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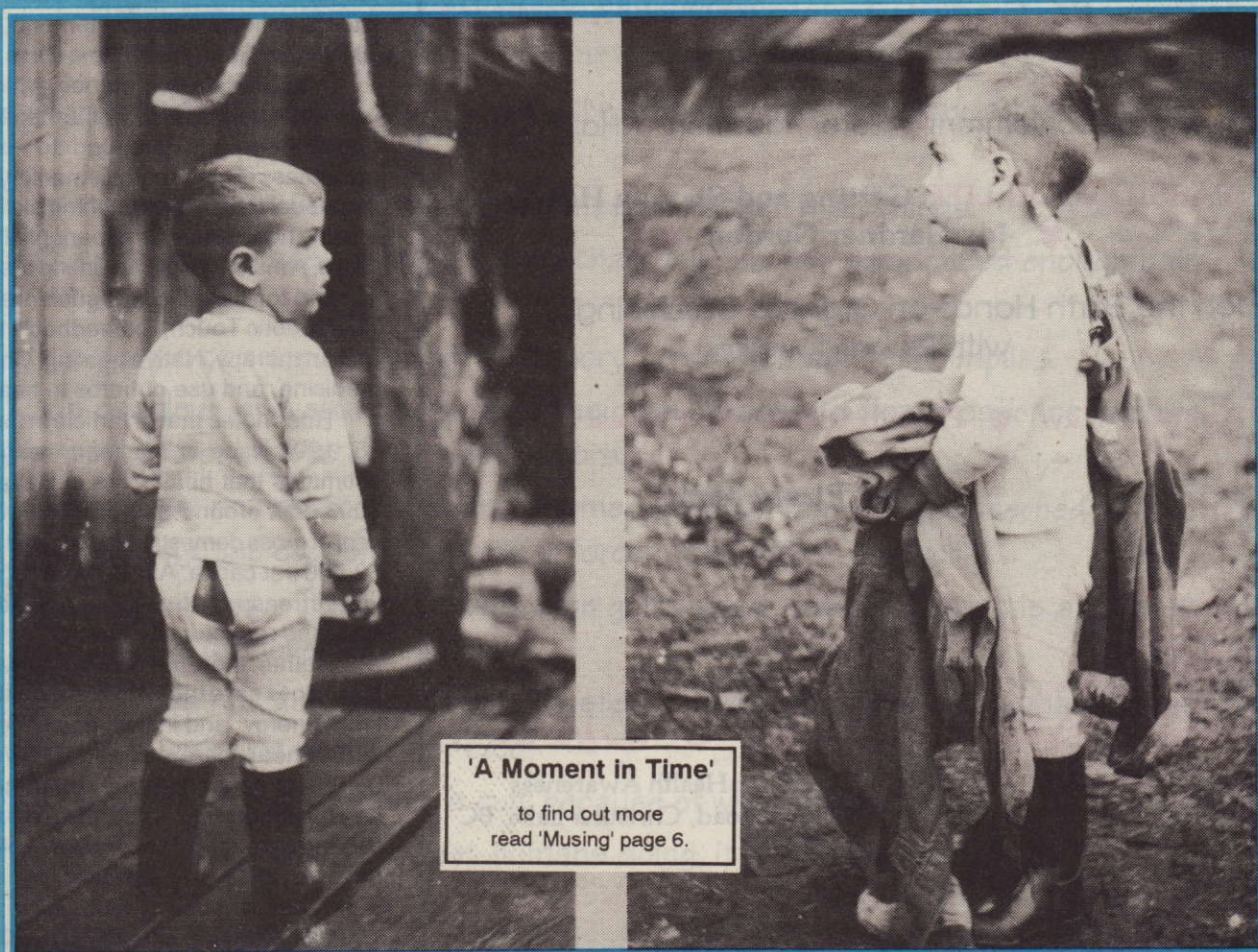
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read 'Musing' page 6.

March 1995

Volume 6 - Number 3

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& Calendar*

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Holistic Nurses

Meet Healthcare Challenge with Initiative

by Lionel Wilson

At a time when healthcare costs in Canada are soaring and budget cuts seem inevitable, the Canadian Holistic Nurses Association (CHNA) believes it can do something to ease the hardships these cuts will inevitably bring.

The Association, which is holding its Annual Conference in Vancouver May 26-28, is committed to meeting the challenge of this crisis by bringing human touch back into healing. Escalating healthcare costs are also contributing to increased interest in holistic and preventive practices.

"We have so many exciting options for health, healing, and transformation in our lives today -- and our conference line-up reflects this excitement", says CHNA president-elect, Lois Ross.

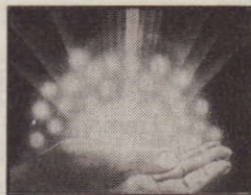
The CHNA's conference, which will be open to the public as well as healthcare professionals, is intended to expand awareness of many complementary healing modalities, while teaching skills and sharing new ideas with experiential workshops. A multi-disciplinary lineup of speakers and topics will cover such areas as Therapeutic Touch, Biofeedback, music and art therapy, Native healing, Chinese medicine, and use of herbs in healing.

Ross notes that an article in the July 25, 1994 issue of *Maclean's* magazine estimates that healthcare in Canada in 1993 cost around \$70-billion -- 10 per cent of gross domestic product, and about \$2,500 per capita. As deficits climb, provincial treasurers have raised healthcare fees and reduced services.

Rather than fighting the inevitable cuts, Ross says the CHNA is devoting its time, energy, and initiative to becoming part of healthcare's evolution. "We can do this by learning more about holistic healing modalities -- utilizing a *wealth* of healing resources that are available and have yet to be fully explored."

For registration information, call
(604) 943-6687 or (604) 536-5037

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Tickets at Caravan Books, 317 Martin St., 493-1997

Nelson - Friday, May 26

Level I Healing Seminars Learn to treat simple ailments with subtle energy and without touching and drugs. Learn techniques for physical, mental, emotional and spiritual healing. \$200

Vernon May 6 & 7th 9am - 5 pm Sat. & Sun.

Penticton May 6 & 7th 9am - 5 pm Sat. & Sun.

Nelson May 27 & 28 th 9am - 5 pm Mon. to Thurs.



For further information you may call Peter Mikiel
1-604-975-3122 or Sue Miller in Vernon 545-0308 or
the Global Institute 1-800-668-3112, in Victoria 744-5778



Meet Duncan & Marilee at the Spring
Festival of Awareness, April 21, 22 & 23rd.
Naramata, BC.

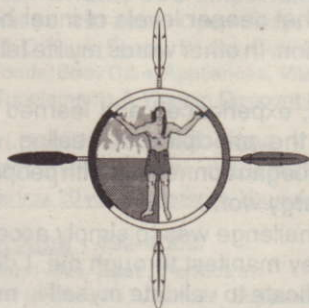
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Ms. Middleton-Moz is a teacher, lecturer and author. She is the author of *Children of Trauma: Rediscovering Your Discarded Self; Shame and Guilt: The Masters of Disguise; Will To Survive: Affirming The Positive Power of the Human Spirit*; and co-author of *After The Tears: Reclaiming The Personal Losses of Childhood*. Middleton-Moz has appeared on national television shows including the Oprah Winfrey Show. Over the last several years, Ms. Middleton-Moz has become well known nationally and internationally for her work in the areas of adult children of alcoholics, multi-generational grief in individuals and families, children of trauma, ethnic and cultural awareness, differential diagnosis, cultural self-hate and multi-generational sexual and physical abuse, in families.

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April 21, 22 & 23, '95

Naramata Centre

The Workshop Schedule
was in the February ISSUES.
If you didn't get one and would
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Open invitation to healers
who would like to be
part of the Magic
...phone us before April 1st.

Playing with Energy

by Barb Möhnke

When I was asked to write about my journey, I felt at a loss. How was I to describe a process that has affected every aspect of my life for the past five years? Fortunately I remembered the words of a wise friend who once told me to 'keep it simple' when I was feeling overwhelmed. So, very simply then, the journey that brought me to the place of offering healing energies began when I allowed these healing energies to assist my own body and aura. I literally let my hands be guided to adjust, unblock, stretch and relax the energy in my body and aura. I felt downright silly as I sat in my living room and allowed my hands to go to specific places on my body. Even more of a challenge was allowing my hands to be guided through my own aura.

Since I was unfamiliar with the concept of energy work, I didn't have a basis for understanding what was happening. Shortly after beginning work on myself, I started to work with friends and family. I would feel the urge and ask if I could put my hands on a shoulder, knee or whatever. Through feedback I was able to confirm a sense of what was occurring during the work.

Still, I thought what I was doing was unique, an oddity - kind of weird, but interesting and definitely helpful for those willing to receive it.

As I accepted my gifts the scope of my work expanded. As I allowed myself to open and trust the energies flowing through me, I realized that the gifts I have are meant to be shared. I decided to make my vocation my occupation. As anyone who has ever opened themselves to their higher purpose knows, it was precisely at this point that deeper levels of inner healing and clearing were set in motion. In other words my life fell apart - again!

During this time I read, experienced and learned about energy, energy work and the principles of healing. I also realized that I wasn't alone. I began connecting with people who use various methods of energy work.

Perhaps my greatest challenge was to simply accept the forms of energy work as they manifest through me. I desperately wanted to have a certificate to validate myself in my own eyes. I wanted a structure to give me confidence in the methods I use. I wanted form and structure, so I could feel secure. Spirit's lessons gave me experience so I could learn to trust, accept and flow with intuition.

I would like to acknowledge and thank all the beings (including the ones with bodies!) who have helped, encouraged and supported this journey of coming home to myself. Support is always available to those who ask for it!



*Barb moved to Armstrong in October.
She is willing to travel to play with
energy and adjust aura's.*

*She will be at the Holistic Healing
Centre in Penticton on Thursdays*

*If you would like to meet with her
phone 546-9029.*

HOLISM

by Dr. Michael Greenwood- Medical Director at Victoria Pain Clinic

Many people these days seem to be looking for a 'Holistic Physician' in the hope that he or she will treat them as a whole person and not just a disease walking in the door. In spite of the fact that many physicians are already doing their best to treat the whole person, somehow it is not enough. It seems as if patients are looking for something they cannot put their finger on and since they are not sure for what they are looking, they continue the often fruitless search for the ideal physician.

One reason we are so often disappointed in our search is that holism has a much deeper and more profound meaning than we imagine, one which strikes at the very core of our beliefs around illness and health and leaves us floundering in a quagmire of contradictions.

Healing means wholeness and holistic medicine therefore is the kind of medicine that encourages us to return to wholeness. At the very core of holistic thinking is a notion that we are already whole but have somehow forgotten. From this perspective, illness or symptoms that persist represent a portion of our wholeness which we have rejected and the desire to eradicate such an illness is an attempt to permanently split off a portion of oneself. The effort to achieve healing in this way results in a power struggle against the self. This struggle against the self, this attempt to rid oneself of an illness in this way, is in fact, the nature of the chronic illness.

When we are sick for a long time, the natural impulse is to try everything possible to get better. This natural impulse coupled with the habit pattern of a power struggle against the self requires a physician who will collude with us. But if in fact we eventually find such an 'ideal physician' he or she can't possibly be holistic. A holistic physician will not collude, will not aid in the process of an inner struggle against the self.

Here at the Victoria Pain Clinic we are dealing with people who are struggling with illnesses and symptoms which have not responded to conventional medical procedures. And so we know in advance that any form of collusion is bound to be self defeating. For patients with chronic pain, the effort to find a cause, to find a cure is frustrating and hence tension producing. Muscular tension due to effort and emotional reactions produces more pain. And pain is the illness. A leap of understanding comes when the patient can realize that the cause (pain) and the effect (pain) are the same thing. Recognition of this paradox is part of the healing experience and essentially means that the search for a diagnosis must be abandoned.

The reality is that the body's natural healing system cannot operate effectively until we are willing to surrender to the experience of illness as opposed to being caught up in the challenge of a search for cause and cure. To surrender to the experience of illness is to let go of the tension we are manifesting so the body can begin to relax and over time heal. The paradox of healing is that in order to get better we must not strive to get better. It is only in this way that the power struggle can end, and relaxation can occur. ■



Exploring Complementary Medicine

an evening with **Michael Greenwood, M.D.**
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Since holism states that we are whole then it follows that when we develop chronic illness there is in fact no objective problem to be solved. The process of healing involves a subjective change, a different way of experiencing the illness which is so enormous that at V.P.C. we describe it as "transformational." In the end, the holistic physician we find is the one we discover inside ourselves. ♦



Photo by Steve Tomlinson

Musing

with
Angèle

publisher of ISSUES

'A Moment in Time'

Thanks for the delightful response to my photo on last month's front cover. I wondered about using it because people tell me how boring portrait shots are and how much they enjoy my Mom's action photographs. It took some time reasoning with myself that this photo suited this period of my life so I have decided to continue with two other candid shots this month. Introducing ... brother Mike with his suspenders around his head and shirt and jacket dragging in front of him. He probably wore his long-johns to bed, and when he got up in the morning, he put his boots on the wrong feet and took a stroll to the biffy. Now it was time to find someone to help him get dressed.

Thanks to everyone who helped me celebrate my 43rd birthday. Living in a family of seven kids, we celebrated birthdays often. The kid in front of the cake was usually the one being honoured but as siblings we all got to enjoy the festivities. I probably have at least fifty different family birthday photos. Browsing through the old slides helped me to realize why birthdays are important to me and brought up some memories to help fit together a few more pieces of the puzzle.

Once I got married, my birthdays changed and I had a tough time understanding why there were no more celebrations and no more gifts. Rae, my husband, was an only child for many years, till his Mom adopted a brother for him. He probably never experienced the ritual of monthly birthday parties. He didn't seem to care if he ever had a party and he certainly was not interested in making any arrangements for me. He always remembered my birthdays and other special occasions and bought me a card and sometimes flowers, but shopping was not something he enjoyed. This seemed strange to me because when we dated my Mom would raise her eyebrows as I unwrapped the expensive presents from him.

After a few birthdays went by and there were still no gifts, I asked Rae "Why?" I liked surprises and I usually gave him enough hints. He said "I don't like shopping...so pick something out and have it put away and I'll pick it up and pay for it." That didn't make any sense to me, for it took all the fun out of gifts. If I wanted something, I would go out and buy it myself. Sheesh!

The following year Rae came home with a huge gift-wrapped box. I was excited. I shook it and weighed it and guessed what it might be, carefully undoing the wrappings, which were very professional. Inside of the box was another box even prettier than the last but just a little bit smaller. I thought to myself, "This is fun." I started thinking what could be in this box. It was another box even smaller, which narrowed down the

choices ... 'maybe jewellery,' I thought to myself, but I didn't remember hinting at that. After all, we were raising a family and jewellery was not high on my list of priorities. When I unwrapped the last box there was nothing in it. I guess the look on my face was worth it because Rae howled ... for days. I cried and felt embarrassed each time he told the story, for I didn't understand the humour and still don't.

I am much too understanding a person to hold a grudge, but that day my heart hardened just a little. I did many things for my husband that I would have preferred not to do, and I expected the same treatment back ... the scoreboard in my head was starting to feel a little lopsided. I had to reason with myself that he was a good guy and why bug him to do something he didn't want to do? I told myself, "I'll survive, for it wasn't as if I needed anything." But still, I was disappointed.

As the boys grew up, we would do our annual trek through the stores to find daddy just the right present and then we would bake him a cake and decorate it. With time, the boys became great cooks, and even baked my cake once in awhile. At this stage of the marriage, I gave no hints when Rae would ask me what I wanted for my birthday. I would say, "All I want is for you to make dinner; the boys will help you bake a cake." He became more determined than ever not to cook, for he was terrified that if he did it once, he would have to do it again.

As the marriage continued and I started working as many hours a week outside the home as he did, I decided he should help with the cooking. As usual I tried to work out a deal. "I cook three days a week, and you cook three days a week." Rae refused, and I kept my word. He learned to make fried egg sandwiches, after he got tired of canned beans or soup.

This became one of our power struggles, and probably the deciding factor in our divorce. I was no longer a willing wife who looked after her man. The boys were grown and cooking for themselves, so why should I cook if I didn't feel like it? He certainly didn't. After twenty years of asking and no light at the end of the tunnel, I remember the sinking feeling in my heart as I accepted the fact that I could not change him. Even though I knew Rae loved me and wanted to make me happy, he just couldn't bring himself to working in the kitchen or going shopping.

During the last few months of our marriage, we spent many hours laughing and crying over the many hurts that were never healed. Remembering the good times and the bad times helped both of us leave the marriage as we had entered it, with love, consideration and awe of each other's talents. It also helped him to soften his stance on kitchen work and shopping. On our last Christmas together, he decided to take the time to go shopping and bought me a wok, and he even washed the dinner dishes. He recently told me that he is cooking some of the meals and his new wife appreciates his creative endeavours, and he thanked me for convincing him to give it a try.

After the break-up and twenty-two years of reasoning with my heart, I decided to it was time to arrange my own birthday celebration. The hell with "society's rules," I thought and rented the Leir House, sent out announcements and had a friend bake the cake of my dreams. Many of my family and friends came, we had lots of lasagna and cake and ice cream and we sang songs and told stories.... the celebration was just what I needed. Sometimes I am too busy to bother making my own arrangements but now ... if I feel like it ... I do it. I think birthdays are very

Continues to the right

ISSUES MAGAZINE

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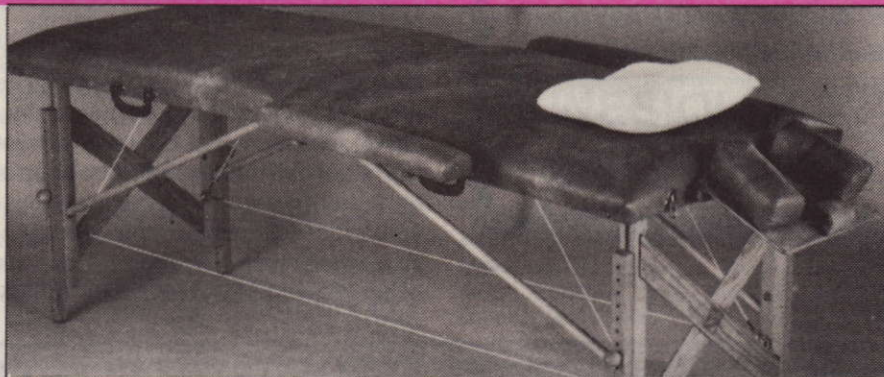
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magical, for they bring out the child in me. I am having a great time
relearning how to play. Many thanks once again to my friends and
family who helped make this year's birthday very special with their
home-made and store-bought gifts. Special thanks to Gordon, my
first born, for painting a ceramic plate...it did indeed brighten my
heart. And to my Mom for her continuous supply of orchids... they
are exquisite. When I look at these gifts they are a reminder to me
that I am special.

Angèle



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HAVING THE COURAGE TO RECOVER

The Shaman's Perspective by Clinton Jarboe

It's a quite common occurrence for me, at some point during a workshop or healing session to hear someone remark on the work we're doing together, saying, "I have a problem in such and such an area." When someone says this, they rarely mean that they have a problem with what I'm saying, but rather they are confirming that I (or someone else) has summed up, more or less accurately, that person's problem.

If I stop to pursue this opportunity for group learning, I often find that the person in question has "gone just everywhere for relief." As I pursue this by enquiry, I usually find that so far, nothing has worked.

As an example, let us say that a person has a lower back problem. Frequently they will have x-rays to confirm a problem in the area between T-12 and L-1, which is the beltline for most of us. They will have had surgery, are contemplating surgery, have a confirmed diagnosis - a reason for the back to be injured, which is to say, a reason that makes sense in the world.

It's been my experience that a problem in the area of T-12 has an off-the-body emotional component which relates to a lack of emotional support in childhood, or from one's family in general. The case of the man who, having been rendered paraplegic by the severing of the spinal cord in that place due to a car accident is a case in point. His father did not visit him in the hospital for seven weeks, he was so embarrassed that a son of his should be in a wheelchair. For most of us, that experience is somewhat severe, but still,


a sense of lack of support and fear results in pain located in T-12, L-1. Never mind if you slipped carrying the canoe, that's just how it is. (Reality is not what they tell you it is, trust me.)

So, in the scenario described above, not only is adjustment of a chiropractic nature indicated, but some discussion with the afflicted person of his circumstances is warranted, with a soul retrieval, the providing of a power animal, or some work aimed at mitigating the sense of lack of support which is the underlying cause of the ailment. If this is not done, the ailment will reoccur at intervals, usually when such issues surface in other places of one's life. And that, of course, is the point.

At some stage of the process of recovery, it is permissible to describe oneself as recovered. That bears repeating. **At some stage of recovery, it is permissible to describe oneself as recovered.**

Otherwise, we may go from therapist to practitioner to discipline to workshop, searching for what, from a shaman's perspective, is found within.

If you recognize yourself in this little sketch, you may begin the final phase of your recovery by keeping these two affirmations in mind. First: "My recovery is proceeding, and therefore the issue (whatever it is) is no longer of major concern in my life." Second: "I am no longer troubled by this issue, and it therefore is powerless in my life. It is nothing."

At the beginning of springtime, and therefore new life, I send you the courage to step beyond your pain. 

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INTRODUCTION TO EAR CANDLING/CONING

by Michael Kruger

Imagine yourself lying down comfortably with a hollow candle burning in your ear. Candling or Coning is a very ancient, holistic treatment whose roots are found in ancient Egyptian, Chinese, Tibetan, South American, North American cultures. In the past few years many people have been trained to perform this effective and quick way to improve many aspects of our physical well-being, including me.

Ear Candling can work upon the physical body by detoxifying the sinus, lymphatic, and other systems. It also provides clarity of hearing and vision, improvements in the sense of smell, taste, and colour perception as well as emotional stability, and sharpens mental functions.

Candling works directly with the chakra system to clear and strengthen the auric bodies.

Candles are made by either dipping a cotton strip in paraffin or beeswax and then shaping it around a tapered form or wrapping the cotton strips first around

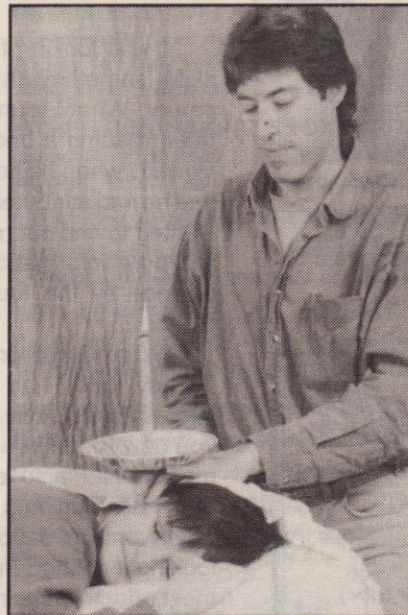



Photo by Steve Tomlinson

the form and then dipping them in the wax. Candles come in a variety of thicknesses and sizes. Some candles have added herbs in the wax to help in the clearing

and cleaning process.

During my sessions I first relax the person by giving them Reiki on their feet and on the face. Then I gently place a hollow Ear Candle with the tapered end into the ear, the opposite end is then lit. The resultant flame causes a vacuum allowing the accumulated debris to be drawn out of the ear and into the candle. Though some results will be noticed immediately, a more physically deeper, and spiritual healing will come about over a period of time through further Candling.

The Candling that I do is facilitated by the use of Reiki before and after the session. I have found this allows for a deeper and truer result. Having talked to other practitioners of Reiki and other body workers, I have found this a common occurrence.

For more information contact The Holistic Healing Centre in Penticton at 492-5371. I will be glad to answer any questions. 

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Finding the Answer...NLP!

by Len Wright

I was looking for a program that taught communication skills, something that would give me an edge in my business career. What I found was that and much, much more. I had been reading a book by Anthony Robbins called "Unlimited Power", when he began to mention a set of skills or a science that he had attributed much of his success to. I was curious and wanted to find out more. Over the next short while I searched for more information and found a couple of books on this science by the founders of it, Richard Bandler and John Grinder.

What I am talking about is Neuro-Linguistic Programming. To say that I had found the information enlightening and interesting would be an incredible understatement! NLP teaches you how to run your own brain...successfully, like an owners manual. NLP also teaches you precise psychological skills for understanding and influencing anyone, anytime, positively. This went far beyond the business applications that I was looking for although I thoroughly believe NLP to be simply the most effective business tool to be used today. I also realized that this opened up many doors for me on a personal level as well.

NLP states that change can be, and is, a pleasant experience that doesn't have to take a long time or dredge up old feelings or memories that may be unpleasant. These skills give such profound and lasting change, from phobias relieved in under an hour to being able to change your state or mood instantly and anchoring feelings such as pleasure, ecstasy, confidence, happiness, motivation, etc., which you can access at any time. You can easily and quickly break through limiting beliefs, deal with trauma, and help yourself and others with various challenges that we all may face. Included as well are skills for negotiating, communicating, and influencing others positively and successfully!

There is far too much to tell you in this article but to sum up what NLP is, I would say it is skills for understanding and duplicating excellence! NLP has added a new dimension to my life and I am excited that Western Canada is now starting to grow as an NLP community to follow in the footsteps of the U.S.A., Europe, and even parts of Asia. We at Creative Destinies firmly believe that the quality of training that you receive directly shows itself in how confident you are with your new learnings, and how accepted you may be when you practice these skills on the people you come into contact with.

That is why we have been selected to bring in John La Valle, president of the NLP society from New Jersey, to facilitate this program in Vancouver, B.C. John LaValle has full backing from Dr. Richard Bandler who personally approves of this practitioner program and he intends to include many of Dr. Bandler's new technologies in this training.

Please see ad to the left for details.

Collaborative Health Care

by Janet Armstrong, R.D.N.

The time is overdue for collaboration between all health professionals, particularly between conventional and complementary practitioners. To this end the B.C. Dietitians' and Nutritionists' Association is presenting *Working Together for Health: Building alliances with complementary practitioners* at their annual conference in Naramata Centre on Sat., May 13, 1995.

Health reform presents us all with challenges whether we be practitioners or consumers. Individuals are being encouraged to take greater responsibility for their health and health care, and practitioners are adopting more of a facilitator/teacher role rather than always that of the provider. Increasingly more and more people are turning to alternative sources of health care at the same time that orthodox medicine is showing improved rates of cure.

This conference is open to all health professionals and anyone with an interest in alternative health therapies and in forming alliances. The keynote speaker is Dr. Robert Buckman, Ph.D. FRCP FRCP(C), medical oncologist at the Toronto-Bayview Regional Cancer Centre, who has recently co-authored the book *Magic or Medicine?*, as well as a TV series of the same name. Dr. Buckman will explore the relationship between healers and patients in both conventional and complementary practices. His investigations reveal important messages for conventional practitioners regarding good care (i.e., communication skills and the medical use of placebos), and for alternative practitioners regarding the benefits of demonstrating the scientific truths of claims.

People are consulting complementary practitioners in droves whether or not the treatments work because they are comforting experiences. Dr. Buckman asserts that alternative therapists give their patients a greater sense of personal significance than usually received from doctors (who tend to label them with their diagnosis, e.g. the AIDS patient, the cardiac arrest). Complementary practitioners are aware that even though a disease may be the same in each person, the meaning of the disease will be different for each one. Conventional doctors are good at dealing with diseases; alternative practitioners are good at dealing with people.

Dr. Buckman is well known as a humorous speaker (in the style of John Cleese with whom he has collaborated) who personalizes every presentation, researching his topic and audience thoroughly. His presentation will take place from 9 am to noon on May 13. In the afternoon, six complementary practitioners will present concurrently (repeated, thus participants will choose two sessions). The six practitioners are:

- ~Dr. Trevor Salloum, Naturopathic Physician, Kelowna
- ~Dr. Patrick Bickert, Chiropractor, Kelowna
- ~Rosalyn Harder, Traditional Chinese Medicine Practitioner, Kelowna
- ~Tanya Thompson, Ayurveda, Kamloops
- ~Yarrow Alpine, Herbalist, Sorrento
- ~James Fofonoff, Registered Massage Therapist, Summerland

Each practitioner will define his/her therapy and method of practice with particular emphasis on nutritional care, describe the clientele and their reasons for seeking an alternative therapy, and describe specific treatments and their effectiveness.

Our setting is the idyllic Naramata Centre, perfect for relaxation and exploration, just a few miles north of Penticton at the south end of the Okanagan Lake. Apple blossoms will be at their prime, and the weather warm and invigorating!

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ALTERNATIVE BUILDING TECHNOLOGY

by Mike Bossert

There is some very innovative, alternative building research taking place around the world. In the past months, we have looked at Tire homes, Strawbale houses, and Adobe. This month we'll look at some radical alternatives that are being developed - radical in that some of these homes will use no wood at all! Wait a minute, why would you want to stop using wood? In North America, many experts feel that we are using up our forests in an unsustainable manner. And conventional housing uses about 40% of all the wood harvested. We use more wood than any other product. And our forests are showing the effects of this high use. Go look at a few clearcuts and you'll see what I mean. The effects are showing up in the quality of the wood as well. We've used up most of the old-growth trees and are now using younger and younger trees. Younger trees are still mostly sapwood - not anywhere near the strength of old growth wood. In fact, the building code has been changed over the years, including recently, to reflect the declining quality and strength of wood! The result is we use more wood than ever before, while we have less to use.

As a society, we are not unique in using up our forests; throughout time, every major 'civilization' has decimated its forests and had to take up building with alternative materials. This is one lesson that mankind has not learned to avoid, even from the mistakes of others who have gone before.

Pioneering a change in the way we build our homes can be quite easy because there is so much of the world already doing what we will be forced to do in the near future - build without wood. One of the really innovative pioneers in eco-conscious house construction is Architect Nader Khalili, of California. Originally from Iran, Nader is an expert in the building of domes and the use of adobe brick construction. One of his innovations is to build ceramic adobe dome houses. These are built from earthen adobe bricks into a domed house which is then glazed and fired to create the inside ceramic finish. The result is a

stunning, gorgeous and super durable finish. Many experimental buildings have been built in the U.S. as well as homes in India and a school in Iran. Pioneers are currently building in South Africa, New Zealand and Iran.

Another prototype he's developing and building is a Sandbag dome. Many places, especially in desert regions, have unuseable soil to make proper earthen bricks. Most of these countries have an abundance of sand. The Superblock dome is an incredibly strong and cheap alternative. The sandbags are filled with damp sand or earth and are stacked like bricks, where they dry concrete hard.

The finish coat on the outside is a mixture of straw, clay, lime, and other natural materials. It is a traditional Persian water resistant plaster. This provides durability and insulation. The inside is a beautiful adobe plaster finish. These domes have recently passed severe load and earthquake testing and are well on their way to being accepted by the building code authorities in the U.S. As a consultant to the U.N., Nader is transferring this technology to refugees worldwide in places such as Rwanda, Afghanistan, Kurdistan and many others.

His organization, Cal-Earth, is also developing a strawbale dome house. This is a quick and easy to build alternative, that has a high insulation factor and is very cost efficient, safe, and lovely. The Geltaftan Foundation offers books and videos on this work. For instance, "Ceramic Houses & Earth Architecture," a how-to paperback is \$22 US. You can reach them at 10225 Baldy Lane, Hesperia CA 92345 (619) 244-0614.

Hopefully, skyrocketing wood prices will create a viable market for radical building alternatives such as these. We need trees in order to continue to live - they are principal providers of the oxygen we breathe. And when will we stop exporting boats full of our best logs to Japan?

Midwifery

by Kalia Catherine Leslie

Wonderful News!

Midwifery is about to be legislated in B.C. What does this mean? Women will now be able to choose loving continuity of care of midwives throughout their pregnancy, birth and postpartum period and be recipients of the resulting better outcomes: less interventions, episiotomies, forceps, c-sections, lower morbidity and mortality rates. There will be more choices of birth place, position, health support etc. If you know anyone who has had a midwife attended birth ask them about the difference.

This is what we have been led to believe by the organizations active in working with the government thus far, but now that the draft legislation has been published, many consumers and midwives have concerns about what will become law.

The following are some of my feelings and excerpts from various letters from individuals and women's groups about the draft:

Under 'Reserved Title' no person who is not a registrant may use the title 'midwife'. The word midwife means 'with woman' and has been used by women in this province since before Confederation and throughout the world for much longer. It concerns me when a law begins to own a word which has been in public domain since time memorial. Perhaps a title such as 'Registered or Licensed Midwife' could serve both the people and the profession better.

Under 'Scope of Practice: Only aboriginal midwives may use traditional herbs, medicines, and cultural and spiritual practices in the delivery of their services.' Is this discrimination -- racism, against non-aboriginal people? The fact is that midwives have been practising throughout Canada without legislation with better statistical outcomes than most hospitals can boast. The skills they have developed and used in these specific areas contribute to these outcomes. Midwives will however be entitled to prescribe and administer pharmaceutical drugs. The aboriginal people and their elders have spoken up to protect the health rights of their people. Who is speaking up for us?

Under 'Reserved Acts: No person other than a registrant (to the College of Midwives) may conduct internal examinations of women.' There are currently women's groups who are actively learning about their own bodies, and health by doing internal examinations and self exams--looking at each others cervixes and vaginas--learning what's healthy--fitting cervical caps--learning about birth control, etc. One might ask, Whose vagina is this? **WOMEN HAVE THE RIGHT TO DECIDE WHO MAY, OR MAY NOT, DO A VAGINAL EXAM ON THEIR PERSON!**

Under 'Limitations on Practice': No registrant is permitted to manage a planned homebirth except as part of the home birth demonstration project.' Why do we need a home birth demonstration project? Truly, babies have been born at home since birth started happening and there are many studies throughout the world that prove it safer than hospital. Why (unless necessary because of a predominating circumstance) go to a place filled with sick people for such a vulnerable act as giving birth?? We are very concerned about the government meddling in homebirth choices. Is this unconstitutional? It was probably best said by Pierre Elliot Trudeau--'The state has no place in the bedrooms of the nation.'

Out of 210 countries in the World Health Organization only nine did not have legal provision for midwifery. Of that nine, Canada was the only industrialized nation. Finally in 1993, Midwifery was legislated in Ontario. Now there is a movement to correct the wording which some midwives and consumers feel is not serving. You can see to it that our legislation gives us, as women and as families, the best and most comprehensive health care possible. Write to: Alan Moyes, Executive Director, Legislation and Professional Regulation: 5-2 1515 Blanshard St., Victoria, B.C. V8W 3C8 Fax: 952-2247

A petition is available at the Holistic Healing Centre in Penticton, at the Gazette newspaper in Grand Forks and at the Women's Centre in Nelson.

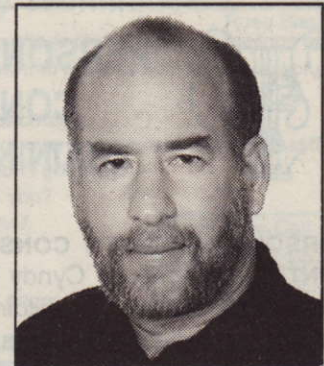


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Giving & Receiving

by Cyndy Fiessel

Many times throughout the year, I think about all that I have. A loving husband, our beautiful healthy children, the opportunity to do the work I love, our cozy home, wonderful friends, the way that prayer is my constant living experience of every day.

It wasn't many years ago I felt alone, unable and unhappy no matter what I had or did. I went from one relationship to another. My daughter Oneala and I lived from paycheck to paycheck. I was literally sick and tired.

Even though I came from a loving family I seemed unable to love myself enough to change the way we lived. I worried about Oneala. She was a little girl and often out of her mouth would come negative viewpoints about life that startled me. I realized they were thoughts I had, and often spoke about. Some of them were things I never said out loud, only to myself. Time went by, very little changed; same movie, different people equally unhappy. I was worried if things didn't change I would pass this way of life on to my daughter, that it would be too late to change.

In the beginning I couldn't find the courage to break through the pain for myself, but I could for my daughter. I wanted her to have something to look forward to. I wanted her to know that both her parents loved her completely whether we lived together or not; that it was safe to grow up and be a young woman in this world; that men and women have an equal contribution in life; that prosperity was for everyone and that it wasn't just money; that she could grow up and enjoy a loving, honest relationship with the mate she would one day choose. I wanted her to know that she would always be a child of God and that she never is or will be alone.

I realized soon after I began my inner journey that everything I longed for her to have was everything I had wanted. I wasn't able to start for my own sake and yet in time I was able to receive all that I wanted and more.

Oneala watched me change over the years. She didn't always like the differences to start but, she did love the new life we were living. We were part of a blended family. She had two little brothers to play with and watch over and a strong, loving daddy person to hold hands with. During those years she got to know her birth father, his new wife, and their new little girl--her own baby sister. So many Miracles, but not always easy. For quite a few years she removed herself from us all and sometimes I wondered if we had lost each other. The love never wavered and she started her own journey back into our home and hearts.

This year is one of the most wonderful in my life. Oneala asked to be a participant in our most recent training IPEP IV. To see her on her graduation day, after being one of her teachers during the six months of her program, will always be my greatest gift. Thank You God for helping us remember all things are possible and the way home is through you.



Cindy is a Breath Practitioner & Motivational Speaker. She is the founder and director of Personal Growth Consulting Training Centre in Kamloops.

I Always Wanted to be a Ballerina

by Sarah Wellington

I grew up in England, and when I was six years old my mother took me to see the ballet Swan Lake. Seeing those ethereal creatures floating across the stage in their white gossamer costumes, I was enraptured, transported to another realm, and from then on I knew what I wanted to be. I wanted to be a ballerina.

My parents enrolled me in ballet classes in our village where I apparently showed some talent. I even danced The Prince in our little production of Sleeping Beauty, in a blue velvet costume. Other performances were not quite so noteworthy, such as during my first public performance at age eight, when I forgot my underwear and twirled around quite oblivious! It took a long time to live that one down!

Sadly though, when I was eleven, at the age when serious ballet students need to be enrolled in Ballet School, I was sent to an ordinary boarding school, with no dancing of any kind on the curriculum. My parents thought all little girls wanted to be ballerinas and didn't take me seriously, plus Ballet Schools were costly and far from our village, both physically and mentally.

My next attempt at dancing was when I arrived in London at 19, having left home. It was too late to train for classical ballet and I hadn't heard of modern dance so I decided I wanted to be a flamenco dancer! Flamenco was very popular and I'd been to several performances in London and was transported once again, but to a very different realm. Exciting, colourful, pulsating rhythms of stamping high-heeled boots and clacking castanets, sinuous bodies, guitars and passionate singing. Passion personified, that's what flamenco is for me. Unfortunately, the lessons were in a rather seedy part of London, which scared me, and I didn't have the money for the shoes. So that was the end of that!

I always had fun dancing socially, but that wasn't being a ballerina. Since I couldn't become a classical ballet dancer I gave up on dance as I didn't know there was an alternative. I had heard about modern dance but wasn't interested, and didn't know what it was.

It wasn't until I was 32 that things really changed. A friend of mine was taking classes with a woman called Linda Rubin at her place called 'Synergy'. There were 2 types of classes: Modern Technique and Improvisation. The Improvisation was what really attracted me but being able to learn technique other than ballet was intriguing. I watched a class and decided to give my dance self a chance to express itself, and it did and my life changed.

The technique classes were useful as a discipline and also to learn a basic vocabulary from which to draw on. Linda had studied with Martha Graham in New York, so we learnt Graham technique, but it was the Improvisation classes that were the highlight of my week. They were simply fantastic and unlike anything I'd ever done before. You could do just about anything: run, lie down, crawl, moan, cry, yell, roll around, create beautiful flowing dances, contort yourself, find yourself in the middle of an amorphous, slow moving mass of bodies or create

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Sarah Wellington 493-5598 or the Centre 492-5371

an exciting pas-de-deux. Sometimes we had jazz musicians improvise along with us and they brought an array of percussion instruments which we could play. Sometimes the musicians even came and danced with us.

Dancing continuously with a group of people you trust is another aspect of this, especially if you tend to be a loner. Group dances and rituals arise spontaneously and have an archetypal quality that stretches back into our many pasts. People have always danced. It can be a way of celebrating life in a sacred manner and in particular, your life.

It was exciting and exhilarating to stretch my limits and find something that came from the depths of my being. Movement can be an expression of truth, and giving form to the many facets of one's being can be a wonderful experience. I love to dance. For me, the most essential part of myself is expressed through dance.

Since my experiences at 'Synergy', I've taken some Bellydance and African dance which opened me up to other kinds of movement. Recently, at 50, I was part of an experimental dance group that performed in the 'Dancing On the Edge Festival' in Vancouver and, although I never became a ballerina, I am a dancer.

Come, celebrate your Self and stretch your limits, explore the world of dance with me. I'm starting an Improvisation Class at the Holistic Healing Centre on Wed. 7:30 - 9:30 pm on March 15.

Sarah is a Jin Shin Do (acupressure) Practitioner, using dreams and body-centred therapy to deal with issues. She runs a Dream Group on Monday evenings. For more information, please call 493-5598.



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March 2 - 6

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

March 9 - 13

Cheryl Grismer, speaks of letting go of the belief that there is not enough. Lighten your load and learn to enjoy life.

March 16 - 20

Learn a little about Reflexology and Acupressure with Karen Timpany, instructor and healer from Winfield.

March 23- 27

Demonstration of Ortho-Bionomy, Zero Release and CranioSacral Release Work with Cassie Benell from Kamloops.

March 30 - April 3

Journey with Marlana as she sheds some light into why she chose to become a bodyworker healing with energy.

Astrological Weather for March

by Moreen Reed, Astrologer

What Gods and Goddesses are playing together.

01/03 Jupiter/Saturn Throughout March, constructive expansion that requires the maintenance of the old while the new is begun. We are in a completion phase that began in the early 80's.

01/03 New Moon 3:48am

02/03 Venus/Saturn Reality check for partnerships. Expectations of a role to be played? Can the real you be in this relationship.

03/03 Mercury/Mars Decisiveness, cutting through BS, verbal wars, "Win Win" best answer.

06/03 Mars/Saturn Applied discipline. To commit to finding a way when a clear choice is not available.

09/03 Mars/Jupiter An excellent day to launch a new venture!

14/03 Venus/Mars Ask someone to come out and play competitively today. Mercury/Pluto. Need to get to the bottom line? You can today but watch out for an attack.

20/03 Spring equinox 6:14 pm PST

23/03 Mercury/Mars & Venus/Neptune Relationship wires could get crossed, patience and time out could be in order.

24/03 Mars stationary direct Projects begun during the last 3 months will begin to have noticeable forward movement.

24/03 Mercury/Saturn Excellent day to negotiate a business deal.

27/03 Venus/Uranus Shocking or surprising encounter.

30/30 Mercury/Neptune Write poetry, meditate, fantasize, not a day to sign a contract.

A View to the West

with *Beverley Franic*



I recently discovered a treasure trove of soothing scents, inviting mugs of delicious herbal tea, fresh baked cookies, and a delightful array of goodies to party with my senses. Sharron Wilcox, of "Herbally Yours" who has her store/workshop just outside of Kamloops made a friend and myself feel welcome and comfortable as we browsed through a wealth of essential oils, incense, herbal bath soothers, potpourri, and healing bags. In the summer, Sharron's herbal garden provides the raw materials for a plethora of aromatherapy products which are available through her Mail Order business (see ad under "Aromatherapy" in yellow pages) as well as shopping in person (which I highly recommend!) Some of her products are available as well at Heritage Handicrafts in the Aberdeen Mall, and 3RD Avenue Florists. Sharron has recently added a selection of Metaphysical books to her stock. Well worth checking out!

The Circle met at the Pavilion Theatre in Kamloops to watch the most outstanding one-woman play I have seen in a long, long time. The play is about a Native woman's return to her spiritual roots and is called *Moonlodge*. It showed me that although Margo Kane's experiences as a child were about as far removed as this child's, there are common threads weaving through our psyches. My emotions vibrated like a plucked harp string with every tear of laughter and every tear of sadness so eloquently portrayed by a beautiful woman, Margo Kane. A highly recommended performance. Thanks go to Kate at WCTC for all her organizational help.

Here's what's happening around Kamloops:

Dawn King's group meets every Tuesday for health discussions. The topic for March is **The Circulation and your Heart**. Dawn can be reached at 374-3356.

The Kamloops Women's Resource Centre is putting on a series of workshops called **Moving On** for women who are ready to move beyond old, paralyzing beliefs and into personal power. Call the KWRC at 376-3009.

At the Yoga Place: **You and Your Diet**, March 3, 7 pm with Tanya Thompson; **You and Your Emotions**, March 24, 7 pm with Donna Martin. Cost is \$25.00 each.

The Vallaster sisters have purchased the HealthyLife Nutrition Health Food store at 264 - 3rd Ave. We wish them every success.

The Grind Coffee House is moving to the corner of 5th and Victoria. Dave promises a delicious menu in the restaurant, an espresso bar and roof top views, while listening to the great music he continues to bring to our senses. Watch for an April 1st opening.

Victor Sherwood is practising Reiki out of his home. He can be reached at 374-3964.

Bev does the distribution of ISSUES around Kamloops, if you have a place where she can leave some give her a call at 372-9874 or 372-0236.

Dreaming Hands Shamanistic Carvings

by Terry Payette



When I was a young boy just becoming a man, I had an experience that affected my whole life from then on. At that time of my life I did not believe in God or even mouth religion on Sundays. One early summer evening I was in a farmer's field in Manitoba near the village of High Bluff. I looked around, followed an urge and raised my hands to the sky and called out to the Old Gods. 'Odin!', I called; 'Thor!', I screamed out. Slowly the thunder clouds gathered and lightning flashed. Again and again I called to them. There was a shimmer and a flash of light and there before me stood an apparition. An old man with cloak and broad-brimmed hat. He had but one eye. I shivered and then He was gone. I left that field in a great hurry and in panic, I had scared myself silly. I thought that I might be insane to say the least. I told no one about that scary experience and shut down that side of being.

I spent over twenty years in the Canadian Military before I retired in 1990. I was an infantryman, artilleryman, aircraft technician and almost ended up as a sailor. During that time I hid from myself and immersed my whole being in that society. I was the epitome of the untrue male and I wallowed in that life style. I ended up alone, divorced and unhappy at the end of my career. I wasn't even a good soldier at that. The worst part was I didn't realize why I was like that. I lived a lie.

I started to attend workshops facilitated by Henri McKinnon of Invermere and it was in one of these workshops that

a shift in myself happened. I found that I really did not like a part of me. I distrusted this part of my nature because of its power. The power of creation, the feminine aspect of my being. I spent over twenty years trying to dominate this power both internally and externally. I did this by denying it internally and controlling the women in my life externally. All my behaviour gave me was grief. So, I dealt with my anger, my strong dislike of myself and even a stronger dislike of the feminine. You see, I had no choice in the matter. The old way didn't work and I was so tired of feeling awful. If I didn't grow I would remain dead inside. God, it feels great to be alive!

Owl feathers, hawk feathers, horns, antlers, crystal, copper wire and pieces of wood. These things lie before me and they WANT to be joined. I would like to put this crystal with this antler and that feather and then wrap it in copper. The crystal won't fit, the feathers break and the wood splits. My knife slips and cuts my hands. So much for what I want to do! I take a deep breath and turn on the cassette player and listen to the chanting and drum sounds coming from the machine. I know if I get in the way and try to force it the carving will not come. From a piece of antler a figure starts to emerge from under the edge of my knife. I reach out and grab the crystal that fell into my lap and it fits just right. I turn the tape over and listening I forget what I am doing and just let it flow. This was a hard lesson for me to learn but I finally got it down.

People often ask me if I carved this

thing or that and in truth I really do not know how to answer them. Yes, it is my hands that did the work. Yes, it is my skill with my tools that allowed this thing to come into existence, but I firmly believe that I did not carve it. When I try to carve something it just doesn't come off. The form is there but the power and beauty is missing. The carving just doesn't have life in it. What the missing part is, I believe, is my higher Self or the Dragon or the Bear of the Higher Power, or, or...When I allow myself to access this feminine part of myself things happen. I feel contented, relaxed, joyful and powerful. My carvings come alive!

It's funny though, I like to look at other people's creations and often wish that I could carve like them. I think it would be fun to carve ducks, and wooden boxes or other things like that. When I carve I end up making staffs with the God and Goddess carved into them or Spirit Pipes or rattlers. Maybe someday I'll carve those things but in the meantime I'll carve antlers and wands for the people that need them in their lives. If this is what the Universe wants me to do and this is what I am supposed to be doing in my life, I will do it! So be it!

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THERE IS LIFE AFTER A DEATH SENTENCE

by Alec Bengé

'You have Lou Gehrig's disease and there is no cure', were the words used by a medical specialist whose team had just been poking and prodding me for 2 hours. The specialist commanded much authority with his experience and position. The first purpose of this article is to help those who hear and/or believe that there is 'no cure' for their particular problem. Whatever the label attached, have the courage to look further. The second purpose is to make a plea for teamwork between Western and other medical services.

For some months I had problems with my throat, causing difficulties in speaking and swallowing.

The Label

Lou Gehrig's disease (or A.L.S. or M.N.D.) attacks the nerves controlling the muscles until paralysis sets in. I decided to let Lou Gehrig keep his own disease. Other complaints mimic A.L.S. None are very appetizing but have degrees of seriousness. The specialist said that the M.R.I. (Magnetic Resonance Machine) would show the A.L.S. I was tested on the M.R.I. and the results showed I was normal. Then later other radiologists said the M.R.I. would not show it! But I had something that did not belong to me. Assessing the choices I decided I had three.

ALTERNATIVE 1: I had excellent support from my G.P. The specialist had clearly given his diagnosis and offered the prospect of an experimental drug sometime in the future.

ALTERNATIVE 2: I could use the naturopathic services that had been so successful in the past for my family. The concentration is on getting the right nutrients into the body orally or by injection. There are many alternative approaches and many successes.

ALTERNATIVE 3: I could pursue Pranic Healing which I understood had been successful in curing the incurable.

Determined that this was not the time to pass on, I opted for all three. Waiting for alternative 1, immediately taking the prescribed supplements with alternative 2, and I travelling to the Global Institute in Victoria who give the Pranic Healing, for alternative 3.

The Global Institute - alternate 3

It is wise to be cautiously open-minded especially after being sentenced. I have a background with many years in Science of Mind and yoga, believe in holistic healing, believe we are responsible for making the most of our health, and frequently practice meditation. Although this background is not necessary to have Pranic treatment, it did help to make a decision. I needed to learn something else, and was ready for Pranic Healing.

Prior to taking Pranic treatment I met with Dr. Peter Nunn, a medical doctor and surgeon, who is responsible for introducing the BEV machine to Canada. He is also the co-author of "Paradox and Healing"*** a **must reading** for all those interested in healing. The BEV machine identifies fundamental properties of the blood, saliva and urine of a patient. Computer

programs produce the bio-electric characteristics in picture form and compare them with a healthy body. It is a wonderful diagnostic tool. I was tested on this machine before I took my first Pranic treatment. Pranic Healing takes into account the two bodies of all living things, the physical and the etheric. The etheric body, or aura, radiates a luminous cloud of colors. The actual colors and the shape depends on the health of the body. If the etheric body is sick it will affect the physical body, and if the etheric body is healed, the physical body will be healed.

The Pranic treatment varies from patient to patient and will not be described here in great detail, but sound and colour breathing are used. I had three treatments on three separate days. Then I was tested on the BEV machine again. The results showed I had improved in all parameters and I therefore took more treatments. The only after effects, other than good ones, were that I experienced feeling 'spacey'.

The speech slurring and other problems are greatly reduced. I will continue to take more treatments because I see improvements and I sense this process is very successful for myself and others.

To my fellow "no cure" patients

Do not allow a diagnosis to take over; it might be wrong. Do not absorb all the forecasted ailments of the labelled disease because fear can make imaginary symptoms real. Have the courage to look to other healing methods, investigate, get recommendations, and make decisions.

Whatever the healing method, it is the individual's responsibility to keep the fundamentals, mind, body, spirit and emotions, healthy. We affect our minds by thinking positively or negatively; our bodies by what we put into them, rest them, and exercise them; our emotions by what we allow our reactions to be; and our spirit probably is the sum of the others plus our belief system. For those that do not believe in spirit then there is still the same hope that we all have, the desire to be perfectly healthy.

The Future

Western medical practices create wonderful structural cures such as heart by-passes and reattaching limbs, but are dependant on drugs, expensive tests, and unnecessary surgery. There exists other approaches that are less conventional that include naturopathic, and those often called "occult", all with many successes. If all were studied unbiasedly, many wonderful cures would be revealed. Dr. Norman Shealy, Director of the famed Pain Rehabilitation Centre in La Crosse, Wisconsin, writes extensively about the genuine alternatives in his book "Occult Medicine Can Save Your Life"*** Dr. Shealy is world famous for his leading edge successes in both western and occult medicine. If concerned about the very name occult, read this book.

"What if" the conventional and less conventional medical associations begin to share knowledge rather than fight each other. All consumers using the services will gain, costs will come down, and "no cures" will be rare.

The Pranic Healers will be in the Okanagan & Nelson for the month of May...see ad on page 3

**Paradox and Healing by Dr. Michael Greenwood and Dr. Peter Nunn Paradox Publishers, 1980 Cromwell Road, Victoria, BC V8P 1R5

***Occult Medicine Can Save Your Life by C. Norman Shealy, M.D. The Dial Press, 1975 New York (Note the date. This subject is not new.)

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CALENDAR

March 4

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

March 4 & 5

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

Crystal Healing workshop,
Lucille, Armstrong 546-6401

March 11

BREAKING FREE In this workshop we will discuss how we protect our emotions, co-dependency, boundaries, external versus internal power and self-acceptance and forgiveness.
Inner Directions Consulting 763-8588 Kelowna

Your Second Childhood, Pentiction, p. 27

March 12

You-Nique Vibration wksp. Pentiction, p.26

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 14

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

March 16

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

Paradox & Healing, Pentiction, p. 5

March 17 & 18

Unwinding in the 90's, Kelowna, p. 9

March 18

Paradox & Healing, Salmon Arm, p. 5

You-Nique Vibration Wksp. Pentiction, p.26

March 17 - 19

Loving Presence, Kamloops
Donna Martin & Ron Kurtz 604-372-2769

March 24 & 25

Psycho-Psychics, Kelowna, p. 9

March 25

Introduction to Psychic Development
Pentiction with Cheryl Grismer, p. 24

March 25 & 26

Energy, Radionics & Healing
Nuthery Institute, Winfield:766-4049

March 25 & 26

Understanding Energy Radionics & Healing, Nuthery Institute, Winfield, 766-4049

Psychic Fair Kelowna, p. 23

March 30

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

March 31 & April 1

Be your own wellness coach
See NYP - Workshops

Shiatsu, Kelowna, p. 9

A Psychic Affair, Salmon Arm, p. 8

April 1 & 2

Intermediate Meditation, Westbank, p.24

April 8 & 9

Blind Experience, 100 Mile House p. 24

Wholebody Reflexology Weekend
Certified, Part I, Winfield 766-4049

Psychic Fair, Kamloops, p. 23

April 13

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

Lizzy, the cook at Murphy's on Main, in Summerland had a history of back problems which stem from being on her feet all day. These problems disappeared and new found energy appeared with her trial of Birkenstocks. Now, five years later, Lizzy is considering her need to replace the originals with a newer pair.

see ad on page 11

April 21, 22 & 23

Spring Festival of Awareness

April 25, 26 & 27

Children of Trauma: Rediscovering Your Discarded Self with Jane Middleton-Moz
Vernon, p. 3

April 29 & 30th

Advanced Meditation Retreat

May 1 - 26

Counselling Hypnotherapy Program, Kelowna, p.13

May 3, 4 & 5

Introductory Seminars in Pranik Healing
Vernon, Kelowna, Pentiction, ad page 3

May 5 & 6

The Power of Faith, Kelowna, p. 9

May 6 & 7

Explore NLP, Vernon, p. 11

Pranic Healing Level 1 Workshops
Pentiction & Kelowna. p. 3

May 13

Working together for Health, Naramata, p.11

May 29 - June 7

NLP with John La Valle, Vancouver, p. 10

ONGOING EVENTS

MONDAYS DREAM GROUP

7 pm, Pentiction - 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

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Pentiction 11am-1 pm phone 492-5371

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Pentiction: Mon.: 7-9 pm - #124 - 246 Martin St
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March Workshops

March 11 - Saturday 10-12:30 & 2-4 pm

Your Second Childhood

or "Who said you were crazy?"

with LaRue Hayes & Sheilah Bissett.

March 12 - Sunday 1-7 pm

You-Nique Vibrations Workshop

Discover patterns, cycles and vibrations and how to live by Divine Design. \$40

March 18 & 19 - Sat. 9 am - 5 pm & Sun. 1-6 pm

Initiation into Sound, Color & Vibration with Troy Lenard

Harmonizing the frequencies of the Seven Vowels & Chakra Centres towards soul alignment and Auric Balancing. Guided meditations integrating Eastern and Western Breath Co-ordination and establishing the Soul Ray and personal Sound Combination for Personal Harmony. \$95.00

March 25 - Sat. 9 am - 5 pm

Introduction to Psychic Development with Cheryl Grismer

Experience relaxation techniques and learn to develop your intuitive skills for practical use in your everyday life and spiritual development.

April 1 - Saturday - 10 am to 2 pm

Hatha Yoga & Meditation \$25.00

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492-5371 for information

Tuesday mornings

Chi Kung with Margery Tyrrell 9:10-10:10 am
till March 14th

Wednesday & Friday Mornings

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March 1995

S	M	T	W	T	F	S
Sunday Celebrations 11-noon Join us!			1	YOGA 2 Angèle Rowe 7:30-9:30 pm Drop in \$6	Speaker Series 3 7:30 - 10 pm Rita & Don Weston Bio-Magnetics	Drunvalo 4 Intro 7:30 pm \$8 - 12
Phoenix Community 5 with Troy Lenard	Drop in Meditation 6 7:30 - 9:30 pm with Troy Lenard by donation	7	8	YOGA 9 Shilan Leslie 7:30-9:30 pm Drop in \$6	Speaker Series 10 7:30 - 10 pm LaRue Hayes 2nd Childhood	LaRue Hayes & Sheilah Bissett 11 2nd Childhood wksp. 10-4 pm
Phoenix Community 12 with David Cursons You-Nique Vibrations Wksp. 1-7 pm	Drop in Meditation 13 7:30 - 9:30 pm with Troy Lenard by donation	Speaker Series 14 Meggie Hartnett Psychic Artist The Crystal Man is at the Centre 5-8 pm	Dancing from the Heart 15 with Sarah Wellington 7:30 - 9:30 pm	YOGA 16 Shilan Leslie & Reiki Circle 7-10 pm	Speaker Series 17 7:30 - 10 pm Cheryl Grismer Psychic Development	Troy Lenard 18 Light & Sound workshop 9 - 5 pm
A Course in Miracles 19 with Faye Stroe Sound/Color Wksp. 1-6	Drop in Meditation 20 7:30 - 9:30 pm with Troy Lenard by donation	Solstice Celebration 21 7:30 - 10 pm by donation	Dancing from the Heart 22 with Sarah Wellington 7:30 - 9:30 pm	YOGA 23 Shilan Leslie 7:30-10 pm Drop in \$6	Speaker Series 24 Karen Timpany Reflexology & Acupressure	Cheryl Grismer 25 Introduction to Psychic Development 9 - 5 pm
Science of Consciousness 26 with LaRue Hayes S. of C. Class 2-5 pm	Drop in Meditation 27 7:30 - 9:30 pm with Troy Lenard by donation	Speaker Series 28 7:30 - 10 pm Nywyn Aromatherapy	Dancing from the Heart 29 with Sarah Wellington 7:30 - 9:30 pm	30 Drunvalo Intro 7:30 pm \$8 - 12	Speaker Series 31 7:30 - 10 pm Cassie Benell Body Harmony	



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Granby Wilderness

by Donald Pharand

After decades of total and absolute disregard by government agencies the Boundary Region finally made it onto B.C.'s proposed protected areas map with CORE. As of the November 1 release of the Kootenay-Boundary CORE report, the Boundary is passing from a less than 1% protected land base to a possible 7%.

The Boundary sits between the Okanagan and the West Kootenays. Half of it is classed as Dry Southern Interior and the other half as Interior Wet Belt. A transition zone between the dry and wet belts of southern B.C., the Boundary is a unique and also very threatened piece of the B.C. biodiversity puzzle.

Indicative of this is the fact that ecotypes such as Ponderosa Pine and Bunchgrass have all but disappeared from the land base because of logging and ranching impacts. Add to this the rising water temperatures in the Kettle River system due to the same impacts as stated above but compounded by a general warming trend in B.C. and you are starting to get the picture of a region that needs all the protection it can get and then some.

The 7% proposed by CORE does not give adequate protection to the two areas proposed by the Boundary environmental community: the Gladstone and the Granby wilderness areas.

The Gladstone is a 49,000 ha. area at the north end of Christina Lake. With important Kokanee spawning areas and extremely vulnerable grizzly bear habitat the Gladstone also has prime winter ranges for elk and deer. The CORE report logged off nearly 12,000 ha. from that proposal.

The Granby Wilderness was however the hardest hit. The largest unroaded area left anywhere in North America on the fringes of the Great American Desert belt, it is approximately 90,000 ha. in size. The environmental community proposes 65,000 ha. for protection. CORE proposes but 35,000 ha.

Most notably this ecosystem includes a grizzly bear adapted to dryland forests and is the last great domain for this dry-country grizzly on the planet. Remarkable about the Granby Wilder-

ness is that it is situated just 56 air kilometres from either Kelowna or Penticton.

CORE has recognized the significance of the Granby Wilderness by recommending protection for the 50 kms long Granby River basin, the heart of the proposal and also the largest pristine and unprotected watershed left in the Southern Interior. Is this now doomed to become some island of extinction when such greater possibilities are at hand in considering the east, west and south flanks of the proposal?

Demographic expansion in the Dry Southern Interior (450,000 pop.) over the past twenty years along with Southern Okanagan provincial parks to near maximum carrying capacity are indicative of a serious crisis in availability of wilderness experience opportunities. Proximity to the Okanagan urban centres makes the Granby a natural destination point for our expanding Okanagan-Boundary tourism industry, the fastest growing industry in B.C. This area is of National Park calibre and the chance will be lost to us all forever if action is not taken immediately to protect all of it.

These considerations should help you understand why the Boundary environmental community believes a 7% protection package in the Boundary just will not do.

Historical oversights of this oft forgotten region of B.C. need to be addressed now by Mr. Harcourt's government so that the remnants of its natural heritage be given every chance to brave the global impacts that are upon us and to afford us the chance to survive them.

If this matter is of interest to you, you can help it along by writing immediately to Mr. Harcourt with a request that the entire 65,000 ha. Granby Wilderness package be protected.

If you are interested in supporting our Okanagan campaign for the Granby, require more information or wish to make a contribution to our organization, please get in touch:

Granby Wilderness Project, Box 1706,
Grand Forks, B.C. V0H 1H0
Tel/Fax: 442-0155 (w); 442-8342 (h)

White Light Protection

by Carolynne Cooper


I was once told that the only way in which God communicates to mankind nowadays is through Light -- this light is of a very different sort than sunlight, although enjoying sunlight can prepare for the gift of Light if you allow it to come into your being. All over the world nowadays there are people learning the white light invocation.

A simple way to start the process of receiving and giving Light is to worship sunlight, looking for colour and rainbow effects, and to help, seeing through closed eyes, Light streaming from the sun. Imagine Light dancing into your spiritual eye, which is located in your forehead. Imagine the Lovelight flowing in through your crown chakra. A daily bath is recommended.

Spending lazy hours studying reflections and sunlight is fun, which any meandering back to God is.

It invokes the realization that you are

one with Light. To learn that, again meander back whenever you see a tree, for example. Visualize it as Light in its true reality, sort of "on the other side" and feel it as yourself being a tree of Light. And, don't forget to always hug a tree when no one is looking.

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

Carolynne is listed in
the Natural Yellow
Pages.

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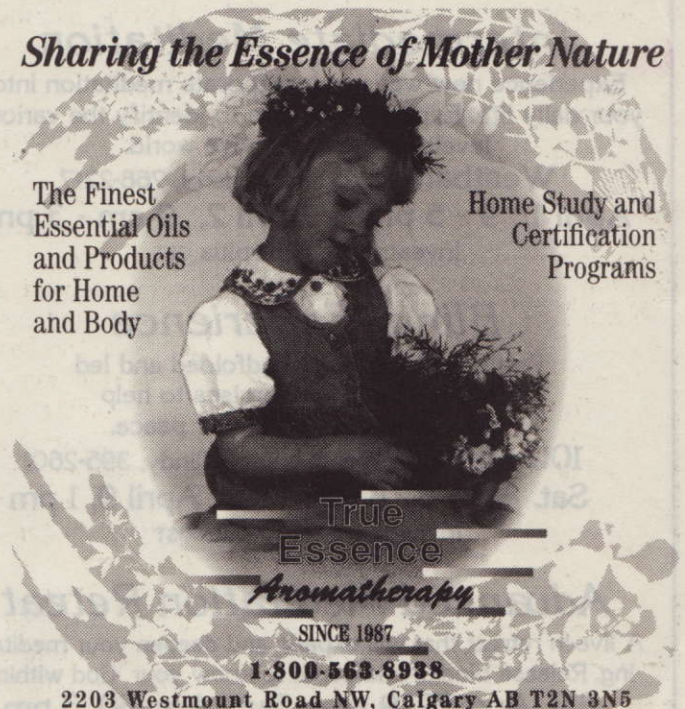
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Sat. April 8, 8 am to Sun. April 9, 1 pm

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Advanced Meditation Retreat

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Sat. Apr. 29, 9 am to Sun. Apr. 30, 3 pm

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

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

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Cheryl 768-2217 Westbank

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Letters

to

Angèle



Dear Angèle:

First and foremost, I would like to share with you how much I enjoy your "Issues" magazine. It is highly informative and I enjoy 'Musings'!

I would like to ask some advice. How does one find a good naturopath? (I don't necessarily believe there are 'bad' naturopathic doctors). I am somewhat overwhelmed by the multitude of specialties, skills and aptitudes. Any advice would be greatly appreciated.

Sincerely, *Marnie Pole*, Field, BC

Dear Angèle:

I recently returned from a nine-day retreat at Silent Ground, a healing centre on Read Island, a small, fairly remote island off Campbell River on Vancouver Island. I'm convinced readers of *Issues* would find my experiences almost as intriguing and exciting as I did.

The program included Zen-style silent meditation, yoga, breathwork and tai chi and the Healing Tao work of Mantak Chia, a Chinese system based on Taoism, known for centuries in China and which has only recently been made available in the West in the last decade. Minke de Vos and Christer Ekstrom, who run the centre, have been dedicated, intense practitioners of the Healing Tao for 10 years. Taoist Master Chia has personally come to the island and has highly recommended their healing Tao retreats.

The Healing Tao involves learning to become aware of and to control Chi or Kundalini, as it is known to meditation masters in India and Tibet. It is used for healing and spiritual development. We learned to pull up energy from the earth, pull down energy from the heavens, mix them with sexual energy in the body and transform them into spiritual, healing energy or chi and circulate it through the channels or meridians of the body.

I was amazed to discover that after four days of doing the practice and 'packing' chi, my arms felt like iron bars, my hands became enveloped in thick chi 'mittens'; my fingers felt as if they were made of steel and welded together. At night, in bed, I could still feel the waves of warm chi washing over my body.

It was, truly, a marvellous experience. I have attended a number of personal development workshops and must say that Silent Ground has been the highlight by far.

If any readers would like further information, including brochures, write to: Silent Ground, Box 428, Heriot Bay, BC, V0P 1H0, (604) 286-8216.

Bill Almoky, Vancouver

Dear Angèle:

Thank you for keeping up the good work.

I would like to respond to the article by C. Maliepaard, about the use of chemical fertilizers in organic farming. I strongly disagree to call this organic farming. If we look at the soil and its function, such farming may be called "Infusion Farming." In regard to fertilizers, organic should be derived from the perspective to maintain and use bacteria, fungi and insects in the soil to enhance the quality of the soil and in turn the plant. By using chemical fertilizer the food to be used by the plant is not prepared via the bacteria and other life forms, but directly taken as the chemical substance, similar to an infusion. Such plant life will grow very well physically, but is abused in its spiritual growth, knowing that a plant is a living thing. Also the cycle to return organic matter to the soil is broken, organic matter used by the bacteria and fungi. With this you bypass the bacteria life which should control the mechanisms of the soil structure bringing with it the well known consequences of today's modern farming. In regard to the soil, I also disagree that mono culture (parcels of the same crop) can generate healthy plants, even though they may be grown organically. The soil will build up bacteria of the same kind (a pinch of soil can maintain 5 billion bacteria, a potential right there) and the wholesome food for the plant is gone, there is no harmony. For food to be healthy, it would be best to grow it yourself if you can (to generate a personal connection), using companion planting, polyculture, crop rotation and adding organic matter. The approach of feeding the plant is not via a chemical, but via the bacteria and fungi in the soil that provide the soil structure for the plant, and as they die create more organic matter. With above techniques we will create "small towns" (big cities generate big problems) with a diversity of bacteria. Practicing "Harmonic Farming" is not wasted time but enriches your mind and body and may add to your fitness training as well as meditation. Furthermore you can become independent while producing your own food. In "Harmonic Farming" planetary influences will also determine the outcome and many other aspects come into play, like the interactions between fruit trees, berry bushes, flowers, animals (like bees, goats, rabbits) and the natural setting itself. Due to the cycles and connections on different levels, between those life forms as mentioned above (including us), we can call such farming Harmonic Farming. If you want to learn more about Harmonic Farming, contact the Gooly Mooly Art Farm, Box 978, Enderby B.C. V0E 1V0, 838-6375. Anybody interested in a course outline please ask for Werner.

Dear Angèle:

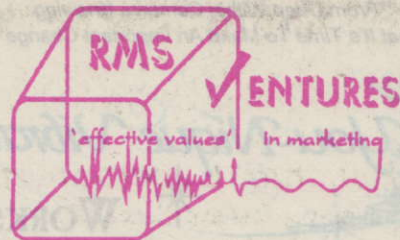
Well, it looks like Rainbow's End Centre for Health Awareness is about to take wing. We haven't jumped through all the political hoops yet, but are working at it in earnest and love.

We're thrilled to have Carol Erickson (Milton Erickson's daughter) coming to do an Intro on Therapeutic Hypnosis for Graduate Students. Carol is internationally renowned. This is a once in a lifetime opportunity!

For everyone who knows Joy Gardner from when she lived in the Lemon Creek and Nelson area, the news is that she's now living near San Francisco and has just recently sold her latest book "The Healing Voice" to Russia. She'll be here in June. Thanks for Issues and all the great community support.

Love, Kalia Catherine, Christina Lake

please see their ad on page 2 for details



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An Opti-Mystic Reflection

by Kathrine Sue

For me, the past few months have been presenting an interesting 'unfoldment' of a journey into the unknown. I continue to hear myself say, "The most predictable aspect of 1995 will be the unpredictability." Five is change, movement, adventure, travel. Five is communication of Truth. Five is Freedom.

There are others with whom I've come into contact that mirror my process. I am ever aware of the shifting and sifting that is going on. Things are getting moved out and put into place simultaneously. The most definite thing I know about myself is who I am not, as I experience my own metamorphosis, stretching out and beyond my Circle of Known. And though, at times, I may experiment with titles, who I am must remain undefined in order thatwho I am Becoming may continue to unfold, unrestricted by labels.

Sometimes it feels as though there's an underlying, nervous kind of energy. It seems to trigger an air of subtle excitement, unknown, yet knowing, at some level, it's all okay.

I must admit that, oftentimes, I have no idea what's going on. I wondered why that was okay with me until I realized it's because I'm just being present to my future. If life was predictable, I'd be reliving my past. And in spite of the apparent lack of 'rigid definition' in my life, there still exists an essence of security, stability and groundedness. I feel centered in joy, peace, love and gratitude, and fully available to the adventure at hand, sure that it's okay to be exactly who I am.

I used to wonder what the experience of freedom would feel like. Lately I've noticed that I don't wonder about that anymore. I wonder if that means I'm feeling Free. Namaste

See ad to the left for workshop details.

Kelowna Parapsychology Association

If you find yourself in Kelowna on a Wednesday evening, be sure to check the calendar. If it's the last Wednesday of the month, the place to be at 7:30 pm is 1310 Bertram St., the new home of the Kelowna Parapsychology Association, or KPA.

Through the information network of the KPA, the public is invited to attend a talk presentation by a guest speaker on an aspect of Metaphysics, the Paranormal, or Parapsychology. Speakers and topics are selected to stimulate awareness in areas that are often not fully explainable by traditional scientific examination. Through the intriguing nature of the subject material presented, the KPA offers a forum to challenge and expand our appreciation of phenomena that extend beyond the five senses and the unexplained.

Since the areas of parapsychology and metaphysics are expanding rapidly, the KPA seeks to provide, whenever

Continues to the right ➤

New Book on Immune-Boosting Plant

Richard Walker, a certified organic gardener from Grand Forks, BC, has published a book on the medicinal plant Echinacea, with Christina Lake, BC publisher Bryce Finley.

Walker, 42, specializes in raising medicinal plants and organic produce at his Dragon's Eye Nursery, just west of Grand Forks. The town is located halfway across the province of British Columbia on Highway #3, and less than a half-mile north of the United States border. Finley, 30, lives and works on a 126-acre wilderness property above nearby Christina Lake, and produced the book's design, text and cover illustration.

Together, they have published, "Echinacea, how to grow, harvest, and use this amazing flower to fight colds, flu and infection by boosting your immune system".

This is their first book in a planned series called "Healing Plants." The book describes exactly how to grow and use Echinacea, and includes information on sources of Echinacea seeds and products.

Walker started growing the immune-boosting Echinacea plants several years ago and now makes Echinacea drops that can be taken at the onset of cold or flu.

Echinacea is one of the most useful medicinal plants in the world. Grown for centuries as a popular flower, this amazing plant's healing powers were revered by native North Americans, but largely forgotten over time. Now, the unique properties of this everyday plant, also known as Common Purple Coneflower, are once again being recognized with intense scientific research and growing interest among herbalists and health-conscious people looking for natural alternatives to modern medicines.

The book aims to teach people how to use Echinacea for its most powerful purposes, fighting common colds and flu, and boosting their immune systems.

"Echinacea" (ISBN 1-896245-00-5) sells for \$7.95 plus GST and PST and is available in book and health food stores or by mail (add \$2 for shipping) from Bryce Finley, 501 Dupee Road, Christina Lake, BC, V0H 1E3

K.P.A. continues

possible, new and emerging trends and concepts for the consideration of its audiences. To continue to offer the latest and most informative new material, prospective speakers are encouraged to submit their topics and names for possible inclusion in this progressive speaker series program. Because the KPA operates as a non-profit society, the admission fee for members is very reasonable at \$3. Non-members pay only \$6. Memberships for one year are available for \$20.

The topic to be presented at our March 29/95 meeting is "The Latest and Final? Story on UFO's, ET's and our Galactic Connection." Our speaker will be Doward Nunweiler.

For more information on the KPA, please contact either Doward Nunweiler at 766-0532 or Muriel Gibson at 763-8870.

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PHONETIC PHOENIX ...

A PHOENIX SPEAKS

by Kestrel

What is Phoenix community ? It is a question that many people may have been pondering since the phrase appeared in an article on the significance of the Penticton fire last summer, and has been used on the Holistic Centre calendar in conjunction with the generic Sunday morning services, and Monday night meditations. I have asked myself this question and have been asked. What is it? What does it mean? What is it about?

As a lover of birds, words and their symbolism I would like to share what is flying around our community in hope that it may land and become a vehicle for pure expression of and from the realm of pure potentiality. Birds have always been portrayed as messengers from Great Spirit (or so a little bird told me). The Celts had the merlin and the raven, the Egyptians had Horus the falcon, the Mayans and Aztecs had Quetzalcoatl, a feathered serpent. The native Americans have many bird medicine totems of which the thunderbird is one and of course the eagle, which has been used by many cultures, if not all. Thoth, Hermes, Mercury and other Id-entities and unidentified flying objects, archetypes and winged messengers that communicate with us at an intuitive, body, mind and soul level.

Which brings us to the Phoenix -- a bird symbol of self regeneration and immortality. I wonder how angels got wings. These symbols have power and so do our words. In looking at the dictionary meanings of the words phoenix, phonetic and community we can get a feeling of how potent the phrase in question is and get some ideas on how it may take form. We, those whose being has resonated with the essence of Phoenix Community, have been communing on this essence for the last few weeks on how or if it can take form and if so, what form. These meetings have been taking place at the Holistic Healing Centre at 6pm on Monday evenings before the meditations. On Sunday mornings the Phoenix community celebrates the spirituality of life. The New and Full moon celebrations at Gaea-Ouranos ranch are a part of the whole, as are we all, and all that we do are side effects where we express our unique vibrations. These events will be ongoing and may lead to new times and places depending on input and the law of uncertainty. The Phoenix community has no boundaries and no centre. It is of itself and has been felt in this form in Princeton and Westbank and in other circles in other forms and by many names.

Around this circle we have shared much. The possibility of a board of directors, and decided we are bored of directors but need some guidelines to help put into place the wonderful creations unborn within the community. The Phoenix is born and has a life of its own. The play has begun and the script is writing itself, an unlimited cast of characters each with their own Qualities coming together in potential conflict to cast off their characters for potential harmony. It is a rainbow bridge; a communication between the extremes of duality; it is an education, teaching, and learning; it is the dot, the radius and circumference. It's an unlimited vision of dancing light, of playful devas and singing angels and takes a heart note to follow.

The ego has landed; the eagles are gathering; birds of a feather in spirit. I would like to thank all my relations for their inspiration and Great Spirit for mine. In the spirit of love, truth and freedom.

PAW Yellow

ON THE MOVE

by Karen Timpany

I often talk to people who complain of a pain that moves around their body. There is no warning and no pattern to this pain that zaps you like an electrical charge, causing you to grimace and gasp until it passes.

Our bodies are energy and therefore have to have an electrical basis. The paths of electrical energy are called meridians and there is a path for every organ in the body. If for some reason you have had a blow to the body which is a direct hit on a meridian, or your body has had a chemical disagreement with a food you have had or do currently eat, or you are around a great deal of electrical activity, you may have blown a circuit or meridian. Although these electrical lines are invisible to the naked eye, the Chinese have known about these lines for thousands of years and base their acupuncture treatments on these meridians. Each of the meridians are shown as having a beginning and an end, their pattern begins to flow from the lungs to large intestine to stomach to spleen/pancreas to heart to small intestine to bladder to kidney to circulation/sex to triple warmer to gall bladder to liver and back to the lung. Therefore if you have a traveling pain it is because it is moving with a current in your body. Let us speculate that the origin of the problem is with your liver, let us also assume that it is a chemical imbalance that has produced the symptoms you are experiencing. It would be possible then for you to experience pain in both the liver and gall bladder meridians which would give you pain anywhere from your foot, up your leg, to the groin, lower abdomen, stomach, chest, shoulder, neck and head. That's a lot of moving around and of course makes no sense at all unless you associate it with these meridians. A knife-like sensation in your back may be caused from a kidney infection, but it may also be associated with the bladder meridian being in distress and would travel along either side of the spine up the neck over the head to end in the corner of the inside of your eyes. Bladder and gall bladder meridians are often sources of extreme soreness when you have a headache. Acupressure and acupuncture are means of reconnecting these meridians, balancing out the electrical flow and omitting these surges and shorts which cause so much discomfort. I use hands on energy work and acupressure to balance out these disturbances with great success, however as it is with any imbalance within the body, it is important to discover the cause of the problem, so that the imbalance can be corrected on a permanent basis rather than just short term periods.

Karen is the Friday night speaker in Penticton March 24th. Please see back page for details See her ad to the right for ongoing workshops.



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March 10th

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A Baker's Journey to Real Bread

by Guru Ghar

*"A loaf of bread," the Walrus said,
"is what we chiefly need."*

Lewis Carroll (Alice In Wonderland)

My search for Real Bread began in 1983. After having worked for 2 1/2 years in a 'Natural' Bakery and developed severe candida (yeast allergy), I experienced the negative health effects of eating and working with baker's yeast (weakened immune system, skin rashes, chronic fatigue).

I was always passionate about food, bread in particular (no doubt due to my French heritage). When my health practitioner told me to stop eating foods with yeast, my reality collapsed. What was I to do? You couldn't even find organic bread back then, let alone yeast-free. I wondered: "If bread is the 'staff of life', why does it make me feel sick all over?" I learned that baker's yeast is a commercial, mass-produced single-strain micro-organism grown on huge vats of molasses and sugar by-products. It is considered by many health experts in Europe to be harmful to health and possibly a cause of cancer and other degenerative diseases. Wow! Could this be? What did bakers do before baker's yeast? What about sourdough? I found out that most sourdough breads today are made with commercial yeast.

I did more research and found a solution. A recipe? No! A lifestyle that involves taking care of a 'live culture', like having a baby to care for, feed, nurture and love. Yes! After many more sleepless nights and futile attempts, a breakthrough happened: 'Desen' Bread! ('Desen' is a Flemish word which means "natural leaven"). Beautiful loaves that actually did rise and tasted wonderful came out of my kitchen oven. I couldn't believe it; it worked! It was the most delicious bread I had ever tasted and so easy to digest! Simply amazing!

I told all my friends and turned them on to this wonderful bread. Soon, customers at the natural food store where I worked began to ask me about the bread. Before I knew what



had happened, I was busy baking bread two days a week in my kitchen oven, 6 loaves at a time. The demand grew.

We bought a gas-fired pizza oven and installed it in the basement of our townhouse. For six years, I experimented, improved the process and supplied two stores in Calgary. But something was missing. In Europe, bakers were proud of their traditional wood-fired brick ovens which baked exceptional bread. My family and I needed more space, a cleaner, more natural living environment, good water, and a place to be creative and breathe deep.

We found a small acreage in the Kootenays with a house and log outbuilding. We bought it, renovated the building into a functional bakery and spent a month building a traditional French brick oven with the help of a local mason. The fire is built right on the hearth, coals and ashes are raked out, then the hearth is mopped clean. Risen loaves are inverted onto a wooden peel which the baker slides into the oven, placing the loaves right on the hot brick hearth. The bread bakes in the penetrating heat which radiates off the masonry. It is a very primal, sacred process of transformation.

One morning as I was deeply into the baking groove, I stepped outside for a breath of clean, mountain air. The sun was rising, casting its golden rays on the peaks covered in mist. *Misty Mountain Bakery* popped into my mind. We liked it.

Now, the oven produces beautiful reddish-brown crusty loaves with an aroma that defies description but satisfies the soul.

It feels good to be making real traditional bread and to work in a home-based business serving the needs of people.

Ask for Misty Mountain Bakery Breads at your favourite health food store in BC and Alberta.

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What is New Age, anyway?

It's people taking conscious responsibility for their own lives, not blaming others for their problems.

It's people who deliberately decide to learn and grow.

It's people that don't have to be right, except for themselves.

It's people seeing problems as lessons, perhaps in a long series of lives and lessons.

It's people who believe we are what we think we are, and can change ourselves by changing our thinking.

It's people that feel they can change the world by changing themselves, not by trying to change others.

It's people who search for strength from the universe by going inside themselves.

It's people that recognize love doesn't have to have conditions attached.

It's people loving and knowing themselves in order to better know and love others.

It's people who see others as not better than nor less than but rather different than, themselves, yet part of the same whole.

It's people honoring your right to your own path, not theirs.

It's people who realize that now is all we have, since yesterday is just a thought and so is tomorrow.

It's people interested in owning themselves rather than things.

It's people who see joy in life rather than pain, having experienced enough pain already.

It's people curious about extra sensory perception and all it implies.

It's people in all walks of life, from business persons to flower essence healers, psychologists to UFO investigators.

New Age is not often gloom and doomers, though many are concerned about ecology, the economy and other forces that affect our world.

New Age is not a movement based on guilt, anger, fear or hurt; it is a journey toward the love that is God.

New Age is not allegiance to one master; it is learning from many masters in the quest for the oneness of God.

New Age could not become a cult because of what is said above.

New Age is not just humans doing, it is humans being.

Jack Clarke

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Speaker Series

Some of the Services offered

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Friday - March 3

Rita & Don Weston will explain the stimulating effects that magnets have on the body and their unlimited use to ease pain.

Friday - March 10

LaRue Hayes and **Sheilah Bissett** will speak of the joys of growing older and how to make the most of it.

Tuesday - March 14

Meggie Hartnett, a psychic artist will explore the various ways she gets in touch with her guides.

Friday - March 17

Cheryl Grismer speaks lightly of her psychic development and how we can all tune into our 'God within.' Includes a meditation.

Tuesday - March 21

Kestrel & Nywyn will guide us through another solstice. The change of season will be honored as a ritual. Experiential.

Friday - March 24

Karen Timpany will discuss various aspects of the meridians and how they affect our health. A demonstration of reflexology and acupressure as a lead-in to a possible class at the Centre if enough interest is shown.

Tuesday - March 28

Join **Nywyn** as she stimulates our senses with smell. Es'scent'ual oils is one of her passions that she will share with us so that we may enjoy this subtle aspect of healing.

Thursday - March 30

Drunvalo Melchizedik - Sacred Geometry and the Flower of Life video

Friday - March 31

Cassie Benell is back to demonstrate her 'Body Harmony.' She has magic in her hands as she guides the body to release old holding patterns, letting go of the trauma of an accident that took years to settle deep into the structure of anatomy and is held as tension.

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