


Priceless 

FREE

ISSUES

MAGAZINE

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

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



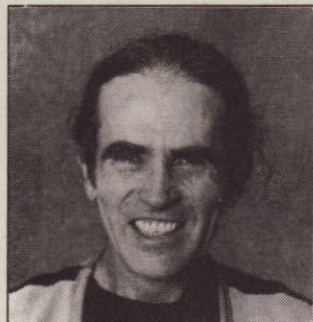
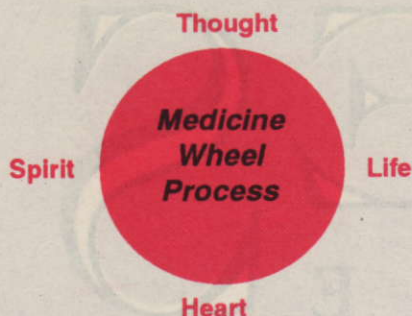
'Spring Rains'

to find out more
read 'Musing' page 6.

May 1995

Volume 6 - Number 5

Wheels Turning Within Wheels Seeking Balance and Harmony



Week-end Workshop

with

Yellow Bear

June 9, 10 & 11th

As we enter the physical phase of purification, we will review the experiences and take the skills gained during the spiritual and emotional purification. These past eight years could be seen as a period of pregnancy or gestation, in which we have been prepared. Now a physical transformation is about to begin during which a "New Earth" shall emerge. The labor of that birth has begun. Breath deep and trust the Loving Universe to guide us into the Light.

This Workshop will explore more deeply the use of the cosmic map called the Medicine Wheel, share techniques of "deep grounding," alignment to solar and stellar shifts, integrating subtle energies and exploring implications of Physical purification.

In 1987, Hopi elders reopened the Bear Clan Kiva beginning the Cycles of purification. Starting in August 1995, the physical phase of this cycle begins.

1st four years (1987-91) - Spiritual Purification
2nd four years (1991-95) - Emotional Purification
3rd four years (1995-99) - Physical Purification
4th four years (1999-2003) - Mental Purification

Friday	7:30 - 10 pm ~ Orientation
Saturday	9:30 - 5 pm ~ Medicine Wheel
Sunday	10 - 1 pm ~ Completion, lunch & good-byes.

Workshop fees

Person - \$95	Register before May 20 - \$75
Couple - \$165	Register before May 20 - \$125

Please register by sending a \$25 (non-refundable deposit) to the Holistic Healing Centre, 254 Ellis St., Penticton, BC V2A 4L6

**for more information
please phone 492-0987 or 492-5371**

Comforting Arms

**TAKING CARE
OF
YOURSELF & YOUR FAMILY**

8 week series - May 11- June 29th

Choice of times: 5:30-7:30 pm, 3:30-5:30 or 7:30-9:30.

Tuition: \$65.00 or \$10 drop in fees.

Friday Evening Speaker

May 12, 7:30-10 pm

for an overall view of Dawn's skills.

Penticton's Holistic Healing Centre: 492-5371

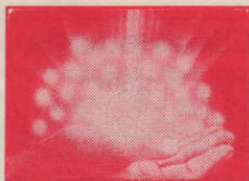
Healthy Living Seminars

with Dawn Schaefer

Each class will teach:

- * Energy building techniques such as Yoga or Tai Chi
- * A variety of Meditation and Visualization techniques
- * Sample demonstrations on how to cook healthy foods with information on understanding why!
- * Understanding the Chinese Five Element theory and how it can help you with 'Eating with the Seasons.'

PRANIC HEALING



Introductory Seminars

7:30 - 9:30 pm

\$10

Vernon - May 3, Wednesday at Prestige Inn, 4411 - 32nd Street
Tickets at Dreamweaver, 3204 - 32nd Ave., 549-8464

Kelowna - May 4, Thursday at Best Western, 2402 Hwy 97 North
Tickets at Books & Beyond, 1561 Ellis St., 763-6222

Penticton - May 5, Friday at Holistic Healing Centre, 254 Ellis St
Tickets at Caravan Books, 317 Martin St., 493-1997

Nelson - Friday, May 26, Friday - above Tourist Information Centre
Tickets at Olivers Books, 398 Baker St., 352-7525

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 9am - 5 pm Sat. & Sun.



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.

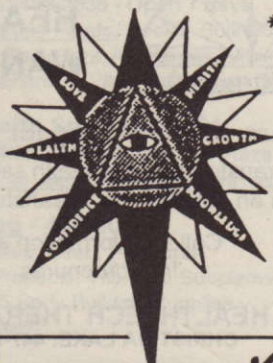
Advanced Pranic Healing Seminar Kelowna, BC

May 13 & 14th - 9 am - 5 pm

Level 2 - \$300 - Must have Level 1.
Hotel Eldorado, 500 Cook Road, Kelowna

Learn techniques using colour prana or vibrations. Recharging and enhancing the immune system and cleansing the blood and internal organs. Advanced techniques to heal heart disease and cancer.

Self-empowerment and enlightenment through meditation on twin hearts technique and much more.



The Original

PSYCHIC ESP FAIR

FREE

- ✓ ESP Test Area ✓ Entry Door Prize of a Crystal Ball
- ✓ Computerized Personality Print Out
- ✓ Lectures & Demonstrations
- ✓ FIRST 50 people each day get FREE numerology printout

Phone (604) 536-1220 for more information

Admission \$5.00

Seniors/Students \$3.00

Weekend Pass \$8.00

Hours: Friday 4pm - 10pm

Saturday 11am - 9pm

Sunday 11am - 6pm

PENTICTON

Penticton Inn Conference Centre
May 26 - 28

KELOWNA

Best Western Hwy 97
June 2 - 4

NON-SURGICAL FACELIFTS

A Computerized Technique
That Will Take Years
Off Your Appearance,
Improve the Texture of Your Skin,
and Enhance Your Self Image.

~ A Service for Men & Women ~
Complimentary Consultations
by appointment only

The Studio

103-251 Lawrence Avenue
Kelowna, BC, 862-1157

Healing Touch

Level 1
& Level 2A



June 2, 3 & 4

Grand Forks

Adult \$260
Student / 65 yrs+ \$185

Registration
Selkirk College 442-2704
Information and Brochure
Joyce O'Doherty 442-8658

Jasmine's Esthetique



- Delicious aromatherapy facials
- Body & skin care
- Purifying, balancing body wraps
- Natural nail care
- Ear candling

A unique, holistic, esthetic experience catering to the 'Whole Person'... using aromatherapy and organically grown body care products & cosmetics. Luxuriate & pamper yourself. Guaranteed to send you away peaceful and happy!

103 -596 Martin St,
Penticton, BC V2A 5L4

Phone 604 - 492-2652

HEALING TOUCH

by Joyce O'Doherty

In 1980, the American Holistic Nurses' Association was organized and was dedicated to the principles and practice of holistic nursing; that is defined as "the renewing and enhancing of the art of nurturing and caring for the whole person." One of the developments of this group was a course called "Healing Touch", which has been embraced and is now supported by the Canadian Holistic Nurses' Association. It is open to professionals, therapists, caregivers and all interested lay individuals who desire an in-depth understanding of healing work using energy-based concepts.

The program is a course of study toward a certificate in Healing Touch Therapy which incorporates a variety of basic to advanced healing modalities. It is sequenced in four levels, allowing participants to move from beginner through to expert and on to instructor.

The following are but a few of the comments from participants:

"One of the best workshops I have ever attended! It was well organized, succinct, exciting information that I could readily incorporate into my nursing practice." Jennifer Clegg, R.N.

"I went to the course not knowing anything. I was awestruck and overwhelmed by the results of the weekend."

Christina Haines,
73 years old Great Grandmother.

"I recommend this workshop to anyone who wishes to help themselves, their family and friends promote health in a divinely simple way."

Michael Kelly, Student Health Therapist.

Such positive feedback from the group has resulted in a second visit to the Grand Forks area.

Please see ad to the left for details.

Past Life Readings

- ✧ release old negative energies that block your true expression in this lifetime
- ✧ know a sense of well-being
- ✧ experience forgiveness of self and others
- ✧ enhance your creativity

Andree Audette, Clinton, BC
459-2128

OZONE GENERATORS

Air Purification units for Home or Office

- ☛ 12V Auto units for Car or RV
- ☛ Medical units using pure oxygen for physical regeneration

Universal Bodymind & Spirit

#47-251 Harvey Ave.,
Kelowna, B.C., V1Y 6C2
(604) 769-0369 Answering Machine



HEALTH WANTED

Are you searching for health?

Transformational health services
in an atmosphere of sanctuary.

Call for information and
free brochures.

HEALTHTECH THERAPIES
CHRISTINA LAKE: 447-6356

Mary Thanks, Steve .. for taking the many photographs for ISSUES.

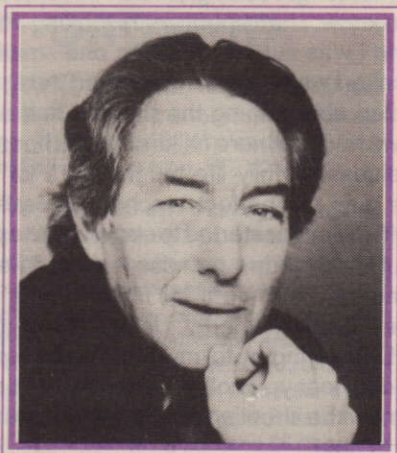
Tomlinson Photography

Passport Photos, Black & White & Color Enlarging
Reproduction of Old Photos

Portraits, Weddings & Group Photographs

493-6426 - 1240 Main Street, Penticton

Can Men & Women Love Each Other ?!



Sam Keen at the

Coast Lakeside Hotel, Penticton

June 1st

Thursday 7:30 pm

Cost: \$25 ~ at the door \$30

Advance Tickets at

Caravan Books

317 Martin St

Penticton, BC ~ 493-1997

Overeducated at Harvard and Princeton, and former philosophy and religion professor, Sam Keen is a freelance thinker. Author of: *Fire in the Belly*, *To a Dancing God*, *Faces of the Enemy*, *Your Mythic Journey* and *Hymns to an Unknown God*, his latest.

Join Sam for an evening of exploring questions around

- ❖ Sex and Intimacy ... are they the same for Men and Women?
- ❖ Independence and commitment, the Gypsy and the Homesteader.
- ❖ Relationship as a spiritual discipline, a path with heart.

Space still available for.....

Hymns to an Unknown God

a weekend with Sam Keen

June 2 -4 , 1995

Naramata Centre, 14 km north of Penticton. \$425 includes meals and accommodation.

Register now by calling (604) 496-5751. VISA, Mastercard welcome.



Many Thanks to the Instructors, Volunteers,

Healers and Participants who helped

to make the Spring Festival of Awareness

a success.

Next year it will be **April 26, 27 & 28th, 1996**

Naramata, BC.



Photo by Steve Tomlinson

Musing

with
Angèle

publisher of ISSUES

'After the Rains'

I love the spring rains. When I was a child they stood for adventure and whispered that summer was almost here. Living in a rural area of BC, our family figured out how to go with the flow on a regular basis and do without immediate help from the government. When the river flooded, Mom and Dad figured out how to cross it without a bridge. The road to Rosswood was called Beaver Flats because every couple of years, the Beaver River flooded its banks and washed the wooden bridge out. One spring when it also flooded Clear Creek, we got to ride to school on our farm tractor and trailer because we couldn't cross over by foot or bike. This month's photo is of Grandad carrying the gas can and a box to our truck, with my brothers Mike and Don as his helpers. He parked his truck on this side of the washout and walked across the planks and hitch-hiked a ride into town and back.

Living so close to nature and doing things naturally helped mould my way of thinking. I figured things out by doing. As children we learned to do and make do. We were left to our own devices much of the time. Lately I have read a few books on relationships, trying to figure out what happened to my marriage. One book suggested the idea that the more simply people are raised, the less complicated the hidden agenda is that they bring into a relationship. Another book gave examples of a series of stages that each relationship goes through as the partners struggle to get their needs met. All three books gave excellent examples of the subtle programming each of us uses to get love and appreciation and suggest that we strive to be loved in much the same way that our parents loved us. The power struggles happen when couples are not aware of what they really need or want from each other. Only with a lot of time, patience and insight do we usually become mature men and women, no longer driven by the old patterns that we absorbed through osmosis.

When I was ten or eleven years old, I remember hearing a love song on the radio, which upset me so much that I ran across the room and shut it off, screaming that there was no such thing as love. As a teenager raised with six brothers, I remember telling my girl friend who was always trying to set me up with a date that I didn't want to touch a boy with a ten-foot pole.

Meeting Rae was nothing I had planned. We met at the skating rink and he could skate faster than I, so I was impressed. He could also dive and swim and he had a car, so I didn't have to walk the three miles to school. By grade ten we were going steady and by grade eleven I got pregnant. I was

delighted that he wanted to marry me, for most of the girls I knew got dumped as soon as that happened. I could not understand why my mother got so angry. I was seventeen and knew all there was to know. I had spent years looking after my younger brothers and I was sure that raising one small baby would be a piece of cake. I was in love and enjoyed being a lady of leisure as I waddled about doing the things I had always wanted to do. Soon we had two more children and a house and a garden and a business. Family life taught me a lot about organizing and Rae was the perfect teacher. Once the romance stage wore off, my anger started to show and the power struggles started. But I had made a promise to myself never to argue. I had watched my Mom do it for fifteen years and it always seemed to be a waste of energy. Usually the argument was settled by my Dad giving in to my Mom's request and saying, "I just wanted to hear you holler." This made no sense to me but at least I knew the shouting match was over and the cold war was about to start.

I think I needed to prove to my Mom that men and women could get along without fighting. My husband was very good at reminding me whenever I started sounding like her. At first I wouldn't admit he was right but after thinking about it, I knew he was. I had to change myself if I were to keep my promise that I would not be like my Mom. Rae was a good listener: he never criticized me, he was open-minded and had a sense of fairness that I appreciated and he never told me what to do. We both trusted our instincts. When times got rough I would ask myself questions like: "In ten years, will this make a difference?" or "Is the money worth it?" I reminded myself that he was my teacher and that if I didn't learn it now I would have to repeat this same scene with someone else so I may as well figure out what needs to happen so that we can both be happy. His support and guidance in those crucial years have given me much strength and knowingness that I can do anything ... as did my mother and her mother and Grandma and Grandpa Kost.

Rae helped me break many of my parental programmings because I was such a willing student. After reading a few books I can now understand the benefits of counselling but at that stage of my life we couldn't afford it and we weren't having serious problems. Whenever Rae refused to nurture me in the way I wanted, I found other ways to make myself happy. For example, when he wouldn't take me dancing I took lessons and had so much fun with the girls that I quit bugging him. Once the pressure let up he decided to take the risk of being embarrassed and after a while I couldn't get him off the dance floor. When he was busy working nights or needed to go out with the boys, I took night classes and got involved in Astrology. That helped me to understand myself and it also saved our marriage. I was relieved to hear the astrologer tell me that Rae was born with a hole in his pocket and that he was not spending our money to get even with me. (Power struggles on an old tape that my parents had played many times.)

As our three boys entered high school, I started to realize that he was depending on me to make him happy. Rae seemed bored with life and talked of change ... changing trucks, bosses or businesses was not satisfying him any more and he was starting to ache from twenty years of driving machines. He tried to get interested in health and metaphysics ... these subjects just weren't for him. He supported me in my changes and encouraged me to start this magazine but after several years of

ISSUES MAGAZINE

254 Ellis Street
Penticton, BC, V2A 4L6

Phone 492-0987

ISSUES is published
10 times a year with shared months
of Dec. & Jan. and July & August.

Publisher / Editor Angèle Rowe

Advertising Reps & Distributors

Salmon Arm to Vernon & Slocan Valley
Theodore Bromley-Enderby: 838-7686
Kamloops Bev Franic: 372-9874
Penticton Office: 492-0987 ~ Fax 492-5328
Jan, Mike or Angèle

The rates for ads are shown on page 10
We also mail or fax rate cards.

ISSUES has a circulation of 18,000 copies
and is distributed free throughout the
Okanagan, Kootenay and Shuswap Valleys
and is available at most Health Food Stores
and Metaphysical & Spiritual Book/Gift Shops.

*If you would like to distribute ISSUES
in your town please give us a call.*

ISSUES welcomes articles by local writers.
Please keep it to approx. 500-700 words

Advertisers and contributors assume
responsibility and liability for accuracy
of their claims.



watching me get busier and busier, he decided he had had enough. I started to realize how little we had in common. My idea of a walk was to head into the hills and he wanted to walk three blocks to Tim Horton's for coffee and a donut. I tried my best to keep my mouth shut about the damage he was doing to his body and I tried to ignore the cigarette smoke but I found his truck driving and hunting stories boring and I started to say so!

It came as no surprise when he said he wanted to find a woman that would spend time doing what he wanted to do. I agreed that if that would make him

happy he should go for it ...but did he understand that he was the only person that could make himself happy. The holowness in his heart was not my fault. I had learned much about myself through him and now it was time to part so I rejoiced in our divorce for I consider it a time of celebration when the student surpasses the teacher.

It has been four and a half years since Rae and I parted. I have continued to learn much about 'why I am the way I am.'

Now I am looking for a new teacher, someone who would like to see ISSUES grow and expand. I am looking for a

business partner who would like to be involved in the day-to-day operations of publishing, including advertising sales, magazine lay-out and editing as well as long-term goals. If you have some cash and are interested in being a team player, please phone 492-0987 or send a letter to ISSUES Magazine, 254 Ellis St., Penticton, BC, V2A 4L6.

Angèle



SARAH WELLINGTON

Do you have ISSUES in your life
that you want to DEAL with?

Resolve core beliefs using....
Inner Child Work through Regression.
Dream work - Jungian based
Jin Shin Do - Acupressure

Dedicated to Wholeness
Balancing Body, Mind, Spirit & Emotions.

Phone Sarah - Penticton
493-5598



SOULWORKS INC.

Presents

"COME ALIVE IN JUNE OF 95"

Santa Fe, New Mexico

June 25-30, 1995



What would it take for you to be truly AWAKENED to your senses?

Why don't you join Martin and Jacquie in Santa Fe and find out!

IMAGINE... Majestic desert, 7000 feet up, clear skies, the luxurious feeling of abundance as every pore in your body soaks up the nourishment of radiant colors, sensual shapes, tantalizing tastes, savory scents, comforting touch and wonderfully deep feelings.

Santa Fe and the Linlove's - WHAT AN UNFORGETTABLE EXPERIENCE!

For an information kit please call (403) 438-5507 or write Soulworks Inc.,
81 Cormack Crescent, Edmonton, Alberta, Canada T6R 2E6

Best way to get the word out...
**Advertise
 in
 ISSUES!**

Our rates are most reasonable

Twenty-fourth.....\$25	Quarter.....\$120
Twelfth.....\$40	Third.....\$150
Business card....\$65	Half.....\$200
Sixth.....\$85	Two-thirds.....\$250

Add a nominal typesetting charge, \$10 for small ads, \$20 for medium and \$50 for full page.

Color of the month \$5

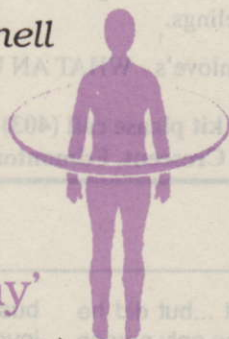
Calendar listings are \$ 5 per line.

Natural Yellow Pages are \$5 per line per insertion or \$25 per line per year. (½ price)

For a rate sheet or details phone 492-0987

The Light Centre

Cassie Benell



'Body Harmony'

(Ortho-Bionomy & CranioSacral Therapy)

This technique may help: migraines, TMJ, autism, earaches, sinusitis, epilepsy, dyslexia, hyperactivity, whiplash, depression, baby colic, balance problems, scoliosis, sciatica, joint pains, abdominal discomfort and problems

332 Victoria Street,
 Kamloops, BC V2A 2A5

(604) 372-1663

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

A VIEW TO THE WEST

... by Bev Franic ...
 sales rep and distributor of ISSUES
 in Kamloops



'Women in Focus' was the theme for a weekend celebration at U.C.C. March 23 and 24. Home based businesses, artists, body work therapists, Women in Technical Trades and more gathered to teach, to learn, and to share. Christina Schierberle demonstrated her massage techniques to soothe the weary. I sat and chatted with a most interesting artist, Arlie Rae (Nelson). Arlie's art is an expression of her spiritual journey. A definite Celtic flavour shines through her paintings, sculptures, and jewelry. Although she says she has not studied the Goddess extensively, Her presence is surely manifested in her clay sculptures of the regal female form. Arlie has learnt to follow her inner bliss and do the art work she so obviously loves to do. In fact one of her first paintings is called "Leap of Faith."

Arlie's message to others is to trust your inner voice and have that faith in following your chosen path. Arlie also makes beautiful Power Staffs for women and papier mache masks. Look for her at this year's Art in the Park or call her at 372-2602 (Kamloops). The Spring Equinox was celebrated this year with a drumming, singing, story telling circle in Peterson Creek. The weather cooperated, although we very much appreciated that hot cup of tea when we gathered at one of the member's home after the circle broke.

My life has taken a 180 degree turn since March 1st. My husband and I closed the doors on our business after a five year tango of trying to keep our heads above water. I must say, I haven't felt this cheerful for about the same five year period. We learnt a lot about ourselves and the self-business world (mostly, that we didn't like it all that much). And now, I feel that my choices of what I want to do next are practically limitless. I threw myself into editing HERESIES, a magazine published by the Kamloops' Women's Resource Centre, which took three weeks. That amount of time distanced me from the shop, and catapulted me into a new, optimistic frame of mind, and a new career path. I'm about to obtain my 1st Degree Reiki, which thrills me to pieces, and life just goes up from there!

Wynn Jamieson

Relaxation Therapies

Wynnessence Aromatherapy

(604) 766-1014

2324 Davidson Road, Winfield, B.C. V4V 1H9

Letting Go & Moving Forward

by Patti Burns



Life is a journey with many steps. To move forward into our next step in life we must let go of some piece from our past. This could involve letting go of a relationship or an old grievance that is unsettled. At other times it could be an old thought or belief that needs to be left behind for us to move forward.

Forgiveness can help us finish any unresolved issues in our lives so that we can change our minds about ourselves. It releases others and frees us at the same time.

All of us have relationships that feel incomplete. This appears as unresolved feelings towards someone, old regrets and unresolved grievances. Seven years ago I began exploring my relationships to see where I had this going on. I was amazed at all the old baggage I was carrying with me that indirectly spilled into my present day relationships. While taking a six month personal empowerment program I finally owned and began to deal with feelings I had with my family. I had a lot of unresolved emotions towards my parents because my life didn't fit some picture of the perfect childhood. I discovered how much I judged them and held them guilty for their mistakes. I had not forgiven them.

Owning how I felt was the first step in forgiveness. The next step was to actually work through the feelings of anger I had towards them. Under all the anger I found a lot of sadness and regret. I began to address my own unfulfilled needs which I had wanted them to fulfill. I realized I was still looking for someone

outside myself to fulfill those needs. I started to look at my parents differently and to understand why they did some of the things they did. I stopped seeing them as guilty and acknowledged I also

felt guilty and had things I was sorry about and wanted to be forgiven for. As I was able to forgive my parents for the past I began to receive all the gifts they had given me over the years. It seemed as I changed my mind about them I was able to see myself differently. I began to take on a new and more positive thought system.

Part of this old thought system was a belief that I had to "tackle life" by myself. This came from believing that my family wasn't really there for me. After much exploration I discovered this was a "choice" I had made early in my childhood to protect myself. I had stayed loyal to this thought all these years. As I forgave my parents for their part I could forgive myself for believing and acting on the belief that "I had to do it alone." I corrected this mistaken idea by learning to ask for and receive the support of others. When I released this thought from my past I discovered the joy of cooperation. Releasing the past has allowed me to move forward into a greater experience of life and receive the happiness and peace of mind I so desired.

Patti Burns is a practitioner and director with Inner Direction Consultants, see ad below.

PERSONAL EMPOWERMENT PROGRAM



A loving, safe atmosphere is created for the unfolding of the person you have always known you could be. This experiential course is designed to facilitate the process of changing your perception, interpretation and reaction to life. This transformation will ensure a happier and more effective you.

During the six-month program you will receive individual and group support, massages, monthly workshops, weekly breath sessions, recommended reading material and great friends.

WHAT PEOPLE ARE SAYING ABOUT THE PROGRAM...

- ✓ My physical health improved immediately, in particular my digestive and colon systems. *Brian Frolke, Geophysicist*
- ✓ The value I have received has been reflected by my friends and co-workers who acknowledge that I am different, that I look different and am happier. *Peg Budd, Emergency Care Nurse*
- ✓ I never knew how dead I felt in life. I never lived life to its fullest. I never really experienced love or joy until I started breathing. *Jean Lanoue, Beauty Salon Manager*

The next Personal Empowerment Program starts **September 2, 1995**

We invite you to find out more by attending a Free Preview.
They are held every Wednesday night starting in July.

INNER DIRECTIONS CONSULTANTS, INC.

1725 Dolphin Ave., Kelowna, B.C. - Phone **763-8588**

Underlying Causes affecting Present World Conditions

by Troy Lenard

The change from the SOLAR PLEXUS - desire orientation of the personal self to HEART EXPRESSION - group orientated sensitivity. This TRANSFERENCE takes place on all levels - in the energy level through the Auric envelope and in the Consciousness, in the grasping of the idea held steady in the forefront of the mind - in which the law that *energy follows thought* is upheld.

This steady shift of focus is the cause of much of the present day struggle of all of humanity. While on earth we are within the *Green Ray*, in which Resistance to Harmony and Harmony to Resistance predominates.

In the *etheric sheath*, a part of the total aura, a steady and oft disrupted stream of *Psychic Energy* is flowing towards and through the magnetic vortex of the Heart Channel or Bridge to the higher frequency of Loving Compassion. Yet the lower will oft disrupt the upward flow, by its downward pull - a literal tug of war. With it an increase in worry, irritations and other nervous diseases. The Solar plexus - Radiant Centre has the distinction of being the gathering centrum of all the lower forces for distribution to the heart and the intuitive plane (also known as the buddhic plane). We often question ourselves - is this from outside of me or from within me?

Holding the emotional centre point (atom) in stillness and quiescence will serve as a reflective medium for higher impression. Esoteric meditation, through scientifically guided transference, is a major key in evolutionary unfoldment.

Monday evenings at the Holistic Healing Centre are a time for applied practice in this Art.

Sharing the Essence of Mother Nature

The Finest
Essential Oils
and Products
for Home
and Body

Home Study and
Certification
Programs



True
Essence
Aromatherapy

SINCE 1987

1-800-563-8938

2203 Westmount Road NW, Calgary AB T2N 3N5

Private

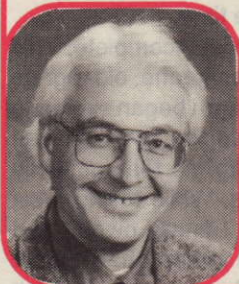
Akashic Readings

Vibrational Records of Soul Incarnations.

Consultations

Life Guidance Sessions

Pranic Energy Balancing



Troy Lenard

Dr. of Esoteric Philosophy

Kelowna: 768-9386

Penticton: 492-5371

The Goddess Connection



A Women's Gathering May 26, 27, 28

Weekend retreat on Gardom Lake near Salmon Arm.

**Join us in a Powerful Union of Sisterhood
where we will celebrate and explore the
feminine aspects of our Truly Divine Nature.**

Activities: Ongoing workshops, Bodywork & Healing,
Meditation Circles, Yoga, Hiking, Canoeing and more.

Cost: \$125.00 ... Rustic Cabins, Dorms or Camping
Price includes all activities plus delicious Vegetarian Meals
Limited Registration, So please Book Early!

Sandy Jackson, **763-9877**

2518 Pandosy St, Kelowna, BC, V1Y 1Y3

**Share your Talents, Love and Joy with like 'Hearted' Women
for a weekend full of fun, Relaxation and Adventure.**

Dreams: Our Divine Messengers

by Don Niedermayer

An international symposium of authors, researchers and dreamworkers will be held at Yasodhara Ashram on Kootenay Lake near Nelson, BC this summer.

Presenters include:

Dr. Fred Alan Wolf of San Francisco, physicist and author of **The Dreaming Universe** and **Parallel Universes**. He is a popular and controversial author who explores subjects on science, mysticism and shamanism. His books are described as a brilliant original leap into the future. At the Symposium he will be exploring the hypothesis of the dreamtime legend of the Australian Aborigines ... matter evolves into life forms through dreaming.

Dr. Jayne Gackenbach and **Sylvia Arcand Greenaway** are both from Alberta. Jayne has appeared on the Donahue Show and her articles have appeared in OMNI Magazine, Fame and Harper's Bazaar. Dr. Larry Dossey, the popular author, has described her work as 'both pioneering and brilliant.'

Dr. Henry Reed, a member of the Edgar Cayce Organization and Association for Research and Enlightenment from Virginia Beach is another popular columnist and author of *Getting Help from your Dreams*. The Dream Helper and healing are among his many approaches to dream work.

Dr. Lee Piper, a Cherokee dream teacher from Washington state, works from an American Indian perspective. Her workshops are intended to assist dreamers to get in touch with their higher self and learn to interpret their own dreams according to the life they live.

Judith Picone is a hypnotherapist and artist. She has studied at The Pacific Northwest Centre for The Study of Dreams. Judith and Lee are associates and view the topic from a universal relationship which zeros in on cultural differences.

Dr. Kelly Bulkeley's educational background includes The University of Chicago Divinity School and the Harvard Divinity School. He is currently visiting scholar at the The Graduate Theological Union, University of California at Berkeley. He has a unique perspective on children's dreams and has authored numerous articles. He currently has two books in press.

Swami Durgananda is one of the principle dream teachers at Yasodhara Ashram. She is the illustrator of Swami Radha's book, **Realities of the Dreaming Mind**. She has worked with dreams for more than two decades and it was her dreams that led her from the East Coast of the United States to Swami Radha's Ashram in the interior of BC.

1995 marked the 40th anniversary of Swami Radha coming in contact with her guru. The 140 acre yoga and retreat and study centre was founded more than thirty years ago and is a flourishing community with a dedicated staff and an exquisite temple that was completed two summers ago.

Please see ad to the right for details and registration.

BIRKENSTOCKS

available at:

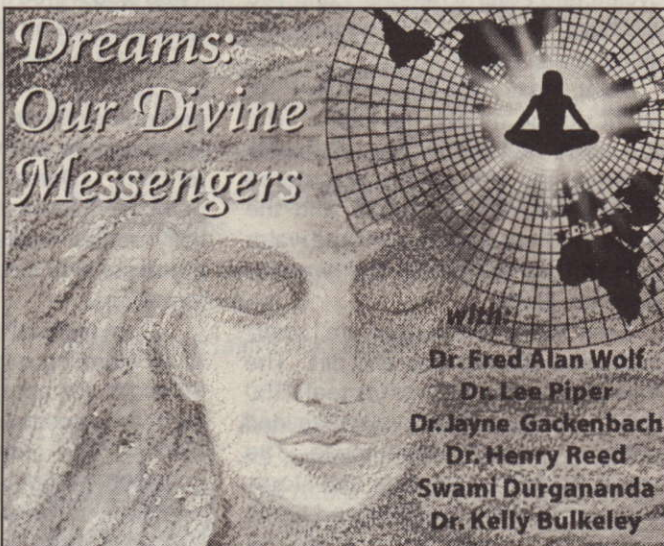
**Murphy's On Main
Coffee House & Bookstore**

Browse our large selection of value-priced
BIRKENSTOCK footwear. Mail orders welcome!

Murphy's on Main
9909 Main St.
Summerland, BC

494-8203
closed Sundays
& Holidays

Dreams: Our Divine Messengers



with:
Dr. Fred Alan Wolf
Dr. Lee Piper
Dr. Jayne Gackenbach
Dr. Henry Reed
Swami Durgananda
Dr. Kelly Bulkeley

**Come to a Summer Dream
Symposium!**

**At Yasodhara Ashram in
B.C. Canada
July 14-16**



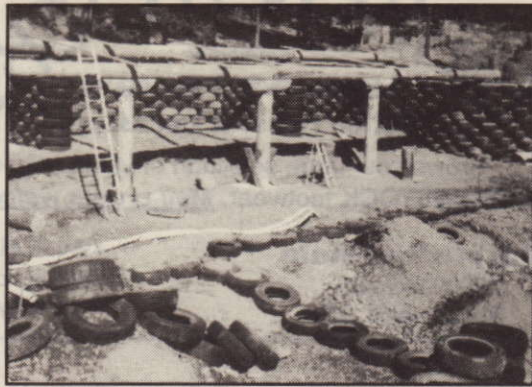
Featuring Swami Sivananda Radha's new book:
Realities of the Dreaming Mind

\$325 includes accommodation and meals
For more information or reservations call:

(604) 227-9224

SOLAR MASS TIRE HOMES

by Mark Bossert



How would you like to live in a beautiful home that was free to heat and cool, was built out of

recycled and natural materials and you could build it for about half the cost of a conventional house?

Solar Mass Tire homes follow an elegant design model; the Earth. The Earth is warmed by the Sun; the heat is trapped by the atmosphere and stored by the mass of the ground and the oceans; the heat creates wind and water currents that distribute the warmth around the Earth.

Solar Mass Tire houses are mostly constructed of used tires and dirt. The dirt is rammed into the tires to create 350 lb. bricks which are laid to form the load bearing, mass walls of the house. The home is heated by the Sun and stores the heat in the massive tires and earth, from the spring, summer and fall to use all winter. The heat creates convective circulation of air from outside which flows throughout the house. How we house ourselves has a significant effect on ourselves and our planet.

Conventional housing, as currently practised, creates a substantial indoor and outdoor pollution problem both during construction and after. For instance:

- Studies show that about 43% of all land filled waste comes from construction. Land fills are being...filled up. Vancouver saturated its own landfills and now trucks all its garbage to Cache Creek.
- CMHC. states that one in four homes are making their occupants sick. Sick Building Syndrome is a huge problem costing \$150 billion each year in medical costs.

- 40% of all wood used is for new construction. We use more wood each year while the available supply is disappearing at an alarming rate. The quality of the wood available has declined so much that the building code had to be adjusted recently to keep houses safe.

- The embodied energy in constructing a new home is greater than the energy that the house will use over the next 30 years. Energy use always adds to the carbon dioxide load in the atmosphere which increases the greenhouse effect. Recently,

it was discovered that lakes in Antarctica have been rising at a rapid rate.

- Current housing requires huge infrastructure to provide power, water and garbage systems. The creation of this infrastructure seriously affects our environment. Dams flood large areas of prime land, sewer treatment dumps partially treated waste into our water, and garbage, well we're neck deep in the junk.

Conventional housing is rising in cost at an alarming rate. Prices range from \$90/sq.ft. for a basic house, to +\$200/sq.ft. for a special design or energy efficiency. The materials, skilled labour, government regulations and taxation all contribute to these higher costs.

Solar Mass Tire homes are designed in Canada to address all of these issues and lessen or eliminate the costs. They use innovative ideas to: reduce garbage from construction to 2 bags as compared to 2 container loads for conventional building, through recycling and material choice; defeat SBS by using natural materials, plants and appropriate ventilation; reduce lumber use by 70% by using tires, earth and engineered wood products; lessen energy use during construction by using local and natural materials; diminish infrastructure through greywater systems, water conservation, worm composting and efficient electrical appliances and/or alternative energy use.

Tire homes are a lot less expensive to build. Most homes have had the owner doing at least part of the work and people are saving up to \$75,000 on the construction of a super energy efficient, earth friendly house. And the savings continue. Tire houses will save between \$10,000 and \$20,000 over a ten year period on your heating and electrical costs.

See ad for details.

Free Report Reveals the Frightening Truth About Housing Costs!

Have you ever wondered how you were going to afford a home?

Would you be interested in a super, energy efficient, environmental and beautiful home that saved you \$75,000 to build?

Imagine your own bright, easy to access and maintain home that is healthy for your family and the environment. Would you enjoy eating fresh vegetables from the planters? How would it feel to get your electric bill and it's half what it is now? Would you like to tell your friends how your home is heated and cooled for free?

This free report is a shocking comparison of the true costs of building and owning a conventional home vs. a Solar Mass Tire Home.

To get your copy, please call:

1-800-881-2388 Recycled Tire Homes Ltd. 230-1210 Summit Dr., Unit 228, Kamloops, B.C. V2C 6M1

Recycled Tire Homes are offering hands-on workshops on how to construct your own Solar Mass Tire Home, at the prototype house site near Kamloops, B.C. Bring boots, gloves, and be prepared to learn thru hands on experience.

Tire Homes Workshops

Interior and Adobe Plastering

May 20 & 21 \$250

Walls and Systems

June 3 & 4 \$250

Our ongoing research & development has led to a new breakthrough system of compacting the tires. Proven rates of 8 tires per hour per man, by hand, are now easy! Filling, ramping, and leveling are quicker. The original method did 2 tires per hour per man. For those of you who have held back due to the hard work of compaction, mechanical tamping (jumping jack, pogo stick, etc) can now be easily used and the rates of finishing are much higher.

The prototype open house will take place the 2nd week of June, in Kamloops. You're welcome to come and see the finished product. Call 1-800-881-2388 for more information.

Women's Circle

Penticton's Holistic Centre
254 Ellis St ... 492-0987

Each week a different topic that could extend into a series of evenings. If women are interested

Drop-in... sliding scale donation \$3 to \$8

**Wednesday · May 3
Stress Management using
Feldenkrais.**

Awareness through movement ... it is effortless, has gentle movements and uses visualization that helps us discover useless muscular tensions and eliminate them through more efficient movement, breathing and thinking.

**Tuesday · May 9
A Time of Change
... Menopause**

Menopause is one for the least glamorous topics. Share your stories of the joys and sorrows with other women in this phase of transition. Lots of the latest info. and videos on subject.

**Tuesday · May 16
Women's Spirituality
Goddess Rituals**

Join us as we celebrate our creativity, weaving our dreams and goals in shared stories as we delve deeper into Celtic and American rituals.

**Tuesday · May 23
Uncoupling and Grief**

Discover ways to break the cord and set ourselves free after the marriage has ended. Helpful advice for dealing with the pain, confusion and emotional turmoil that follows..



Lynn lives in California. A certified Feldenkrais Teacher who co-founded a hospice and has studied women's sacred rituals for 12 years.

She has led women's groups for 25 years. She works with the body-mind connection teaching meditation, ATM-Awareness Through Movement plus does Shamanic Counselling.

Cellular Release Therapy

by Jana Walker

What is this all about you ask? Well, in a nutshell, the methodology was designed for the release of any negative thoughts and negative emotions. All emotions are experienced and stored by the total body through energy centers (chakras). These centers are related to nerve and endocrine centres in the physical body. They might be considered transformers of a more universal form of energy. Each transformer (chakra) "steps down" or reduces the energy to a vibrational level that most suits its function. The flow of these energy centers can be blocked, retarded or obstructed by memories of past trauma, fears, chronic pain, anxieties, attitudes, intellectual sets or preconceived ideas. Any of these could be from this life, past life or from your ancestors!!

So how does this work? By literally tapping into the subconscious through actually "tapping" on the thymus. Using well-phrased questions in combination with a non-invasive hands on pat and tap method release occurs "quickly and easily."

Which practitioners would be interested? Anyone who is aware of service and offers themselves for that purpose.

So why would you be interested in taking this workshop?

To learn another technique that will allow you to identify and release trauma, fears, phobias and anxieties in one's self or another "very rapidly." The release of these emotions results in a gift of energy that can be used for positive growth. This training also teaches you a powerful tool for self-release and maintenance of self-esteem, self-worth and self-confidence. We can only be loved as much as we love ourselves.

*Jana has a workshop Saturday, May 13th
Please see Penticton's Centre Calendar*



**Violet's
Rock &
Gem Shop**

1005 George Street
Enderby, BC,
across from
The Red Basket on Hwy. 97
838-6358

BEGINNERS YOGA CLASSES

with JOSEY SLATER
and/or ANGELE ROVE

Friday - 2:30 - 4:15

MAY 5 ~ JUNE 23

**Stretching, Strengthening,
& Breathing Exercises**

**\$36 - for 8 classes
or \$6 drop in**

at the
**Holistic Health Centre.
254 Ellis St., Penticton**

Please phone 492-5371 to register

ISSUES Magazine is looking for a business partner.

Someone who would like to see it grow and expand and is willing to be involved in the day-to-day operations of publishing, including advertising sales, magazine lay-out and editing as well as long-term goals.

If you have some cash and are interested in being a team player, please inquire by phoning 492-0987 or writing ISSUES Magazine, 254 Ellis St., Penticton, BC, V2A 4L6.



The Crystal Rainbow
 Vitamins • Metaphysical Books • Tarot • Crystals
 2099 Garcia St. - Box 352 - Merritt, B.C. V0K 2B0
 Call Sandra or Manon at (604) 378-2818

Carried by Love

by Michael Palmer

As I grew up I took pleasure in sports and not a lot else. What I mean is, I didn't enjoy anything else because I wouldn't give myself to anything else. I was frightened at the thought of engaging in activities I wasn't sure I could excel in, so I didn't engage at all.

By my early twenties I had a history of letting myself down. I said what I thought people wanted to hear. I told myself what I wanted was unimportant, diminishing how much I wanted it. Have you ever told yourself or someone that something wasn't important to you, when it really was? I let fear stop me from giving myself the challenges, activities and interactions that truly would have satisfied me! I let fear stop me from expressing what I needed to say to people. I looked for satisfaction where it couldn't be found and avoided the risks which would have brought it to me, and brought me to life!

In spite of all this, Love would have its way with me. In the depths of letting myself down I discovered Love never gave up on me and truly Life is a process of being carried by Love.

At some point I woke up to the fact that I was allowing my fears to hold me back from My destiny! Webster's definition of destiny is as follows: "the seemingly inevitable succession of events --one's fate." Well, Webster, Fate and Destiny are two different things! Destiny is not a seemingly inevitable succession of events! Destiny is what we become when we allow our heart to be our compass, give ourself 100% to our life, to what impels us, and allow it to take us where it may.

Our Fate is what we become. If we don't, It's our choice!

I realised that all my Life I had let fear hold me back from what I truly wanted. Public speaking on what I felt called to share with others, sharing from my heart, allowing the process to unfold and guide me, giving myself to that process and trusting the outcome. Leading and facilitating process; I wanted to take this step so much I could taste it and every time I let my fears stop me it broke my heart because I have so much to give and here I was holding myself back!

The first workshop I gave was called "Stepping through Fear to the Promise of your Heart" because it accurately reflected my own personal process at that time. Why did I offer it? I just couldn't deny myself any longer. I needed to give myself to what called me, simply because I wanted it that much. Because I wanted my destiny and still do.

There is such a fine line between having the Life you desire, or the Life you regret and in my life the difference has come in choosing to face my fears and step through them, or not. Whatever is in my power to change is mine to change. Whatever isn't will be carried by Love.

Michael will be giving an Introductory Talk

Tuesday May 2 & Friday June 2

at the Holistic Healing Centre in Penticton.

Sliding scale donation, please see our calendar for a list of speakers and workshops.



Dr. Alex Mazurin

Naturopathic Physician

492-3181

Vega testing for Fungus, Vitamins, Minerals & Organs.
 Immune function and allergy testing, Flower essences
 Homeopathy, Nutrition and Herbal medicine

#106 - 3310 Skaha Lake Road, Penticton, B.C. V2A 6G4



Carole Ann Glockling

**CERTIFIED POLARITY PRACTITIONER
 CERTIFIED REFLEXOLOGIST**

Dr. Mazurin's Naturopathic Clinic,
 #106-3310 Skaha Lake Rd, Penticton

Centre of Natural Health,
 #1-1135 Main St., Ok Falls

#1-34445 - 97th Street, Oliver
 498-4885

For appointment or information call **1-800-889-1477**

(Please leave message if answering machine is on)

Shiatsu Therapy

**Japanese Finger Pressure
 Treatment**

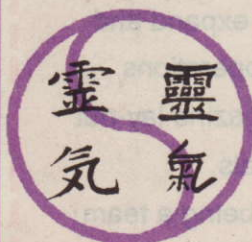
Kathryn Halpin, C.S.T.

Certified Shiatsu Therapist

PENTICTON

Lakeside Fitness Club: 493-7600

Holistic Healing Centre: 492-5371



Spring ... into the Ultimate You

by Melva Manseau

Already the flowers are peeking through the ground and the white stuff we call snow has all but disappeared, except for the top of the mountain tops. Soon it will be time to pull some of those weeds from around the flower bushes that have been trying to choke the life out of the flowers. Isn't that much like our own lives. We as flowers in God's garden have had a few weeds (not so good ideas implanted into our mind) and we still have a tendency to want to go back to them for reference, because they are good old standards. But if it doesn't feel right, somehow there is something inside of us that won't let us rest anymore, because we know it "just doesn't go along with how we feel."

The weeds are choking the life out of us, in terms of outmoded belief systems. We are cultivating a new garden, one built on love, trust, truth and caring.

We are meeting people who remind us of others whom we have met in our past and the recognition is not one of a physical nature so much as an emotional link. Something down inside of us, that recognizes there is a wonderful lesson being taught.

One of my greatest tests of letting go of the old was my rejection tape. I struggled with it until it nearly choked the life out of me - then one day the light went on and I realized the rejection tape was not coming from someone on the outside of me and had nothing to do with what others said or did, except for the mirror reflection that was triggered inside of me. That person that pushed my button did me a favour and an opportunity to do my daily diary with a direction of what I wanted to achieve - freedom from the house of bondage in terms of being a slave to my old programming based erroneously on like and dislike, rather than what felt right, and what was beneficial to the overall good of mankind. I as an individual am not able to help others until I have dug deep down in the recesses of my own mind and removed any blocks holding back the flow of light on my 'light bulb' - "my beacon." To quote biblically, to remove the mote from my own eye. We have come a long way baby and have a ways to go, but we are making progress. We are making grand strides towards the progress of human evolution. Nothing is new, all of what we are learning today has been around again and again and again. We are "distilling the essence" of our being. Did you know that it takes 40 gallons of sap to make a gallon of maple syrup. I wonder how many "distillations" of us it has taken to get us to the "essence"

(Our Higher Power) of our being. Many lifetimes no doubt.

Not to fret, we are catching on to the name of the game "Thy will be done and Thy kingdom come - on earth as it is in heaven." The golden rule must be lived in order for us to see the light. We must be honest with ourselves, because the truth is the only thing that will set us free and being honest means admitting in our hearts that we know we are one family and that planet earth is our home. Let's together become winners!

Melva has drop-in meditation and workshops in Kelowna.

See ad to the right



Maurine VAL PALFY

**Psychic Teacher
&
International
Reader**

**Monthly Tarot Workshops
and Private Readings**

549-8464 Dreamweavers

549-3402 Home - Vernon



Jill E. Newman

Spiritual Healing & Psychic Surgery

- Spiritual Healing Classes
- Private Appointment for Psychic Surgery
- Toll Free 1-604-975-9124 •



"From Deep Within Comes a Knowing
That It's Time To Make An Important Change"



You-Nique Vibrations

Life Path Readings * Intuitive Direction

- ★ Discover your own patterns, cycles and vibrations
- ★ Identify the source of outdated behaviours attitudes, habits and relationships
- ★ Step out of fated patterns and into your own destiny



Kathrine Sue
Opti-Mystic

by appointment 490-9749 Penticton

The Ultimate @ You

Drop-in Meditations **Saturdays at 7 pm**
at CKIQ Radio Stn. Bldg. (downstairs)

PAYMENT BY TITHE

**ULTIMATE YOU WORKSHOPS
PRIVATE PARTIES
LECTURES
PRESENTATIONS
COUNSELLING**



I @ AM
Melva Manseau, MS.D
Certified Metaphysical Teacher

METAPHYSICAL TEACHING TO ALL AGE GROUPS

PHONE 1-604-766-0345 OR 604-766-1282

Old or New?

by Karen Timpany

I'm often asked what is ear candling, Reiki, Reflexology and or Acupressure. Why are herbs and holistic nutritional cures becoming so popular? What is hands-on healing? Where did these practices originate?

The basis of this 'New Technology' is found in our history. Ear candling was known and used by the Atlanteans and Mayans thousands of years ago; it was also widely used by Europeans as early as fifty and sixty years ago. Some of the central provinces of Canada had knowledge of Ear Candling and used it during the 1930's and 1940's. Reiki was founded in the Mid 1800's by Dr. Mikao Usui. Reflexology has its roots in Europe and was active in the 1800's. Acupressure, which uses fingers, is similar to Acupuncture, which uses needles. You will find their origin in China dating back several thousand years.

Herbs and holistic cures and even colour therapy treatments were very successful and the accepted practice until 1926 when sulpha drugs were discovered. These sulpha drugs were hailed as the 'cure all,' and all other practices were banned or scorned in the light of this new technological advancement.

Hands on treatments are as old as Adam and Eve holding and caressing their first child. Soothing, warm hands placed upon the body when pain is being experienced, release trauma and allow the healing to begin.

Old or New? I call it old/new technology because it has been revived, renewed and in many cases enhanced, but its roots came from our past.

Why the sudden popularity? Why not! It has proven itself effective for hundreds and thousands of years. Why does it work? Because it acts in harmony with the many facets of the human body.

It is important that the holistic practitioner you see has a good working knowledge of anatomy, physiology, herbology and most importantly an understanding of the energy patterns of the body.

See Karen's ad ... top of the page

★ Nuthapist of Light ★

The Nuthapy Institute of Natural Healing is currently offering a program to train:

Nuthapists of Light

The program includes studies in areas of:

Acupressure, Aromatherapy, Colour psychology, Colour therapy, Colour healing, Crystals, Intuitive Awakening and use, Kinesiology, Reflexology, Reiki.

It also includes info on ayurveda, nutritional studies and herbology, biochem medicine, manifestations, numerology, psychic healing/surgery and more.

This course focuses on harmonizing all levels of the body to achieve optimum physical, emotional, mental and spiritual health.

Phone the Nuthapy Institute of Natural Healing at:
604-766-4049

for September enrollment and more information

Dr. Eldon Taylor is President of Progressive Awareness Research, an organization founded to discover and develop techniques for self empowerment. He calls himself a cowboy philosopher. His enthusiasms include science, philosophy, poetry and horse breeding. He fundamentally believes in life as a school and the human condition as inherently endowed with the power to enjoy and apply vast potentials beyond our dreams. These convictions led him to doctorates in both Pastoral and Clinical Psychology.

Eldon has made himself one of the world's leading authorities on subliminal information processing. He has lectured in Britain, Germany, Hong Kong and the United States. He has written eight books and hundreds of audio cassette programs. He has developed and owns several patents. His work with behavioural medicine led to the development of special audio programs for cancer, AIDS and other diseases.

Many leading biographic publications include Eldon, notably the Who's Who of Intellectuals and Who's Who Among Human Service Professionals. Many newspapers and magazines have referred to his research. OMNI featured his work with subliminal communication in their anniversary audio experience.

Taylor was called as an expert witness in the Judas Priest/CBS trial which dealt with subliminal messages on recordings.

His latest book "Thinking without thinking: Who's in control of your mind?" is on the way to becoming a best seller. *See ad below for dates.*

Subliminal Brainwashing !

**We are exposed to subliminal messages every day. How does it affect you?
Are you aware of the messages directed to you? Is it legal? Can it be helpful?**

Come and hear Dr. Eldon Taylor talk on subliminal communication. He is the world's foremost expert on the subject.

Penticton ~ June 17 at 7 pm ... Coast Lakeside Resort

Grand Forks ~ June 18 at 1:30 pm ... Boundary Secondary School

Advance Tickets \$10 at Caravan Books in Penticton or Badger Books in Grand Forks ~ \$12 at the door.

Interesting and educational. For more information contact Rhona Terry (604)-446 -2455

HEALED HELPERS

by Dixie Bedell & Shannon Pohl

DIXIE



My recovery started one day when I was walking down a street of a small northern town. My jacket was open and it was -40 degrees and I could not feel the cold. I knew then that was not the only problem I had with feelings. Having no physical feeling was an indicator of how I was dead emotionally. Because I had no feelings of my own I looked to others to tell me how I felt. This gave others my personal power and left me powerless. Getting in touch with my inner child did everything to unlock the door to my feelings.

Many of the reasons I didn't feel stemmed from my childhood and so going back and making friends with my inner child was crucial to facilitate my healing. The process of healing is ongoing. The biggest benefit that has happened so far, is that I am no longer a spectator in my own life. I enjoy experiences as they happen instead of only after they are over and I'm looking through the photo album. I've learned that I am the only one who will be me and if I don't, who else can?

I've also discovered we are all in this together - let's be kind to one another and love each other.

Dixie Bedell & Shannon Pohl began their counselling and social work training together several years' ago. Part of their interest in the field stemmed from their own personal experience. Their struggle through recovery from codependency led them to pay particular attention to this issue in the people they saw in their professional practice. Codependency is a term first used to describe a set of symptoms common to those in a close relationship with someone who is chemically dependent, although it also applies to many others. Some of the symptoms include:

- ★ Caretaking - an over eager desire to please others to the exclusions of one's own self care.
- ★ Weak boundaries - saying 'yes' when saying 'no' would better serve one's needs.
- ★ Dependency in relationships - a belief that one cannot survive without the other person.
- ★ Doormat - putting up with unacceptable behaviour from others.
- ★ Compliance. ★ Lack of trust. ★ Suppressed anger/rage.
- ★ Rescuing others from their own dilemmas, to name a few.

Both Dixie and Shannon have several years' experience working with families and youth. Dixie also has a background in the chemical dependency field. Empowering people to overcome unhealthy dependencies, get in touch with feelings, and realize their own potential is their mission as professionals. The reason they are co-facilitating this workshop is because they believe information will help people heal, and as each of us finds healthy ways to fill our needs, the world will be a better place to live.

Hope Consulting and New Beginnings Counselling Service

presents

What You always wanted to
know about....

CODEPENDENCY

....but were
afraid to ask!

May 27 ~ 9 to 4:30 pm at Okanagan College C-7 ~ Cost: \$65

Clip this form and mail a cheque to: New Beginnings Counselling Service, PO Box 20122, Penticton, BC V2A 8K3

Name _____ Fee enclosed \$ _____

****Please register
before May 20th**

Address _____ Number attending _____

Complimentary Refreshments will be served during breaks. Seating is limited so please register early!
Phone 494-9742 Pre-registration Only! Re-imbursed if cancellation is received 1 week in advance.

THE MEDICINE WHEEL

by Neil Farstad

First of all I would like to acknowledge the Elders and all those responsible for passing on this sacred knowledge. It is ancient and ever-changing, one of the many sacred trees of Life to be found amongst humanity. Some of the Medicine Wheels I have visited are over 5000 years old. My introduction to these teachings was a mere fifteen years ago so my knowledge is limited, a mere drop in the bucket. During this time I have sought to learn all that I can about the Great Mysteries and apply this knowledge physically, mentally, emotionally and spiritually to my life.

This has been a journey of never-ending insights, friendships, commitment and growth that I believe is fulfilling my vision in this life. Just as gratifying, is seeing others gain what is important and vital to their lives from a Medicine Wheel teaching.

Applying the teachings is always done holistically. For myself the biggest challenge to overcome was linear thinking and to use holistic, or circular concepts. Through the use of an actual physical Wheel many of the mental obstacles that one encounters with linear thought disappear. Just sitting on a Wheel for 24 hours can teach us lots about our intricate connection to nature. I love the fact that many people have woken up to the knowledge that our co-existence with nature is much more than just a physical relationship. What's so interesting is watching how all races and belief systems can function in harmony within and around a sacred circle. The sacred circle is common to every culture and how it is expressed is as diverse as nature Herself.

There just isn't room to go into all the types of Wheels, so let's look at one type that is easy to use and takes a lifetime to go around.

The Medicine Wheel is based in Nature and where we begin our individual journey is at our time or place of birth. For example, if you were born at the spring equinox then your strongest gifts are there. The opposite point is usually where a lot of your lessons are. Some of the other expressions on the Wheel are the four seasons, (four directions) which are synonymous with birth (children), youth, adults and elders. Another expression is the physical, mental, emotional and spiritual aspects of ourselves. Not to be forgotten are the four Root Races.

The last three directions talk about below, above and the center. Above we have the winds, the rains, the moon, sun, stars, all things that live in the sky. Below we have all the things that live below us, the Earth, the mineral kingdom and the center is whatever your sense of the Creator is.

Now at this point I must say that different Nations apply different qualities to points on the circle, but the four main aspects that make up a human being (physical, mental, emotional and spiritual) are universal.

The last aspect of the Wheel which is most important is 'will.' We have free will to move through the Wheel discovering any aspect of ourselves, receiving guidance from that particular direction (quadrant), gaining understanding and building character as we go through life. There are some very



Rainbow Medicine Wheel

CAMP
&
RETREAT

Experience a unique wholistic alternative in a traditional camp setting and the ways of balancing and rejuvenating one's being through traditional and non-traditional methods. With Native and non-Native facilitators we offer Rainbow teachings and insights to live a balanced way of being with ourselves, our families and nature.

You will live in tipis and experience the sweatlodge, medicine wheel, drumming, singing, storytelling and much more. We want to share these sacred things with you and invite you to come stay with us.

We're located approx. **17km NW of Vernon, BC.** Starting May 19th through to Sept. 17th we are holding 4-day weekend programs on most weekends. Catering to individuals, families and special interest groups.

Price: \$319, all meals included (vegetarian menu available). Early registration discount.

For complete brochure and schedule write:

Rainbow Medicine Wheel Camp & Retreat

Comp 18, Site 23, RR#4, Kelowna, BC V1Y 7R3,
604-764-7708 Member of BCCA. Aspiring accreditation.

basic keys to moving one's will, or volition, as it is also called. These are the abilities to go within; to understand that Nature talks to us in symbols and to have a universal understanding of what these mean, and to let every action that takes place within this framework be guided by Love.

Protocol and actions around Medicine Wheels change from Nation to Nation and all are honourable. For myself, the most exciting times are when a group of one-hearted people come together to "Work the Wheel."

Putting down and working a Wheel requires responsibility, guidance and group effort. For myself this is the most serious aspect of the Wheel but also the most joyful and rewarding. Being part of a Circle where people come to share their gifts through drumming, singing, dancing and prayers, is an honour and a privilege.

For our group here in the Okanagan, and I use the term 'group' lightly, because we're always open to new people and the experiences they bring to a Circle, we try to do things in the Rainbow Way. Our ceremonies range from honouring the seasons to births and special events, local and global.

The Elders say that wherever there is a Circle the Earth knows it and She responds in a good way. I believe this is true, based on my own experiences on our Wheel and others. It is through this ancient symbol of honouring balance, wholeness and harmony when expressed with love and respect that I have seen so many people of diverse cultures and belief systems, realize the oneness of it all. Thank you and all my relations.

Tissue Salts for Your Body

by Jean Ann Baker

Blood is to the human body what soil is to the plant. It is common knowledge that poor, exhausted soil will produce only weak, sickly plants. In the same way, poor blood, lacking in essential constituents, will produce weak, sickly bodies, prone to disease. By enriching the soil, the ill-conditioned plant can be made to recover and flourish. The recovery of the ailing body can best be achieved by a similar process - by restoring to the blood the constituents in which it is lacking. This is Biochemistry - The Chemistry of Living Tissue.

In 1858 a scientist by the name of Virchow pronounced that the body is merely a collection of cells, and that medicinal treatment should be directed toward the individual cell. Other notable scientists, Moleschott of Rome and Schuessler of Oldenburg, elaborated on and further developed this theory. Upon recognizing the value of the inorganic constituents of the cell substance and their importance in the preservation of health, a new system of medicine was born - Biochemic System of Medicine.

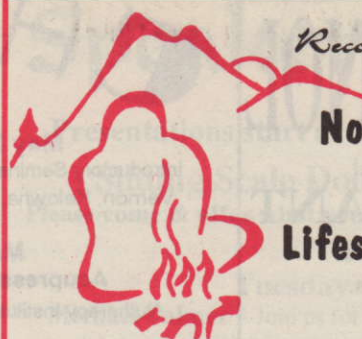
The inorganic constituents of the cell, also known as cell-salts, mineral-salts or tissue-salts, are normally present in healthy, human blood. The tissue-salts are essential constituents of the body. They are the workers. They combine with organic substances thus building and maintaining the many millions of cells of the body. The tissue-salts are twelve in number, all essential to the proper growth and development of every part of the body.

Dr. Schuessler was the first to propound the theory that any tissue-salt deficiency or imbalance results in disease, with the symptoms varying according to the salts which are lacking. By supplying the deficient tissue-salts, in assimilable form, the cells can again function normally and health can be restored.

Dr. Schuessler called these remedies biochemic because they were intimately and vitally concerned with the chemistry of life. Dr. Schuessler's Biochemic System of Medicine calls for the use of only twelve remedies, the twelve tissue-salts. Tissue-salts are not drugs, but vital cell foods found in nature, prepared (homeopathically) in an extremely finely sub-divided form - a form that ensures their immediate assimilation and a speedy restoration of that balance and harmony in the system which spells health. The function of tissue-salts is nutritional and for this reason they are safe to take. They do not conflict with other remedies and they do not have side-effects.

Biochemistry differs widely from ordinary methods of treatment. It avoids the use of suppressants and uses for its healing agents the inorganic mineral substances, tissue-salts, which are now known to be essential to life and health. Study the tissue-salts for yourself and read literature on Dr. Schuessler's work and findings by biochemists and other scientists.

For further information, please see ad to the right.



Reconnect with Nature!

Northern Lights Primitive Lifeskills Gathering

June 19 - 25

At a secluded 240-acre retreat in the Valhalla Mountains in south-central B.C. near Nelson. Seven fun-filled, fact-filled days learning primitive skills, crafts and wilderness survival. All you need to know to live close to nature with what you find at hand! 80 workshops with 50 top instructors in: **friction-fire, baskets, shelters, tools, pit-fired pottery, flintknapping, bowmaking, drums, edible and medicinal plants, hide-tanning, tracking, primitive clothing, wilderness survival** and much more!

Fees include all meals, workshops and camping. Adults \$200; youths \$100; kids \$50; tykes free. Day passes also available

For info-package write:

Wilderness Awakening Primitive Lifeskills School
Box 120, Slocan, B.C. V0G 2C0 - Phone **355-2735**



© 1958 Ida P. Rolf

ROLFING®

GARY SCHNEIDER

*Certified Rolfer
Cranial Manipulation*

Kamloops & Interior, B.C.

(604) **579-2313**

Energetic Health

Jean Ann Baker

604-766-2673

604-766-4049

☺ Feel how energy can vitalize your whole being ☺

Practitioner of:

Cell-ectrology, Tissue Salt Balancing,
Reflexology, Reiki, Ear Candling & Colorbath.

In affiliation with Nuthery Institute of Natural Healing

PYCNOGENOL

ANTI-OXIDANT

The most powerful
known to man & over
100 other products.

**DIRECT
WHOLESALE
FROM
MANUFACTURER
TO YOU.**

Send \$2 shipping & handling for your
free catalogue and audio cassette.

Mail to: Suite #352
435, 2339 Hwy. 97N
Kelowna, B.C.
V1X 4H9

Please specify I.D. #29440



CALENDAR

May 3, 4 & 5

Introductory Seminars in **Pranic Healing**
Vernon, Kelowna, Penticton, ad page 3

May 4

Acupressure ~ Level I

Nuthery Institute, Winfield 766-4049

May 6 & 7

Pranic Healing Level 1 Workshops

Penticton & Kelowna. p. 3

May 10

Wholebody Reflexology

Nuthery Institute, Winfield 766-4049

May 11

Comforting Arms

8 weeks of Healthy Living Seminars
with Dawn Schaefer, Penticton p. 2.

May 20 & 21

Reiki ~ Levels 1 & II

Nuthery Institute, Winfield 766-4049

May 26, 27 & 28

Goddess Connection, Gardom Lake, p. 9

May 27

Codependency, Penticton. p. 17

Psychic ESP Fair, Penticton. p. 3

June 1, 2, 3 &/or 4

Sam Keen in Penticton & Naramata p. 5

Psychic ESP Fair, Kelowna, p. 3

Healing Touch, Grand Forks. p. 4

June 8

Acupressure Level 1

Nuthery Institute, Winfield 766-4049

June 9, 10 & 11

Yellow Bear in Penticton. p. 2

June 10 & 11

Reiki Levels I & II

Nuthery Institute, Winfield 766-4049

June 17

Ear Candling Workshop

Nuthery Institute, Winfield 766-4049

Subliminal Brainwashing, ad p.16

June 19 - 25

Primitive Lifeskills Gathering, p. 9

ONGOING EVENTS

MONDAY - DREAM GROUP

7 pm, Penticton - Sarah Wellington: 493-5598

TUESDAY - Celestine Prophecy

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

SPIRITUAL DISCUSSION GROUP

Kelowna 7-9 pm, 763-1985 Melissa

INNER GROWTH & MEANING - Victoria

744-5778 - Weekly Gatherings - Tuesday 7-9 pm

WEDNESDAY - Meditation Instruction

on Inner Light & Sound FREE Vernon:545-3098

LAST WEDNESDAY of every month 7:30 pm.

Kelowna Parapsychology Assoc. presents an
evening speaker. Ph. Ingrid for details 769-6089

THURSDAY - REIKI EXCHANGES

Kelowna. 860-9880 - Rhoyalle

SATURDAYS - DROP IN MEDITATION

CKIQ Radio Station on Harvey Rd, Kelowna
Payment by Tithe. Melva 766-1282

Ultimate You Workshops every month.

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

Kelowna Sunday 11- Noon - 763-8588

Sarson's Senior Citizens Activity Centre

Penticton 11am-1 pm phone 492-5371

A COURSE IN MIRACLES STUDY GROUPS

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

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

The Holistic Networker



Penticton & Summerland

Premières Thursday night at 5:30 pm and is repeated

Fri. 7:30 pm, Sat. 9:30 am & 9:30 pm, Sun. 6:30 pm & Mon. 9:30 am

May 4 - 8

Dawn Schaefer, a licenced acupuncturist from California talks of her journey to
find balance in her life. She has helpful hints on staying well and loves to share
some of her many years of studying. She'll be instructing an 8 week class called
Comforting Arms in Penticton starting Thursday May 11.

May 11 - 15

Troy Lenard is a Vibrational Therapist and works with Light and Sound to open
and clear blocks in the physical body. Angele is on the table and
Sarah Wellington is the networker as he gives a demonstration of his abilities.

May 18 - 22

Lynn McLachlan is from California and focuses on spiritual rituals, menopause,
uncoupling and grief that women need to express as they go thru the stages of life.

May 25 - 29

Michael Palmer has studied with Christopher Moon and Chuck Spenzano and
talks about his week-end intensives on Personal growth and counselling.



254 Ellis St, Penticton, BC

492-5371 for information

We have a wide variety of Holistic Health Practitioners that work out of the Centre on a regular basis - phone for details.

Wednesday

Chi Kung with Margery Tyrrell 9:30-10:45 am
April 26 - May 31 - 6 weeks for \$54

Friday

Yoga for Beginners - May 5 to June 23
2:30 till 4:15 pm
8 weeks for \$35 or \$6 drop in.

Saturday - June 3 - 10 am to 2 pm
Hatha Yoga & Meditation Workshop \$25.00

Speaker Series

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

Sliding Scale Donation - \$3 to \$8

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

Tuesday - May 2

Michael Palmer ~ Join us for a heartfelt exploration of the essential elements which create unity in our lives and amongst our people. A personal and collective vision. For all who care to remember. For all who are to become ... One Nation! *Story on p. 14*

Friday - May 5

Duncan Goheen & Marilee McLean from the Global Institute of Victoria present techniques using colour prana or vibrations. Recharging and enhancing the immune system. *Ad on page 3.*

Friday - May 12

Dawn Schaefer explores the ancient art of healing from China. A registered Acupuncturist from California she wants to share her knowledge so that people can feel well and vibrant. *Ad on page 2.*

Friday - May 19

Experience the sensations of Sound Projection and Colour Imagery with long time meditator **Troy Lenard**. *Story & ad page 10.*

Friday - May 26

Patrick Yesh lived and taught with the Stoney Indians of Alberta; the spiritual quality of their culture impressed him deeply. Patrick holds a Master's in Art Education and Art Therapy and has been an art teacher and counsellor for over 20 years. *Article on page 29.*

May 1995

S	M	T	W	T	F	S
Sunday Celebration Sunday - 11-12 am Everyone Welcome	Drop in Meditation 1 7:30 - 9:30 pm with Peter Morris by donation	Speaker Series 2 7:30 - 10 pm Michael Palmer One Nation	Women's Circle 3 Everyone Welcome 7:30-9:30 Donation \$3-\$8	Sharing with Peter Morris 4 7:30 - 10 pm Donation \$3-\$8	Speaker Series 5 7:30 - 10 pm Pranic Healers Global Insititute	Pranic Healers Workshop 6 see ad on page 3
Sunday Celebration 7 with Troy Lenard	Drop in Meditation 8 7:30 - 9:30 pm with Troy Lenard by donation	Women's Circle 9 Everyone Welcome 7:30-9:30 Donation \$3-\$8	Dancing from the Heart 10 Sarah Wellington 7:30 - 9:30 pm 4 classes for \$35	Comforting Arms 11 Healthy Living with Dawn Schaefer 8 weeks series \$65	Speaker Series 12 7:30 - 10 pm Dawn Schaefer Healthy Living Talk	Cellular Release for Practitioners 13 with Jana Walker 9-5 pm - \$44
Sunday Celebration 14 with Don McInnis	Drop in Meditation 15 7:30 - 9:30 pm with Kathrine Sue by donation	Women's Circle 16 Everyone Welcome 7:30-9:30 Donation \$3-\$8	Dancing from the Heart 17 Sarah Wellington 7:30 - 9:30 pm Drop in \$10	Comforting Arms 18 Healthy Living with Dawn Schaefer drop in fee \$10	Speaker Series 19 7:30 - 10 pm Troy Lenard Vibrational Healing	Vibrational Healing with Light & Sound 20 with Troy Lenard 10 - 3 pm - \$35
Sunday Celebration 21 with Faye Stroo A Course in Miracles	Drop in Meditation 22 7:30 - 9:30 pm with Troy Lenard by donation	Women's Circle 23 Everyone Welcome 7:30-9:30 Donation \$3-\$8	Dancing from the Heart 24 Sarah Wellington 7:30 - 9:30 pm Drop in \$10	Comforting Arms 25 Healthy Living with Dawn Schaefer drop in fee \$10	Speaker Series 26 7:30 - 10 pm Patrick Yesh Art Therapy	Art & Soul Connection 27 with Patrick Yesh Saturday & Sunday 9-6 pm - \$90
Sunday Celebration 28 with LaRue Hayes Science of Mind	Drop in Meditation 29 7:30 - 9:30 pm with Troy Lenard by donation	Women's Circle 30 Everyone Welcome 7:30-9:30 Donation \$3-\$8	Dancing from the Heart 31 Sarah Wellington 7:30 - 9:30 pm Drop in \$10			

Healthbridge Clinic

with Marsha K. Warman

Free Introductions the **Friday before** each workshop.

★ **The Power of Faith** - Embracing the Spirit within. *Cultivating faith in ourselves is knowing the powerful spiritual resource within that can maintain balance and vision when faced with life's adversity. Maintaining faith through difficult changes is essential to achieving a personal sense of success and achievement. Learn to thrive, not just survive.*

Workshop - Sat. May 6, & June 10th, 10-5 pm \$60

★ **Unwinding in the 90's** - Centering *Using movement, meditation and sound through active listening, therapeutic imagery and self dialogue to find our bodies' natural Rhythms and Core Energetics to balance and facilitate healing.*

Workshop - Sat. May 13 & June 24, 10-5pm, \$60

★ **IYENGAR YOGA** - Stretching, Strengthening and Centering - Thursdays 7 pm, \$32 per month or \$10 drop-in.

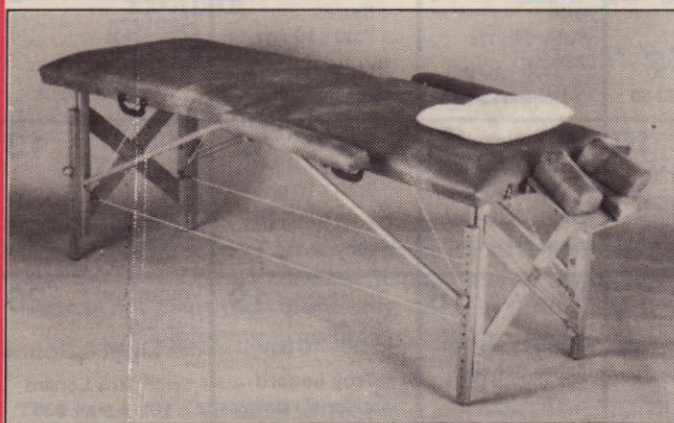
- Weekly Sessions with Marsha starting in September -

☎ 762-8857 ~ # 14 - 2070 Harvey Ave, Kelowna,
Rental space available for a Massage Therapist

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

Strong, Sturdy, Silent & Lightweight...
High Quality.... Yet Affordable

5 year Guarantee ...
4 Models Made in Victoria by Cox Design



Portable Bodywork Tables

phone for a catalogue 492-5371
or write 254 Ellis St., Penticton, BC, V2A 4L6

A Painful Process

by C. Maliepaard

Life is continuous growth, not just physically for about two decades, but much more mentally or spiritually as long as we live. This spiritual growth, especially, can be a very painful process, as was my experience.

As a child in the 1920's, I was taught about heaven and hell, that I had to be good to earn going to heaven while, if I was not good, I would go to hell. I was taught at home, in school and in the church, that heaven is a place of endless bliss, and hell is a place where demons torture souls without end in fire. This last made such an impression on me as a child that, starting very young and for many years, I had frequent nightmares of demons trying to drag me down to that hell. I was also taught that it was my duty to warn others that if they did not believe, they too would go to hell, including all people of the Hindu faith, all Buddhists, Muslims and Animists.

When I was 21 I was drafted into the Dutch Army and was sent to Indonesia where, I was told, we had to liberate the people from the Japanese installed puppet regime. It was there that, eventually, I got the biggest shock of my life, that became the turning point in all my thinking. In Indonesia, instead of warning the Muslim and Animist people, I had orders to shoot and kill those people when they opposed us. This confused me because it was not what I had been taught originally. We had to deal with guerilla warfare and, as is normal, guerilla fighters do not wear any uniforms. One day, during an attempt to capture or kill a band of guerillas that were hiding in a mountain village, who were trying to run away from us, some of them were killed, at least that is what we thought. After searching the village, I and two others were sent to search the nearby ricefields. There, in a field where I was sure that I had hit someone, I found a young mother with a very young baby in her arms, both killed instantly by a single bullet. Two little girls were clinging to this mother in panic. At that moment it hit me like a sledge hammer, I had probably sent the immortal souls of that Animist mother and baby to the endless torment of that hell about which I was taught.

I lived for several years with that nightmare, and it was terrible, but I grew up spiritually. While living and working in different countries, and learning five languages, I realized that there is much confusion in the different versions of the Bible from which I was taught. As a result I wanted to know what was in the original writings. A linguist taught me how to find, with a great degree of accuracy, what is written in foreign languages without having to learn a single word of those languages. I found that those original writings state clearly that there is no immortality, that nobody will ever go to heaven, that the kind of hell that I was taught does not exist, that all die but also that all will be made alive again and then given immortality, not just to really take care of this earth, but also to take care of the whole universe.

It is true that those writings also state clearly that all evildoers will be punished severely, but like a loving father will punish a wayward child that he loves and will hug it afterwards. It took years of mental and spiritual torment before I found these things, and since there is also ample evidence that those original writings are historically very accurate, there is no reason to doubt the veracity of the rest. ♦

Your Astrological Inner Child

by Susan Hunter-Jivung, MA.

This is a guide for parents, partners of Taureans and of course Taureans themselves. If you have a Taurus in your life read on to discover more about their purpose and perspective.

The Taurus person is walking their life path to consolidate and ground the enthusiasms of others. Taurus, you are the great stabiliser and naturally continue and make real the dreams of others. Here are the sensual pleasures of music, beauty and everything which can be experienced by the sense. This earthly connection is the great strength of this sign.

Our bovine companion loves to be cuddled, adores comfort, appreciates your perfume, loves your voice and the music of choirs and angels. Surround them with soft fabrics and everything wonderful to taste, feel, see, hear and smell. Enjoy together your real experiences and make your dreams real. Taurus loves authenticity so be honest and validate your actions. Be true!

In your career path, if you want greater financial security talk to a Taurus. They gravitate towards people and things of value. Where others look into problems, Taurus attracts success and values physical security.

In all of your dealings take your time with this person. Rush only in necessity. You can try to be reliable, steadfast and honest to earn the Taurean loyalty.

For the Taurean to reach their higher goals they need to be amongst those that respect their capacity to sustain an action. This is the sign of endurance. When in disagreement, try doing your way and inviting the Taurean along, they hate to be left feeling insecure. Coaxing is better than giving the bull the chance to dig her heels in. Firm and quiet force is also an option to resolve a crisis. Watch out if you create the situation for full Taurean objection.

No Taurus has been untouched by Pluto in Scorpio. At some time in the last 11 years each Taurean has had to face the darker side of their personality. Issues which they would rather have kept subdued have emerged into the daylight. For those who have cleaned out the closets, 1995 marks the start of bolder times.

If dependability and calm are not your style, then explore the role of the beauty and authenticity bound Taureans in your world. These Venus ruled children show us the way in which we can earn worldly pleasures through grounding our bold new initiatives and sticking to our purpose. A fixed sign can get the job done. Love your Taurus for their

dependability and patience. If a job is worth doing then it is, after all, worth doing well!

Taurean communication can be through art and music. If you want to communicate more fully with a certain Taurean, open up all of your senses and take pleasure in the worldly experience. Taurus appreciates the bounty of the Earth and its beauty as no other sign is capable of.

Over the next five years we are building up to a tantalizing grouping of several planets in Taurus in Year 2000, giving the next millennium a Taurean edge.

Your Personal Horoscope from EQUINOX



Tell Robert Currey three things about you, and he will tell you everything about yourself.



Available exclusively in Canada from Astrologer Susan Hunter-Jivung M.A.

A. CHARACTER PORTRAIT. A full interpretation of your Birth Chart. Identifies the real you, how others see you, reveals your individual path to social, romantic, spiritual and material success as well as other deeper hidden strengths within you. 16 pages....\$29

B. CHILD PROFILE gives parents additional insight into their child's potential talents and future prospects in terms of education and career through insight into the planetary influences at the moment of birth. 14 pages....\$29

C. YEARLY FORECAST offers the key to your future. Tells you when you'll be on top form and helps you to understand your changing moods by identifying the cycles of the planets in your chart now and over the next twelve months. 20 pages....\$32

D. THE COMBINATION of both the Character Portrait and Yearly Forecast. 35 pages....\$49

E. COMPATIBILITY PROFILE explores the potential for a loving relationship between you and your partner. Besides the central theme of love and emotional intimacy, it helps you to understand and improve the quality of a close union by comparing both individual horoscopes. \$35

Each chart is a unique document. The interpretation is written by leading Astrologer Robert Currey.



Robert Currey

Equinox
P.O. Box 61514
Brookwood, Langley
B.C. Canada V3A 8C8



PLUS G.S.T. • \$&H \$2.00 • ORDERS ONLY 1-800-836-6966

To receive your Equinox Personal Horoscope within ten days, simply complete, cut out or photocopy this and send it, together with your check/money order, to Equinox P.O. Box 61514 Brookwood, Langley B.C. Canada V3A 8C8.

TITLE (Mr, Mrs, etc.)		INITIALS		LAST NAME	
ADDRESS (Please Print)					
POSTAL CODE					

Phone: (604) 530-6740
Fax: (604) 530-6790
ORDERS ONLY 1-800-836-6966

* Time of Birth: If you don't know your time of birth, a special, though less extensive Flat chart can be drawn up.

FIRST NAME	LAST NAME	SEX M/F	BIRTH DATE M/DD/YY	BIRTH TIME Hour/Min	PLACE OF BIRTH (If small include nearest town)	CIRCLE CHARTS REQUIRED	TOTAL
				AM/PM		A B C D E	
				AM/PM		A B C D E	
P.O. Box 61514, Brookwood, Langley B.C. Canada V3A 8C8						S & H \$2.00	GRAND TOTAL

Okanagan



Herbal

College

**Herbal Workshops by
Angela Brandenburg, Master Herbalist**

Workshops		Cost
May		
2	Energizers, Antibiotics & Antivirals	75.00
4	Herbal Gardens, Sources	45.00
9	Tonics & Stomach Bitters	65.00
16	Women's Herbs	65.00
30	Herbs and Stress	45.00

June		
1	Salves and Tinctures	110.00
13	Herbal Gardens, Sources	45.00
20	Energizers, Antibiotics & Antivirals	75.00
27	Natural deodorizers/Powders	45.00

**Please phone for 1995 Course Calendar
and day classes - Phone/fax 862-3811**

Past Life Therapy

IS CHANNELLING YOUR OWN HIGHER SELF

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

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

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

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

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

Penticton's Holistic Health Centre: 492-5371

Have Car - Will Travel



CHANNELLING YOUR OWN HIGHER SELF

by Dane Purschke

Every human being was created on the Higher Self level to be Co-Creator with the ONE that made us. We all pre-existed our incarnation into humanity. The part of everyone that pre-exists our human birth I call the Higher Self. Other names are Soul, Spirit, Christ Consciousness, Universal Consciousness and such.

Each of us from our Higher Self level chose to incarnate into humanity to have a human experience, or to experience what it is like to be human. The wealth and variety of experience is almost endless so we choose to reincarnate many times and into many different situations. We all have chosen the life time we are now living along with the experiences in it. We create our own reality, every bit of it, though most people don't want to accept that kind of responsibility.

Love is the consciousness of everyone's Higher Self. Unconditional love is the natural state of everyone's Soul. Our Higher Self knows everything about us, has never, ever judged us, and it loves us unconditionally. It has watched us be born, live and then die many times over. Our Higher Self holds the memory of everything we have ever said or done and without judgment of any of it. Unconditional love doesn't judge.

Many people go to psychics that can literally tell them about themselves by reading their auras, and by sensing their energy fields. They can tell you about your state of health, about your relationships and even past-life experiences. In my sessions I help clients to tap their own memory banks. Our Higher Self has the memory of everything we have ever been and by connecting with this consciousness the clients can channel their own information.

The manner in which people do not love themselves manifests as physical, mental and emotional disease. I help clients to recall the experiences when they began to not love themselves, when they began to deny and to judge themselves, when they began to feel guilty, fearful and angry.

I help people to revisit these past experiences, thus bringing them into the present, the only place anyone can make new choices. In the truest sense, there is no such thing as past lives, only past experiences that continue to affect us in the present.

As a therapist I help the clients make a conscious connection with their Higher Self and the rest of the session is a constant dialogue with It as It creates the entire session by bringing to mind the desired memories and experiences that need to be dealt with and cleared. The client's Higher Self Consciousness is the Master Psychologist in the session and it is always available for guidance, healing and growth. I am only an enabler, a facilitator who helps the clients to heal themselves.

An immediate result of the sessions is the clients come to a deep understanding of themselves as to why they are the way they are. In this understanding they begin to have compassion for themselves, to forgive themselves, to like themselves, which eventually leads to loving themselves, the greatest healing power in the Universe.

MOTHER, MAIDEN, CRONE

by Bev Franic

Just as the moon has different phases in her cycles, as she floats across the heavens, women also reflect changes in their cycles of life.

We are never just Mother, or Maiden, or Crone. We are a combination of all three aspects. At times our nurturing self comes forward and we are the Mother. We may be feeling insightful and reflective and we easily pour forth wisdom to our loved ones, this is the Crone self. And then we may be feeling playful and innocent. Our energy is high and laughter tumbles freely from our hearts. This could be considered our Maiden within. I believe as we follow our chosen paths round the wheel of life, the aspects become more clear, more pronounced.

That is to say, if you honour your Maiden self, She will continue to accompany you as you trek through your life. Continue to nurture yourself, your companions, the earth and Mother will always be there. Spend quiet time in the bowl of self-reflection and you will hear your Crone speaking, words gently falling like the mist around you.

It's easiest to tap into these parts of your self if you track the moon phases at the same time. At the New Moon phase, Grandmother Moon can't be seen in the night sky because she rises at dawn, and is lost in the brilliance of the sun. She is her maiden self, just being reborn. We'll have just finished our menstrual period, or moon time. Generally one feels new energy and strength.

As the moon begins to wax, she becomes visible in the night sky. Our bodies begin to shift in energy as we begin to be more active mentally. We experience new concepts, and possibilities at this time.

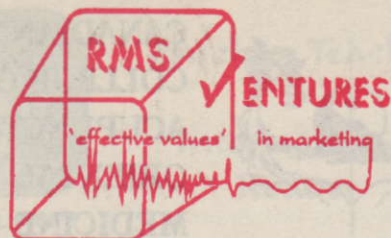
At full moon, our spirits merge with the ripeness of Mother. Whatever plans we made at the new moon are now complete. We are ovulating and fertile at this time. There is an opening of possibilities as we release our seeds.

The waning moon allows us to let go of the seeds/plans we made as this cycle draws to a close. As we are pre-menstrual now, our focus turns inward. Our concentration once again focuses on the changes our bodies are going through. As the flow of our moon time begins we enter our Crone selves and experience death and rebirth once again. This is a time to form the new seeds we wish to plant in the new moon.

"As women, the cyclic character of our life is the most natural thing in the world. To chose to experience this cyclic nature deeply and fully avails us to a spiritual perception of life" (Kisma Stepanich). To tap into the moon's cycles and thereby your own, plan to follow her path across the sky for one month.

A lunar calendar is an excellent tool to use. As we gain a clearer understanding of the cycles our bodies are going through we gain more insight into our strengths, emotions, and the cyclic way we live our lives.

Before the invention of modern lighting, when we lived close to nature in large clans, all women ovulated at full moon and bled at the dark moon. The power of that statement never ceases to amaze me. You too can consciously change your cycles by getting as much moonlight into your eyes as possible. Begin to spend time and appreciate the phases of the moon. Consciously look for her in the night sky, and nurture the relationship that forms between you and Grandmother Moon.



is pleased to present.....

'The Power Pak'



THE BRAIN GYM was created to reunite us with our inherent power to take control of our lives and in this way achieve all our desires and experience life to the fullest. Four new and incredible technological breakthroughs in sound technology combined into one unforgettable 60 minute audio program. In the first thirty minutes with the Brain Gym, you will feel the power...as your inner mind awakens.



APHRODY This ancient blend of herbs was so highly regarded by both men and women it was kept secret for centuries. A powerful tincture that changes chemistry, biology...eliciting thoughts of love...pleasure. Pharmacological research in China demonstrated the effectiveness of this herb in stimulating sexual activity and it is said to have great virtues in sterility and barrenness.



LIFE FORCE Success conscious individuals seeking only the best experiences that life has to offer, take special care to enhance the performance of their whole body, with specific attention to cultivating the 'intrinsic energy'. Life Force is prepared using tinctures of very powerful Chinese herbs. Herbs can enhance the cognitive process in several ways ... by increasing the blood supply and oxygen to the brain...enhancing brain cell metabolism...inhibiting free radical damage to brain cells...stimulating neuro-transmitter hormones...generally strengthening the immune system.

*** extensive testimonials on file ***

Now available exclusively through mail order
for FREE product information or to order

**Call now 604-860-6047
1-800-840-2155 ext.1056**

ask about our FREE packet on an
exceptional business opportunity.

RMS VENTURES,
988 Wilson Avenue, Kelowna, BC V1Y 6Y2



CANADIAN COLLEGE OF ACUPUNCTURE and ORIENTAL MEDICINE

In a three-year Diploma program, the CCAOM offers training in traditional Chinese acupuncture and herbology alongside basic Western sciences. The CCAOM focusses on Traditional Chinese Medicine as a distinct form of health care, and on the development of the personal, professional and clinical skills necessary to individuals involved in the healing arts. Financial assistance may be available.

Established in 1985. For information or catalogues (\$5) contact:
CCAOM, 855 Cormorant St., Victoria, B.C., V8W 1R2
Tel: (604) 384-2942, FAX: (604) 360-2871

DEMAND CHOICE

by Rhody Lake

I'm sorry, but I can't agree with all the political rhetoric about saving Canada's wonderful "health care system."

First, Medicare is not "health" care. It's sickness support. And it's not wonderful. It's a monstrous fraud that is costing millions for the high prices, high-tech drugs, medical procedures and surgery that make a few large companies, organizations and individuals rich, while it bankrupts both the health and pocketbooks of the rest of the country.

For instance, I can get two or three heart surgery bypasses paid for by my medical insurance coverage if my cardiologist recommends it, but I can't get EDTA chelation therapy if I want it, even though chelation is safer, a fraction of the price and proven more likely to lengthen my life.

Under Medicare I am not allowed so-called "alternative" therapies if I have cancer, but a team of high-priced oncologists will happily put me through surgery, radiation, chemotherapy and bone marrow transplants at the phenomenal expense to the taxpayer - and then sorrowfully send me home to die if (when) they don't work.

I can go to a medical physician and/or specialist as many times a year as I wish. My medical insurance pays for it whether the visits are valid or not. But if I choose a naturopathic practitioner I must pay a user fee. If I go to a chiropractor I am limited to 12 visits a year under Medicare (I also pay a user fee for each visit). If I need to go more often I pay the whole shot.

If I choose to see a naturopathic practitioner who has opted out of the Medicare system altogether because the bureaucratic red tape has become too onerous, I have to pay the full fee out of my own diminishing pocket. (The government will grudgingly give back a few dollars.) Unfortunately some of the best natural practitioners are the ones who have left Medicare. They can do it because their patients will go to them anyway because they (the patients) are finally getting answers to their health problems which medical doctors have not provided.

I can go to the government-approved laboratory for blood, urine and electrocardiogram tests ordered by my medical doctor but my naturopath is not allowed to use those lab services. S/he must send my body samples across the line to the US for results - at great expense to me.

When I am elderly and on government-funded Pharmacare I can get all the pharmaceutical drugs that the doctor is willing to prescribe for the price of the dispensing fee alone (the going price for some of those drugs is upwards of \$100! Medicare pays for it.) But I cannot get Medicare-subsidized vitamin and mineral supplements, which would do me more good. And since vitamins cost money too, my limited income forces me to do without the nutrients that my aging body requires to function both emotionally and physically.

If I am terminally ill and in hospital I will be put through all the medical/surgical hoops to keep me alive,



Books and Beyond

Alternative Spirituality
Personal Development

Books, Music, Jewellery, Crystals
Speciality Oils & 'Custom
Jewellery by Aaron'

1561 Ellis St., Kelowna,
B.C. V1Y 2A7

763-6222 Fax 763-6270



Canadian Acupressure Institute Inc.

offers a 500 hour certification program in Jin Shin Do acupressure, counselling, anatomy and clinical supervision from Sept. to April in Victoria, B.C.

Principal Instructors: **Arnold Porter**
Kathy de Bucy

Contact: CAII, (604) 388-7475
301 - 733 Johnson St., Victoria, BC V8W 3C7

Certification available through the BC Acupressure Therapists Association, American Oriental Bodywork Therapy Assoc. & the Jin Shin Do Foundation.

IN HEALTH CARE

Editor of ALIVE Magazine

when in many cases it would be both humane and common sense to let nature take its course with my aged body. Then the medical establishment and the media will agonize over the ethics of "pulling the plug" and "the right to die" which wouldn't have been an issue if absurd medical heroics had not intruded (at great expense) into a natural and desired end to a natural life span. No one lives forever.

If I rally, however, and remain in this world, I will probably be channelled into a "care" home for the aged. There I will be sedated and medicated with costly drugs, but at no time will I be given the whole natural food that would nourish my wasted body or the nutritional supplements that could feed my brain against senility. I will be offered institutional food that is processed, denatured, devitalized and unpalatable. (A genuine nutritional consultant, of course, would not be consulted.) This food I will be encouraged (forced) to eat even if I don't want it.

If I am a physician and choose not to follow the medical model, but treat my patients with botanical remedies, homeopathics, ozone therapy and other non-drug remedies and procedures, the College of Physicians and Surgeons of my province will keep a watchful eye on me. They might send me a stern warning. If I do not agree to alter my practice, because I am convinced that these therapies are better for my patients than drugs, this over-seeing body of physicians will threaten to take away my license to practice in order to bring me into line.

Our Canadian system of "health" care is dictatorial, autocratic, repressive, monopolistic and a violation of human rights. It deserves to fail. But it won't. We will continue to shore it up with our failing dollars because the pharmaceutical, medical, biotechnological industry is the foundation of our present economy.

Reprinted with permission from Issue #151, April 1995.

Backman & Backman

CRA-EPT Certified Health Practitioners

'How to Solve the Untouchable Problem?'

Great for individuals & businesses

5 day class - please pre-register.

What Personality Type are YOU?

Bossy, Talker, Peace-Maker or Very Sensitive.

3 hours ~ Lots of Fun ~ Please pre-register.



Rose Backman

Emotional Polarity Technique

How would you feel if you chose to change your feelings of unhappiness now or do you want to feel this way for the rest of your life? It's up to you!

- + Understanding why you're overweight, so you can defeat it.
- + Do you feel no one loves you?
- + Lack of self-esteem or guilt.
- + Addictions of all kinds.
- + Depression and failure
- + Release fear and control anger.

Please Call
(604) 860-9592
Kelowna

Take Care of You

Summer Camp

July 30 - August 6

Oriental Healing Arts • Acupressure
Cooking Classes • Tai Chi & Meditation
Reflexology • Reiki • Herb Walks
Dances of Universal Peace

For more information and free brochure:



STILL MOUNTAIN SOCIETY

RR # 1, Site 8, C-11
Fernie, B.C. Canada
V0B 1M0

(604) 423-7776 (evenings) 423-4360 (messages)

Houseboat Holidays

Come...Draw, Paint & Enjoy
Enhanced Self-confidence & Self-discovery

Daily from May long weekend ~ \$20 per person



Jeanette Dunagan

304-1685 Ufton Court
Kelowna, BC V1Y 8G7

762-2399



Lymphatic Cleansing

- ☐ Clears out blocked waste products
- ☐ Allows nutrients to reach your body's tissues
- ☐ Enables the body to naturally heal itself
- ☐ Relieves pain
- ☐ Helps eliminate cellulite & reduces inches.



Body Wraps

- ☐ Sea clay, herbs & essential oils
- ☐ Removes toxins, eases pain
- ☐ Reduces cellulite and inches

107-1511 Sutherland Ave., Kelowna, B.C.
861-9355

PROTECT your skin from the sun's harmful rays with our 100% unbleached cotton

'SunCatcher' kaftan.

- Excellent garden, beach and loungewear cover up
- Sizes SML

- **Special Introductory Price:**
\$39.95 + GST (total \$42.65)
includes shipping and handling,
BC residents please add PST.

Cheque or money order to:

Sacred Tree
Goods & Wares
PO Box 116
Fauquier, BC
VOG 1K0

- **Phone**
(604) 269-7646 or
(604) 269-7446

- **Satisfaction guaranteed**
- **Order early**
- please allow 21 days for delivery

'Hand Painted design on the front'



DANCING FROM THE HEART

EXPLORING YOUR SELF THROUGH DANCE

Dancing
is
the
embodiment
of the spirit
as it flows
through
the heart
and into
the body.

*Dancing from the heart is
learning how to let
the spirit move you.*

Classes will
encompass
energetic warmup,
stretching and
improvisation.
All are welcome.

Wednesdays 7:30 - 9:30 pm
Fridays 10 am - Noon
May 10 to June 28

Cost: 4 classes for \$35 or \$10 fee drop-in per class.
Holistic Healing Centre, 254 Ellis St., Penticton

For more information and/or to register phone
Sarah Wellington 493-5598 or the Centre 492-5371

Astrological weather

by Moreen Reed, Astrologer

Glimpses into the planets that can affect us all. Saturn and Chiron are intertwined throughout the month of May. The symbol asking us to heal, Chiron, is linked to the symbol of reality, Saturn. Together they might be asking to make your healing concrete, real!

A planning note, Mercury will turn retrograde on 24 May, until 17 June, 1995. While Mercury is retrograde, familiar channels of communication become tangled and confused. Expect delays and changes in plans with travel or appointments. Time for re-evaluation and reconsidering, but hold final decisions and approval until Mercury goes direct. Let your sense of humour overcome the challenges of unexpected adjustments.

May 1 Beltane

May 2 Mercury, Pluto and Uranus. Intense ground-breaking discussions are possible. Sudden revelations of truth.

May 3 Venus and Jupiter. Indulge in your favourite pleasure!!

May 5 Mars and Saturn. Applied discipline. Commit to finding a way when a clear choice is not available.

May 9 Mercury and Neptune. The poets' choice of days. Open a channel to energetic information.

May 10 Venus and Saturn. An opportunity to do a reality check on relationships.

May 11 Mars and Venus. Play day, romance day, social action.

May 12 Venus and Neptune. Angelic energy. Encounters with angels or con artists. Poetry and art.

May 15 Mercury and Uranus. Sudden flash of brilliance, creative solutions.

May 16 Very Busy Relationship activity that inspires a course of correction may not be as it appears. Caution.

May 23 Very Busy. A troubled relationship could break out into open warfare today. Keep cool!

May 26 Very Busy. Wild and crazy play day. Overindulgence could have an unpleasant effect.

Moreen has an ad in the Natural Yellow Pages.

Science of the Cards

Workshops

Private Readings



Phone David Charles (604) **490-3863**
or Laurie Della (604) **493-2407**

You are invited to the **Full Moon Gatherings**
held at Gaea Ouranos Ranch, Twin Lakes

ART & SOUL THERAPY

by Patrick Yesh

The Aborigines of Australia welcome each child into the world and greet them saying they will help their soul on their journey through life. They say a similar soul greeting at death. We all are soul travellers, but often forget to dialogue with our own growing soul. It is just not a part of the consciousness and common language of our materialistic culture. Many people of ancient cultures live in their soul consciousness from moment to moment. They use art as a spiritual tool for communication and healing. We too can use our art and creativity as a soul telephone and spiritual video channel; as a way to greet our soul on its journey.

Some spiritual beliefs state that a creative act is never done alone; it is either done with another human personality or a superhuman personality. Older cultures know this truth, practising it daily in healing and in communicating with the spirit world. Acknowledging our own soul or any other person's soul on its journey to Paradise, imbues relationship with extraordinary power and sensitivity. To speak to the spirit with our art creates within us a sense of true value and heightens our self-esteem as worthy members of a larger universe family.

Art and Soul Workshops guide us towards fulfilling our spiritual need for creative expression. Our own spiritual art, no matter how crude, heightens our sensitivity of our beloved soul-self. Art can become an intimate channel of communion with our unseen friends: our spiritual guides, guardians, angels and even God within.

In ART FROM THE HEART AND SOUL workshops, we explore deeper channels of soulful communication through drawing, painting, and claywork. The symbols in our art transform into poetic metaphors in our language as we talk about and journal the art we have created in a meditative state. Taking cues from other cultures, we create a Medicine Wheel of your life's values, mandalas, and we participate in artistic vision quests, and walkabouts. You are assisted in interpreting and understanding your artistic symbols, and in developing your artistic hemisphere. This is your soul-language, that you can use with your art to spiritually problem solve for the rest of your soul's journey on Earth. It is an experience of SEEING WITH THE CREATIVE EYE OF THE SPIRIT!

Patrick Yesh is a Spiritual Portrait Artist and Therapeutic Art Trainer. He holds a Master's in Art Education and Art Therapy and has been an art teacher for over 20 years. He now facilitates various "Art and Soul" and "Angel Art" workshops in Canada and the USA. Participants have been from all walks of life, those without artistic talents, to artists and helping professionals, who want to use art therapeutically with their clients or for themselves. The experience has always been acclaimed as transcendent and joy filled. For more information call 428-2882 and arrange a workshop for you or your group. See ad to right for class in Penticton.

Art from the Heart
presents

Art & Soul Contact



There are at least two artists in all of us, the artist who depicts the outside world and the other spiritual-inner artist. There is a part of us which is pure soul-child, who paints and draws from the imagination, the inside world, with no rules, but with the inclinations of the heart.

In meditative attention we will follow the brush. Abstract lines, shapes and forms, stick figures and representational art symbols can become a communication channel between you and your spiritual guide.

- * Come and experience your inner soul-artist.
- * Interpret meanings as you paint your feelings and dreams.
- * Develop a Creative channel of communication with your angels.
- * No artistic talent necessary.



Patrick Yesh has been an artist and art educator for twenty years. He now tutors students of all ages in his private art school, in Creston, BC, where he lives with his family.

Patrick's Master's research combines art education methods, spiritual insights and art therapy techniques, which he employs in his Art Therapy Counselling & Workshops.

His Artwork is exhibited across North America and is collected internationally.

Introduction **Friday May 26**

7:30 ~ 9:30 pm ~ donation of \$3 ~ \$8

Workshop

**Saturday & Sunday,
May 27 & 28**

Cost: \$95 ~ 9:30 - 5 pm ~ both days.

Save \$15 by pre-registering before May 20th
phone the Holistic Health Centre 492-5371

the 'NATURAL' yellow pages

ACUPUNCTURE

LISA A. KRAMER 368-3325 TRAIL

OKANAGAN TRADITIONAL ACUPUNCTURE

Rosalyn Harder, 649 Burne, Kelowna: 862-9003
Acupuncture, Counselling, Member of A.A.B.C.

ANIMAL HEALTH

ARE YOU CONCERNED ABOUT YOUR PET'S HEALTH?

Hear all the facts from vets, trainers, breeders and pet lovers about our 100% natural whole food harvested wild and provided in powdered form. For free tape call 1-800-775-8081 ext. 2045 (24 hrs)

AROMATHERAPY

AROMATHERAPY DIPLOMA PROGRAM

Accredited training, treatments, consultations. Earth Songs Aromatherapy Centre, 204 Queensland Place SE, Calgary, AB. T2J 4E2 (403) 278-4286

AROMATHERAPY EDUCATION - Jade

Shutes and Lindner Centre for Aromatherapy - Live classes and by Correspondence. Please call (604) 877-0971 for a brochure

ESSENTIAL OIL TREATMENTS for over 500 ailments. Useful with massage therapy or at home. Starter packs available, orders by mail, gift certificates. Aromatics Aromatherapy 868-0335

HERBALLY YOURS - Essential oils, Incense, Gifts, Metaphysical Books, Bach Flower Remedies Mail order Welcome, Retail / Wholesale Box 612, Kamloops, B.C. V2C 5L7828-0383

WINONA'S AROMAS Quality essential oils, carriers, customizing available. Hand made copper pyramids. Wholesale inquiries welcome. Phone 403-425-7389 Edmonton

ASTROLOGY

ANNE TWIDLE - Personal Growth Consultant

Penticton: 492-3394 Kelowna: 763-1540

COSMOTEK - Personalized Interpretive Reports

• Best Overall Programs on the market today.

Character: a) adult b) child 15p...\$29/ea

Compatibility: a) friends b) lovers 15p...\$35/ea

Career report: save time and money 29p...\$35

Cayce Past Life Report: "revealing" 12p...\$29

Forecast: a) 3mths 20p...\$25 b) 6mths 40p...\$40

Give: full name, sex: m/f, address & phone #

Birth Place, Time: Hr/Min (AM, PM), Date: M/D/Yr.

Send cheque or money order + S&H \$2 to:

Cosmotek, PO Box 27004, RPO Willow Park,

Kelowna, BC, V1X 7L7. Phone (604) 762-5628.

LEAH RICHARDSON 100 Mile House

Astrological Counselling & Teaching. 593-4563 or mobile phone 862-6392.

MOREEN REED....Kamloops: 828-6206

Explore your life's lessons and cycles of unfoldment. Also compatibility, right livelihood, children and relocation. Call 1-800-667-4550

PSYCHIC ASTROLOGER

Heather Zais Kelowna 868-9202 or 862-1445

MURIEL MADDEN As.D. Intuitive readings

Phone: 490-3851 Penticton

THE HIDDEN FOREST

Metaphysical store with advanced computer astrology system. Astrological book rental.

280 Baker St, Nelson, BC V1L 6E4 Ph. 354-4548

BIOLOGICAL DENTIST

JOHN SNIVELY, # 201 - 402 Baker St.,

Nelson B.C. Phone 352-5012

BIOFEEDBACK

BIOFEEDBACK CLINICS OF B.C.

Kelowna: 862-3639

R.E.S.T. & BIOFEEDBACK CLINIC

Vernon.....545-2725

BODY / MIND FITNESS

JOAN CASORSO, INNER RHYTHMS STRONG, STRETCHED & CENTERED

Integrating Postural Alignment, Breath Awareness, Tai Chi, Yoga, Dance & Drum Exploration, Relaxation Techniques. Classes, Workshops and Personal Training. ... Phone 769-7424

BODYWORK & HEALING

ALPINE'S HOLISTIC HEALING - Christina

Lake: 447-6201 Craniosacral Therapy, Visceral Therapy, Somatoemotional Release, Acupressure Chi Qong, Kathleen MacKenzie, B.Sc., R.N.

AROMATHERAPY & SHIATSU

Alice - Kelowna: 762-9255

BODY-CENTERED THERAPY

Bodies store memories. Emotional release and healing for the Bodymind using Jin Shin Do and Jungian dreamwork in a safe atmosphere. Sarah Wellington 493-5598

CAROLYNE COOPER, acupressurist,

Royal Chinese technique. Penticton 493-7030

CENTRE FOR AWARENESS...Rossland

Sid Tayal - 362-9481 Bodywork, Polarity, Yoga, Reflexology, Chinese Healing Arts, Counselling, Rejuvenation program. Annual retreat in July.

DONALIE CALDWELL .. Reflexology, CRA,

Relaxation Bodywork, Intuitive Healing & Health Kinesiology, neuro-emotional release. Kelowna: 762-8242

DONNA'S TOUCH Merritt: 378-6429 Touch

for Health, Reiki, Reflexology & Pure Life Supplements

ENERGETIC HEALTH - Winfield 766-2673

Jean ... Practitioner of Cell-ectrology, Biochemic System of Medicine, Reflexology, Reiki, Ear Candling and Colorbath@ Wally ... Acupressure Massage Therapist

HARRY SUKKAU & ASSOC...763-2914

Kelowna ... Jessica Diskant

CANADA'S LARGEST BOOKSTORE SPECIALIZING IN

Spiritual Traditions

Metaphysics

Mythology

Psychology

Relationships

The Healing Arts

BANYEN BOOKS & SOUND

Nutrition, Ecology

Native Wisdom ...

Mail Order:

1-800-663-8442

FREE CATALOGUE

2671 West Broadway, VANCOUVER, B.C. V6K 2G2

Books: 604-732-7912

Sound: 604-737-8858



Dreamweaver

A Place where Time stands Still!

3204-32nd Avenue, Vernon, BC, V1T 2M5

☎ 549-8464

the 'NATURAL' yellow pages

JILL NEWMAN Spiritual Healer practising
Psychic Surgery. Absence Work available.
Toll free: 1-604-975-9124

LEA HENRY - Enderby 838-7686
Ear Coning, Therapeutic Bodywork, Reflexology,
Touch for Health, 2nd degree Reiki, Pure Life

PETER MIKIEL HUTT
Reiki, Pranik Healing, Gemstone Therapy,
Aromatherapy, Living H2O systems Toll Free
1-604-975-3122, Penticton

LUCILLE STEILArmstrong: 546-6401
Crystal Healing, Holistic Bodywork,
Aromatherapy, Color Therapy, Touch for Health,
Reiki Master, Vitamins & Herbs.

HEALING TOUCH THERAPY
Acupressure/Shiatsu, Reiki, Relaxation Body-
work, Nutritional Guidance, Transformational
Counselling. Penticton - your home or mine
Marlana Mhoryss..... 493-9433

POLARITY THERAPY.....Oliver: 498-4885
1-800-889-1477 Carole Ann Glocking, Certified
Polarity Therapist, Reflexologist & Bodyworker.

REBALANCING & ACUPRESSURE
Margery Tyrrell.....Penticton..... 492-5371

SHIATSU with **KATHRYN HALPIN**
In Penticton at the Lakeside Fitness Club: 493-7600
and the Holistic Healing Centre: 492-5371

THE ESSENTIAL BODY
Karen Stavast, Jane Theriault & Barbara Penney
Rossland: 362-7238....Aromatherapy, Regis-
tered Massage Therapists, Three in One Con-
cept (Identification & Diffusion of Learning Dis-
abilities). Workshops & Individual Consultations

THE LIGHT CENTRE **Cassie Benell**
Kamloops: 372-1663....Ortho-Bionomy,
CranioSacral, Reiki, Bioenergy & Therapeutic Touch

TYARA - Kelowna 763-8509 Reiki, intuitive
bodywork /counselling, emotional releasework

WELLSPRING CENTRE 832-9767
Salmon Arm. Aculite Therapy, Reflexology,
Allergy Testing, Colon Therapy, Touch Beyond
and Nutritional Counselling.

**WELL-QUEST HOLISTIC HEALTH
CENTRE**.....Winfield: 766-2962
Myotherapy, Reflexology, Integrative Bodywork.

ULRICH ALZLER Osooyos 495-3586
Bodywork & Rebalancing

BOOKS

BOOKS & BEYOND - Phone 763-6222
Downtown Kelowna - 1561 Ellis St.

CARAVAN BOOKS & WARES
Penticton...493-1997 317f Martin St., in the
Penticton INN. Your Metaphysical Oasis.

OAHSPE, THE WORLD'S TEACHER.
The New KOSMON (AQUARIAN AGE) bible in
the words of JEHOVIH. A teaching and guide for
all people of all races and religions on earth. Write
for free literature to Oahspe Service, PO Box
2356, Stn R., Kelowna, B.C. V1X 6A5.

OTHER DIMENSIONS BOOKSTORE
Salmon Arm: 832-8483 Books & tapes, meta-
physical, esoteric, self help, healing and more.

SPIRIT DANCER BOOKS & GIFTS
Kamloops....828-0928..270 Lansdowne St.
Crystals, jewellery, stained glass and more.

REFLECTIONS 'Your Personal Growth Ctr.'
Books, Art, Cappuccino - come in and browse!
191 Shuswap St., NW Salmon Arm: 832-8892

THE HIDDEN FOREST
Books, tapes, crystals, jewellery, personal care.
280 Baker St, Nelson, BC V1L 6E4 Ph. 354-4548

WHOLISTIC LIVING CENTRE
Books to help you with personal growth
Phone: 542-6140, 2915 - 30th Ave, Vernon

BREATH PRACTITIONERS

ANNE TWIDLE - SANDY HALDANE
Personal growth consultants. Activate the power
of your breath to experience joyful participation in
your life through positive personal change.
Penticton: 492-3394 Kelowna: 763-1540 / 762-5526

CLEAR INSIGHTS CONSULTING
Offering Breath Integration Sessions/ Rebirthing,
Self Development Workshops and "A Course in
Miracles." Castlegar: 365-5040

INNER DIRECTION CONSULTANTS
1725 Dolphin Ave., Kelowna: 763-8588
Offering Breath Integration Sessions, Self Devel-
opment Workshops, Six month personal empow-
erment programs, Sunday Celebration and
"A Course in Miracles." Cheryl Hart, Patti Burns,
Sandy Haldane, Roma Stanton, Marj Stringer
Sharon Strang, Derek Kilback.

PERSONAL GROWTH CONSULTING TRAINING CENTRE

Individual & Group Breath Integration (Rebirth-
ing) Sessions offered, One-day and Weekend
Self-Empowerment Workshops, Six-Month Per-
sonal Empowerment Program - a prerequisite for
Breath Practitioner and consecutive trainings.
Sunday Celebration, *A Course in Miracles* Study
Group. Executive Director - Cyndy Fiessel, Sen-
ior Staff - Susan Hewins, Marilyn Puff & Estella
Patrick Moeller. Kamloops: Phone 372-8071

**WELL-QUEST HOLISTIC HEALTH
CENTRE** ..Winfield: 766-2962
Rebirthing with Gayle Konkle

BUSINESS OPPORTUNITIES

ARE YOU READY for a dramatic change in
your health and finances? For a free tape call
1-800-775-8081, ext 2045 (24 hours)

**EXCELLENT MASSAGE THERAPY
PRACTICE** for sale in Chase Medical Clinic, on
lovely Little Shuswap Lake. Established 5 yrs:
Clinic has three doctors, one chiropractor, one
physio. Town has three other doctors ... regular
referrals. Approx. 10,000 population including
surrounding areas. Call Cathryn 675-5388

WOMEN & PROSPERITY for a free tape
and information please call 1-800-900-4203

**NATIONAL MANUFACTURER of Patent
Organic Maintenance Product** seeks
individuals in various areas. Excellent part / full
time income. Mail enquiries to Box 2538 Stn.R.
Kelowna, BC V1X 6A6 or Fax 604-762-8997

Natural Health Outreach

H.J.M. Pelser, B.S. C.H.

Certified Colon Therapist
160 Kinney Ave.
Penticton, B.C. V2A 3N9
492-7995

Herbalist ♦ Iridologist ♦ Nutripathic Counsellor



Nutripathic Counselling
Iridology
Urine/Saliva Testing
Colonic Therapy
Herbalist
Bodywork & Reiki

Cecile Begin, D.N.
Peachland...767-6465



the 'NATURAL' yellow pages

VANCOUVER ISLAND BOOKSTORE,
specializing in spiritual and holistic material,
established 7 years, downtown location, excellent
staff. Good R.O.I., \$100,000 including stock.
Fax 604-754-8086 or call 604-754-1377.

NEW TELEVISION NETWORK provides
subscribers with the best personal improvement
programming available, commercial free.
Distributors needed! Inquiries (604) 762-3316

BEGIN YOUR OWN BUSINESS in your
home selling new age books, tapes, tarot cards,
etc. Discounts up to 20%. Send \$10 to Reflec-
tions Books, 1111D Austin Ave., Coquitlam, BC
V3K 3P4 and receive our 180 page catalogue. You
can begin selling immediately to your friends and
neighbours Call 1-800-762-0262

CHIROPRACTORS

Dr. Barbara James..... 868-2951
#101 - 1823 Harvey Ave., Kelowna

Dr. Condren Berry..... 492-7027
228 Eckhardt Ave. E., Penticton
Extended Hours. Call for your Appointment Today!

Dr. Richard Hawthorne..... 492-7024
1348 Government St., Penticton
Extended Hours. Call for your Appointment Today!

Souch Chiropractic Office
Penticton.....493-8929
Dr. Bill Souch, 225 Brunswick Street

COLON THERAPISTS

Kelowna: 763-2914 Diane Wiebe
Penticton: 492-7995 Hank Pelser
Peachland: 767-6465 Cecile Begin
Nelson: 352-3143 Kootenay Healing Garden
Kamloops: 374-5106 Dale McRann
Kamloops: 376-2213 Pam Newman
Salmon Arm: 832-9767 Pamela Rosa
Clearwater: 674-3067 Susanna Rossen*
* also does Iridology and Touch for Health

COLON HYDROTHERAPY

HEALTHTECH THERAPIES: 447-6356
Christina Lake: Sharon Hample & Patrica Albright

COUNSELLING & THERAPY

ANJA NEIL Winfield: 766-0732
Certified Master N.L.P. Practitioner

ARNOLD-SCHUTTA COUNSELLING SERVICES Carol Arnold-Schutta, M.A. & Paul
Arnold-Schutta, M.A. Women's issues, Rela-
tionship & Family concerns, Trauma & Abuse
recovery, Sliding Fee Scale. Kelowna: 860-3242

CHRIS MORRISON, M.A., RCC
HEALING CONNECTION
Psychotherapist & Clinical Counsellor
Salmon Arm: 832-7162 & Vernon 558-5008
Counselling, Groups, Workshops, Personal Growth

CHRISTINE LIND, M.A., A.T.R.
COUNSELLING SERVICES - Penticton
Registered Art Therapist. Women's Issues,
Relationship, Family and , Personal Growth;
Workshops on request. New Location: Suite 102-
330 Ellis Street 490-4707 493-4709(fax).

FAYE STROO D.C.T. Kelowna 868-8820
TRANSFORMATIONAL COUNSELLOR
Transformational Counsellors Training &
Leadership Programs -- A Course In Miracles

GORDON WALLACE, MA ... Kelowna
868-2588 Counselling Psychology, Midlife Issues
Jungian approach to dream interpretation.

IRENE HEGI, HSW, LSC ... Kelowna
763-1806 Spiritual consultations with guides.
Energy, grief and emotional release work.

JANE KANE, Dip. A. Th. Art Therapist
Vernon: 542-6099, sliding scale

JOANN COONEY, MSW, RSW.. Abuse,
Women's Issues, Sexual Orientation, Play
Therapy with children. Kelowna 763-3483

JO VEN, Peachland: 767-6367 ... Registered
Professional Counsellor, Inner Child Work, Dreams
Past life Regressions & Hypnosis.

JOAN MCINTYRE, M.A., Registered Clinical
Counsellor ... Vernon..... 542-6881

INGRID P. DOWNHAM, Kelowna: 769-6089
CHT - counselling, past life, dreams

MARLENE MCGINN, BGS Kamloops
372-2769. Body Mind Therapist - Individual and
couples counselling. Acupressure Treatments.

ROBBIE WOLFE, Registered Psychologist
Individual Counselling, Sand Play Therapy
Penticton: 493-1566

SUSAN ARMSTRONG, M.Ed., R.C.C.
Women's Issues, Sexual Abuse, Grief,
Sexuality, Relationships...Vernon542-4977

YANNICK MCCARTHY Kelowna 860-3214
NLP, Post trauma, sexual abuse. Sliding scale.

CRYSTALS

THE BEAD MAN ... RON BROWN

Crystals & Minerals: crystals, stone and pewter
jewelry. Wholesale and retail.
12016 Hwy 3A Boswell, BC Phone 223-8489

CRYSTAL THERAPIST... Joyce Egolf
Have you got a special crystal/gem that needs
setting? I can design one just for you!
Wizard of Stone - Keremeos ... 499-5522

DISCOVERY GEMSTONES (403) 476-3262
Gems & Minerals for healing & jewellery. Mail
order 7507 152B Ave, Edmonton, AB T5C 3K9

HEALING GEMS & STONES - ALPINE'S
HOLISTIC HEALING auric cleansing, physical
cleansing and healing, past-life clearing
Christina Lake: 447-6201 Kathleen MacKenzie

HIGH QUALITY CRYSTALS & GEMS
Joan McIntyre 542-6881 - Vernon

MAUREEN BLAINE - WHITE has moved to
Powell River, clients and friends call 485-0994

THEODORE BROMLEY The "Crystal Man"
Enderby 838-7686. Assorted Crystals, Minerals
& Jewellery. Wholesale and retail. Crystal read-
ings & workshops. Huna & Reiki Practitioner.

ENVIRONMENTAL

EARTHSHIPS..RECYCLED TIRE HOMES
Ecologically responsible, beautiful homes, as low
as \$20/sq ft. Project Management, Training and
Consulting. For info. call 1-800-881-2388.

Subscribe to ISSUES

and have each informative issue mailed directly to you!

Name: _____ Address: _____

Town: _____ Prov. _____ Postal Code: _____ Phone # _____

Enclose ☐ \$20 Canadian or \$30 American for 1 year Make cheques payable to **ISSUES**
Mail to: 254 Ellis St., Penticton, B.C., V2A 4L6

the 'NATURAL' yellow pages

LIGNOVA BAUHOFF - BIOFURNITURE

Create a healthy indoor climate with furniture for the home, office or school.

Contact Andreas Seeger (604) 352-3927 Nelson

SOUTH WEST TIRE HOMES

An experienced Vernon-based company specializing in the design and construction of quality, self sustaining homes. For info and site tours phone 542-5761 or 545-4574

FLOAT CENTRES

R.E.S.T. and Biofeedback Clinic

Vernon: 545-2725

FOOD

ORGANIC DESEM BREAD Delicious, health-giving traditional yeast-free sourdough bread. Baked in our wood-fired brick oven in Kaslo. Ask for Misty Mountain Bakery Breads at your Health Food Store. Inquiries: 1-604-353-7680

FOR SALE

From a Shaman's Perspective: **A New Look at Cancer:** Help before, during and after the cut. This booklet may save your life. Send cheque or money order, \$10.00 plus \$1.00 S&H to Clinton: Box 1599-C127 Medicine Hat, AB T1A 7Y5

Feathered, Winged Spirits - of cedar, sage and tobacco gathered in a sacred way. Beautiful, hand crafted Spirit Dolls; Cedar, Sage and Tobacco Dolls \$10.00 All feather \$12.00 plus \$1 S&H Cheque or money order to: Krystal and Kathleen: Box 1599 - C127 Medicine Hat, AB T1A 7Y5

Hand-Made Ritual Bathing Soaps Sage or Cedar gathered in a sacred way. Two for \$9.00 plus \$1.00 S&H Send cheque or M.O. to Krystal and Kathleen: Box 1599 - C127, Medicine Hat, AB T1A 7Y5

FURNITURE REPAIR

ANTIQUE REFINISHING & HOME REPAIRS

Reasonable rates, Free estimates, Ph. Cal 492-0751

GIFT STORES

THE HIDDEN FORESTMetaphysical

& New Age gifts from around the World.

280 Baker St, Nelson, BC V1L 6E4 Ph. 354-4548

HEALTH CARE PROFESSIONALS

CECILE BEGIN, D.N. Nutripathy

Peachland.....767-6465, Iridology, Urine/saliva testing, Colonics specialist, Herbalist & more.

HARRY SUKKAU, M.H. & ASSOCIATES

Kelowna: 763-2914

Master Herbalist, Reflexologist, Professional & Educational Kinesiology, Flower Remedies, Acupressure, Laser, Iridology, Hydro Therapy, Colonics, Allergies, Bodywork

NATURAL HEALTH OUTREACH

H.J.M. Pelsner, B.S., C.H., C.I. Herbalist, Iridologist, Nutripathic Counsellor, Certified Colon Therapist and more. Penticton: 492-7995

NUTHERAPY INSTITUTE OF NATURAL

HEALING Winfield 766-4049 Nutritional Counselling, Certified in Reflexology, Acupressure, Polarity Therapy, Colour Therapy, Reiki Master.

HEALTH CARE PRODUCTS

BODY WISE PRODUCTS available

Nutrition is an essential key to optimum health as well as disease prevention. Anja Neil 766-0732

EAR CANDLES Available in retail and

wholesale quantities. Nuthery Institute of Natural Healing, Winfield: 766-4049.

EAR CANDLES...100% BEESWAX

and natural cotton. Full size. 2for \$7/ 10 or more \$3 ea. Ear coning with trained practitioner \$15 phone Salmon Arm 832-9921 or 832-9767

CHANGE YOUR LIFESTYLE

Improve Health & Wealth. 768-4915

HERBALIFE Independent Distributor

For product or opportunity. Please call Wilma (604) 765-5649 - Kelowna

MATOL Botanical International Ltd

Independent Distributor..... Chris Huppertz 493-5056 or 493-5637.....Penticton

VITA FLORUM / VITA FONS II

A spiritual energy for challenging times in practical form. Phone Mark 1-800-465-8482

HERBS

DURAND'S NURSERY Explore the

medicinal, culinary and aromatic versatility of these wonderful plants. For free mail order plant price list : contact#9 Johnson Rd., Christina Lake, B.C. V0H 1E2 .. 447-6299

HERBALIST

HARRY SUKKAU, M.H. & ASSOCIATES

Kelowna: 763-2914 Bulk Herbs

HERBALIST & MAIL ORDER ENTREPRENEUR

wholesale and retail. Daniel Hrominchuk. Box 1163, Enderby, BC V0E 1V0. Details for postage

HYPNOTHERAPY

RAY SCHILLING, MD Member of Society of

Clinical Hypnosis since 1983. Analytical hypnotherapy, regression analysis. Teaching self-hypnosis. Counselling for lifestyle changes and emotional readjustment. In serene, quiet nature setting. Winfield 766-2961

STEPHEN TINDLEY Kelowna 763-3967

Certified Hypnotherapist

- Weight • Smoking • Stress • Regression
- Phobias • Pain Control • Self-Esteem

WOLFGANG SCHMIDT, CCH 604-446-2455

INTUITIVE ARTS

GWENDELL - PSYCHIC COUNSELLOR

Tarot, Aura or Channelled Readings. Mirror Lake Guest House. Workshop Space available. Phone/Fax Oliver: 495-7959.

NATIVE MEDICINE CARD READINGS

Sheila 496-5943 / Holistic Healing Centre 492-5371

TAROT READINGS In your Home or Holistic

Healing Centre Penticton, Katharina 492-5371

KATHRINE SUE 'Opti-mystic' Life Path/Tarot

Readings - Call Penticton's Holistic Centre 492-5371 for appointment or 490-9749

MARGERY TYRRELL

Chi Kung



Tai Chi

Acupressure Therapy

604 - 493-3976

320 Sunglo Drive, S 7, C 1, RR 3, Penticton, BC, V2A 7K8

DREAMING HANDS

Shamanistic Carvings

• Wood • Stone • Bone

TERRY PAYETTE

(604) 546-9029

R.R. 1, C-34

Armstrong, B.C.

VOE 1B0

the 'NATURAL' yellow pages

IRIS PHOTOGRAPHS

Kootenay Healing Garden Nelson: 352-3143

Nutripathic Health Ctr. Peachland: 767-6455

KINESIOLOGY

HARRY SUKKAU & ASSOC - Kelowna 763-2914

Elaine Fournier, Switched-On Positive Learning Brain Gym/Edu-K, Touch for Health, Movement Re-Education, Three-in-one Concept, Emotional Stress Release, addictions, phobias, obsessions, compulsive behaviour & stuck emotions. 210-598 Main St, Penticton. Phone 496-5938 or office: 493-kind for an appt.

LIGHT THERAPY

ACU-LITE THERAPY Correct light on correct body points has resulted in some phenomenal self-correction. Light attracts life. Phone 295-6179 Princeton - Robert & Betty Pelly

HARRY SUKKAU & ASSOC - Kelowna 763-2914

MASSAGE THERAPISTS

APPLE MASSAGE THERAPY

Jayne Molloy, BSc. Hon. RMT
3018 Skaha Lake Road Penticton 493-7823

DEEP MUSCLE MASSAGE CENTRE

Stephen Biollo: 860-3826
#202-3140 Lakeshore Road, Kelowna, BC.

HEALTHBRIDGE CLINIC

Marsha K. Warman & Matthew Longman
#14-2070 Harvey Ave, Kelowna: 762-8857

MASSAGE THERAPY CLINIC

Marilyn & Floyd Norman 492-0238
187 Braelyn Crescent, Penticton

OKANAGAN MASSAGE THERAPY

Steve Wallinger: 492-8421
3373 Skaha Lake Road, Penticton

PENTICTON REHABILITATIVE MASSAGE

Cliff Dickson 493-6999
#207 - 483 Ellis St., Penticton

SKAHA MASSAGE THERAPY

Okanagan Falls / Oliver
Mary d'Estimauville: 497-5658 or 498-3418

SUMMERSET MASSAGE THERAPY

James Fofonoff: 494-7099
13003 Henry St., Summerland

SUMMERLAND MASSAGE THERAPY

Manuela Sovdat & Neil McLachlan 494-4235
#4 - 13219 N. Victoria Road, Summerland

THE ESSENTIAL BODY

Karen Stavast, Jane Theriault & Barbara Penney
362-7238 #6 - 2118 Columbia Ave, Rossland

ZONE THERAPY AND FOOT CARE

Anja Neil Winfield 766-0732

MEDITATION

Connection with God through Meditation on Inner Light and Sound. Authorized Canadian Representative of Sant Thakar Singh, will convey Holy Initiation, FREE 604-545-3098.

ENLIGHTENING MEDITATION Instruction & Spiritual Teachings:

The inspirational writings and music of fully illumined Master Sri Chinmoy. FREE catalogue: Peace Publishing, 200-67-A Sparks Street, Ottawa, K1P 5A5 (613) 233-7475 / Fax 233-8236.

BLESS THIS WORLD! Energy follows thought!

International charitable venture in service. Try it! Booklets sent by mail to your home, college, hospital, prison. Set your own tempo. Write to **MEDITATION**, 1005 Forestbrook Drive, Penticton, BC V2A 2G4

Weekly Reading, Meditation and Talk about the

TIBETAN BOOK OF LIVING & DYING by Sogyal Rinpoche, Kelowna: 763-9763

TRANSCENDENTAL MEDITATION

Technique as taught by Maharishi Mahesh Yogi is a simple, effortless technique that has profound effects on mind, body, behaviour and environment. Please phone these teachers:

Kamloops...Joan Gordon 374-2462

Kelowna ...Clare Stephen 860-9472

Penticton...Carol Ross 493-1997

Kootenays & S. Okanagan Annie Holtby 446-2437

Nelson contact... Ruth Anne Taves 352-6545

MIDWIFE

HOLISTIC MIDWIFERY Trained & licensed in Texas. Prenatal and nutritional counselling, Prenatal yoga, Water birth, VBAC, Home birth, hospital labor support and post partum care. Josey Slater Toll free 1-979-6966 (pager) Serving Kelowna and the South Okanagan.

LICENCED IN EUROPE - Experience in Africa.

Lieve Maertens: 549-2723, Vernon

WATER BIRTH TUB available for gentle

home birthing. Videos & books included. Phone Shawna Krisa 768-9698 Westbank

NATUROPATHIC PHYSICIANS

Kelowna

Dr. William Russell 868-8578
#206 - 2365 Gordon Road, Kelowna, V1W 3C2

Penticton

Dr. Audrey Ure & Dr. Sherry Ure: 493-6060

Penticton Naturopathic Clinic.....492-3181

Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

Trail

Dr. Jeffrey Hunt - 368-6999, 1338 A Cedar

Vernon

Dr. Douglas Miller ... 549-3302 - 3302 33 St

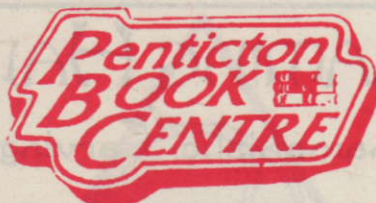
NUTRIPATH

Penticton: 492-7995 - Hank Pelser
Peachland: 767-6465 - Cecile Begin

NUTRITIONIST

Kootenay Healing Garden Nelson: 352-3143

I'll meet you at



THE BOOK STORE IN THE



peachtree mall

EAR CANDLING & REIKI



Michael Kruger

Penticton's
Holistic Healing Centre

492-5371

the 'NATURAL' yellow pages

ORGANIC

FOUR WINDS FARM, certified ORGANIC Echinacea Plus Tincture & Comfrey Plus Salves. Cawston. Doe: 499-2952. Wholesale enquiries. General Delivery, Cawston, BC, V0X 1C0

SOOPA (Similkameen Okanagan Organic Producers Association) SOOPA is a farmers' association which provides support services to producers and consumers of organic food. Farm certification based on peer recognition and backed by third-party verification ensures that food produced by SOOPA transitional and certified members meets our high production standards. For a copy of SOOPA guidelines, membership list and harvest times send \$5.00 to Box 577, Keremeos, B.C., V0X 1N0

ZEBROFF'S ORGANIC FARM. 499-5374 George & Anna, CAWSTON. Producing organic food since 1973. Fruit (fresh, dried or processed), Honey, Jams, Apple Juice, Eggs & Meat.

PAST LIFE THERAPY

I help you channel your Higher Self so that you can heal. 767-2437 Peachland or Penticton 492-5371. Dane Purschke.... See display ad

PERSONALS

CARD READINGS

Inquire at HOOT SWEETS, 469 Main St, Penticton: 11 am - 5 pm. 492-8509 or 492-4245

THE HIDDEN FOREST

Friends and Lovers. Astrological compatibility reports \$15 - 280 Baker St, Nelson, BC V1L 6E4 Ph. 354-4548

PLACES to PLAY

TIPI CAMP Kootenay Lake East Shore: 227-9555 Retreat / Vacation in a secluded, natural setting. Lakeside Tipi Accommodation, Water Taxi, Delicious Meals, Caring Service. Water Activities, Nature Trails and Ridgewalking.

PRIMAL THERAPY

If you want to make more of your life, we want to assist you. Our focus is on *cellular consciousness*, to undo old patterns of behavior or experiences which so unpleasantly dwell in our system. Our training started 1978. Members of the International Primal Assoc. **Agnes & Ernst Oslender** Primal Center of BC. Winfield: 766-4450

PSYCHOLOGISTS

DR. JOHN R.M. GOYECHE 860-0171 #224 - 1634 Harvey, Kelowna Bio-energetic and Hypno-behavioural therapy, Yoga & Bio-energetic workshops, Consultations, Research

REAL ESTATE

COSTA RICA - Breathtaking natural beauty - Pacific Ocean - rolling hills - jungle river - rich soil - pure spring water - clear titles - rising land prices - year round protection. Honesty and integrity. Vernon ... 542-5761

REFLEXOLOGY

BIG FOOT REFLEXOLOGY - Gwen Honigman 5856 Rimer Rd., Vernon 545-7063 - Certified

CAROLE ANN GLOCKLING

Oliver: 498-4885 or 1-800-889-1477

GLENNESS MILETTE Elko, B.C. 529-7719

HARRY SUKKAU, M.H. & ASSOCIATES Certified Reflexologists - Kelowna: 763-2914

LEA HENRY - Enderby / Armstrong 838-7686

NUTHERAPY INSTITUTE OF NATURAL HEALING Winfield 766-4049 Certified Reflexologist, courses available

SUSAN VOGT - certified reflexologist Home & Office Visits...Penticton 492-8890

TAKE TIME OUT FOR YOURSELF! Lucille Pittet, certified reflexologist. Home visits available 860-0146. Kelowna

HEALING TOUCH REFLEX. Verna Schreiber Home Visits 497-5452...also Ear candling

WARREN'S REFLEXOLOGY Penticton: 493-3104

REIKI PRACTITIONERS

LEA HENRY - Enderby 838-7686

MURIEL MAY Kelowna: 763-8870 Counselling & Reiki

PATRICE Westbank: 768-7752 also Counselling

URMI SHELDON... plus massage..496-4234

REIKI MASTERS

GLENNESS MILETTE Elko, BC: 529-7719

JOHN KING.. 100 Mile House 395-4720

PETER MIKIEL HUTT

Sponsor a Reiki class for Free Course Fee. Toll Free 1-604-975-3122, Penticton.

RHOYALLE TAYLER RYANE

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

RETREATS

CELESTIAL HILL B & B, HEALTH RETREAT "power spot" 30 acres of virgin lands, unlimited hiking, workshop space, nutritional counselling, massage therapy. Cottage accommodations. 5898 Victoria St. Peachland, B.C V0H 1X0 (604) 767-WEST

KOOTENAY LAKE SUMMER RETREATS

Aug. 13-19, Tai Chi: an Oriental system of health maintenance, stress reduction and self-defence. **Aug. 21-27, Pa Kua:** The 'sister art' to Tai Chi, promoting flexibility and increased vitality.

Classes in Chi Kung, forms, self-defence, meditation, philosophy, body work. Recreation includes hiking, swimming, boating, and nearby hot springs. Open to beginner through advanced. Fee (includes instruction, meals, accommodation): \$395 one week or \$750 both weeks. Kootenay Tai Chi Centre, Box 566, Nelson, BC V1L 5R3. Phone & fax (604) 352-3714 or 352-2468



Your Metaphysical Oasis

☎ 493-1997

317 Martin St. PENTICTON, B.C. V2A 5K6

Hours....9:30 am to 6 pm.....Mon. thru Sat.



Spirit Dancer Books & Gifts

Specializing in.....

Self-Help, Metaphysical Books & Tapes
for Body, Mind, Spirit & Planet.

Crystals, Jewellery, Stained Glass and more

270 Lansdowne St. - ☎ 828-0928

Kamloops, B.C. V2C 1X7

the 'NATURAL' yellow pages

SUN MOUNTAIN RETREAT CENTRE -

The Vision Quest - personal transformation in the wilderness. 80 secluded acres of mountain wilderness in South East Kelowna for those seeking spiritual growth. Individual and group retreats on weekends. Developed by Ian Hunter & Sun Mountain Lodge Makers. For information and rates phone ...766-4960 ... Winfield

WANTED: PEACEFUL, ENVIRONMENTAL

campers to stay at my Kettle Garden Sanctuary. Campsites available to rent seasonally in beautiful Christian Valley. Contact Rose or Fred at **Penticton Book Centre**, at the book store in the Peachtree Mall.

WOODMERE RETREAT FOR WOMEN

Quietness & reflection on 20 secluded acres south of Salmon Arm. Max. 5 per session. Caregivers need self-nurturing. Call Carol Stokes 862-8842

DO YOU NEED TO FAST?

Supervised Fasting Program in beautiful mountain lodge. Resident physician, colonics, massage, yoga, hot springs. Mountain Trek Spa, Ainsworth Hot Springs, B.C. V0G 1A0 1-800-661-5161

HEALTHTECH THERAPIES

Daily or weekly health retreats. Massage, Colon Hydrotherapy, Touch for Health and Juice Fasting. Beautiful accommodation in mountain setting. Christina Lake, BC. Any questions (604)447-6356 or fax 447-9080

VALHALLA LODGE TIPI RETREAT -

Slocan Lake beachfront tipis with canoe, communal kitchen, sauna & hot tub. \$25 p. p. 365-3226

NORTHERN LIGHTS Primitive Lifeskills

Gathering - June 19-25. 355-2735 Slocan, see ad

SPIRITUAL GROUPS

MELCHIZEDEK TEACHINGS Study groups and meditations with focus on the *Urantia* book. By fusing with our indwelling thought adjuster, we can be aware of our connection to all that is. In the spirit of Love, Light and Truth. For info call Kestrel at 492-7978 or Jenno at 470-3413

TARA CANADA: free information on the World Teacher, Maitreya the Christ, now living in London, England and on Transmission Meditation groups, a form of world service & a dynamic aid to personal growth. TARA CANADA, Box 15270, Vancouver, B.C. V6B 5B1 ☎ 988-TARA

THE ROSICRUCIAN ORDER ...AMORC

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

TAI CHI

DOUBLE WINDS, Traditional Tai Chi,

Authentic Yang Style as taught in China. Weekly lessons & workshops. 29 year student of Grandmaster Raymond Chung. Master/Sifu Kim Arnold, Sifu Heather Arnold 832-8229 ... Salmon Arm

DANCING TAO - TAI CHI, QIGONG

For a healthy body and peaceful mind. Okanagan's original Dancing Dragon, Taoist Rebel and Master of Tai Chi Play. Harold Hajime Naka. Kelowna: 762-5982

TAI CHI/CHI GUNG...Margery Tyrrell 492-

5371 Classes in Summerland, Penticton & Oliver

TAOIST TAI CHI SOCIETY OF CANADA

Health improvement, Concentration, Stress Reduction, Concentration & Meditation.

Kelowna 764-4259 Salmon Arm 832-0639
Vernon 542-1822 Oyama 548-9280
Nelson 352-2192 Lumby 547-9545

TEACHING CENTRES

ALPINE HERBAL CENTRE .. 835-8393

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

HARRY SUKKAU & ASSOCIATES

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

CRANIO - SACRAL THERAPY

Donna Cameron, RNCT, Faculty member Upledger Institute. Courses available, consultations, presentations & therapy. Specializing in children's disorders. Call for appt. 832-2751.

INNER DIRECTION CONSULTANTS

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

Help others with their Eyes...naturally!

Leading author and expert on Eyes, Robert Michael Kaplan, is offering week long intensives this summer. Become a vision educator and teach others to improve their eyesight. Please call (604)885-7118 for catalogue or more info.

KOOTENAY SCHOOL OF REBALANCING

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

NUTHERAPY INSTITUTE Winfield: 766-4049

Reflexology, Acupressure, Polarity Therapy, Reiki. Workshops on Crystals and Healing

NORTHERN LIGHTS Primitive Lifeskills

Gathering - June 19-25. 355-2735 Slocan, see ad

PERSONAL BEST SEMINARS Kelowna

offers a phenomenal program in Personal & Professional Development for healthy, successful people who want more!! Kelowna: 763-Best(2378)

PERSONAL GROWTH CONSULTING TRAINING CENTRE...372-8071

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

PACIFIC INSTITUTE OF REFLEXOLOGY

Certificate Weekend Workshops, intermediate and advanced classes. Sponsor a local workshop! Info: #535 - West 10th Ave., Vanc. V5Z 1K9 - 875-8818

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

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

TRUE ESSENCE AROMATHERAPY

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

WOMEN'S SECTION

CAROL ARNOLD-SCHUTTA, M.A.

Counselling, specializing in women's issues. Sliding fee scale. Kelowna.....860-3242.

KAMLOOPS WOMEN'S RESOURCECTR.

Many free workshops/groups. For info 376-3009

MANY MOONS

WASHABLE MENSTRUAL PADS

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

WORKSHOPS

ART & SOUL THERAPY - Journey artistically

from your creative child to your awakening soul. Medicine Wheel Art clarifies values and sets goals. Training in art symbol interpretations. Conferences, workshops, consulting by mail - phone/fax 428-2882 "Art from the Heart" ...Pat YeshCreston

YOGA

KELOWNA - IYENGAR METHOD

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

SIVANANDA YOGA CLASSES in Naramata

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

HEALTHBRIDGE CLINIC offers ongoing

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

HEALTH Food Stores

Kelowna

Lifestyle Natural Foods

Orchard Park North Mall: 762-9711

Vitamins, Cosmetics, Herbs & Books

"Helping you to change your lifestyle"

Open Sundays for your convenience.

Long Life Health Foods: 860-5666

Capri Centre Mall: #114 - 1835 Gordon Drive

Great in store specials on Vitamins, Books, Natural

Cosmetics, Body Building Supplies & more.

Bonus program available. Knowledgeable staff.

Bonnie's Incredible Edibles & Health

Products: 517 Lawrence Ave. 860-4224

Discount Supplements, Herbs, Books, Organic

and Natural Food, Macrobiotic Supplies. Friendly

and knowledgeable staff.

CHIVES NATURAL FOODS 763-0944

2463 - Hwy. 97 North, Kelowna

Penticton

Edible Dried Goods

407 Main St.: 492-4080

Vitamins & Supplements. Wide selection of Bulk

- Natural foods & Okanagan Gift Baskets.

Judy's Health Food & Deli

129 West Nanaimo: 492-7029

Vitamins, Herbs & Specialty Foods

Penticton Whole Food Emporium

1515 Main St.: 493-2855 - Open 7 days

Natural & Organic Foods, Books, Bulk Foods,

Health Foods, Body Care, Appliances, Vitamin &

Herbal Supplements & Vitamin Discount Card

Vitamin Health Shop 490-3094

#929 - 1301 Main Street, Penticton Plaza

Welcomes you. 20 years experience. Yours naturally

Vitamin King - 492-4009

63 Nanaimo Ave. East, Penticton

Body Aware Products, Vitamins, Supplements,

Fresh Juices & Body Building Supplies

Herbalist on Staff

Keremeos

Naturally Yours Health Food Store

499-7834 .. 623 - 7th Ave. (the main street)

Whole Foods, Vitamin Supplements, Herbs

and Spices, Body Care, Books & Health Info

Chase

The Willows Natural Foods

729 Shuswap Ave., Chase Phone: 679-3189

Nelson

Kootenay Co-op -295 Baker St -354-4077

FRESH SUSTAINABLE BULK ORGANIC.

Organic Produce, Personal Care Products,

Books, Supplements, Friendly & Knowledgeable

staff. Non-members welcome!

Princeton

Cafe Naturell ...117 Vermilion Ave.: 295-7090

Serving wholesome lunches in downtown

Princeton. A taste will tell.

Kamloops

Be Prepared Centre....Aberdeen Mall

Phone: 374-0922

Vitamins / Natural foods/ Books / Cosmetics

Dehydrators / Juicers

The ZONE ORGANIC MARKET

Fresh, Organic Produce, Your One-Stop Shop-

ping Market and Restaurant. 444 Victoria St,

Kamloops, BC, V2C 2A7. Phone 828-7899.

Vernon

Terry's Natural Foods 3100 - 32nd Street

549-3992 ... One of the largest selections of

natural products and organic produce in the Interior

of B.C.. Low prices on bulk foods and environ-

mentally safe products and natural footwear.

Grand Forks

New West Trading Co CMSL Natural Enterprises Inc.

442-5342 278 Market Ave. A Natural Foods

Market. Certified **Organically** grown foods, Nu-

tritional Supplements, Appliances, Ecologically

Safe Cleaning Products, Healthy Alternatives

Summerland

Summerland Food Emporium

Kelly & Main: 494-1353

Health - Bulk - Gourmet - Natural Supplements

Mon. to Sat. 9 am to 6 pm, for a warm smile.

Fernie

C.G. and the Woodman Natural and

Bulk Foods 322 - 2nd Ave. 423-7442

Better health is our business

ISSUES is available at Health Food
Stores, Metaphysical Book & Gift
Stores and Holistic Practitioner offices
plus many other places.

DEADLINE

for June

Advertising and/or Articles

May 10th

492-0987 (Penticton)

Take Action from the HEART

by Marilyn Puff

Something that really touched my heart the other day was watching my fifteen year old son take our hands around the table at McDonald's and without any fear of being judged, he gave thanks to God. This brought back so many memories for me ...times as a teen and an adult when I had given in to my fears and hadn't risked showing others how I really felt and times when I felt so directed and clear and acted on what I heard in my heart.

From the time I was little I had a wonderful relationship with God, I loved being outdoors on our farm and a place I felt safest to be myself was at church camp every summer. I loved how alive I felt when I listened to my quick and curious mind, my heart and mind were in tune. I was often the spokesperson or leader of the groups I was in, yet I felt like I had to hold myself back at times because I would get so excited and full of ideas. I also remember being called "bossy," and feeling very hurt, but I can now see how frightfully overbearing I can be. It was always important to me, (bossy or not!) to be an advocate for harmony and peace in my world.

As a child it was easy for me to see the love and the pain that flowed between people. As I weathered the trials of peer pressure, I watched my parents grow apart and I also became aware of the paradox of the sixties "love" generation, that was full of riots and assassinations. I felt helpless. I felt abandoned by God. Maybe he could still be found in the forests, but the real world didn't look safe or pretty. I became more determined than ever to be a peacemaker but I now felt like I had to do it on my own.

I eventually stopped sharing truths that I thought would be hurtful or cause conflict and I became an expert at school and at home in saying what people wanted to hear and doing whatever would make someone else happy. In giving up on God, I lost myself. I stopped listening to what was right for me. I lost sight of the fact that it would be peace in my heart that helps heal the world, and that I couldn't really make anyone else happy but me.

From the time I graduated from high school and got married, I became more and more depressed and miserable. As my fourteen year marriage dissolved, and I began co-parenting two young boys who were full of life, I was shaken out of the hole I had been digging myself into and it became an opportunity to start asking for more. I became committed to rediscovering who I was and where to find my joy and my innocence.

After reading many self help books and attending numerous workshops, I still felt like things weren't really changing. Then I discovered that Breath Integration was the tool for me. It gave me immediate results that helped me heal so many painful issues of my past and I regained my trust in God and myself. I was so excited about how much I changed in the six month program, that I knew in my heart this was a gift I wanted to share with others.



PERSONAL GROWTH CONSULTING TRAINING CENTRE

PERSONAL GROWTH CONSULTING TRAINING CENTRE, founded by Cyndy Fiessel in 1989, is dedicated to community building by helping people realize their full potential through the Breath Integration technique; also known as Rebirthing. This is a deep circular breathing method that supports each individual in letting go of limiting belief systems and experiencing more success, joy and satisfaction everywhere in life.

We offer individual and group counselling with the Breath Integration method as well as a variety of training formats, one day workshops on various topics, Sunday Celebration, Social Committee events, a quarterly newsletter and much, much more!

For further information or to be on our newsletter mailing list please contact us.

257- 4th Ave, Kamloops, BC V2C 3N9

☎ 372-8071

I have just returned to the staff of Personal Growth Consulting Training Centre after a five month leave of absence, where I went out on my own again, but this time I had God in my heart. The greatest thing I learned from this was to trust what I hear for myself and know that when I act on it, God is with me. A Course in Miracles states: *If you cannot hear the Voice of God, it is because you do not choose to listen.* T. 57

Out of making decisions for myself I have seen my life blossom, and the joy I feel today is like a little child that's tickled pink. I feel as though I have come full circle - born a trusting, happy child, travelled through the mine shafts and fires of many of my fears and back to a place of wonder and innocence. On my journey I will continue to spiral around the mountain, crossing over the gullies and rocks of my fears, but I know that I am being guided and supported by the most infinitely Loving One that can be. When I speak the truth from my heart, I trust that with God I will have the strength to do whatever I feel called to do and have lots of FUN doing it.

Marilyn Puff leads A Course In Miracles study group and is a Breath Practitioner and Workshop Facilitator at Personal Growth Consulting Training Centre in Kamloops, B.C.

Advertise .. Get the word out!

This space for only \$40

Phone ISSUES (604) 492-0987

The Healing Tao

with Brenda Dempsey

June 3 & 4 ~ 9:30 am to 5 pm

Learn simple meditations, internal exercises and methods of increasing energy. Tension will dissipate and health improves with this complete system of Taoist physical and spiritual disciplines.

Brenda is a certified healing Tao Instructor having trained with Master Mantak Chia. She is a Jin Shin Do practitioner and has an active practice in Campbell River.

\$150 ~ \$125 if paid 3 weeks in advance
Contact: **Josie Slater 767-6331**

Celestial Hill

Bed & Breakfast
and
Health Retreat
Peachland

Presented by
Deanna & Jill

767-9378

Accommodation
available

Bodyworks with Mora File-Meyer

Reflexology Certification ~ 4 day
June 9 - 12 ~ 30 hours ~ \$425

Basic Techniques for Self-Help Massage
June 10 & 11 ~ 15 hours ~ \$180 ~ 2 day

Introductory Reflexology Techniques
June 13 & 15 ~ 8 hours ~ \$95 ~ 2 evenings

Energy Therapy for the Feet ~ 2 evenings
June 14 & 16 ~ 8 hours ~ \$180

Set in 30 acres of pristine wilderness.

PERSONAL BILL OF RIGHTS

- I have numerous choices in my life beyond mere survival.
- I have a right to discover and know my child within.
- I have a right to grieve over what I didn't get that I needed or what I got that I didn't need or want.
- I have a right to follow my own values and standards.
- I have a right to recognize and accept my own value system as appropriate.
- I have a right to say no to anything when I feel I am not ready, it is unsafe, or violates my values.
- I have a right to dignity and respect. ~ I have a right to make decisions.
- I have a right to determine and honour my own priorities.
- I have a right to have my wants and needs respected by others.
- I have a right to terminate conversations with others who make me feel put down or humiliated.
- I have the right not to be responsible for other's behaviour, actions, feelings, or problems.
- I have the right to make mistakes and not have to be perfect.
- I have the right to expect honesty from others.
- I have the right to all my feelings.
- I have the right to be angry at someone I love.
- I have the right to be uniquely me, without feeling I am not good enough.
- I have the right to feel scared, and to say "I'm afraid."
- I have the right to make decisions based on my feelings, my judgement or any reason that I choose.
- I have the right to experience and then let go of fear, guilt, and shame.
- I have the right to change my mind anytime.
- I have the right to be happy. ~ I have the right to healthy, stable relationships of my choice.
- I have the right to my own personal space and time needs.
- There is no need to smile when I cry.
- It is OK to be relaxed, playful, and frivolous.
- I have the right to be flexible and be comfortable with doing so.
- I have the right to change and grow.
- I have the right to be open to improve communication skills so that I may be understood.
- I have the right to make friends and be comfortable around people.
- I have the right to be in a non-abusive relationship.
- I can be healthier than those around me.
- I can take care of myself, no matter what.
- I have the right to grieve over actual or threatened losses.
- I have the right to trust others who earn my trust.
- I have the right to forgive others and to forgive myself.
- I have the right to give and to receive unconditional love.



ROCKY MOUNTAIN HOLISTIC INSTITUTE

Canada's newest holistic workshop centre opens June 12 near Rocky Mountain House, Alberta. Experience some of North America's inspiring presenters at Canada's second largest holistic vacation retreat. Twenty 3-day workshops and six adventure vacation packages will be offered in the summer of '95. Catalogues at Penticton's Holistic Healing Centre or by calling (403) 262-1344 or faxing (403) 261-0757 in Calgary.



WORKSHOPS

June 12-15	The Language of Drums - Babatunde Olatunji. Share the experience of African drumming with 'Baba' and The Drums of Passion	July 17-20	From Betrayal to Trust - Beth Hedva, Ph.D. Discover new methods for replacing anger, grief & fear with renewed self-trust
June 15-18	The Alexander Technique - Annette Deib. A gentle movement re-education process improving co-ordination reducing stress and creating greater well-being	July 20-23	Living The Divine Feminine - Nadia Torrens, Ph.D. Get to know the feminine through exploration of your inner depths.
June 15-18	Yoga and Vipassana Meditation - Shirley Johannesen. Enjoy sitting and walking meditations combined with yoga & relaxation.	July 20-23	The Circle: A Way of Healing - Patricia Sereno & Mary Donnachie. Create a safe space with other women for inner exploration.
June 19-22	Creating Self Love & Healthy Relationships - Torkin Wakefield. Practise forgiveness and take the next steps towards self-love and healthy relationships.	July 24-27	Singspiration: Find Your Song & Sing It - Julie Blue. Let your creativity soar with play, joy, passion, power and song
June 22-25	Ancient Mysteries of Aromatherapy - John Steele. Healing body, mind & spirit while exploring the use of essential oils.	July 27-30	Experiences in Energy Awareness - Taron Puri. Reconnect with your God-Self through experiencing and working with the life force energy.
June 26-29	T'ai Chi Intensive - Sharon Melvin. Create joy through movement in a meditative & healing way.	July 27-30	Beyond Controlaholism - Leanne & Maynard Dalders. Experience guidance that releases you from painful control patterns.
June 26-29	Transforming Your Past Experience - Warren Redman. Turn negative experiences into new positive attributes.	July 31-Aug 3	Angels & Archetypes - Carmen Boulter. Bring to life the secrets of the ancient mystery schools through myth & symbol
June 30-July 3	Celebrating Community with friends, staff & volunteers - Camping in beautiful Kananaskis Country.	Aug 3-6	Mask & Ritual - John Paul Fischbach. Create your own mask based on personal myth & archetypal symbols.
July 10-13	The Elements of Magic - Ceridwen Fallingstar. Create magic & rituals of personal & planetary transformation.	Aug 3-6	The Healing Tao - Brenda Dempsey. Use healing sounds, meditations & chi kung to improve health & energy levels.
July 13-16	Earth Shamanism - Dwayne Edward Rourke. Activate inner gifts & talents through art, ritual, music & astrology.	Aug 7-10	The Way of the Shaman - Leslie Conton, Ph.D. Learn Shamanic journeying for problem-solving, well-being & healing
July 13-16	Therapeutic Use of Herbs & Flowers - Yarrow Alpine. Discover how to recognize, prepare & use herbs for healing		

ADVENTURE PACKAGES

July 5-8	True Wilderness Experience - Explore the Rockies on foot, horseback and stagecoach	July 7-9	Hell-Mountain Biking Challenge - Spectacular mountain views through guided hell-mountain biking experience.
June 15-18	Trekkers Delight - Back Country Wilderness Adventure - Wilderness trekking at its best in high alpine passes and glaciers.	July 15-16	North Saskatchewan River Wilderness Canoe Trip - Canoe through canyons & mountains & explore the terrain, flora & fauna.
June 22-25	Ridge Runner - Mountain Biking/Hiking Adventure - Exhilarating biking & hiking in the heart of the Rockies	July 22-23	Milk River Wilderness Canoe Trip - Experience canyons, sandstone formations & ancient petroglyphs.