

ISSUES

MAGAZINE

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December 1995 & January 1996

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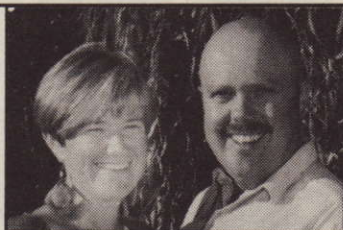
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Sexuality: Who Am I

by Glenn Grigg

When I went to bed at night, it was dark and I could hear crickets. When I awoke at three a.m. every morning to distant bells, it was dark and I could hear crickets. My first experience in the monastery had to do with time. I could no longer do what I had done in the past and say it was the start of a new day. Time had become a constant experience without ending or beginning. There was no going back to my own personal morning ritual for it had to be let go of and through commitment face a new meaning of time.

In this monastery in Sri Lanka Vipassana meditation was practised. Amongst the few requests made of me, I was asked to sit for an hour and walk for half an hour repeatedly throughout the day. My next realization came that my physical need for space was getting smaller and smaller. I spent a lot of time outside my room the first few days pretending I wanted to help out but really looking for something to do. Slowly I became aware of my walking. To feel the heel of my foot slowly lifting off the surface, the sole following, till my toes lifted off creating a step as my heel came back down. In meditating on my walking, I found that what I was experiencing in one physical spot was still present in the next. Space also had become a constant. I no longer needed to get somewhere in order to feel something different.

I started to feel that I was a whole human being. That meant that my sexual issues were not separate from my life issues. That meant that my sexual issues were influencing my life. That also meant though that my other life experiences and lessons learned could be tools to transform the sexual issues that I knew were present but didn't know what to do with. What if I was willing to allow my experiences with time and space into my sexual issues? It did seem easier to just pretend the issues didn't exist even though it left me feeling shame based. It was no longer a sexual issue, it was all of me in shame.

The awareness experienced in the monastery did help and I was able to free myself. Only then was I able to let my partner into this aspect of my being. The willingness to open up, give through the shame, ie. talk about it and to let the shame go did not take a long time. I still feel the potential at times to come from that familiar perspective but I don't need to live there any longer.

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Sparkle and the Reiki Miracle

by Ernie Miciak, DVM

"Do you have any pain?" a friend asked me. He was learning Reiki, an art of healing by the laying on of hands, and wanted to practise on me. I described an unusual dull pain in the palm of my right hand that had bothered me for several months, although it was not bad enough to send me to a doctor. My friend took my upturned palm and laid his hand over it for about five minutes. During this time I could feel the familiar dull ache plus the heat radiating from my friend's hand. My skepticism was such that I began formulating a gracious way of thanking my friend for his attempt. Something like, "Yeah, I think that feels better, I don't know what I could have done to it." I didn't need to say it; however, because the second he removed his hand from mine the pain disappeared.

I signed up for the next available Reiki course. If there was even a slight chance of taking pain away from a suffering animal the way my friend had taken my pain away, then I had to look into it. And all too soon, I would find a use for my new Reiki skills.

While I was away from home during the bitter cold of last January, my youngest Clydesdale filly, Sparkle, was stricken with diarrhea. My farm-sitters called a veterinary colleague who came immediately, diagnosed a dietary upset, and began treatment.

Sparkle and the other three weanlings shared a cozy log barn on my new farm, but as temperatures dropped to minus 38 Celsius that night, the watery feces began freezing to the long winter hair on Sparkle's back legs. The attendants did what they could the next day, but without access to a heated barn, de-icing her hocks was futile.

When I arrived home a few days later, I transported Sparkle to a friend's heated barn. The diarrhea had long since cleared up, but after twenty-four hours of letting the fecal ice balls melt from her tail and legs, it was obvious that the frostbite was serious. A large area of skin over the point of her left hock was devitalized and would surely slough, leaving a festering wound on a part of the equine anatomy that is in constant motion and difficult to heal. The point of the right hock fared a little bit better, but a patch over the gastrocnemius tendon, just above the hock, gave me cause for concern.

All of my Clyde babies are handled and halter broken early in the spring, but after a summer running free in the pasture with mom, the indignity of being weaned in the fall, and little handling after that, Sparkle had a mind of her own. So besides the wounds, I returned home to face a sweet filly who had become something of a brat.

For the week in which I took the Reiki course, I drove to my friend's barn and treated Sparkle's wounds the way I have successfully treated equine wounds for years. Keep it clean and - especially in a contaminated area like the hocks - bandaged.

At the end of the week, the point of Sparkle's right hock was healing slightly. But the wound over the gastrocnemius tendon

was becoming infected despite the antibiotic cream and was beginning to develop a tract of infection into the deeper tissues. I dreaded the thought of putting this unruly filly onto systemic antibiotics. There just isn't a method of administering antibiotics to horses that doesn't end up with the horse doing everything in its power to get away from you at treatment time.

It was a bright, sunny Saturday afternoon when I showed up, armed with injectable antibiotics and loads of dread. Sparkle did her usual avoidance routine when I went to catch her, but with a bit of patience and a bucket of oats I was able to get the lead rope on her. Getting her out of the stall was another story - it was impossible. That's when I decided to try Reiki on her.

With no notion of where to begin a Reiki treatment on an animal, I placed the palm of my right hand over her "third eye," the spot where the hair whorls on a horse's forehead. I've always thought of the whorl as a kind of mystical connection to a horse's centre of being.

Within a minute the heat was radiating from my hand (the other was freezing in my mitt). Sparkle's eyelids and lower lip drooped as she nuzzled closer to my hand. This was the filly that five minutes before had been snorting at me!

I kept my hand at this spot for about five minutes before removing my mitt and placing both hands behind her ears, which normally she would not allow.

Her head was now hanging low. I then moved down her neck, over her withers and back, stopping for a few minutes over the adrenal glands, kidneys and lower back. The "treatment" took less than ten minutes.

Moving back to her head, I put my right hand back over her forehead, and with my left hand, gently tugged at the lead rope. To my total amazement, Sparkle followed me out of the stall and into the aisle of the barn. And not an oat bucket in sight!

Once I began to comprehend what had just happened, it became obvious that injectable antibiotics were not going to be needed. I began Reiki treatments directly to the wounds.

Over the next few days, I did not bandage or disturb the scabs that formed over the wounds. I used no medications. Instead, I spent about forty-five minutes a day giving Sparkle Reiki treatments like the first one, but I concentrated on the leg wounds, about ten minutes per leg.

By midweek, both wounds appeared to be closing up remarkably fast. The point of the left hock no longer concerned me; it was at a stage where I knew it would heal. The wound on the tendon looked as if it was coming together nicely, but I still hadn't disturbed the scab, so I wasn't sure what was happening under it. Finally, my curiosity and fear got the best of me. Gently, I removed the scab. There was no sign of infection at all let alone an infected draining tract, just nice healthy pink granulation tissue.

Ever since that dramatic initiation into the healing art of Reiki, I have continued to use Reiki daily in my veterinary practice, with my animals at home on the farm, on friends, and on myself. The results have been remarkable. In a lifetime dedicated to healing animals, nothing has given me the hope and excitement for healing that Reiki has.

Reiki, or the laying on of hands in any form, is a scientifically proven healing modality that anybody with the desire can learn to use. It is natural energy and it is free. Sounds like a miracle to me!

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Cassie travels to Penticton's Holistic Healing Centre once a month if you would like an appointment with her.



Photo by Steve Tomlinson

Musing

with
Angèle

publisher of ISSUES

**'The one that
didn't get away'**

Solstice Greetings to my many readers ... may your New Year be well intentioned.

On this month's front cover is a family portrait that is somewhat different... standing on top of the moose's head is Donald, being held by Mom. Hanging onto the leg is Mike, Billy is standing on the bottom of the ladder, I'm next, then Paul, Phillip and David. This ol' moose was spotted from Grandad's bedroom window the first year we moved into the old telegrapher's cabin in Rosswood, BC. It was strung against the shed a short distance away. The following year the wildlife knew better and Grandad and Dad had to canoe up the Beaver River in search of game. Usually the moose were skinned and quartered by the time they got them home. The sections were hung inside the shed to tenderize the meat and also so that the wolves wouldn't eat it before it got canned or the cold weather froze it.

I used to think I was raised the same as everyone else. Today I am learning that each family has a set of beliefs that is passed on ... generation to generation, most of it unconsciously. I can remember a few incidents that occurred when I was raising my children that made no sense to me. I was young when I had my first child and remembered what I didn't like from my upbringing, so many of the changes I made were easy, but once in awhile my reaction to an event surprised me. Sometimes these reactions didn't even make sense. When my husband would ask me "Why," it would make me think and one day I realized much was due to my upbringing and instinctual reactions. It was time to change. I got books and started reading ... and I haven't stopped since.

I am grateful to the pioneers that have shared their stories and knowledge. This month I would like to focus on a book about the body written almost twenty years ago but that I have just started reading. It filled in the blank spots in some theories I have developed. As many of you know I have had much bodywork, trying to get the tension to release in my shoulders. When I was busy raising kids I knew I slouched, but I didn't have the time or money to figure it out or do something about it. I just hoped it would go away.

About nine years ago I noticed that when I walked and swung my arms, the left one would fall asleep. The computer work I was doing increased the fire that burned in my shoulders. It was time to get beyond massage and my monthly fix-ups at the chiropractor's. I wanted permanent change and my intention was clear when I asked the universe for help. I am delighted with the changes I have undergone and I thank my parents for teaching me to be adventuresome.

The information I am about to pass along is called Body-Centred Psychotherapy, as taught by Ron Kurtz of the Hakomi

Institute and Hector Pretera, M.D. Their book entitled *The Body Revealed* integrates awareness of posture and body structure to reveal past trauma. They believe that attitudes and fixed muscular patterns reflect, enhance and sustain feelings that are expressed and unexpressed.

The mother's feelings and her responses to the child's emotional and physical needs set the pattern. For example, children want to grab and touch everything. If the objects are continually taken away from a child, s/he will either give up in defeat, or learn to get what s/he wants by force, or explore the many variations between the two extremes. As an adult, his/her arms could hang lifeless from drooping shoulders or they could become rigid and muscular. Either way the flow of curiosity and action are destroyed and spontaneity is lost. Feelings of either defeat or conquest will dominate and the body will reveal that evolution.

When impulses arise from our bellies, genitals, hearts, arms and legs and we are taught to shut them down because of a belief system our parents had, these impulses will create tension in that area. Using our muscles we build dams against the free flow of feelings. A child is easily overwhelmed with threats, punishments and demands that deny his/her needs. With needs unmet, the child compensates and searches for indirect routes to find satisfaction. Children thus get out of touch with their core, and life becomes confusing without this internal guidance. Progress toward adulthood becomes a patchwork quilt of roles and games.

In a healthy, open person, feeling flows easily into expression. A strong feeling of sadness spontaneously becomes trembling jaw, tears and sobbing. In a person with emotional blocks, chronic muscle tension interrupts this flow. For example, in blocking sadness, we tense the jaw, chest, stomach and diaphragm. If we do this often enough it becomes a habit, and soon our awareness dims that we are even doing it. Chemical, mechanical and spiritual blocks build on each other and impede the life force that gives meaning to life.

The process of undoing blocks involves arduous and sometimes painful work. The interlocking nature of fearful attitudes, habitual muscle tension, blocked feelings and restricted awareness can make any change difficult and delicate. However once progress has started and the momentum builds, growth can seem effortless and enjoyable ... even the pain feels good as the deep core energy is released.

Changes on physical, emotional and mental levels affect the other levels as well. If we are physically healthy, we have a better chance of being emotionally stable. If we eat a balanced, nutritional diet, it helps all three levels. Physical exercises like yoga, tai chi or bioenergetics help to shift the energy that holds blocks in place. Active intervention using bodywork, massage or chiropractics can help to increase awareness and change habits of posture. This builds the capacity to handle deeper emotional changes and allows the energy to release. Once the tension is released deep in the inner organs, the vitality can be seen in the eyes as the energy of the individual rises.

Deep change removes self-imposed limits or restrictions grounded in irrational fears and childhood defeats. As these fears are re-experienced and we let go a new attitude towards life is experienced. By seeking to go deeper and deeper into ourselves, we find the meaning of our lives.

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ISSUES MAGAZINE

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ISSUES welcomes articles by local writers.
Please keep it to approx. 500-800 words

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compassion is essential. The blocks were
a long time in the building and they will
not always yield easily. Being honest,
loving and understanding will give
strength and courage as the bonds that
imprisoned us dissolve. Eventually,
the body will allow the free flow of feeling
once again. As it does, the tone, colour,
posture, proportions, movements, ten-
sion and vitality that express the spirit
within changes.

Angèle



Donna Martin is a student of Ron Kurtz and is
offering a 6-month Body-Centred Therapy Course
in Kamloops, this January. Details in last month's
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THE MASTERY OF SELF EXPRESSION

by Sheila Mombouquette

My experience of the Mastery began in 1984 when after months of resisting the encouragement of one of my best friends and running out of reasons why I shouldn't, I finally took the weekend. The Mastery is a 3 day workshop on self-expression and discovering yourself as the source of your own creativity. It is an experiential journey of awareness and discovery within a framework of theatrical exercises that takes place in a nurturing and safe environment. Originally started in 1977 as an actors' workshop, it quickly became a vehicle for thousands of people from all walks of life to experience their own passion, self-expression and aliveness.

For me it was an incredible, amazing, intense, passionate, fun, crazy, emotional, enlivening and inspiring weekend. It was also a place of safety, where I could look inside to see who I was, where I was, and to release some self imposed blocks to expression and freedom. Emotions, those wonderful and terrifying feelings that send us soaring high or keep us tight in fear, the things we try to control and manipulate in their myriad forms, played a huge part in my Mastery weekend. Fear, doubt, nervousness and plain angst were there, as were sorrow, laughter, grief and all out wackiness. Over the course of the weekend the shell I'd surrounded myself with, (what I called composure, self-control or strength, and what was in reality defensiveness and fear) began to crack and peel away. It began a process that continues to this day.

Watching other participants wrestle with and break through their personal fears, doubts and blocks to self-expression was inspiring. Their willingness and courage to take risks gave me the space and feeling of safety I needed to push through some of my own barriers. The Mastery is experiential, the workshop may not be the same for you as it was for me. My experience revolved around a lot of fear - of trusting, being hurt, being vulnerable, of being moved by other people and by my own emotions. Little by little I started to thaw and started to stand on my own ground, claim my emotions and my space and expand my vision of who I thought I was. It was a very powerful and profound experience - I still say this eleven years later.

I find it hard to articulate what is so special about the Mastery for me. I know I feel differently than I did, I believe it gave me valuable tools to work with every day. Out of allowing myself to stand in my own truth and own space, it gave me permission to move forward, to consciously choose more for my life. It has also meant taking responsibility for where I am at in my life, which sometimes I don't want to do - I want to play it safe, not tell the truth in a painful situation, keep in control and sometimes just plain wimp out. But the difference is that now I can tell the difference; the option of staying locked up inside isn't there anymore. While this is confronting it also means that going through this leads to growth and expansiveness in many areas in my life.

When I look at friends who have done the Mastery, particularly the first person I know who did the workshop, I get connected again with my own reasons. They seem to be changed - not in the 180 degree kind of change - it is more

Letters to Angèle

Dear Angèle;

I have just recently moved to Kelowna and a couple of days ago picked up the October Issues magazine. It felt good to read your article **Life is Wonderful**. In fact, I have several copies which I am sending to friends. You see I have for years had an eating disorder and about six or seven years ago I realized my life was out of control and I needed help. It's been a long, hard battle. Learning to feel my feelings, acknowledge that I do have feelings and it's O.K. to act on them. My battle isn't completely over but **life is wonderful** again.

Thank you, Suzanne, Kelowna

Dear Angèle

I enjoyed your Musings (Sept '95) and was intrigued as I found a kind of parallel in my own life. Recently, I was referred to a massage therapist here in Salmon Arm, Dean Routley, for treatment of a stiff neck. He got to the bottom of a problem I've had for years, one leg shorter than the other. After years of seeing doctors, chiropractors, podiatrists, wearing lifts, etc., I now have two legs the same length! My problem was muscular, as opposed to a bone shortage. During one treatment, Dean was working on an area between my shoulder blades, I experienced on incredible yearning, and within an hour of the treatment, felt overwhelmingly sad and sat down and cried. After much reflection, I realized that I was yearning for the unconditional love and loving, respectful touch I had missed getting from my father, who sexually abused me. I experienced some pain in the area until two nights later, when I dreamed I confronted a man who raped me when I was 13-14 years old. In my dream, I vented the anger I felt towards this man, telling him how I felt about him and what he'd done to me. I guess I got it off my back, so to speak, because the pain left after my dream and only a slight lingering tenderness is there.

Laurie, Salmon Arm

subtle and profound than that. They are still their essential self, with all their virtues and flaws, it's just that there is now more of them available to the rest of us. There is a fullness, a sense of living in one's own skin, more presence and playfulness from them that I love. After talking with these friends for months, and alternately being intrigued and terrified of going through the weekend I decided to go for it. I wanted some of what I saw, I felt a possibility that had never existed before and I wanted to be moved in the way I saw my friends had been moved. After doing the Mastery I assisted for several years and still observe the workshops whenever I can. Friends I made then are still those closest to me, they continue to play hard ball, take risks and encourage me in every way they can.

I have lived in the Okanagan for just over a year and it occurred to me several months ago to bring the Mastery to the Okanagan. The workshop leader is Larry Gilman, an actor and director from L.A. who is loving, caring, incredibly tough, relentless and one of my favorite people on the planet. All that plus I will get to share with many new and as yet unknown friends this incredible experience and one of the best gifts I ever gave to myself.

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Dear Towards Awareness:

I have been employed with the same company for 15 years. The company is downsizing and I will lose my job within the next year. I will receive a separation payment but, as I am too young to retire, I will need another job. I am finding it difficult to face this prospect at an age where I hoped my future would be secure. How can I cope with this?

ANSWER: When our security needs are threatened by change we go through an intense emotional process. Loss of any significant part of our life means grieving that loss until we are able to accept that life is changing. At first we are just angry because we hate it when it doesn't appear to be our idea, at least not at the conscious level anyway! We feel tempted to blame others for our plight! Fear quickly follows because our life feels out of control and we can't see how everything will work out. Then guilt gets mixed in - that feeling of being personally inadequate to cope with the change and our concerns whether we are good enough, smart enough, or even young enough to find another job! If we are able to completely process through anger, fear, and guilt, we will eventually hit sadness. Genuine sadness brings acceptance of the change. It is the emotion that opens our hearts to renewed hope and helps us let go of our present circumstance with appreciation for the value we have gained from it. This is the emotional letting go process and you must be very gentle and patient with yourself. It will take time to go through it completely. Once you have honored all of your feelings, you will be free to begin again.

Beginning again means accepting responsibility for your situation and feeling empowered to creatively participate within the transition. Change always offers an opportunity. It releases us from circumstances that we have out-grown but failed to voluntarily leave due to our attachment to security. Now is the time for you to define exactly what would satisfy and fulfil you, and focus on the experience you wish to create for yourself in your future employment. Explore ideas, network with others who have been through this type of change, research options and develop a plan.

When you understand that your spirit urges you towards your potential, when you know that the talent you have and feel passionate about is the gift you offer life, when you accept that God's will for you is unlimited abundance and happiness, you will find the faith to take action. As your actions begin to bring results, you will realize that you are the creative energy in your life and no one can take this from you!

Towards Awareness... is written by Marjorie Stringer and Anne Twidle. They are personal growth consultants at Inner Direction Consultants in Kelowna, an organization committed to supporting persons in having an expanded experience of themselves and positive personal change in their lives. If you have a question you would like answered in this column, please write to Marjorie or Anne at ISSUES Magazine, 254 Ellis Street, Penticton, BC V2A 4L6. If you would like a personal answer, please include a self addressed stamped envelope.

Healing Your Past

by Dane Purschke

We can live only in the present moment because only the present moment exists. But when our thoughts and emotions are anchored in the past, or in the future, this effectively removes us from living and enjoying the present. We all know what it means to regret what happened yesterday and to fear what tomorrow might bring. It is called fear just for being alive. An experience in the past is where the woundedness or fear started. Revisiting that founding experience is necessary to bring it into the present, the only place it can be dealt with. The healing of one's past results in the healing of the present.

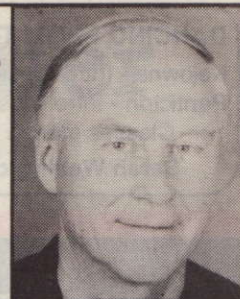
Here are some founding experiences and the resulting symptoms. A client suffering with claustrophobia recalls a past life in which she was buried alive in an avalanche. The emotions she experienced upon her death are triggered off in this lifetime by dark and confining spaces. A three year old girl is brutally and sexually abused by a stranger. The child's interpretation of the abuse is what is imprinted in the emotional body. Though she completely suppressed the memory of the event, the child somehow blames herself, feels dirty about her body and anything to do with sexuality, lives with low self-esteem and innocent victim energy. Her many marriages and relationships with men were all abusive and demeaning. A boy who never receives his father's approval and is always told that he can do better, spends his life trying to get his father's approval. A younger sister by two years is continually told that she can't do what her older sister is allowed to do because she is too young and too small. She grows up not trying to catch up to her sister but to the rest of humanity as she tries everything once. At age 25 when her marriage fails, she realizes that she married at age 22 because the rest of her classmates were already married and she was not. And maybe she got divorced for the same reason.

All of our beliefs, attitudes and emotions have been learned somewhere, either in this or in a past life. The memory of every past experience is recorded in one's emotional body and exists inside the present self. The emotional body exists outside of time. An emotional response to an experience of years ago or in a past life, is present as if it happened today. Similar circumstances today trigger off emotional responses learned long ago. It is called compulsive behaviour. We often respond in an unconscious manner to the same stimuli in the same way every time.

Each of us is the sum total of all our experiences. They are registered in our emotional body, either as wisdom gained through experiences, or as lessons yet unlearned. The so-called **negative** emotions are our teachers, our lessons yet unlearned. By recalling and reliving the emotion of the founding experience we can reinterpret that experience and let go of the emotional energy associated with it. The claustrophobic fear dissolves when the client knows she is alive in the present. The sexually abused three year old is healed by the total unconditional love of the adult self. The man learns that he doesn't need his father's approval, only his own. The woman who is compulsively driven to catch up to others learns to stop for a breather

Past Life Therapy

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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
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and to just be herself. None of the above healing happened until the founding experience was revisited and reinterpreted.

No one keeps us in bondage but ourselves, and no one can heal us but ourselves. What prevents healing is the denial of or the total repression of the founding experience. Or if the experience is remembered, what prevents healing is the judgment about and the attachment to the emotions of the founding experience. If people are attached to their anger and guilt, if they feel justified in judging and blaming others, they effectively block healing. No healing is possible without getting beyond judgment of others or of self.

When we accept personal responsibility for our feelings and our emotions, we then own them. When we own our "negative" emotions they can then be integrated and transformed into wisdom gained through experience. But when they are suppressed, denied or justified, they then control our lives in the form of compulsive behaviour, which in turn manifests as mental, emotional and physical disease.

In therapy, I help the client revisit the founding experience. They can then change their judgments about, their attachments to, and the interpretations they have given to that experience. Healing takes place only when the client chooses to integrate and to transform the emotional energies of fear, guilt, anger, etc. No one can heal us but ourselves. Call it healing of emotions; call it healing of the past; call it letting go of judgment; it is self, healing self, with some help from a therapist.

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Shamanism

An Ancient Information Highway to Healing by Gisela Ko

At its very core shamanism is a way of life, a way closely connected with nature. With it goes the understanding that we are all one and worth the same: people, animals, plants and minerals. Out of this grew a very ancient healing art, and many of the modern holistic healing methods were already done by shamans thousands of years ago. We are talking here about the tribal healers, some of whom are working to this day in tribal societies all over the world. Some even survived until very recently in our own culture - bedeviled by organized religion and ridiculed by academia. They never gave up, and it's only in the last 20 years that they started to regain the respect they truly deserve. Particle Physics proved them right and Anthropology started taking them seriously.

So where is the difference from other healing systems? Shamans (pronounced Shawmans) believe that there are more realities than the one we can hear and see. There is the alternative reality, vast and endless, bigger and probably more important - and every bit as real as the one we all perceive as *real*. Shamans found that many illnesses and other problems have their roots in this alternative reality, and that solutions can often be found there.

Shamans journey into the alternative reality and know how to bring back help and information. Needless to say, it is of utmost importance to be well grounded in this, our physical reality, or it may become easy to lose track of which reality you're in! It is equally important for the practising shaman to know his spirit helpers, and always keep in close contact with them. It would be foolhardy to try and journey without their help, guidance and protection. It's a vast territory out there, and people have been known for not coming back and dying or stay in a coma!

This brings me to another kind of *soul-loss*; the classic shamanic subject of soul-loss as an illness, which a shaman can treat successfully. Whenever we experience a severe trauma, part of our consciousness, our essence, or let's just call it soul, leaves and often doesn't come back. The lost part may not want to

come back, doesn't know how to get back, or worse it may be held by someone. If this sounds spooky to you, you are absolutely right! In fact, in some cases it is a spirit holding on to the soul. However, you'd be surprised how many of us are holding on to souls of *loved ones* and won't let go. This is either fear of losing them, or to have power over in either case we are usually not consciously aware of it, but it often takes some heavy duty bargaining on the part of the shaman in the alternative reality to get the soul thief to let go of the soul. The same applies to souls that don't want to come back, thinking their situation is still as bad as when they left. It may take a lot of convincing there too!

We have all heard of people who have spent years with a psychiatrist or psychologist trying to get in touch with their inner child. Well, it takes a shaman only 20 minutes to journey out there, find the child and bring it back. Then, however, the psychologist is needed to help integrate the soul. Soul retrieval is only a quick-fix if the loss was very recent! If for instance I bring back your essence that you lost as a 5 year old and with it comes the since then lost ability to laugh, chances are that you are not going home giggling! You got back the ability to laugh or cry, love yourself or whatever it was you lost some \pm 40 years ago and learned to live without since. You'll have to relearn, unlearn, kick habits and probably part with some toxic belief system or your soul may just leave again! So you still need your appropriate health professional.

So how do you know if soul-loss is the root of your problem? If you feel depressed all the time, or weak and sickly despite all those vitamins; if you feel an emptiness inside that you are trying to fill with alcohol, drugs, food or obsessions, you may suffer from soul-loss. If you feel somehow disconnected, watching life going by like a movie or behind a screen, if after surgery or an accident you feel that part of you never came back, you are probably right, and part of you is still out there somewhere. At any rate, I, your friendly neighbourhood shaman, always check with my spirits first, to make sure a soul retrieval

is indeed needed. And of course, a person must really want it or else it's quite useless, also unethical. Incidentally at least 50% of your soul has to still be with you, or else you're in a coma. And yes, soul retrieval can bring a person out of a coma.

The shamanic health picture is one of balance. Too much or too little will throw you out of balance and make you sick. Therefore, if soul-loss imbalances you because something you need is missing, intrusions are something you unnecessarily carry around and they make you sick too. Have you ever suffered from a pain that just wouldn't go away? You go to the doctor and after numerous tests the verdict is: "Nothing wrong with you, it's all in your head. Go home and learn to live with it!" Well, you may just have an intrusion in your spirit body. Those are usually negative thought forms - your own or someone else's - that have taken on a life of their own and keep hurting you. The shaman shifts consciousness, sees the intrusion and pulls it out. Puts it where? I always visualize the nearest large body of water and throw it into it. Then I watch it going under so the water can neutralize it. Otherwise it may just come back to you or someone else. And of course, if you keep up your own "stinking thinking" you'll create new ones all the time, poisoning yourself and others around you!

Some shamans can even heal dead people's souls and do soul retrievals for them or take lost and wandering souls (ghosts) to wherever they need to go. To be sure, most people don't need any help after death, but a few just don't know where to go. Others are too attached to things or people. Or people holding them back, and thus are kind of stuck, and some aren't even aware they are dead. In either case the shaman will take them to wherever they need to go. Some of them go straight to the light, others go to relatives or ancestors who'll take them from there. If by any chance you are bothered by a ghost in the house, I may be able to help.

I have found in my shamanic practice that no two cases are ever the same, even if at times similarities do occur. Absolutely nothing is cut and dried and the same thing may require a totally different approach the next time. Working closely with spirit is essential! In fact, you get very humble doing this awe-inspiring work! *Please see ad to the left.*

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Mondays Meditation with Troy 7:30 - 9 pm... \$5

Tuesdays - Developing Auric Vision with Troy Lenard ... 7-9 pm... \$10 per class.. drop-ins welcome

Wednesdays Beginners Afternoon Yoga with Angèle 4:30 - 6 pm ... \$35 for 6 classes.

Basic 18 Form Tai Chi & Qi Gong with Marlana 6:30 - 7:30 pm ... \$30 for 6 classes.

Silent Meditation... 9:30 am (& 8 pm starting Jan. 10)

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WORKSHOPS & EXTRAS

Dec. 9 & Jan. 13 ... Channelled meditation with Craig Russel and music by Paul Armitage. Ad page 3

Jan. 17 ... Reiki Exchange, by donation, p. 28

Jan. 20 ... Dale & Holly with their Singing Crystal Bowls, ad page 2

Jan. 27 ... Sharon & Sheila ... Introduction to The Mastery, FREE, p. 8

Feb. 3 & 4 ... Healers Exchange ... Ad page 23.

Friday Evening Speaker Series

starts at 7:30 pm ~ \$5 or donation

December 8 ... Angèle Rowe

Tools to help us understand our basic programming just a little bit more. As we change so should our handwriting. The evening will focus on signatures so that we may update our current personality. Mini analysis for those attending.

December 15 ... Donna Starenky Roth

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December 22 ... Winter Solstice with Nywyn & Kestrel

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January 5 ... Sheila Mombouquette

An Introduction to the Mastery.. a week-end program in Naramata with Larry Gilman (actor from LA). Guaranteed to change your perception of life! Article on page 8 & 9. Intro repeated on Jan. 27.. 2 pm. FREE both times.

January 12 ... Deanna & Jill

An inner journey of how Celestial guidance within brought them together first as friends, then house mates and now business partners in Celestial Hill B&B and Health Retreat in Peachland. Topics of discussion include: Sharing spaces and support groups, energy healing and working towards self-sustainability.

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DANCING with the FEAR

by Don McGinnis

"Ever see this me before, Dad?" says my three year old daughter as she thuds upside down on my chest. Sarah lives with her mother. I am living away from home and after eight months, the separation is dawning on her. Until about three weeks ago, she and her brother would come and visit me on Wednesdays and Saturdays. Now, Sarah is afraid of me, or of herself, or of the separation. She is torn when I come, first smiling with excitement, then running away in fear. I am afraid of the intensity of my own feelings for her. I want to run away too. For the past eight months, she seemed to be taking care of herself. I had been concerned for Willie. Sarah played house and announced to everyone who came around, "My Daddy has another house."

Now she is immobilized. She can't decide what to do. If she comes with me, will she lose mommy? If she stays, will she lose me? I watch her torment. I imagine complex feelings of loyalty, guilt, the fear of abandonment and impulse toward independence. I understand.

I see the strange webworks that link our lives together and I can't explain, can't reach around to see the purpose of my leaving. I took a leap into the dark and I'm still falling. Sarah and Willie are falling too, we are falling together, although our purpose may be different. Somewhere, I am feeling and sensing healing, a wondrousness of rebirth and a secret blessing for everyone. Yet, we are all still falling through the dark of feelings which are new and old and big and scary.

I don't think Sarah sees this as a secret blessing. It seems crazy and wrong to consider the big emptiness inside a step to wholeness. It seems lame to me, when I look through the eyes of a three year old, to call the business of separation an illusion.

I told my son stories of adventure, pilgrimages and journeys men must make to be whole, and felt with him a deep connection, of fathers and their sons, generation after generation. Yet, the me that laid down and fell asleep in his bed after telling these stories is now missing. Where is the wondrousness in this? Where is the happy ending?

For the grown up me, there are new battlefronts. I wake up each morning and forgive myself. I wake and overcome apathy and indifference and the desire to throw the covers over my head and die inside. My heart just about broke when on Father's Day my son said, "What's the use of doing anything?"

BIG feelings and SCARY feelings circulate in the arena of losses, of changes, of abandonment, of the betrayals of trust that we are wrestling in the dark. I have no intention of glorifying them. Somehow, I begin a dance. I breathe out grief which has a body of its own. I breathe in, and forgive myself again, and move on. As the dance continues, a new subtle quiet fills my heart. "Ever seen this me before?"

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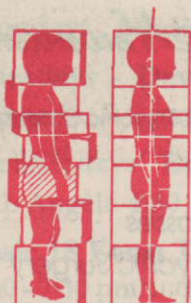


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Phone David Charles **490-3863**

This board will be available to the government on any level should they decide to recognize Reflexology as a natural healing technique. They will be able to incorporate our standards and allow us as a committee, committed to the quality of Reflexology teaching, to be board members responsible for our own members.

I hope this clears up the concerns people are having about qualified teachers. I would like to mention, however, that should you decide to study reflexology, ask around about teachers, phone reflexologists that advertise and ask where they learned their art and what they thought of their course, the content and their teacher's qualifications. Your certification in the future may depend upon your decision. Give it serious consideration before you decide.

TEACHING REFLEXOLOGY

Who has the right?

by Karen Timpany

There has been a lot of controversy lately about Reflexology accreditation and certification. Who has the right to teach and who is recognized by whom? To begin with, there are many teachers of Reflexology within B.C. and other provinces. Each teacher has developed a course that they feel is the best method they know and the student will receive a piece of paper stating that they are certified in Reflexology after completing all the requirements that the said teacher feels are necessary. There is no government or medical association that acknowledges Reflexology at this time.

There is no British Columbian or Canadian association with a license to dictate who is recognized in their methods of teaching at the present either. Within B.C. there is an organization called the Reflexology Association of B.C.; this is simply a membership association that anyone in B.C. can join upon showing certification. This association keeps everyone abreast of Reflexology happenings in B.C. and around the world.

The Reflexology Association of Canada, commonly referred to as RAC is an association based in Toronto, Ontario. This is a group that only recognizes people trained through their teachers. This does not mean that they are a government recognized organization just because they have incorporated the name Canada in their business name.

At the present time, we know that the Medical Associations are looking at Reflexology as a means for stress reduction. We also know it is a possibility that each province will some day recognize Reflexology as a natural healing technique. At that time, government regulations will be legislated to regulate what is taught and by whom.

With this in mind, I personally have joined a group of Reflexology teachers in Vancouver under the banner of the Professional Reflexology Standards Committee. Our purpose is to regulate and bring up to standard the teaching, training and techniques taught by people in B.C. Our objective is:

1. To have a proper definition of Reflexology.
2. To establish a standard and code of ethics deemed appropriate for the professional practice of Reflexology.
3. To establish a structure for implementing professional standards.
4. To research pertinent information from groups and organizations who have experience in this matter.
5. To research Federal and Provincial licensing procedures.
6. To seek representation on the committee from any parties with a vested interest.
7. To communicate our progress to the Reflexology Association of B.C. board.

continues to the left

Cards of Destiny

by David Charles

Does the "Order of the Magi" resonate with you. It sure did with me. Back in 1993 a friend showed me a book called "The Cards of Your Destiny." I quickly glanced through it and thought, "Oh boy, here we go, another book on cards." I leafed through the pages looking at row after row of cards, symbols, numbers and pages of text on their meanings. I could see someone had spent a lot of time writing this. I placed the book back on the table and thought, "How could anyone believe their birthday had a playing card to go with it and that it could give you all kinds of information on your personality and career capabilities? Maybe another time, I'm too busy for this right now." I said to my friend, "Where did they get this information anyway?" "Order of the Magi," was her reply.

I quickly said, "You mean the same Order of the Magi the three wise men belong to?" "Yes," was her reply. My heart skipped a beat and memories came flooding back to me. The first time I heard of the Magi was a Grade 5 Christmas play. I played Mordecai. The book suddenly took on a whole new meaning. If this information was based on the teachings that the three wise men studied, I was very interested!

Later I learned Jesus, Moses, Hippocrates, Pythagoras and many more of our great teachers also studied this. The three wise men were astrologers and numerologists and that was how they knew that baby Jesus was to be born. This was the beginning of my studying on the Order of the Magi teachings and Mystery School. I still had lots of questions though, like how could I use this information for everyday life.

The book was laid out quite well and I looked up my birthday and the playing card that corresponded to that date. Then I looked up my age and found I had seven 52-day periods throughout the year with two cards in each one. Plus a Long Range Card (what I'd like for the year), a Challenge Card and a Result Card. I read my cards for the year and went, "Oh yeah, makes some sense." Then my friend said, "Look at last year's and see if that made more sense." Wow, did it! It showed all kinds of things about my personal and business life. I was starting to get impressed but I still had my reservations. Can an ancient system of cards show me my destiny? I still needed more time with this. After reading the book cover to cover I was convinced the Ancients really had come up with a system to help us achieve the full potential of our Destinies. After two and a half years of study I have learned much about my destiny and purpose. The deck of playing cards was meant for divination purposes, not games of chance and entertainment. I now have great respect for it.

If you would like to learn something about your birth card and some information about your life path cards please feel free to call me. I will gladly give you some information on your card to see if it resonates with you. If you wish to explore the possibilities further, phone me for a reading and/or attend one of my workshops.

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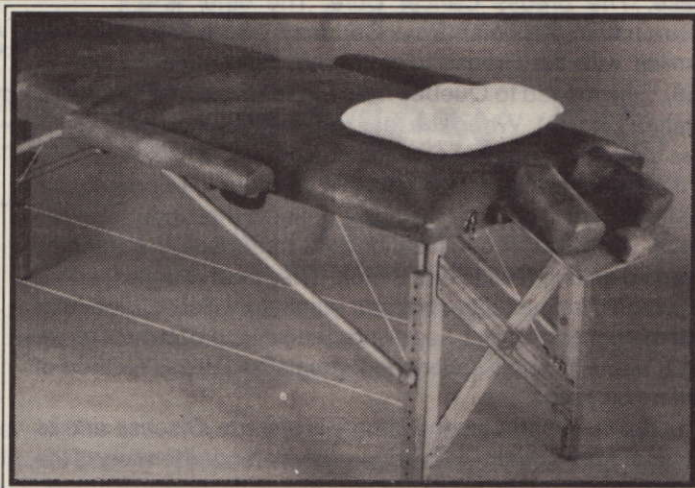
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Opal International Health Centre raided ... files and equipment seized

Rhody Lake's editorial from the November *alive* Journal of Health & Nutrition

"The medical machine in this country is the greatest curse ever visited on America. It is only interested in keeping people sick by undermining their health by vaccination and other medical superstitions and crimes. Eventually the plans of the medical trust will cause widespread damage to the American people if they are not checked. Only nature's cures can bring health, happiness and long life."

Those words were written in 1935 by Dr. Benedict Lust, the naturopathic doctor who is credited with introducing natural medicine in North America. He had a fight on his hands. It was dangerous to go against established medical thought and practice in his time.

Sixty years later it's still the same.

Two Quebec practitioners spoke at our Healthy Living Expo last September. They operate the Opal International Health Centre in Quebec. One is a medical doctor who worked for many years in an orthodox clinic for cancer patients where palliative care was offered to patients until they died. She wrote the excellent foreword to *alive's* newest book release, *The Breuss Cancer Cure*. The other is a naturopathic physician from Germany who is very familiar with the Breuss juice therapy [see *alive* # 156]. She moved to Quebec from Germany with her husband in 1991. When she realized Rudolph Breuss was almost unknown in Canada she opened a clinic in the Quebec village of Cheneville on order to offer his treatment. Together they give patients their individual expertise in consultation and treatment in a tranquil, forested setting beside Lac Simon. They treat allergies, arthritis, chronic fatigue, digestive and respiratory illness, glandular and metabolic disease, heart and circulation problems, cancer - you name it. And it's all done through the Breuss method of fasting on juices.

But in Canada, curing cancer is a crime. Disease and its consequence - death - is the rigorously defended territory of the government and the medical / pharmaceutical establishment. So in June of this year The Opal Health Centre was raided. Three policemen and five so-called inspectors from the Quebec College of Physicians and Surgeons demanded that the doctors turn over to them natural remedies, medical equipment and files.

I will not mention the name of the medical doctor because she fears retaliation by the College.

She was given a deadline of September 24 to cease all natural treatment and terminate her association with the clinic or she would lose her licence to practise medicine [She has now been granted another 30 days]. She was ordered to contact Siegfried Gursche, publisher of *alive* books and arrange to have her forward withdrawn from the Breuss book!

Dr.
Schubert
says she
has not
seen any-
thing like
it since
Nazi
Germany.

The Health Centre is owned by a naturopathic doctor Dr. von Winterfeldt-Schubert. She was fined \$69,615. That sum was arrived at by adding together a series of charges: \$3,000 for each patient she had treated who has been diagnosed with cancer, \$600 for each consultation. The "patients" in question were spies sent to the clinic by the Quebec College in order to have evidence against her. [A common police practice used since biblical times.] They took her naturopathic diploma and medical books in order to show them to the court.

Dr. Schubert says she has not seen anything like it since Nazi Germany.

"I am a licensed naturopathic physician" she says indignantly. What do they [the Quebec College of Physicians and Surgeons] know about my methods? I will take this all way to the Supreme Court."

In the face of all this, is it naive of us to hope for a medical renaissance in Canada, providing freedom of access to natural medicines and individual choice on health care? Disease is big business. Those in power are determined to prevent us from practising prevention!

Lust said, "Medical laws are all class laws and they are unconstitutional. Without free competition in the art of healing [North] American people will be deprived of their inalienable right to select the method and the doctor of their choice and to have the best in prevention and cure of disease.

Dr. Lust was a medical pioneer who established the ground that natural medicine has built on in the last 60 years. Thank heavens we still have fighters in our decade. But they need our help.

I am writing my protest to the premier of Quebec, Mr. Jacques Parizeau [one of his election promises was to initiate an office of alternative medicine in Quebec to give physicians more freedom!], 885 Grande Allee Est, Quebec City, PQ G1A 1A2, Fax 418-643-3924.

To Mr. Lucien Bouchard, the leader of the Bloc Quebecois, Centre Block 4095 House of Commons, Ottawa, ON K1A 0A6 Fax 613-954-2121.

And to the Quebec minister of health, Mr. Jean Rochan at 1075 Chemin St Foy, Quebec City, PQ G1S 2M1, Fax 418-644-4534.

Let's bombard them with letters!

alive has set up a trust fund to help their legal battle, You can contribute by sending your donation to the *alive* Academy of Nutrition, 7436 Fraser Park Drive, Burnaby, BC V5J 5B9.

Reprinted from *alive* magazine #157 (November 1995)

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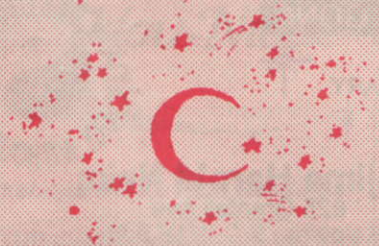
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In the Light of a Distant Star

By Wanjia Twan



*A Spiritual Journey Bringing
The Unseen Into The Seen*

Book Review

by Jan
Stickney

In the Light of a Distant Star

A Spiritual Journey by Wanjia Twan

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A new book made its way onto my desk recently. *In the Light of a Distant Star* is Wanjia Twan's personal story of her awakening and journey on a spiritual path. From her introduction to books on Edgar Cayce and others, learning Reiki and its teachings from Hawayo Takata and meditation with Muktananda, Wanjia shares her experiences and insights.

Written like a journal, Wanjia reflects on the practical application of her newly found knowledge. She shows by example how to trust the intuition, *go with the flow* and allow the miracles that the Universe provides. There are magical and mystical gems sprinkled throughout the book ... like the dragons she sees over the mountains.

I thoroughly enjoyed reading this book. Being a Reiki person myself, I find the sharing of experiences gives me inspiration and support for my own journey.

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Celebrating Sisterhood

by Laurel Burnham and Sandy Jackson

There are as many ways to say thank you as the women who so generously gave of themselves at the third Goddess Connection this past September. For Joan Casorso, who always does a 10+ workshop, and who gave us the "Goddess Grunt," we say yahoo! To Nadine Konkin, the little person with a Goddess-sized voice ... All My Relations. Because of Jeannette Grittani, we all feel a lot better, Mille Grazie! Marsha Warman had us dancing with the Divine Mother. Redfawn Champagne, aka Coyote Woman for bringing the laughing trickster energy ... Ho! Sarah Wellington shared her wisdom of dreaming.

Dorianne Kohl brought her storyteller's magic, for which we are eternally grateful. Through Zabbe Smyth, aka "The Wild Woman" we all got to know our wild women a little better. Linda Kay Weise and Laurel Burnham teamed up to introduce us to "Goddess 101," ... much to our collective benefit! Mariah Milligan and Laurel joined forces to connect us all as Goddesses... Blessed Be! Caren Miller taught us all to Awaken the Goddess through the power of our voices, which we most certainly did!

Christine Klepper and Barb Mohnke gave above and beyond the call of duty in Kali's House of Healing. Leslie and Vivian, the sister hosts and guardians of the resort at Ilabel Lake made us all feel warm, comfortable and well fed! California artist and wise woman, Renee Yates has gifted us with our beautiful Goddess logo, thank you! Let's not forget Sandy Jackson, for her determination and love which brings us together. A special thank you to Isis, Kali and White Buffalo Calf Woman for their ongoing support, guidance and all-powerful love!

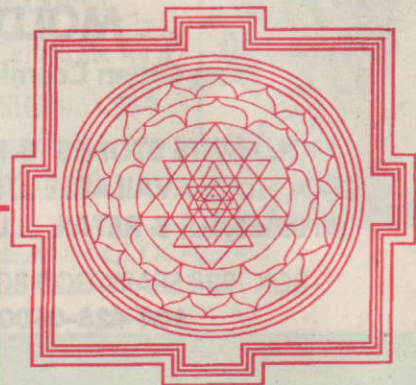
The more we come together, the more we can honor and celebrate our womanhood! Join us for the next Goddess Connection!

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'In the Light of a Distant Star'

I once had a vision of being an Indian Elder, who was the bearer of his tribe's song. However, one day he died suddenly, before he had yet imparted his knowledge to the next generation. I could feel his agony as he died he kept saying, "I haven't sung my song yet, I haven't sung my song!" His words haunted me for quite some time and first when I sat down to "sing my song" did his voice quiet in me.

My 'song' became a book where I wrote down a few years of my life, a time that had been rapidly accelerated by taking courses such as are mentioned in this magazine. The stories in my book are about meeting my Reiki healing Master, Hawayo Takata; accounts from our healing circles held in the North Okanagan and in the Kootenays; meetings with the Siddha Meditation Master, Swami Muktananda, from India; meetings with many helpful people and friends; ghosts and other beings; travels; near-death experiences and previous lives, and how we received money from a dog in Heaven!

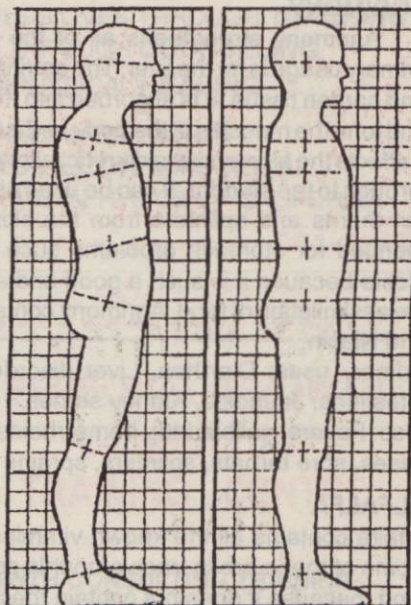
In other words, I want to show how life flows. Just have trust in it - it goes on and on and it will take you on its own journey, you are the participant and through all these experiences you will become stronger and stronger!

Also the knowledge that anything is possible, that miracles do happen, is what I hope to pass along to the readers of this book.

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HEALING HERBS

by Karen Timpany

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OFF-CENTRED IN THE TAO

on CULTIVATING SEAWEED CONSCIOUSNESS

by Harold Hajime Naka
becoming formless and mindless...

Tai Chi and Qi Gong [Chi-Kung] is an effective antidote to the stresses of our modern times, where the pressure to conform, outperform AND cook up the latest gourmet delight is straining people, building up tension like a rubber band ready to snap! Feeling tight? It is only a matter of time before people start snapping. Exhausted, burned out, confused, not a good recipe for a happy camper. Tai Chi, QiGong can nurture a person back to health. The slow, non-stressful movements help to release restriction, tension and blocks in the body so vital chi can flow again, bringing balance and harmony, so life can be lived fully. Of course, Tai Chi is not the instant fix people might expect, but if you give it time, the benefits will be worth it. My saying is 'slowly but surely' and 'learn a little, forget a lot'. After all, a seed does not instantly become a tree, but the complete tree is contained in the seed. A playful attitude can make the difference between giving up or enjoying the practice.

NOW ...You are probably wondering how I cultivate seaweed consciousness. Well, I spend a lot of my Tai Chi practice underwater. Not literally. I imagine air like water, giving it qualities like fluidity, thickness, heaviness, softness or liquid air. It really helps you to slow down and relax. Ever try running underwater? When I'm a weed, I let my feet grow roots, my body, arms and head float, supported by the warm water. Then I let the gentle waves, currents and tides move me. It is quite peaceful.

While at Rex's Tai Chi retreat this summer I had the pleasure of learning seaweed Qi Gong from Andy Dale [a seaweed master] which he called melting Qi Gong. Between being a seaweed, dragon, crane, tree, fire, rain and a pebble, I also play with a soap bubble between my hands. Ever try pushing hands with a cloud? I have. If you are wondering if I've completely lost it, I hope so. Isn't life strange and wonderful? Want to play? Jump in, the water's warm.....by the way, is that a shark swimming this way?

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Quality Wheat Seeds Used for Germinating

by Greg Miller

Last month my story was told of how germinated wheat was a contributing factor in controlling my chronic illness, now I'm writing about the wheat seeds I use. The power is within the seed milk. Wheat seeds used for germination or sprouted grasses are as different as the contrast between the wheat berries used in the making of pasta, bread or baking. We have to ask ourselves: What is the end purpose? How is the seed handled? Where is the seed grown? How is the wheat berry after-ripened? All these questions are very important in choosing your seed for germination.

We want to ensure that we consume the highest quality food humanly possible. Germination changes a dormant seed into a very concentrated food vegetable, a food that can easily dissolve in the mouth's saliva. The result is the nutrients mesh with the gears of the body. Only then can nature start to do its wonders.

We want to limit nature's natural bacteria in the germination system. Why dilute the effect of this great food by needlessly adding more bacteria? Yes, now extra steps have to be taken to ensure the seed is right to produce this high quality food. Unfortunately today's quick and inexpensive distribution system does not lend itself to such controls. Each step of the seeds development, after-ripening and distribution has to be controlled to hospital quality.

The National Research Council has done a world wide study to source out others with the same method of germinated food and has yet to locate anyone. I find almost all systems and equipment deal with sprouting grasses. These systems are concerned with how fast a seed can germinate and develop to grass. They talk of using water additives to quicken the sprouting process. Whereas in germination I want to slow down the process to ensure that the dormancy enzymes have dissolved and that the respiratory chain of the developing seed/vegetable can properly advance. I want to consume the nutrients that the seed uses to grow the plant.

Wheat seeds stored in the pyramids lay dormant for a thousand years, in North American seed banks, for 125 years, in both cases air and temperature are controlled. The quality of germination is affected when air is cut off from the berries or seeds, as in prolonged sealed packaging and unregulated temperature control. This simple deterioration can greatly affect the end results.

Farming and transportation are very dusty businesses. If the grains end purpose involves cooking or wheat grass then these controls are fine, however, they are not good enough for my germinating wheat system, for the gum dissolves in my mouth. Quality seeds have to be controlled to limit the dust, for in the dust are bacteria spores. It's a well known fact, when new life is starting, bacteria are also being cultured from spores present in the air, water and dust. This is nature's way of breaking down the stiffness of the bran.

Seeds, like trees grown in the high north, are very small but extremely strong. The seasons are very distinct so nature can

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easily detect the passing of winter and when to germinate in the spring. The dormancy enzymes are easily dissolved allowing new life to start. The north also has limited moisture therefore cutting down the amount of plant fungus. This fungus gets onto the grain where it can cause a problem in the delicate germination process by culturing unwanted bacteria. The wetter the growing area of North America the greater the exposure to this fungus.

When grain is harvested it is a berry. Once the grain passes through a simulated winterization period where temperature and moisture are controlled only then does it become a seed. You are welcome to call me for seed, germinating cups and larger animal systems information. *See ad to the left.*

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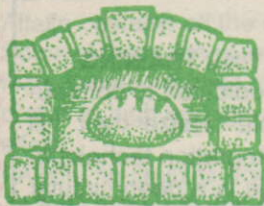
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The Dance of Life

by Normand Dionne

We are living in a wonderful age when everything is shaken to its foundations and when new forms and meanings are emerging and challenging our beliefs. We can see this in the scientific community which has undergone profound changes and, slowly but surely, is starting to take a more holistic approach to the world we live in. There are great tools, for instance in physics, that can show to anybody who is willing to grab a book and challenge his or her beliefs, that we live in a world that is truly magical and mysterious.

In the past fifty years, physicists have been busy formulating a view of the universe where consciousness is a dominant player. Physics is now taking the position that the world is there simply because we are there to look at it, giving a whole new meaning to the proverb: "Everything is in the eyes of the beholder." We have come a long way since the days of the objective, mechanistic world of Isaac Newton.

At the subatomic level, there is basically nothing that differentiates us from anything else, everything is movement and energy. We are intimately linked to all that surrounds us. Thought is consciousness, consciousness is energy, and energy affects energy. Thus, thought affects energy, and since matter is frozen energy according to the new physics, therefore thought affects matter. This is why we can say that we create our own reality; our beliefs and thoughts determine our experience of life, and what is around us reflects what we are. If our lives do not turn out the way we want, all we have to do is find the core beliefs that are motivating us and change them.

The new physics is not constricted by the linearity of space and time; things that are separated by vast distances react simultaneously, particles that go backwards in time (anti-matter), energy that can behave both as a particle or a wave depending on the observer, particles that are created out of nothingness to defy the laws of physics and then disappear just as fast. These are all principles that physicists are toying with. They are the modern day alchemists, transmuting energy and matter and in the process, changing themselves. They are showing us that we live in a world that is infinitely more complex than we ever imagined, and which is at the same time simple in its beauty.

We all become so caught up in our daily lives, our minds are kept constantly busy and we do not allow ourselves to stop for a moment to look at the marvels that are surrounding us. When we open our hearts, we cannot help but be bewildered by the infinite beauty and diversity of our universe and of our place in it.

What we are discovering from all this, is the deep and very intimate connection between us and the universe. It is part of us. We have created it, and to every one of us belongs the responsibility to change ourselves first, so that we can see the dawn of a new world where our children can live happily, and where we can experience the dance of life and live magically.

Divine Beings

by Karen Timpany

Over the years, I have often read that the universe will look after us, man was not meant to have to work so hard, poverty is a choice not a necessity. My reaction at various times when reading this philosophy was disbelief and frustration. Disbelief because I was working hard and was still scratching to make ends meet. I experienced frustration because I couldn't find a way out of this pattern. Mind sets, affirmations and changing careers didn't make any difference. I have learned many lessons over the years, challenged myself, faced fears and have grown into a strong independent individual. Still working hard and still stretching budgets to make financial commitments each month in order to live.

Through my work with people and using the healing techniques of Energy through Reiki, Reflexology and other modalities, I've learned Grace and Love of self. Through this, I have been able to expand my conscious beliefs to realize that I am more than just a human being. What a concept! This thought wasn't new to me, but heretofore, I hadn't understood it. I hadn't been able to get beyond the belief.

Delving deeper into spirituality through books, my work, meditation and becoming more open to newer and greater concepts, I began to realize that we are more than just flesh and blood. We are energy and even greater than that we are an energy form created through an image in thought from the Divine Being. Whenever we create anything, we use thought to produce the desired results. This is true for anything from lemon pies to modern technology. Therefore, the Creator or God has indeed given us the capabilities of creating through the power of thought. Holding onto a thought, or a dream begins to create a desire until it becomes a reality.

A great philosopher once asked, "What if you are just a dream having a dream about being human?" These thoughts tend to make us feel fragile and uncomfortable, we begin to undergo a shaking up and we start to ask a lot of questions. We start to seek answers either to validate our humanism or because we are ready to leave the concepts that we have been raised to believe and are beginning to grow into the Energy beings we truly are. Divine Beings, that were created out of the Divine plan with unimaginable amounts of Love.

It is tapping into the Love, realizing that you are an energy form that is connected to EVERYTHING, that will enlighten you and set you free from the dense humanism that keeps you trapped within the human element. Through ACCEPTANCE that you are a Divine Being, allowing the divine energy to flow through your energy form, becoming one with all that is around you is the key to enlightenment and freedom.

But, how does this pay the bills and give you a better standard of living? When you realize that you are one with the universe, one with the Divine Creator, you also realize that you are worth more, your worthiness of self will be reflected in your work, play and personality. Self worth through belief that you are not a separate entity from everything, but are a wonderful, Divine Being created in a great abundance of Love and part of the whole ALLOWS you to accept the gifts that the universe will pour forth. May you accept your gift from the Creator this season and reap the abundance that is yours for the asking.



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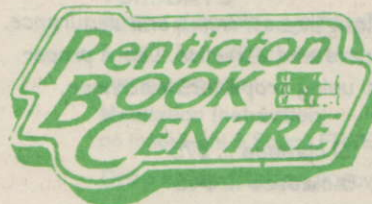
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YOGA

... by Bev Franic ...

"As a way of life, Yoga has answered all my questions. Unconditional love is the answer," asserts Marni Marriott of The Yoga Place in Kamloops. "There is nobody that yoga couldn't benefit. Through the yogic postures and meditation our spiritual needs are met in the concept of union between the body and the mind."

Children love yoga as it is very natural for them to do. It's wonderful because they can learn self confidence by learning about their bodies, themselves. Pregnant women can do many of the postures, which will keep the pelvic area flexible. Learning the breathing techniques is most beneficial and can aid in childbirth. Seniors benefit as the breathing may reduce blood pressure, relax the body, the postures keeping them supple. Yoga can even be done by those confined to wheelchairs.

The inner effort one makes to move the body into certain postures is more important than attaining perfection. The body responds to the effort made as much as anything. Visually focusing on the postures aids in studying for students, as well. Yoga is not about attaining pretzel like positions. What it is about is achieving inner peace, self confidence, flexibility and strength.

Although meditation can be a large part of the yoga postures it is not necessary to know how to meditate in order to do yoga. Meditation does allow you to relax into your breath and to focus on doing the postures. The breathing exercises allow one to use the lungs to full capacity. Deep breathing oxygenates the blood travelling to all the organs.

Over time, yoga can act as preventative medicine. Certain yoga positions can help strengthen the back muscles. Slow, deep breathing is the key and best tool to release tensions from muscles and mind, creating greater strength and flexibility.

Marni Marriott has been teaching yoga classes in Kamloops since 1986.

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December 3

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December 6-10

Opening Celebrations of The Hub

Penticton, ad page 3

December 8

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Craig Russell & Paul Armitage

in the Okanagan. ad page 3

December 17

The Five Initiations of the Christ with Troy Lenard at Celestial Hill, 3 - 6 pm Potluck Supper to follow. ph. 767-9378, p. 15

December 23

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December 24

Candlelight Service, 10:30 am

Penticton New Thought Centre. p. 03

January 5

The Mastery .. an Introduction by Sheila

Penticton, p. 08

January 12-14

Craig Russell & Paul Armitage in the

Okanagan, ad page 3

January 16

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January 19 & 20

Atlantean singing crystal bowls

demonstration with Dale & Holly, p. 02

January 19-26

The Hoffman Quadrinity Process, p. 09

January 20 & 21

Reproductive Lives of Women

Celestial Hill, p. 15

Waking Up with Cheryl Grismer,

Kelowna, p. 13

January 25

Sexuality...who am I with Glenn Grigg,

Castlegar/Robson. p. 02

January 27

The Mastery .. an Introduction by Sheila

Penticton at 2 pm... p. 08

February 1

Joan Casorso ... Inner Rhythms begins, p. 13

February 2-9

The Hoffman Quadrinity Process, p. 09

February 2, 3 & 4

Goddess Connection Retreat

Idabel Lake near Kelowna. Back Page

Mid-Winter Break-out for Healers only

Penticton, p. 22

February 29 ... March 3

Psychology of Vision, Chuck Spezzano,

Vancouver, ad page 3

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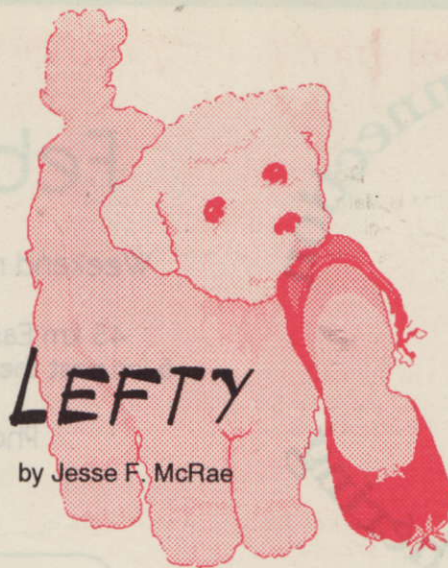
Lefty's been gone for seven years now and I've been unable to write about his passing, or about him. Neither prose nor poetry nor song, all of which I'm capable of doing with at least some degree of skill.

Lefty was part Springer, part Cocker, all Spaniel, all love and all mine. He was five weeks old when we met, and the first thing he let me in on was that he expected me to help him through for a little while. If I would do that, he told me, he'd take over as soon as he got used to the way the world works. This was the first time we ever rolled around together on green grass, and that's exactly what he told me. And that's exactly what he did. I think it's finally time for me to tell somebody about it.

Point Roberts, Washington, is a unique place in many ways, not the least of which is its geographic location. Situated in the upper left hand corner of the continental United States, it is a small peninsula projecting south from the Canadian border into the Strait of Juan de Fuca and the Pacific Ocean. There is no scheduled air or ferry service, nor is there any causeway or bridge across the bay. There is no hospital, doctor, nurse, laundromat, bakery, dry cleaner, etc. Because of its very uniqueness, Point Roberts attracts an amazingly varied and interesting collection of winners, losers, misfits, chameleons, artists, would bes, wanna bes, could bes and might have beens. Runners from. Runners to. Runners from force of habit. Some want to stop for good, some to catch their breath. It must be said that there are many 'normal' people in the community, living 'normal' lives. At the time of my arrival on "The Point" however, 'normal' was not within my frame of reference.

I was one of the 'runners from.' And oh, the horrors I was running from! Another broken marriage. Violent wrestles with alcohol and worse. My dangerous and debilitating fascination with finding new and more extreme techniques of self destruction. Running too from all the accoutrements one collects while living increasingly for the moment, far outside the light and increasingly without hope; nothing but raw nerve endings in search of release or new sensation.

Late on a dark and rainy February afternoon I pulled my loaded down old Pontiac into the driveway of the only friends I had not yet alienated. Someday, when my courage is at a record



high, I'll tell that story. For now let me say that I had driven non stop and in a stupor from Lubbock, Texas, through two days and nights of blizzards and record winds, consuming tequila and beer and no-doze pills every mile of the way. In the preceding twelve years I had left behind other wives, whatever courage and self-esteem I'd ever had, all my optimism and most of my so called 'good years.' From where I sat, my future was a mirror image of my past.

In any event, there I was a few weeks later, ensconced in a small furnished one-room shack. It was uninsulated but that didn't matter; it was unheated too. As for me, I was unkempt, unfocused and unconnected to anything but instant gratification. Playing music in a small cafe for tips and meals, making barely enough for rent and booze. Sometimes the rent didn't get paid.

One of the waitresses at the cafe told me about a litter of pups and suggested I check them out. After protesting for days that the last thing I needed was that kind of responsibility, I found myself playing joyfully in the sun with the one out of the six puppies that absolutely refused to leave me alone. A soft black and white ball not much bigger than my hand, I named him Lefty (for Lefty Frizell and "the Hag") and I took him home.

Leaving his mother and his siblings bothered Lefty not in the least. He seemed to know he was meant to be with me and figured we might as well get started. It took him a few weeks to train me but once that was accomplished the lessons stuck, and I had a best friend and a constant companion. Most importantly, I had someone who needed me absolutely, who loved me unconditionally, and who was

not the least bit embarrassed to show it.

We were inseparable, Lefty and I. There was nothing I couldn't and didn't talk to him about. When I'd be at the bottom of the well of self pity, down there where only long term committed substance abusers reside, crying, lost and suicidal, Lefty would sit with me. With his head sideways on my knee and those huge brown eyes pouring out every ounce of love he had to give, he'd tell me it was gonna be O.K.He'd get me through. Later, in the woods or on the beach helping me walk off a hangover, I swear he'd be smiling as he chased the sticks I threw.

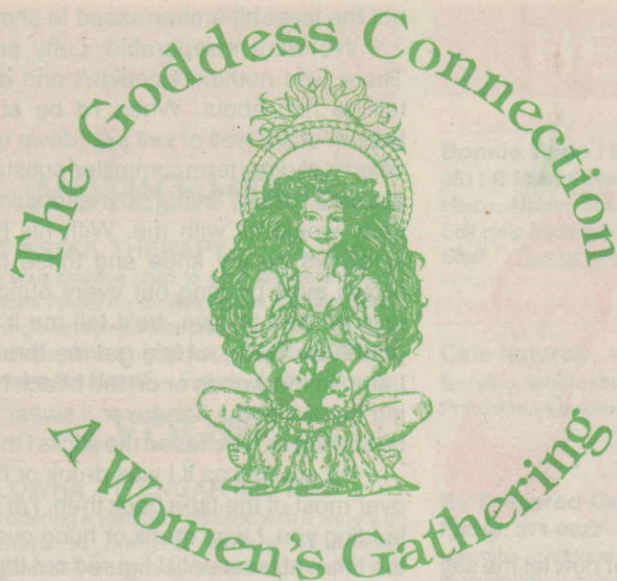
If it sounds as if I was drunk or hung over most of the time back then, I'm misleading you. I was drunk or hung over all the time, at least until I figured out that if I stayed drunk I would not have a hang over to deal with. For the most part, my memories of that period are cloudy with many segments of time that I simply can't recall. It has taken years of intense work to forgive myself for some of the events that happened.

If you have never been in a situation where your only tie line to sanity, day after desolate day, is a 'dumb animal', it may be difficult to appreciate what an ignorant term 'dumb animal' is. Admittedly it took me a while to learn Lefty's language, but learn it I did, after which he never had a problem communicating with me. His language of course was love.

Years later and ten months into miraculous sobriety, I became the proud father of a newborn son. And while I won't get into that here, I will say this: I have come to know that infants are born with all knowledge. One of the great ironies of human existence is that the only other beings here, capable of understanding them are other infants, who of course know it all already. Historically, the process of reaching adulthood seems to be one of gradually exchanging the tools of universal understanding for our own unique and personal set of scars. I don't believe that it must be so, and I feel strongly that the current generation of children is demonstrating beautifully the truth of the prophecy that "A little child shall lead them."

Time is a great healer. So are you. So is my son. So am I. And so are the many shining souls who have woven, and who continue to weave, their threads of light in and out of this rich tapestry that is my life. And so is Lefty, and my always vivid memory of him.





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Registration Fees: Prices include all activities, workshops, shared accommodation (Double & Queen sized beds) and delicious vegetarian meals **\$15.00 discount on all registrations received before January 6th.**

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Fees are fully refundable before January 19th. \$25 surcharge after the closing date. Registration information: 763-8509

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REGISTRATION FORM

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