterns not only generate the laws of physics, but allow the orderly creation of all language and all biological life forms.

We see sacred geometry through the revelations of complex and magnificent crop circles currently being formed

throughout the world. Looking to the past as reported in Bob Frissell's interesting book entitled "Nothing in This Book is True, But it's Exactly how things Are" we see illustrated in Leonardo da Vinci's famous sketch "Proportions of the Human Body" the phi ratio image and the length of the average wavelength of matter within the third dimension. (To discover it measure the distance between your eyes or across your hand.)

Drunvalo describes evidence of sacred geometry through aerial photography revealing the precise placement of the Sphinx at the bisection of the golden mean rectangle surrounding the pyramids on the Giza plateau in Egypt. Edgar Cacey predicted the location of the "Halls of Records" to be found co-incidentally at this point within the body of the Sphinx. These records, it is claimed, will reveal the true history of the Earth. In special relationship to this region, over 80,000 sacred sites across the earth are precisely located along grid patterns and ley lines mathematically correlated through logarithmic and fibonacci spirals.

Information amassed by Drunvalo identifies the blueprints that permit a plant to grow, that allow the morphological structure of the eye to see, and that geometrizes the harmonics of music as being delineated within the master blue-



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prints of sacred geometry. The Greeks applied these principles to create their masterpieces of architectural and artistic design.

We are now encouraged to witness sacred geometry as a cipher to understand how everything, including us, is intimately related to everything else. Drunvalo reveals this to be the secret language that integrates the knowledge of the left and right sides of the brain to enable us to remember how to create our "Merkaba" or lightbody, so that we may retain full consciousness and ascend to the next octave of existence. He goes on to indicate that sacred geometry is a key to immortality, which is nothing more than maintaining consciousness without a break as we take on a new body in each birth cycle.

To facilitate an awakening and activation of our individual sacred geometry, the video workshop by Drunvalo Melchizedek, entitled "The Flower of Life" is available to those who would like to access a "superhighway to ascension." If enough interest is shown, this workshop can happen here in the Okanagan.

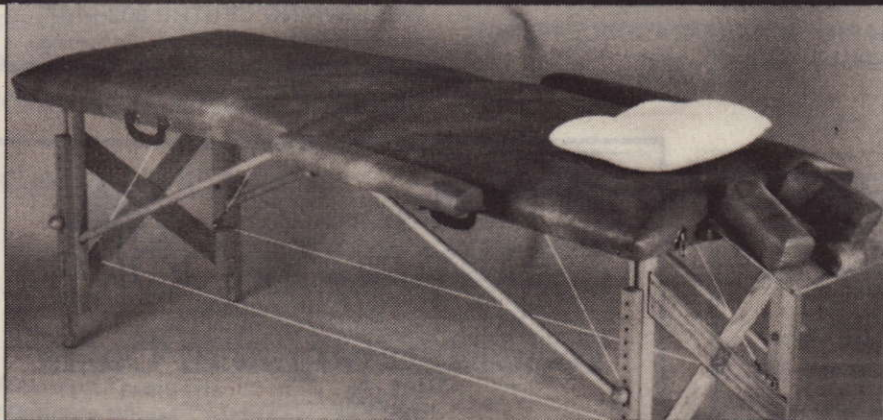
There will be a series of video nites at the Holistic Healing Centre in Penticton.

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# the 'NATURAL' yellow pages

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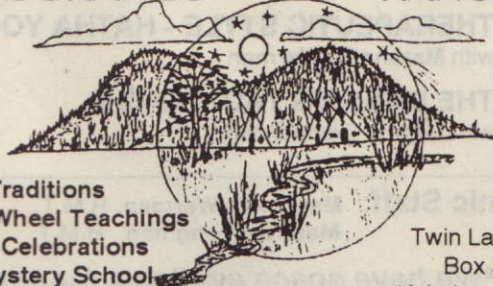
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# the 'NATURAL' yellow pages

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# HEALTHBRIDGE CLINIC

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☆ **INNER RHYTHMS** Strong Stretched & Centered  
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☆ **IYENGAR YOGA** - Monthly and Drop in Fees  
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### **Edible Dried Goods**

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### **Judy's Health Food & Deli**

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for  
March

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## Feb. 10th

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### Premieres Thursday night at 5:30 pm

and is repeated Friday 7:30 pm,

Saturday 9:30 am & 9:30 pm

Sunday 6:30 pm & Monday 9:30 am

#### February 2 - 6

Our local midwife Josey Slater speaks of her training in Texas and why she chose to do this as a career.

#### February 9 - 13

Reiki Master Catherine Torrens explains why Reiki works and her understanding of balancing the four levels of ourselves.

#### February 16 - 20

Psychic Healer Jill Newman works with Etheric doctors to help people help themselves.

#### February 23 - 28

Nywyn from Es'scent'ual Massage talks about the healing power of smell. Joined by John from Aveda.

#### March 2 - 6

LaRue Hayes and Sheila Bissett share experiences about the 'Second Childhood' workshop they are presenting.

# Body Harmony

by Cassie Benell

One's own journey towards healing often provides us with our own unique approach. In my case, I respond best to gently, non-invasive and non-manipulative techniques, such as Ortho-Bionomy and CranioSacral Therapy. As an infant, I had been subjected to considerable trauma and reacted with fear. Later, I was battered as a toddler and also had a number of injuries, including several concussion, whiplash and a near spiral break of one knee. Fear and the injuries caused my physical body to be 'tied in knots', resulting in considerable pain. As a consequence my body had developed layer upon layer of compensatory patterns, which helped 'splint' weak areas but produced pain elsewhere.

To deal with the physical pain, I tried exercise, homeopathy, dietary approaches (vitamins, minerals, herbs), liver and gallbladder flushes and the like. Some things helped, but not enough. Years ago, I became very ill with a bleeding ulcer, hypoglycemia, severe allergies (occurring after taking cortisone for a severe reaction to poison ivy), and hypothyroidism. Now I realize that many of these problems were a result of emotional responses programmed from infancy and of my marriage of long standing. Many problems dissipated after leaving that rigid relationship, and now some have gone completely.

I found that the subtle approach of Ortho-Bionomy, a discipline developed by osteopath, Dr. Arthur Lincoln Pauls, and working within a person's comfort zone, really helped me transcend much of my physical and emotional pain. The non-invasive work facilitated healing by my own body, so that the healing would continue like a domino effect for a number of days or weeks. As the more prominently painful areas became released, another 'onion-layer' of lesser pain might emerge. Much of this sort of work is able to deal with problems which are most recent first, and then move back in time to problems incurred at an earlier age. The body is more than just the physical body; there are a number of bodies involved: physical, emotional, mental and spiritual, to mention a few. Some people are able to see these bodies, which manifest as different-coloured layers radiating from the body (also called auras). While some people can see auras, others can palpate (feel) them. In the course of my training, I learned to palpate the body's auras and to feel the subtle energies within the body as well.

Let me give an example of how we as people are not just our physical body. Several years ago in Winnipeg, I had a female client come to me with pelvic discomfort. After the session, she felt wonderful. I phoned her a few days later to ask how things were going. She said the effects only lasted two days. I mentioned that the body has physical, emotional and spiritual components. Then she mentioned that she had been raped 20 years before; I realized that her physical discomfort was manifestation of the emotional trauma that she had experienced. The tissues have 'memory'; when it's intensity is matched by a facilitator, it can dissipate, never to return. In her case she had been receiving counselling, but of course the tissue memory was still there. I recommended a session that



would address both physical and emotional issues simultaneously, a somatoemotional release session. She never did follow through on that, probably because she wasn't ready. At least she did know that the door was open. (She did return later with whiplash and responded very well since she came four days after her accident.).

A couple of years after starting my study of Ortho-Bionomy, I was introduced to CranioSacral Therapy; developed by yet another osteopath, Dr. John Upledger. I have over the years studied to the advanced level with Dr. Upledger and have been a teaching assistant for various CranioSacral courses. This approach works with the body's innate CranioSacral rhythm (using it to monitor areas of vitality, blockage, etc.) and the physical position of the body, facilitating a release of tension and/or emotions. Thus this extra sensitivity allows the practitioner to facilitate the client's process. CranioSacral Therapy also contains a marriage of eastern (Chinese) and western (Osteopathy) medicines, accepting the Chinese medical model that different emotions affect different organs (such as anger affecting the liver).

In my journey of self-healing, I tried a number of different techniques, such as yoga, massage, Ortho-Bionomy, Reiki, Therapeutic Touch, inner child work, Cranio-sacral Therapy, Esoteric Healing, Zero Balancing, rolfing, Tai Chi, etc. For me the most effective work has been Ortho-Bionomy and CranioSacral Therapy, the subtle following of a client's energy to facilitate releases, backed up by self-help exercises. At times clients may experience emotional releases as well, such as laughing and/or tears. I follow the patterns that each person's body exhibits, moving the body gently into comfortable positions which are also often positions of previous injury. When the energy locked in the body is matched, then it can dissipate, and the client's body can do its own healing.

Each client has unique energy patterns, and thus each person must be approached as a unique individual. When one modality does not work then I try another until something works. Each client is like a conductor, leading the orchestra of approaches that facilitate his/her self-healing; I merely follow the conductor's instructions (ie. his/her unique energy patterns) by 'listening' with my hands. A Reiki master receiving a session called my work 'body harmony', so I use this term. The conductor (or client) leads, and I follow with my hands, producing body harmony. Over the years I have learned and developed a number of self-help exercises, a few of which may help the client with his/her own continuance of living within a comfortable body (really re-education!)

The net result is that the client has a more balanced and harmonious body, and thus things can function better. Just after a session people may feel great, with stress removed from tensed muscles. Then there may be day or two of stiffness, as those muscles which had been unused take up some tone (as after a workout). In three to four days, the body achieves a balanced state of comfort and optimal functioning. Some people find that their physical body shifts for the better, there may also be changes in their thought patterns and/or emotions, helping them to move beyond limitations.

*Cassie is the Speaker - Friday, March 31st  
Penticton's Holistic Healing Centre.  
She works at the Centre 2 days a month.*



## The Light Centre

Cassie Benell



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# Holistic Healing Centre



254 Ellis St, Penticton, BC

## Speaker Series

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

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

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

### **Friday - Feb. 3 NLP with Len Wright**

Discussion & demonstration of specific management tools that teach patterns of excellence in changing attitudes and behaviours to effect change.

### **Tuesday - Feb. 7 Body Harmony with Cassie Bennel**

A mixture of Ortho-Bionomy, CranioSacral, Reiki, Zero Balancing, Esoteric Healing and Therapeutic Touch. Some hands-on positioning and demonstration as she explains the how and why's of body pain.

### **Friday - Feb. 10 - Divine Adjustment & Ancestral Rescue with Valeria**

"Favourable and unfavourable ancestral impact repercussions throughout seven generations of descendants. We speak about some very effective processes that encourage anyone to surrender from the impact and into the freedoms and liberties of 'aliveness.' One day workshop with Valeria - Feb. 11-Sat.

### **Tuesday - Feb. 14 - Valentine Social**

Join us for some Energy Awareness and 'Getting to Know You' Games. This is a Dessert Potluck. Bring your voices, guitar or drum and we'll share music.

### **Fri.- Feb. 17- Harmonics of Sound & Light with Troy Lenard**

A practical Guidance in Self Healing and Soul Evolution. Learn the basics of understanding the Seven Rays and their corresponding Vowel Sounds. Wksp 18 & 19

### **Tuesday - Feb. 21 - Past Life Therapy with Dane Purschke**

This evening I will explain some of the many possibilities that this direct communication with our higher self can do to help you. This is not hypnosis but guided memory techniques that I will be glad to share with you.

### **Friday - Feb. 24 - Spiritual Healing with Jill Newman**

A demonstration of hands-off Psychic Surgery as used in the Philippines from a healer with nine years experience. Outline of my upcoming spiritual healing class will be included.

### **Tuesday - Feb. 28 - Tools for Today with Maurine Val Palfy**

Giving yourself permission to be all that 'you can be.' Tarot cards are a mediation tool that bridges the gap between your higher mind and your safe, logical mind.

## Some of the Services offered

### **Ear Candling**

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

### **Jin Shin Do**

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

### **Shiatsu**

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

### **Reflexology**

A western variation on pressure-point therapy on the bottom of the feet are linked to specific organs.

### **Rolfing**

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

### **Pranic Healing**

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

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### **Reiki**

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### **Tai Chi**

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