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# ISSUES

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**July & August 1995**

Volume 6 - Number 7



# CRAIG RUSSEL

Individual and Global Soul Purpose Journey

With Guest Appearance

**PAUL ARMITAGE**

Canadian Composer, Musician, Writer

Craig Russel's work speaks to each of us. In a world inundated with information, he gently reminds us of who we truly are. In workshops and seminars, Craig creates an 'environment' through group interaction that helps each one to experience more fully, a deeper sense of Self.

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mysteryschools. Today, Craig demonstrates how these ancient teachings are now available to everyone as expressed through individual life experience. By facilitating a collective group energy, Craig assists each of us to receive the unconditional love, wisdom, and energies of the Ascended Master realms. These in turn

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# Beings of the Light

by Karen Timpany



For the last several months I have been writing about "Energy Beings," this month, I would like to take the subject one step further.

All matter is a combination of condensed light operating in harmony with the earth and other electromagnetic sources. There are two forms of light, the first being light made visible, the human body, trees, buildings, and other densities that we see, and invisible light, which is the auras, electricity, radio waves, heat, extra low frequency waves, hands on healing work, meditation and positive thinking.

The basis of light is ether upon which light is transmitted by the disturbance on the ether wave. As ether becomes denser, it becomes visible. Light always appears in particles, not waves. Very much like the dust we see in the air when the sun comes streaming through a window. Now imagine that dust collecting through electromagnetic attraction and forming a shape. Voila, we have a collective energy form of life.

I recognize that to imagine that we are simply particles of light held together by magnetism is a little scary, when we've been taught so differently about what we are, who we are and what this planet is made of. However, all this information has been proven by our scientists and probably not talked about much, because it does tend to alter one's thinking radically.

With the recognition that we are bodies of light, resonating in harmony with our surroundings, you will be able to understand how the following works in conjunction with our bodies.

Diets. Most of North America has been on one type of diet or another at sometime. Now, remembering that EVERYTHING is patterns of light, we see that if one form of light is not in harmony with another, it cannot create the desired results. Why do people have allergies or reactions to medications? Because they are not in sync with each other. Illness is caused by the body no longer

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resonating in harmony with itself.

Shifts of energy within the human body to achieve better health can be attained through many ways. The safest is that which activates your own energy to flow through the proper channels. Reflexology, acupressure, Reiki, chiropractic, and even prayer all have a positive effect upon the human form. Drugs are mass produced and may resonate with several or more people, but they don't work for the majority. Why? Because they are not in harmony with your

energy.

Practitioners working with the light use energy to help the body move back into balance and harmony with itself and surroundings. Allowing universal (or God) energy and knowledge to flow through our being, we can direct the shift of energies within our body back into balance.

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Photo by Steve Tomlinson

# Musing

with  
Angèle

publisher of ISSUES

This month's front cover has a story all of its own. It is not a photograph taken by my mother, but one that was submitted by a lady who visited the Singing Forest. When I was five years old, our family visited the giant Redwoods in California. I still have my souvenir ... a hand-carved letter 'A' pin from a windfallen tree. I remember being fascinated as they told me the story of how they were making money from the fallen trees to keep the park open to the public so that children like us could play and circle the huge trees. With enough public pressure the Singing Forest can be saved as were the California Redwoods. See page 20 and 21 for the story.

Thanks to the many people who encouraged me to keep writing this past year as I processed through the married era of my life. It helped me to get clear on what the issues really were and to understand myself a little bit more.

For the past several months, I have had many dreams with a similar theme: the Good Guys versus the Bad Guys. I found this most puzzling. Here are two examples of my dreams so that you may follow along with my process.

As I slept, I dreamt that I was leaving a party to go downstairs to my apartment. I put my belongings on the table and went back to close the glass door when this Rude Dude leans on my door frame. He and his friends want in and I am not about to let that happen. As I yell "Cops," they decide I'm not worth the hassle and head up the stairs. The cops arrive and see them. I know we are in for a shoot-out. I look for the lowest ground and hide, hoping the bullets won't ricochet and kill me.

Another dream has three officers saying to each other, "They have hit the edge of town. Why weren't we notified?" "They didn't go through the check-point, so they must have come over the hills." Three bikers ride up to the red light on their hogs. I figure it will be a fair battle as the cops prepare for the fight. I look up from the grassy bank where I am lying and as the red light changes colour. I see three transport trucks blocking the road and revving up their motors and I know they are about to mow down the bikers. I bury my head in the grass and cry for I know this is the end. The bikers didn't have a chance but I also know it was their decision to come to town.

I am told that all the characters in the dream are a part of myself. So how were the Rude Dudes or Bikers part of me? No clues were coming to mind as we discussed them at our dream group, so I had a private session with the facilitator, Sarah Wellington. We decided we would try Voice Dialogue, a technique where I assume the pose of the Bad Guy and with my eyes closed, answer the questions. I tried to feel in my body how I would feel if I were the Rude Dude. The answers that came out of my mouth made little sense to me but it was fun

acting and I played along. Then we switched roles and I got to be the Good Guy: that was much easier.

Sarah asked questions about incidents in my life and it was tough going for a while. The exercise made no sense to me but my body was starting to react, and I know the body never lies.

Finally, an incident came to mind. Last week, a special friend came to the Centre for a visit and I was delighted to be showing her around. Then the phone rang, Jan said, "It's for you." I said, "Take a message." At that moment my legs went weak and I had to concentrate on my breathing. After we finished talking and hugged our good-byes I went to my back office and sat down to try and figure out what the hell had happened, because I sure couldn't understand it. I reminded myself that I was boss and when I said I would phone them back, I didn't do anything wrong. I then quieted my mind, and thoughts of long ago came back.

I remembered being eight years old and living at the homestead in Rosswood, BC. Some girl friends and their parents had driven the forty miles to visit us and I was overjoyed. After we finished eating dinner, the girls and I headed out the door to go for a walk. My father said to me, "Do the dishes." I said, "It is not my turn, I did them last night," and kept right on walking. We had a great time chatting and laughing but after about twenty minutes my father drove past us on the tractor and I wondered where he was going. As we rounded the bend, he was on the side of the road breaking off a willow switch. As we got closer, I could see fire in his eyes. He told me to get home and do the dishes. I started running as he switched my bare legs all the way home screaming. As I came into the clearing in front of our house, I saw Mom on the porch doing the laundry. I yelled for her to stop Dad. With a weary look she shrugged her shoulders. I sobbed and cursed my way through the piles of dirty dishes feeling that life was unfair. The next day when my Mom was alone I asked her, "Why didn't you help me?" She said, "I am tired of fighting with your Dad." I felt a cold chill go through me as the deepest part of me said, "Angèle, you will survive."

It was that same coldness that swept through me about four years ago as I was going to press. I was working late getting the last layouts done so that I could take the weekend off and spend some time with Vicki, my friend and Reiki teacher. Suddenly and without apparent reason, my computer screen flickered and then said, "Fatal error." My body went cold and my jaw started chattering and I went into shock. It took me two hours in a hot bathtub to bring my body temperature back to normal. All the while, my mind was telling me, "Stay calm, it isn't the end of the world. Tomorrow we will arrange for help to do the typing. So what, if you can't spend time with Vicki." But I was really upset and I couldn't understand why.

Working through my dream characters with the Voice Dialogue helped me understand the connection and explained why I had this reaction to something my mind said was not a danger. Starting in January I had made a conscious choice to slow down, and that decision challenged my childhood belief system. My system could handle planned days off but when I said "No" and it thought I should be working, it must have blown the alarm whistle and sent my body into shock. My belief system was programmed to protect me, for it remembered the time when I took time off without permission and got hurt.

Together, Sarah and I figured out that the Rude Dudes and the Bikers represented the rebel part of me that told my Dad, "No, it isn't my turn." Dad was the law and when I challenged



# ISSUES

## MAGAZINE

254 Ellis Street

Penticton, BC, V2A 4L6

Phone **492-0987**

**ESTABLISHED 1989**

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

Publisher **Angèle Rowe**

### Advertising Reps & Distributors

Salmon Arm to Vernon, Slocan Valley &

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Kamloops Bev Franic: 372-9874

Penticton Office: 492-0987~ Fax 492-5328

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available at most Health Food Stores and  
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him I got hurt. Reliving the emotions and  
understanding my reactions should end  
the battle that has been going on inside  
of me. I am delighted to start understand-  
ing the messages my body gives me.

I give thanks to my Mom and Dad  
for the gifts they have given me. Mom  
showed me how to be a rebel and survive  
and Dad gave me a strong work ethic.  
Learning to combine these two talents  
has been a wonderful experience. I feel  
that change is in the air, so we'll see what  
happens this fall.

*Angèle* ♥



**P.S.** The Holistic Healing Centre will be  
open for the month of July. Volunteers  
will answer calls and book appointments.  
I shall enjoy the month off. First a week  
in Victoria, and then time to explore the  
Kootenays and attend the Dream Sym-  
posium at the Ashram. I will be back at  
the office the last week in July. Please  
see the back page for what's happening  
at the Holistic Healing Centre.

**P.P.S.** My mother, Tess, is looking for a  
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# SOUL CENTERED THERAPY

## THE DIVINE PLAN

by Faye Stroo



The purpose of true Psychology is to let the influence of who we truly are (the soul) to shine through. "The Divine Plan" is transforming us from self-centered (personality oriented) living to soul-centered living. From concern with personal gain to working for the good of the whole.

Most of our troubles today are because of our souls taking over our personalities and the major conflicts this creates within the personality. The conflict is due to the resistance of the personality to the soul's direction.

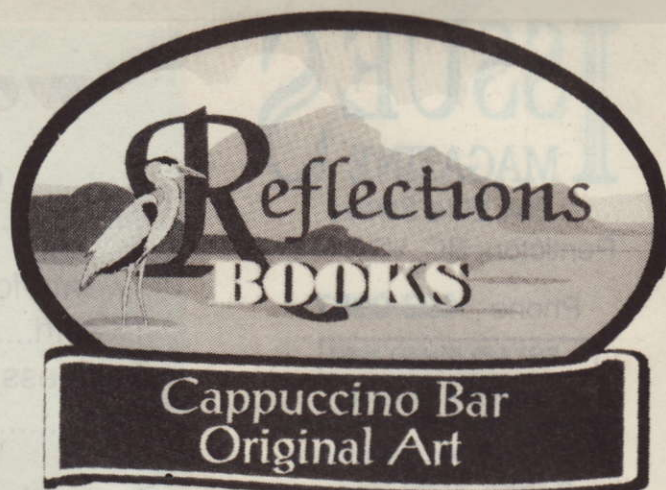
"Our plan" or the personality plan is to set goals in the world, manifest worldly goods and concern with "what's in it for me". Having a good secure job, saving for the future, fame and achievement, amassing wealth and fortune, good investments. Basically, security in the things of the world. The personality takes and needs a lot to be satisfied, it gives only to get something in return. *Giving to get rather than getting to give. You can give without loving but you cannot love without giving.* "The plan" of the soul is in service to the "One Life" within all and doing what needs to be done, without attachment to the form, and with no investment in the outcome. The soul needs nothing and works only for the good of the soul. It loves impersonally and knows that we are being taken care of. It reminds us continuously (when we stop to listen) to forgive, love, trust, relax, give, receive, allow. We often drown out its voice with the busy-ness of the world and the self-centered plans of the ego for personal gain.

The problems in our life are problems only because they are threatening our plans. We could reinterpret them and transform into lessons. See them as part of a higher plan. All relationships, every person in your life is there because of the part they play in your soul's plan. They are all "Holy Encounters" to the soul. One holy child of the light meeting another so they can each remember "who they are". All our fears are the direct result of the erroneous belief that we are a body separate from our "Source". The soul has no fear. Our souls are one with the "source" of joy, love and peace, our task is to seek and find all the barriers within ourselves we have to connecting with the source.

### PROCESS:

- Write down two or three situations in your life that appear to you as problems
- Using the above understandings, transform them into lessons. How are these situations perfect for you at this time? (*No one is where he is by accident and chance plays no part in God's plan.* acim m. 25)
- Ask yourself, "Where am I not willing to change? What do I insist on being right about?" "What's the payoff?" "Am I giving to get or getting to give?"

Note: All our lessons are about letting go our barriers to love and joining. Healing the separation through true forgiveness.



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# Bach Flower Remedies

by Jean Ann Baker

For years, holistic health practitioners have preached of a relationship between body, mind and spirit. Recently institutions (Mount Sinai Medical Center in New York City; the Veterans' Administration Medical Center in Miami, Florida and the Cancer Counselling and Research Center in Fort Worth, Texas) have conducted research in the field of psychoneuroimmunology. Simply stated, these institutions are studying the relationship between mind, body, and spirit.

The studies reveal that emotions, acting through the brain, affect the nervous system functions, hormone levels and immunological responses. Positive feelings, the evidence illustrates, make us resist disease, while negative feelings, make us more vulnerable to it. Stress, these studies underline, is not the problem. The problem is how we handle the stress.

The question then is, *How can we become emotionally stable and thereby help our bodies resist disease?*

In the early 1930's, fifty years before any major research on stress-related disorders was done, the renowned British scientist and physician Dr. Edward Bach began to recognize that many of his patients' ills seemed directly related to their various states of mind. "To bring oneself back into harmony, back into balance, requires the development of a positive, loving nature," Dr. Bach stated. Merely treating the disease does not deal with the root cause of the problem. Bach's concern with the suppressive use of drugs and their side effects convinced him that the answers would not be found in the laboratory.

Following intensive research Bach found that certain species of wildflowers, when picked at a certain time of their blooming cycle and prepared by a simple method, optimized the healing qualities of the plant. However, unlike other herbal preparations, this method released properties not generally available when picked and prepared the normal way. Bach eventually discovered thirty-eight flowering plants and special waters which were found to positively balance and alleviate a wide range of mental and emotional stresses.

Bach Flower Remedies, as his essences have come to be known, do not have a specific pharmacological effect on the body. Rather, they assist in realigning the subtle energy field of a person. If a person is subjected to a trauma or a problem, and allows the emotional reaction to linger, then the problem could manifest as a physical disorder at a later date. The Bach Flower Remedies are specifically formulated to assist in releasing the particular trauma from cell memory.

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## Kundalini Fire - Solergie

### The Energy of the Soul

by Troy Lenard

Also known as the sacred energy coiled at the base of the spine. To play with this force unwisely, through indiscriminate meditation practices, drugs, sexual and indiscriminate breathing practices may result in the unwanted and premature rising of the fire up the spinal column.

The rising fire will now encounter areas of impurity most often in our sexual and solar plexus (chakras - energy vortices in the etheric field of our auras). This may literally burn away the protective webs causing damage to the central nervous system and premature psychic activity. Other indications may be intense or a dull continuous pain along the spinal column, heart palpitations, hot and cold temperature changes especially hands and feet, high-pitched frequency sounds in the ears, blurring of vision and a temporary loss of memory. Further symptoms are sleeplessness between 1 - 5am, heightened dream activity and often a feeling of being cut off from others and from the Soul. Electrical problems in your home or automobile are indications of Solergie activity.

Under normal conditions the "safe awakening" does take place after innumerable lives and balanced life conditioning, expressing values universally recognizable, as inspirations of the Soul. Another method, increasingly evident is the geometrical transference of pranic energy scientifically and intuitively guided by an initiate teacher of a certain degree.

Yet we are not in normal times, and conditions are such that the guides and teachers of our race have initiated "evolutionary processes" to help cope with the critical point of stress. The ancient wisdom of the elders of our race has been made widely available and for the first time "Disciples of all Grades" are being impressed "telepathically" by the hierarchy of masters. This experiment has allowed for increased extraterrestrial activity, angelic (deva) revelation and a measured increase in the treatment of disease through use of pranic and electromagnetic healing. The present increase in "Channelling" and "Meditation" is further evidence of their success. The present trends toward vibrational medicine, including the use of laser and sound, are in their infancy yet will shortly revolutionize medicine. Sound, Colour & Vibration will play a major role in self-healing through "Harmonics" and Planetary Healing through "Group Harmonics."

The practitioner of the coming age will be both a practical mystic and a scientific occultist ever balancing the Laws and Forces in the ebb and flow of Cosmic Pulsations. My 20 year exploration has of recent times incorporated "Tibetan Overtone Harmonics" and high frequency "Lemurian Siren Sounds" in the balancing and transference of "Kundalini fire."

Recommended reading:

*Vibrational Medicine* by Richard Gerbor (p. 401)

*Kundalini - Psychosis or Transcendence* by Dr. Lee Sanella

*Kundalini - the Evolutionary Energy in Man* by Gopi Krishna

*Sexual Energy and Yoga* by Elizabeth Haigh

*And the Sun is Up - Kundalini rises in the West* by T. Wolfe

*The Psychology of the Seven Rays 1 & 11* by A. Bailey



# Love of Self

The Greatest Healing Force in the Universe

by Dane Purschke

In the consciousness of our Higher Self is unconditional love of self. Love is the natural state of one's soul. From Love-Consciousness we freely choose to incarnate into humanity in order to have a human experience. Because the energy of the three-dimensional earth is of a lower density than the spiritual realm, the higher vibration of love of self is easily forgotten. Babies who are loved and wanted experience even in the womb their mother's love and are born still connected with their Higher-Self-Consciousness. Such children continue to see and experience spiritual beings that adults don't see. Such children have invisible playmates with names, and grown-ups tend to say that the child just has an active imagination.

Many children experience their mother's rejection even in the womb and are born disconnected from the love energy of their Higher Self. We have all heard that a child will die from lack of love before lack of food. Further, when children experience abuse, rejection and insecurity, they begin to live with fear and start to deny themselves. With physical and emotional abuse, children begin to deny their innate goodness and begin to feel that they are bad, useless, and that something is wrong with them.

To continually live in an atmosphere of fear and insecurity, and of not being needed or wanted takes a terrible toll on the child's self-image. Most everyone has grown up with negative energies and judgments about ourselves that we have learned in our childhood. We then respond to adult situations with the energy of an abused, rejected and wounded child. The healing process has everything to do with letting go of these negative judgments about ourselves and learning to love ourselves again.

It helps when others truly love us enough so that we begin to believe that we are lovable. But that is just the beginning of the healing. We need to learn to love ourselves, just as we now are, without anyone else around. We need to feel good about who we are and not want to be someone else that we judge to be better. Everyone is beautiful just as they are, just as when they were born and like they always are in their Higher Self.

My therapy helps people to revisit the experiences in this, and in past lives where they took on the judgmental energies that they are not good enough, were bad, useless and ugly, and to let go of the fear, guilt, anger, sadness, depression, etc., that goes with not loving oneself. And remember, the manner and degree that we do not love ourselves manifest as physical, mental and emotional diseases.

We need to relearn how to again love ourselves and others. Everyone has inside themselves the most powerful healing force in the Universe, the power of their own self-love. I help clients to reconnect with the consciousness of the unconditional love they have for themselves. In that love, they easily forgive themselves, stop judging themselves, and begin to like themselves just as they are. The unconditional love of your Higher Self is what heals you in my sessioning. As a therapist, I help you to connect with, and to channel your own Higher Self.

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## Your Astrological Inner Child

The Cancer Astrological Inner Child

by Susan Hunter-Jivung, MA.

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

Cancer people are here to explore the life purpose of the nurturer. They perceive the life journey as that of conservation, holding on to the now in order to allow people and possessions to grow.

Nature's principle here is to allow the seed to mature. Each Cancerian has a profound understanding of vulnerability and the need to consider all problems both intellectually and emotionally. This can make them worriers and particularly keen to keep loved ones close and protected.

Mothering is the principle at work in Cancer people. At times this can make partners feel stifled, to keep the energy balance, give as much nurturing in return. In your relationship offer security and emotional commitment in order to enhance their security and make them feel loved and cared for. Give the Cancer in your life the space to wax and wane and follow their own moony relationship cycles. Use the Cancer's secure, familiar places, a favorite restaurant, holiday spot, lakeside, etc. to be romantic in.

Cancer children need more love and attention than most. The love and food equation also needs some careful attention in families. This is the sign most prone to security eating. Be observant, use love and patience to strengthen your child's heart by being there. Treats in any form should be given with consideration. Eating candies etc when unhappy is not a habit that should be enforced. A big hug is a better way to deal with the tension.

For many Cancerians recent times have seen the weird opposing their tranquility. This is particularly so for those born around July 10th. Two of the Gods of chaos have been making you process upheavals in your security which you would rather have avoided. As we move forward you will have an increasing sense of how you can now use these experiences. Love in your life will find new channels of expression.

The monthly cycle of the Moon is something for all you Cancers to follow. Keep a diary of your moods and feelings and watch the patterns as they unfold. A lunar calendar makes a lovely Cancerian gift. We are a lunar species with the feminine cycle so obviously tied to the Moon, so Cancers are particularly able to pick up the intents and moods of others. Open to your spiritual nature, but realize you need to cleanse off the energy which you absorb from friends, family and colleagues.

Finally Cancerians love to cling to time and adore antiques and history books. Within their personal lives they also cling to mementos and photograph albums. By keeping records they value their time here. Keep wonderful souvenirs of happy times for your Cancer child or partner. Buy them cameras and recorders to make the visual records of their own loved ones. Even a fireproof box would be appropriate to hold the memories beyond time! Each Cancer needs a fire proof box within their heart to remember the good times forever.

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# My Journey to the Other Side of Health

by Anne Schroeder, SMT

For years I had been observing a dramatic change in people coming to me for help. My busy Health & Beauty Therapy studio in St. Albert, Alberta, was full of the usual beauty therapy concerns, sagging eyes, drooping chins, and the ever present premature aging process and body reshaping. A move to Kelowna in 1985 proved interesting. Our family business flourished, built upon service and quality products. After a successful run of almost ten years, I felt burnt out, suffering from frozen shoulder, an extremely painful injury to the entire shoulder area, extending into breast tissue and arms. I felt as if I would never feel energetic let alone pain free again.

My family doctor could do nothing for my anguish. He diagnosed my condition as tendonitis, with not much hope for relief. After much persuasion I was sent to a specialist who recommended manipulation under anaesthetic followed by extensive physiotherapy. This clearly was not an option I wanted to follow or experience as I was aware of the extent of manipulation possible when the body is totally under the control of an anaesthetic. In many cases more tissue and muscle damage is the uncomfortable result requiring years of painful rehabilitation. I began a search for help. I visited a physiotherapist and after 12 or 13 treatments found I was no further ahead. Next was a Naturopathic physician. I had several treatments which did produce some temporary relief, but to no avail; the pain continued to the extent that my right arm was now a permanent fixture, locked firmly in place at my side. It was a tremendous chore just to move it, to dress, or eat.

Months passed and out of desperation I decided to visit a Chiropractor. To my amazement within a very short time he found my problem, a frozen shoulder. After a minor adjustment, he gave me an exercise to perform daily, and referred me to a massage therapist. I, a Swedish Massage therapist, had overlooked the obvious. I did follow through and with the expertise of a special therapist and my own essential oils, I was using my arm. After my twelfth treatment I was well on my way to complete recovery. Back at work I noticed a dramatic swing in people who were using my services. They appeared to be "the walking dead." They seemed 'burnt out', 'used up' and just plain 'worn out.' It was as if their systems had been slowly worn down to the point where their bodies could hardly function and clear thinking was impossible.

I knew I needed to get back to basics; good food, pure water would help my clients to feel better. I met David Elliott, a renowned Master Herbalist and botanist. I started to understand the lymphatics system which supplies food to every cell in our body and takes away the waste. If our body's transportation system becomes overtaxed and ineffective it leaves us vulnerable to disease and deteriorating health conditions. Mr. Elliott helped fill in the picture for me. During my many workshops and treatments I felt better than ever. I now believe I am taking responsibility for my health and would like to share my knowledge with you. I offer private sessions and seminars.

Anne is a nutritionalist and SMT..... see ad to the right.

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# NURTURING WOMEN

by Leda Rose Wayfarer

The blossoming of my first child within my belly awakened me from felt girlhood. Strong connections with women through the ages and cultures, and Womanhood itself pulsed through my being. The wholeness and depth of this insightful connection developed awareness in me for responsibility in this creating life, especially with my child. The values, beliefs and behaviours of my parents, friends and self were scrutinized carefully. Only the best influences that I could choose would touch her, so she could grow to be a healthy child in body, mind, heart and spirit. This awakening process began sixteen years ago.

Until this time I did not take leadership over my life, neither did I understand the strength, intelligence and depth of womanhood. I rejected my family's unhealthy functioning but did not replace it with a well functioning Self. Daily life was shaped by low self-esteem, a lack of goals and frequent use of pot. It was no wonder I married a man with severe drinking and responsibility problems. Capitalizing on his inherent right as a man to do and be as he saw fit, he blamed and verbally abused me. It matched my father's role modeling. I knew the picture was not what I wanted but was too dependent and fearful to make a change.

The planned pregnancy gave me nine months to process this transitional stage. I had hoped the baby would bring love into my emotionally crippled husband's life. Instead, I began to embrace love for my Self; body, mind, spirit and heart. I sought out role models to learn from, and women's energy and experience for support. I even covered my bedroom/birth room walls with magazine images of strong creative women. I found a midwife who taught Prepared Homebirth Classes and another who agreed to care for me in labour. A brave woman doctor and Seventh Day Adventist ensured the fetus and I were in optimum health. The baby's birth was an eclectic experience of excitement, joy, pain, fear and love. Jessica Brooke was born peacefully into this world. She taught me to trust my intuition; ability and intellect, while I nursed and fell in love with my baby girl.

Around the same time I met women who were giving birth at home alone or with midwives. The hospital maternity doctors commonly practised episiotomies and babies were kept in 'observation' away from mothers. From my viewpoint both the hospital births and homebirths required more information to decrease the risks and traumas mothers were experiencing. I felt it was my calling to teach and share the insights and experiences I had gained. The healthfood/homebirth friends supported my idea. Together we set about fund-raising and organizing. We bought over \$400 of books. The Women's Coalition donated workshop space. Midwife Gloria Lemay gave me more class handouts and shared her experience as an educator readily. I began advertising and teaching "Choices in Childbirth" in 1987 three times a year. I liaised with medical doctors and maternity nurses as they began to shift toward considering episiotomies, birthing beds and infants staying with moms. The participants in class were keen for in-depth



knowledge and aware decision-making for both hospital and homebirths. I enjoyed the work of teaching, advocating and supporting expecting couples that wanted the best for their family. It was brave of us all to question and challenge the medical practitioners at that time but it did make the difference.

As time passed and my three homebirthed babes grew I became interested in learning how to better support and counsel women. I began working at the Vernon Women's Transition House under a training grant. Later I went on to develop and manage the new community-based Victim Assistance Program at the Elizabeth Fry Society in Kelowna.

I began studying for a Social Work degree with no idea what answers I would find. Women's Studies and 'Race Relations' gave me insights into women's oppression in the family, society and institutions. Historical, cultural and economic realities widened my scope.

My social work studies at the University of Victoria were within a feminist framework. The analysis of this process and experience as a learner has given me the building blocks as a feminist social worker and consultant. In classroom settings the teacher and students value reciprocal and mutual power relations - I learn from them, they learn from me. Social and sex role analysis are fundamental to this process. Awareness of communication issues between individuals, families, community and government are areas I am now well attuned with. This background, added to my field experience, is a definite strength in practice.

I returned to Vernon after studies because this is where I experienced a sense of community. The transition between university and community, and changes in my Self was a challenge. The draw towards motherhood, childbearing and family felt stronger for me here. Probably my two eldest children, ages 14 and 16, returning to live with me shaped this. I began to see how feminist practice could be woven within childbearing education. Midwives, doulas and mothers were voicing their struggle to embrace feminism within their lives and practice.

All of us believe in women's need to honor themselves and many are aware of goddess honoring. From this aspect women are nurtured and healed by this self attention, and learning about their oppression. Their male partners' role is to learn to listen and nurture her while they tune into their oppression. This awareness expands receptivity to diversity, creativity and flexibility. This is integral to healthy adaption to the changing roles and relationships which occur. Postpartum depression and uninvolved fatherhood are less likely to occur in these new families.

I believe most women already know this consciously or unconsciously. However, because it is not validated socially, are reluctant to address this. I suspect women of all ages would benefit from this attention and support. Once a woman hears I am concerned with the childbearing experience she requires one or two hours just to tell and discharge her traumatic experience. Women have had no place to gain support, validation or clarification on their traumas. They have borne the weight of them silently while attending to the needs of loved ones. Women want to change this and I want to take leadership with them. I invite women and men to begin nurturing women's needs. We will all benefit. Change starts with our Selves. This is how I arrived at this place of personal power. We can all find this and share it simultaneously. Won't you? Phone 545-0312

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# Farewell to the Dancer

by Jesse F. McRae

The man and the boy were alone on the beach, bundled against the late October chill. The ocean, at half tide and receding quickly, bore no resemblance to the monster that had pounded and pillaged this same sloping surface only hours before. The wind, too, was taking a breather. Well deserved after two and a half hours of hurling itself at every nook and cranny and crevice and flaw, every wall and fence and tree and protuberance, trying to level everything in its path.

Upon awakening this morning, he had decided to walk with the boy on this remote and rocky shoreline. To walk, and to listen and talk. About Grandmas. About death, and life, and love. About courage and quality and commitment and beauty. About integrity, and the need to live the knowledge that service and compassion are the points at which the chain of abundance begins.

The day had dawned sunny and cold, the sky clearing in the small hours to show off a hunter's moon in a brilliance of southern stars. Not yet eight now and the white sun low on the water; harsh, wintery and brittle. Obscuring Mount Baker and reflecting in a laser line across the now placid mirror of ocean. They watched the seabirds dive and splash; a day of apparent respite in the constant cycle of evolution and survival.

And so they walked. The boy and the man. Comfortable, aimless and unhurried, they followed the lines of some ancient cosmically choreographed dance. Moving, spinning, bending, whirling, at times far apart, but always aware of each other's location. At other times close together on almost parallel courses, converging temporarily in a natural finale to that particular act of the dance. As they merged, the boy tucking his shoulder in against the man's waist and sliding an arm to slip his hand into the opposite jacket pocket, the man's arm would lift for a moment and curl around the boy's other shoulder, gently guiding him to safe harbor. The big hand would reach to cradle the small tousled head where it rested slightly canted against his side. An unsophisticated dance, as dances go. But one conveying a powerful message of ease and love and boundless trust.

Great Grandma had been a dancer in the late twenties and early thirties. Moving by train and bus from Chicago to New

York to Hollywood, to any town with a stage big enough to handle a follies troupe. She knew Fred and Ginger and Gene and Frank and she hinted at dates with one of them. "And it wasn't Ginger," she'd say with a mischievous sparkle in her eye. Later came a school of dance in the Midwest where she taught many an Illinois youngster to tap and soft shoe across many an oiled hardwood floor. She outlived two good husbands who adored her and called her names like "Duchess" and "Doll". A strong and courageous woman, a good woman. They would miss her.

The day was beginning to warm now, the sun drawing a little yellow, a little red from the spectrum. The whiteness of winter chill giving way for now to the true colors demanded by an autumn not yet ready to concede. Eyes constantly scanning for treasure, the two moved up and down the slope as they walked. Up from the lapping waves, down from the high flung driftwood so carelessly tossed by that vandalous wind. Over slick and shiny stones, over hard packed sand that lightened at a footstep and sighed in release. Over glistening strands of a dozen species of seaweed spread in wet carpets of brown and green and purple, as the gulls and crows climbed and wheeled to drop their coveted cargoes on the rocks below, willing them to smash open and expose the juicy morsels inside. And treasure there was for the finding! "Hey Dad, look at this," the boy would call as he held up his latest discovery: a large amber agate, a shell shaped like a miniature Aladdin's lamp, a porphyry stone, a bit of fishing float from Massett or Magdalena or Madagascar. When their paths crossed again, the newest booty would be transferred to the man's increasingly strained pockets.

Soon he forgot about death and taxes and lists of things to be discussed. He began to think instead, with infinite gratitude, of small boys and magic and freedom, of whales and dolphins and eagles, of oceans and winds and falling leaves and ballerinas, and of those who are given to write about such things. The sun glinted on a tear as he smiled toward the boy, welcoming it all now, allowing it all in. Recognizing it all at least as part of the circle, part of the healing, part of the dance.



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# A VIEW TO THE WEST

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



TimeLine. What is it? Always true to my quest to boldly go where I have not gone before, I set up a session with Therese Laforge here in Kamloops to delve into its nature.

Therese and I talked for an hour or so on the workings of TimeLine. She told me that everyone has their own unique TimeLine or way of looking at their past and future paths. Once my TimeLine was established we talked about the benefits of using this form of therapy. Basically, it accesses your subconscious to eliminate blocks, or limiting decisions in order to have more choices in your life, to access your dreams, to fulfil your goals, and to create the future you desire. It enables you to "clean house" regarding your past. The most likely client to have success with this form of therapy is one who is already in touch with his/her feelings to a large degree. It is a very gentle method and it leaves you with tools to work with on your own after the sessions are completed, as it is not meant to be long term therapy. The counsellor does not need to know the specifics of the client's past experience. It is a process that allows us to keep the learnings of our life's experiences but to release the negative emotions of those experiences so that we don't need to repeat them, leaving more room for new experiences.

Having established my sense of my TimeLine, we picked a subject I thought needed looking at - my feelings on non-deserving of abundance.

Therese asked me to go back to my earliest memory. Into my head popped the answer - my birth. So we hovered over my birth on the TimeLine and watched what was going on. I felt secure and happy in my waterwomb. Although my mom tells me I had an easy, quick birth, I felt alone and abandoned. When I was a month old I became very ill. In another era, I would not have survived. We healed the birthing experience and moved back along the TimeLine to when I was 17 years old. I'd been in a car accident. Again, in another century, I would have died from those same injuries. I believe I passed over, only to be saved by modern medicine.

My memory of passing over before the TimeLine experience was that of standing at the feet of God, an old grey haired, white bearded, stern individual pointing a finger at me and saying, "You have to go back." Talk about feeling unworthy! Talk about rejection! That was the ultimate - to be refused entry to the Kingdom of God. I woke up in my hospital bed very agitated. My spirit was trying to get to the hospital window because the tunnel of light which had brought me back to earth was disappearing back up in the sky. I wanted to get to that window to grab at it before it was gone. I cried, "Don't leave me here!" It felt as though an elastic band was stretched between my spirit and my physical body. The more I struggled to get away the more the elastic band pulled me back. I ripped the hoses and tubes out of my nose and arms in my frantic endeavour to catch the light before it was gone from sight. That's when the three nurses came in and tackled me and tied me back down. The shot of morphine ended all struggle - I was



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defeated. The next time I awoke I was firmly back into my body, I knew, to stay.

After the TimeLine session was over, my recollection of the experience had altered. Now, I could see that God was not the stern old goat I remembered as a 17 year old, but rather God was myself, my soul part of the whole. We must have had a conversation - Me, Myself, and I, about my going back to the physical world and why. When I look back at that experience as a 40 year old woman, knowing what I know now about life, it is not as painful. I still long for "home" and now I can see that each one of us longs for "home," but in the meantime, here we are, to do whatever it is we are supposed to do with our time on the planet. I suppose the initial loneliness I felt at birth and the subsequent perceived rejection I felt at the foot of God at 17, was enough to instill a feeling of non-worthiness, of just about anything, let alone abundance. A 17 year old's peer group does not want to discuss death, and I quickly learnt to submerge the experience. As to why it is coming out now, I have yet to discover.

Therese Laforge can be reached at 374 - 8672, Kamloops.

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# SOLAR MASS TIRE HOMES

by Mark Bossert

Among the many questions that we get about alternative buildings, four questions are the most commonly asked:

1. *Isn't adobe (mud bricks and/or mud plasters) only for hot and dry climates?*
2. *How can you store heat from the summer in the ground and if it's so easy, why isn't it used more?*
3. *Don't tires burn easily?*
4. *Tires? What about the smell and offgassing from the tires?*

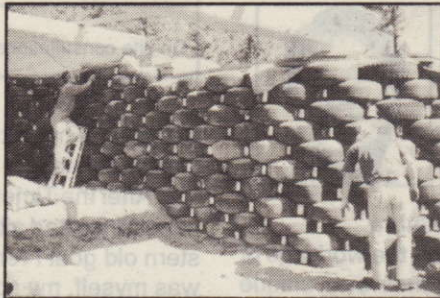
Let's answer these questions in some detail. Adobe is the most used and one of the oldest building materials on the planet. There are countless old (300-800 years) buildings in many varied climates from heavy rainfall areas (150") to extreme cold (-40 degrees). In North America, it has been only in the southern desert areas that it has mostly been used, hence the idea that adobe is only for hot and dry. We are using adobe plasters on the inside of the house because it's cheap, environmentally clean and benign and where it's protected it will last indefinitely.

Creating a house with a built-in temperature and so free heating and cooling is a new idea. Or is it? Cavemen had the same idea. Only the caves were too cold and so they used a fire to raise the temperature. We use the Sun - less smoke.

In fact our main inspiration and ideas come from an elegant model: our planet Earth. The Earth is a solar heated environment that stores heat in the ground and water, to temper the effects of cold winter temperatures, and hot summer temperatures. Imagine if the surface of the earth was solid metal. The temperature extremes would be huge compared to what we now experience.

The deeper ground (10 feet or more) is actually warmest in December and coolest in July. This is because the ground is a semi-conductor of heat. It takes about 6 months for heat to travel through 10 feet of ground (in and back out). This tempering effect is what makes the ground an ideal, cheap heat storage medium.

Now, the ground freezes in the winter because heat always flows to a colder area, so the heat in the ground slowly



escapes to the air when winter comes. To keep the heat in the ground we just insulate horizontally 2 feet under the ground. The stored heat from the house is then available and when the house tries to cool down in the winter, the heat migrates out of storage into the house. Presto, a solar heated environment with heat storage. Just like the Earth.

This hasn't been done a lot because we don't build a lot of underground or earth sheltered houses. And insulation that can be buried is a fairly recent invention. There are actually hundreds of energy autonomous, experimental houses built, that are free to heat and cool. But people are slow to change their housing wants. Pioneering a radical change like this involves some perceived risk - some people care what others will say and think.

Tires. Tires do burn. And they do smell and offgas nasty things. They are actually toxic waste. But here is where that adobe mud plaster really pays dividends. A fire requires ignition, fuel and oxygen. The tires are buried in dirt, filled with dirt and plastered with dirt. No oxygen, no burn. Tire houses are many times less likely to burn than a stick framed house.

Adobe is actually a fair vapour barrier, that eliminates all the smell and seems to stop all the offgassing (we will be testing to make sure). In the meantime, we incorporate a heat recovery ventilation system that changes the air in the house regularly. This means that if there is any minor offgassing, it doesn't get a chance to build up and is replaced with fresh outside air.

Please give us a call to come and see the prototype house in Kamloops. We have fallen behind schedule as we have increased the size to 3100 sq.ft. and had some hitches (bureaucracy... grrr), but the house will be completed this summer.



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*I was really intrigued with the idea of a house out of recycled material. Your fun workshop showed me how much work it was going to take and also that I could do it. Mark and George are very knowledgeable and presented the information in a way that I could understand. I highly recommend this workshop.*

Nadine Simonis, Vancouver

**Recycled Tire Homes prototype house near Kamloops, B.C. will be finished this fall.**

**Interested people are welcome to have a look. Phone 604-573-5432 to get directions.**



# CALENDAR

## July 4th

**Sprouting Health Ltd.** presents Gregory Miller Wellness Seminar "The Amazing Wheat Sprout." Tuesday 7-9 pm, Best Western, Vernon Lodge. Reservations: Gwendalyn Miller, Big Foot Reflexology: 604-545-7063 ~ \$10

## July 7 & 8th

**Global Soul Purpose Journey,**  
Vernon & Kelowna p. 2

## July 11 & 13

**Simply Lymphatics** with Brian Jenner  
Kelowna & Penticton, p. 25

## July 10

Monday 7:30 - 9:30 pm ~ Sound & Colour Meditation with Troy Lenard. Special Guests Claire & René Fugère and Gabriel (8) from Montreal on their first trip west! Dry weather: 1005 Forestbrook Dr., first house over bridge on left. Rainy: Holistic Healing Centre, 254 Ellis St. Info: 493-8564

## July 21 - 26

**Ortho-Bionomy Workshop** with founder.  
Rossland, details page 12.

## July 21 - 23

**Breatherapy,** Kelowna, p. 15

## July 23 - 29

**Centre for Awareness Retreat**  
with Sid Tayal, Northport, WA. p. 39

## August 8, 9 & 10

Nelson: 7 - 10 pm \$20 per evening or \$50 total 'Healing Sounds' Evening seminars with Troy Lenard - 20 yr. practitioner of Meditational Use of Sound, Colour & Vibration. Pranik and shamanic forms of 'Energy Harmonics' will be shared by all for healing. Call 352-7848 to register or for taped private sessions.

## August 9-13

**Chakra Healing** with Maya Kelowna, page 2

## August 25-27

**Light Acceleration Gatherings**  
Kelowna, p. 23

## September 9

**Personal Empowerment Program**  
Kelowna, p. 27

## September 9 & 10

### Mini Health Fair

Holistic Healing Centre, Penticton  
Would you like to participate?  
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## September 16

**Healing Journey,** Penticton, p. 28

## September 16 & 17

**Nutharapist of Light Course**  
Nutharapy Institute, Winfield 766-4049

## September 19

**Whole Body Reflexology**  
Nutharapy Institute, Winfield 766-4049

## September 26 - October 1

**Path of Beauty** with Saroda, Penticton, p. 4

## September 30 & 31

### Reiki ~ Levels 1 & II

Nutharapy Institute, Winfield 766-4049

## ONGOING EVENTS

**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

### SATURDAYS

**DROP IN Meditation,** 7-9 Melva 766-1282

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

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

**Kamloops:** Sunday 11- 12:30, 372-8071  
Personal Growth Consulting Training Centre

### 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  
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# The Singing Forest

## The Miracle at Tenise Creek

by Gladys Jane McIntyre ~ Photo Credit: Eva Maurello

This was my 18th field season, the 33rd tree planting day of what was to be a 72-day working season. My journal entry says it was hot, and I remember it was overcast. This was our third day up Howser Creek, in the Purcell Mountains in the Kootenays. Nobody enjoyed the long, crummy ride. Our crew had just moved here from Glacier Creek, where we were making fairly good

money, 45 cents a tree on an old fill-in plant. Here we were down to 20 cents a tree, and it was tough going, mashed woody debris paved into hardpan down on the flat by the creek, and dense Yew brush on a fairly steep slope above; a long run to treeline, but not many opportunities to stick in a tree.

I remember I was inwardly repeating "self-emptying, God-filled" that morning as I worked. I came out of the Yew scrub under a clump of Maple, got a tree in, and stood up for a moment to look around across the valley for the first time since starting the run. There is a spectacular pyramid profiled peak at the head of the valley, and shafts of light appeared to be coming from the top of that mountain and illuminating the forest on the hillside across the valley.

As my attention was drawn to the illuminated trees, I was struck by their immense *verticality*. A profound vertical alignment took place in me in response, and suddenly I felt about twelve feet tall. I wondered for a moment if this was soulful consciousness, then I was struck in my solar plexus region by an impact of sound. It grew to an upwelling crescendoing symphony of sound, in range and tone unlike anything I had ever heard before. Emanating from the forested hillsides across the valley, it was unquestionably a great hymn of adoration, of joy in creation and praise to the Creator! Words cannot possibly express the magnitude of this joyous sound, or my absolute awe at witnessing it.

My journal entry recorded that night reads, "Looking up and across the valley this morning I beheld, and heard, the forest singing..."

Tears were streaming down my face, I knew that my whole life had led up to this revelation, this was why I studied forest ecology, had sought out visionary teachers, this was what I was seeking, the underlying reality, this was why I have always



chosen to live and work in the forest.

I was sure that the whole crew must be experiencing this incredible event. I called up to my husband, Vince, who was working to my left and just above me, "Do you hear it?" I was shocked when he answered "Hear what?" I called to Bill Fisher, who was working on my right, and was astonished that he wasn't hearing it either.

I was revelling in the immensity of the experience, the discovery that

the forest sings praise to the Creator, and joy in the creation; I was washed clean, all that had gone before had new meaning, life was made new, and I was flooded with joy and strength and awe in the majesty of this upwelling crescendoing, symphonic sound. Suddenly the song changed.

It was an abrupt change, from overwhelming joy to abstract sorrow. My cognitive mental faculty seemed to be translating information received by my soul from that incredible presence at worship over there.

"Oh noble and worthy  
exploiters and conquerors  
have mercy, have mercy,  
do not end our singing  
which allows the conditions necessary  
to all life on the planet as you know it"

The hymn of joy was becoming a litany of sorrow, and my cognitive mind recorded that I was witnessing that the song of the forest had now changed, and I wondered if this was happening all over the planet, and many people were hearing it.

At the same time, I received what I can only describe as a molecular vision of how the forests of the planet have created and now maintain the planetary atmosphere. I wondered, "Is this the carbon cycle I'm seeing?" I had heard of it, but never paid much attention. I experienced that I did not have the mental capacity to comprehend but a tiny fraction of what was being revealed to me. It was an immense barrage of information, a 'downloading' from a highly developed intelligence to my embryonic one. What was clear, however, is that we have interfered with the song of the planetary forest to the point where life on the planet as we know it may soon no longer be possible, and that we have reached the brink of the precipice



of catastrophic planetary atmospheric change.

My cognitive process was struck by the politeness of the forest, calling us "noble and worthy conquerors," and I wondered "if this is the planet of the trees, then where did we come from?" I was asking myself, "Mercy, how can the forest ask us for mercy? I thought mercy was God's domain to dispense. And why me? Why do I have to hear this?"

I received a number of vivid impressions during this clairaudient revelation: that a superphysical life force regulates physical ecosystem processes; that the biggest, oldest trees receive broadcast of life force energy from the inner regions in the vicinity of the valley's headwaters, and that these ancient beings transform and transmit that life renewing energy throughout the entire ecosystem, and that when they are removed the ecosystem is plunged into chaos within which biotic succession is not predictable; that this is a forest sacred to the divine spirit of grace and mercy, known in Eastern countries as Kwan Yin, or Kwannon Samma, the Goddess of Compassion; in the Western world, this holy spirit of grace and mercy, regarded as the fourth outpouring of the logos, is represented by the Master Mary, the Holy Mother; that the Yggdrasil tree, the archetypal world tree of Norse Cosmology, is central to a story which is a *prophesy*, not as is assumed by eddic scholars, a history. (I went home and looked that one up - I wasn't even sure what the Yggdrasil tree was).

My life has not been the same since that experience. I was haunted by that litany of sorrow for months; awakened to it in the night - "Have mercy, have mercy, have mercy on the children..."

There seems to be a difference between clairvoyant and clairaudient experiences. I have been timid about acting on this, but when the cutting plans for that forest were advertised for public review last year, I went there again, and walked for the first time in that forest, and knew I had to at least challenge the cutting permits. When I did that, the media got wind of it.

I have been working on the land use planning process to get a designation of *spiritual/aesthetic* legislated for application throughout the province, to give some respect and protection to the naturally sacred wells and holy groves. The government, despite promises to respect all values, has chosen to interpret the concept of spiritual value as a first nations historical issue *only*. It seems that even the first nations recognition of spiritual value has to predate 1846 to be recognized by the government.

I don't know if it was mountain devas or great forest devas at worship at Tenise Creek that day, or angel lords and reginas of nature, but I do know for sure that it is not a good idea to remove that forest.

Despite consensus at the Kootenay/Boundary C.O.R.E. table that designation of spiritual/aesthetic become a legislated part of the land use designation system, and the recommendation to cabinet of C.O.R.E. Commissioner Stephen Owen that the land use dispute at this "spiritually significant old growth forest at Tenise Creek" be given high priority for

resolution, government has chosen to simply go ahead with the cutting permits there on the grounds of an assumption that "spiritual value is intangible, and unquantifiable, and no technical criteria can be used to evaluate it." (Ken Baker, L.U.C.O., Mar. 30, 1995, and Mike Geisler, M.O.F., P.A.S., Mar. 28, 1995)

### Letter Writing for the Singing Forest

There are two important reasons for preserving the Singing Forest. These reasons are not complicated nor do they require that you be an "expert" to write about them. Please remember that the more certain government sees these arguments (in letters), the less they can ignore them. The arguments are as follows:

1) For some, the Singing Forest has been a source of spiritual revelation. There have been reports of the Singing Forest communicating with individuals, teaching them how everything on earth is interconnected and must be respected. To argue this point, I ask you "Does it seem unlikely that there are ancient places in nature that have the wisdom and ability to share with us age old secrets?" The Singing Forest is an ancient place for this area, probably at least 1000 years old and one of the last of its kind. I think it can be argued that there are ancient places, or spiritual wells that we can draw wisdom from and that these places must be protected. Furthermore, it must be asserted that nature has spiritual significance for non-native people.

2) The Singing Forest is of an age class that is very rare. We need to protect all that is left. The Ministry of Forests argues that we have protected a sufficient amount of old growth forest in the West Kootenay region. What they don't tell us is that they don't make a distinction between 140-250 year old "old growth" forest (called class 8), and greater than 250 year old old growth forest (called class 9). We've protected some class 8 forest, but very little class 9. The argument for why this is unacceptable is that an old growth forest like the Singing Forest that is around 1000 years old is likely to have plant and animal species that are found only in a forest that old. Therefore, if we don't protect enough of the old old growth forest, we will see the species that are unique there go extinct. It needs to be argued that the Ministry of Forest must make a distinction between class 8 and 9 old growth forest and protect some of class 8 as well as all of the endangered class 9.

*On Sunday, June 10th, 125 people caravanned to the Singing Forest to experience the awesome ancient forest. More caravans are planned as well as a Singing Pilgrimage from the Singing Forest to Victoria. People are welcome to join in this walking procession as it journeys westward. Also a full time camp will soon be established. If you would like more information please phone Matt at the Eco Centre in Nelson 352-9288*



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## Slow... Road Crew Ahead

by Jocelyne Bradley

Holistic, new age, spiritual, metaphysical, and personal empowerment are only a few of the words we choose to describe our journeys. Just think, not so long ago, many would have included spoofer, quack, weirdo, and witch (in a derogatory sense) and even though some still do, we've definitely come great distances in a short time.

So here we now stand at a point in our lives where our friends finally "get it", acquaintances understand a bit more and we feel a little less like conspirators on an underground mission for change. It seems as though the big switch in the sky was flicked on so we can all get a better picture.

Now our quiet little gatherings at the cliff's edge have grown to an all out jamboree. Some come to join the flight, some come to teach it, and many come to witness it, all the while unaware that by simple observation, they too have taken one step closer to the edge. Yet with all this traffic and commotion, there still seem to be so many trying to get to the party in the first place. They can hear it from a distance, but can't quite make out which direction it's coming from. Whether they've read the map upside down, have taken the wrong fork in the road, or were led by someone they thought knew the way; there they stand shouting obscenities at the sky, wanting to know where to turn next.

One would think that with all our great advances, someone would have organized a work crew to put up proper road signs, you know... "THIS WAY TO CLIFF'S EDGE", "PROCEED WITH CAUTION" and the ever so important "SLOW - SHARP TURN." I know, I can hear you saying we already have crews everywhere. That may be so, but someone forgot to give out the signs in their proper sequences, and brief the gang on the importance of team work. If we're all part of the whole, then reason tends to follow that we all know part of "the way". Like puzzle pieces in a box, we need every piece to get the big picture. Yet many of us are clamoring about waving our piece of the puzzle, as though it were the entire picture.

Rolfing, reiki, acupressure, acupuncture, meditation, movement, breathing, nutrition, nature, color, music, massage, magnetics, shiatsu, reflexology, astrology, and so many more viable pieces to our puzzle stand alone, out there, everywhere,

waiting. Waiting to somehow be assimilated by those on their journeys to the cliff.

Hopefully, at some point, more of us, as teachers, healers, and 'way showers' will gather to combine our pictures and make one clear and concise sign that reads; "YOU ARE HERE".

In the meantime, we too will be offering our pieces to the puzzle through Breathery and ever attempting to put the whole back into Holistic through meditation, gatherings, and combining several practices into various packages.

So if you are looking for help in clearing your path, plan to join the road crew, or if you just want to share your puzzle piece(s), see ads page 15 & 23

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# What's so Amazing About Aromatherapy?

by Heather Cahill

We humans are probably the only species on the planet who pay so little attention to our sense of smell. Smell is a subtle yet powerful sensory system. The olfactory nerve receptors are in direct contact with the outside world; located just beneath the brain, level with the bridge of the nose, these sensitive "hairs" pick up the fragrant molecules transporting their message directly to the Limbic system. The limbic system is the Cerebral core of emotion and memory, controlling the entire Endocrine System of hormones that regulate metabolism, stress, insulin balance, sexual arousal and much more. Fragrance plays an important part in memory association.

## What are Essential Oils?

Essential oils are natural substances extracted via distillation from various parts of the plants, trees and flowers. The oils are highly concentrated which sets them apart from most other retail Aromatherapy products. The rule of thumb is to use "drops" rather than ounces. True Essential Oils are relatively expensive to buy but each 10ml bottle contains 200 drops so it lasts a L-O-N-G time.

Essential oils absorb into the fluid surrounding the cells beneath the skin surface for deep cleansing, nourishing, rejuvenating and balancing. They also diffuse into the air for purifying, refreshing, calming and stimulating. They perform their healthy work both topically and internally.

Aromatic medicine was recorded in both Egypt and India more than 6,000 years ago. At the beginning of this century, particularly in France and England, aromatherapy made a comeback. Today, in France, it is common to find doctors practising Aromatherapy and health insurance companies recognize it and reimburse for treatments and products. Canada has a long way to go....

I became fascinated with Aromatherapy about 5 years ago after a trip to the U.K. Recognition of aromatherapy in Canada has been slow. A large part of my business has been to promote and educate the public. In July I am starting to give mini-workshops which I hope will bring light on the subject. Aromatherapy is both an art and a science. Those who practice it have to study long and hard and we still will never "know it all." It is a wonderful form of alternate healing although I would recommend you discussing its use with your G.P. if you have serious health problems. As an R.N. I know there is a place for traditional medicine too but we have become a society of "Pill Poppers" for every ache and pain. Our immune systems are starting to fail us as we become more and more resistant to medications. Have you ever stood in the check out during "cold" season and seen the thousands of dollars worth of cough and cold, over the counter medications that pass through? Most are little more than Aspirin and a decongestant with some lemon flavouring. We have been brainwashed to believe that these medications will shorten our misery but as the saying goes, a cold will last seven days or a week whichever is the shortest...

We have gone through the crazy days of the 20 minute

## THE DREAM LODGE

### 'Light Acceleration Gatherings'



Have you taken responsibility for your life and the situations you have created for yourself - without blame or judgements?

Then, join us in the celebration of one's spiritual self through discipline, discussion and the quieting of the ego. Allow the energy of spirit to become your motivating force in life.

Joy, love, sharing, growth, light, balance, vitality, knowing, truth, power and oneness are aspired to by many, but attained by few.

Variety, communication and discussion tend to bring more of us forward than any one approach. In understanding that we are all healed and informed, we allow ourselves to get out of our own way and step ahead to our inevitable progress into light.

We have, in our own awareness, recognized the need for people to gather in a low structure environment, thereby allowing for the much needed freedom to exchange vital energies.

The Dream Lodge, situated on 10 acres in the hills of Joe Rich, provides a peaceful setting for these exchanges with the 'Light Acceleration Gatherings' formulated to instigate self empowerment.

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## DATES:

Sept. 1st - 3rd	Oct. 6th - 8th
Aug. 25th - 27th	Sept. 8th - 10th
Sept. 23rd - 25th	Oct. 20th - 22nd
	Oct. 27th - 29th

**TIME:** Friday 7 - 10 pm, Sat. 10 am - 9 pm & Sun. 10 am to 4 pm

**PLACE:** The Dream Lodge, 19 km East of Kelowna on Hwy. 33.

**EXCHANGE:** \$200 person. Registration deadline...Wed. before wksp.

For more info. please call the

**DREAM LODGE (604) 765-2259**

Site 13B, Comp. 52, RR #5, Kelowna, BC V1X 4K4

workout and pushing our bodies to unnatural limits but happily I think I can say that we are settling down into a more "healthy" lifestyle in general. The old saying of "finding oneself" is not so Woodstock anymore...

As long as we can breathe then we can smell. If only we had recognized years ago that the appendage on the front of our face was such a valuable asset.

I am more than happy to answer any of your questions. If I don't know the answer right away I will find it for you.

*Heather has ad in Natural Yellow Pages under Aromatics Aromatherapy.*



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September 27.  
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(1310 Bertram St)



**SALMON ARM**  
September 28  
The Centre  
(Old Kault Hill Rd)

**TIMES: 7:30 - 9:30 p.m. FEE: \$10.**

(Refundable for program registrants.)

**INQUIRIES: Victoria:** Guadalupe (385-6748)  
**Nanaimo:** Gary: (753-0688) **Kelowna & Salmon Arm:**  
Other Dimensions Services (832-8483)

### 1995-96 Program

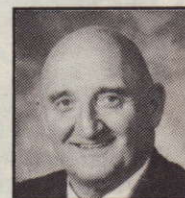
Sept. 30-Oct.1, Dec. 9-10, Feb. 3-4 & April 13-14

### PROGRAM REGISTRATION:

Other Dimensions Services, Box 2269,  
Salmon Arm, B.C. V1E 4R3.  
Tel / Fax: (604) 832-8483

## Are You "Tired of being sick" and "Sick of being tired?"

by Sir Brian R. Jenner,  
President of the International  
School of Cell Electrology



Days, weeks, months, and years go by and we become less energetic, have aches and pains etc., and believe we are just getting older. According to Deepak Chopra, 98% of the body is replaced every year. So why all these aches and pains?

Brian R. Jenner, born in England and a native of Australia, a jeweller by trade leading a sedentary lifestyle, became interested in alternative healing because of his own ill health. Twenty years ago, at age 40, he was 40 pounds overweight, afflicted with severe sinus congestion, indigestion, and bleeding hemorrhoids. A friend in Australia suggested he work with his lymphatic system and after several months was relieved of his conditions.

Naturally he wanted to find out what was the reason for the miracles. A book on lymphatic drainage "fell into his hands." That was the start of an exhaustive study of lymphatics and of other health practices such as reflexology, color therapy, acupuncture, Rolfing and Feldenkrais method, Swedish massage, Heller work, Neuro Linguistic Programming, applied kinesiology etc, etc.

After this experience, he began his research and traveled around the world compiling numerous concepts and ideas in the field of alternative healing. He has studied under and been influenced by many prominent people such as Antoine Bechamp, Dr. Samuel C. West, Dr. John Thie, Robert O. Becker, Peter Manners, Harold Saxon Burr, Rupert Sheldrake, Harry Oldfield, Prof. Ross Adey, Robert Beck, Dr. John West, Nicola Tesla, Andre Puharich, Hilton Hotema, Dr. Robert S. Mendelsohn, and Bruce Cathie. Because of his accomplishments in the alternative health field, he has been knighted and is now known as "Sir" Brian R. Jenner.

What does all this research boil down to? In essence, it shows that our health depends upon the good functioning of our electromagnetic field and the flow of "intelligent" light energy through the meridians and cells. Bodies are liquid crystal oscillating to the electromagnetic frequencies around us.

The human energy field and the Circadian rhythm of the body are interrupted by the electrical pollution (ELF) from power lines, appliances, battery operated wrist watches, etc., mercury and metal in the mouth. Our sedentary lifestyles, lack of oxygen from not breathing properly, and our stinking thinking interfere with the functioning of our lymphatic system (the cleansing system of the body). In order to have a disease free body, we must remove the toxins via the lymphatic system.

Although Sir Brian still electromagnetically balances clients, his focus is on teaching his techniques to others, enabling them to help themselves. *Please see ad to the right.*



## Testimonial

by Inez Kiel

My life as I knew it came crashing to a halt eleven years ago when I was diagnosed with Multiple Sclerosis (M.S.). The doctor told me there was no known cause and no known cure and that I would get progressively worse. It was a slow death sentence, and I went home depressed and afraid for the future. At this time I walked with great difficulty, could no longer play the piano (music teacher for 25 years) and lived with total fatigue.

I did some research on M.S. and when I returned to my doctor a month later I told him I had decided to decline all medications as they did not cure, they only masked the symptoms for a period of time. I decided to follow a path of alternative healing, even though up until this point I believed that my doctor could "cure" anything. Getting well was my main focus and I would do whatever was necessary to achieve this goal. Being told it was impossible to get well, my faith led me to believe otherwise.

I immediately started taking megavitamins, minerals, and put myself on a very restricted diet. In spite of my efforts, the condition grew worse for about a year. Over the next eight years my condition gradually improved as I added different therapies - meditation, yoga, reflexology, chakra and aura therapy, color therapy, acupuncture, acupressure, prayer, herbs, homeopathics, Feldenkrais method, massage, Neuro Linguistic Programming, etc.

I had reached the point where I lived a full, busy life but I knew my limitations. If I pushed myself too hard physically or emotionally, I would "bottom out" and would need to rest for several days as well as have some therapy done to bring my energy level back.

In the spring of 1994, Sir Brian R. Jenner was in Edmonton and I had the good fortune of hearing him speak. I was impressed with what he said and asked a friend of mine who had taken his course to give me an energy balance. After the balance my energy reserve was back! I took the course and now maintain this energy level by applying the techniques I have learned and no longer "bottom out". I have received the gift of restored health, for which I am truly thankful. I now share my experience and knowledge to help others.



## Testimonial

by Joan L. Ranger

Life was great and I was having fun living in the fast lane. On the other hand I was abusing the Natural Laws of Life emotionally, physically, and spiritually. I had been studying alternative healing and how emotions affect the body for many years, but unfortunately had not applied this knowledge to myself and paid the price.

I had always been an over-achiever. I owned my own business and managed a business with my brothers, working 16 to 18 hours a day. Besides working and playing hard, I had the stress of a divorce, allergies and candida. Falling on the ice, twisting my ribcage and having to travel 5 hours each week to see a chiropractor was also an added stress.



## Simply Lymphatics

A dynamic presentation

by **Sir Brian R. Jenner** K.C.I.O.M.C.L.T.F.H.I.B.E.M.E.  
of Australia

**July 11 ~ Pentticton Library Auditorium**  
**July 13 ~ Kelowna ~ The Lodge Hotel, 2170 Harvey Ave.**  
**Time: 7 pm ~ Cost: \$10**

Topics that will be covered:

- Protecting yourself from ELF
- Mercury and metal in the mouth or anywhere in the body and how it interferes with the energy flow.
- The body as an electrical light transducer (Cell Electrology)
- Applied Kinesiology
- The lymphatic system, the internal vacuum
- Ileocecal valve which governs the ecology of the body
- Balancing the negative and positive ions in the body
- Energy flow in the meridians
- Stress release at cell level

For more information on classes, contact:

Donna Sarenky Roth **764-2852** in Kelowna or  
Deanna Danychuk **767-9378** in Peachland.

Earth Energy 27 Association

February 1991, when I was in Phoenix, I noticed my skin was not tanning evenly (vitiligo) and I was very tired. For the next eight months I went to a Homeopathic, he suggested not working for at least three months to give my body a rest. Even though my body was giving me the warning signals, I ignored them and kept on pushing myself until.....

January 1992, fatigued to the point of not being able to get out of bed and every muscle in my body aching, I finally consulted a friend of mine who was an MD. She suggested doing tests even though she knew I would not take drugs. At the end of five months I was diagnosed with Chronic Fatigue Syndrome and Fibromyalgia. Medically there was no cure and I was told I would have to learn to live with it.

I knew the body could heal itself and began doing yoga, massage, homeopathics, herbs, acupressure, colonics, aura and color therapy, chiropractor, acupuncture, Life Crystals, Chondriana injections, and Neuro Linguistic Programming. The ultimate was an Austrian Health Spa and taking ozone therapy, herbal baths, Kneipp therapy and various other treatments.

All the therapies, studying iridology, herbology, nutrition and anatomy helped, but I still did not have 100% of my energy back and I was not going to settle for less. In 1994, I began treatments with a lady that worked with the energy body and I saw tremendous results. I was going back on a regular basis to maintain this energy level and this was very costly.

A friend of mine told me she was going to take a course on body energy balancing and if I wanted to learn more about it to go and hear Sir Brian R. Jenner speak. What I heard made sense and I went to him for an energy balance and never looked back. I have made a complete lifestyle change and enjoy helping and teaching others.



# The Nudes of Summer

by Lee Dreger

It's another gorgeous summer long weekend shaping up and the whole family is looking forward to heading out to a campground and getting away from it all for awhile. Better phone and make a reservation. What? Full? Now what are we going to do? How about heading out to a forestry camp? No way! Remember last time when about sixty 4x4 trucks rolled in and partied all weekend? Is there a place where a family can go to grab some quality time and relax?

You bet there is! The Okanagan Shuswap Nudist Society now has property near Vernon and plans are to develop a rustic, natural, nudist park where members can enjoy camping with lots of room, and eventually, some of the nicer amenities found in better campgrounds.

Whoa! A Nudist Park? Sure! Imagine one of the nicer campgrounds you have visited. Now imagine the folks being a more friendly, happy group. Now imagine that everyone wears only their birthday suits. It's that simple. Just good family fun where clothing is not always necessary. Nude recreation is the fastest growing segment of the entire recreation industry. The Okanagan Shuswap Nudist Society's Park is only one of over three hundred in North America sanctioned by the American Association for Nude Recreation which guarantees high standards. The Okanagan Shuswap Nudist Society is a registered BC non-profit society.

Eighty Park Memberships are being sold which entitles the members to a 1500 square foot camping spot and a 'share' in the total value of the Park. Members may sell their memberships at a later time if they so wish. The first few memberships are less expensive and subsequent memberships will sell for larger amounts as the value of the Park goes up and facilities become more developed. This is what makes the Okanagan Shuswap Nudist Society's Park unique compared to most other campgrounds, nude or textile... it's MEMBER OWNED.

There are between six and seven thousand nudists (people who feel that clothing is not always necessary and feel that nude is natural) living in the Okanagan area and it is hoped that these folks will step forward and help make this venture wildly successful by either purchasing a Park Membership, or just coming out to the Okanagan Shuswap Nudist Society's monthly events. To find out more please write to the Okanagan Shuswap Nudist Society, Box 5149, Stn. A, Kelowna, B.C. V1Y 7V8.

# Keeping the Faith

by Cheryl Hart

It is very easy when setbacks occur in our lives to believe that something bad is happening to us. We perceive our troubles as evidence of failure and spend a lot of time trying to avoid them. This is the reason so many people in our society lack character, for adversity not only strengthens us, it fuels our resolve. When we avoid problems, we are avoiding challenges and avoiding growth.

Pain can be a great teacher. We never know how powerful we really are until we have to prove it. Trials and tribulations force us into our fears, our ego or shadow self takes over and it is easy to project our weaknesses onto to others and deny them in ourselves. It is by undergoing this dark side that we have the opportunity to bring it to the light and heal it. At the point of our greatest darkness, we recognize our true creative self.

I have been in the field of personal growth for over thirteen years and believe that you can't teach without undergoing constant transformation yourself. Because of my commitment to my own growth, I have been very successful. Quite often, people see the results I get and want to believe that I am special. This could not be further from the truth, for it takes no unique talents or abilities to accomplish what you want. What it does take is willingness and consistent effort. It has been my perseverance and my unwillingness to give up on myself that has gotten me through some of the greatest difficulties and given me the greatest rewards.

I used to think that life was about seeking and finding Truth. I now see life as an opportunity to fully participate in the experiences that are presented to us. Sometimes this is easy and sometimes it's not, that's what keeps it interesting. With the emerging changes that seem to be happening on the planet, it is more important than ever to remain faithful to ourselves, our dreams and our vision. Unfortunately, we cannot be Spiritual Warriors without being tested.

Cheryl Hart is a director and teacher at Inner Direction Consultants. She facilitates six month empowerment programs where students are inspired to dissolve their fears and make a difference.

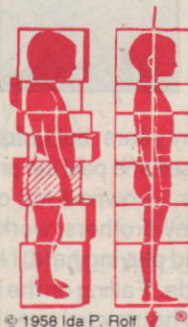


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## TOOLS AND TECHNIQUES APPLIED IN THIS COURSE ARE:

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## **INCLUDED IN THE PROGRAM ARE PUBLIC WORKSHOPS ON VARIOUS TOPICS:**

Self Esteem, Sexuality, Prosperity, Addictions, Relationships, Communication, Playshop

**We invite you to a preview evening on Thursday August 17, 1995**

**Support groups will continue Thursday evenings August thru to October 14, 1995**

**Program starts Saturday, October 14th, 1995**

This six-month program is a prerequisite to the Practitioner, Leadership and Teacher's Training.

These trainings are based on A Course in Miracles.

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- ✓ 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*
- ✓ I found more money, power and health. *Michael Saya, Speech Pathologist*

The next Personal Empowerment Program starts **September 9, 1995**

**We invite you to find out more by attending a Free Preview.**  
**They are held every Wednesday night starting July 19th.**

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# The Goddess Connection

by Laurel Burnham

Over sixty women of all ages came together to celebrate "The Goddess Connection" at Gardom Lake, May 26th to 28th. It was a perfect opportunity to honor our connections not just to our divinity as women, but to other women, and to the Mother Earth as well. There is a particular magic that happens when we come together to honor our women's spirit.

Connect we did! We danced, sang, chanted, drummed, prayed, walked and talked, listened, laughed and cried, stretched and swam our way to states of healing grace in a beautiful, tranquil setting. Not only was the weather perfect, we were blessed by the presence of dragonflies, mayflies, nesting grebes, the haunting calls of loons as well as the unforgettable sight of twenty turtles sitting on a log in the morning sun.

We were ably guided on our path by Redfawn Champagne, Nadine Konkin, Robin Riche, Diana MacLean, Joan Casorso, Rita Derkson, Christine Klepper, Glenis Holmes, Denise Maile, Lynn MacLaughlin, Mariah Milligan, Karen Miller, Marsha Warman, Laurel Burnham, and Wynn Jamieson, who gently and lovingly offered us their wisdom in workshops throughout the weekend.

Every woman who attended was able to return to her daily routine of responsibilities and commitments renewed and restored, blessed by the divine feminine energies evoked during the weekend. From traditional native women's teachings, shamanic counselling, aromatherapy, ear candling, herbalism, to modern ritual, every workshop had a gift for each participant. The vegetarian food was plentiful and delicious, the entertainment warm and witty, and the energy was beautiful: powerful, peaceful, feminine and healing!

The woman who wove us all together has set the scene for a third retreat. Sandy Jackson has booked Idabel Lake Resort for September 29th, 30th and October 1, 1995 for the next Goddess Connection. This will be your opportunity to experience the wisdom and playful magic of the Goddess!

## COMMON BELIEFS THAT CAN RUIN YOUR LIFE!!!

Try to be good at everything, or pretend you know everything.

The less you disclose about yourself, the better off you will be.

Make sure you please other people and that they like and approve of you.

Be right. Show others that your opinions are better than theirs.

### *Are you Passive, Aggressive, or Assertive?*

1. Are you able to refuse unreasonable requests made by friends?
2. When you differ with a person you respect, are you able to speak up for your own viewpoint?  
or
3. Do you have difficulty complimenting or praising others?
4. Do you show your anger by name calling or obscenities?

Assertiveness is an honest expression of your own feelings and wants. It is learning to get in touch with your feelings and wants and learning to act on them. See ad below.

Returning to offer their woman's wisdom will be Redfawn Champagne, Caren Miller, Christine Klepper, Joan Casorso, Mariah Milligan and Laurel Burnham, and others yet to be confirmed.

Idabel Lake is a resort owned and operated by two sisters (of course) and is located 40 minutes east of Kelowna, close to the gentle slopes of Little White Mountain, sister to Big White. There is a variety of accommodation available, from deluxe rooms to campgrounds.

The next edition of Issues will include the full program and registration information. If you would like to join us for the next Goddess Connection, and/or would like to be on the mailing list, please call Sandy at 763-9877 (Kelowna) Caren Miller 558-3944 (Vernon) Christine Klepper 832-6659/832-5205 (Salmon Arm) Barb Monkhe 546-9029 (Armstrong) Laurel at 492-7717 (Penticton)

Beth Wallace & Dixie Bedell

present

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**at 498 Ellis St (rear entrance) ~ Cost: \$225**

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

Name \_\_\_\_\_ Fee enclosed \$ \_\_\_\_\_

Address \_\_\_\_\_ Number attending \_\_\_\_\_

**\*\*Please register  
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Phone 494-9742 Preregistration Only!



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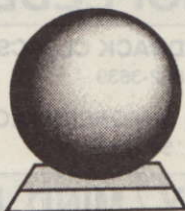
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- intimate relationships

You may be an adult child, someone who has survived childhood neglect, abandonment or abuse. We do not believe you have to stay stuck with the consequences or blame others for the past. Shannon Pohl and Dixie Bedell will present some practical tools to help empower you in your Healing Journey... *see ad below*

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present

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**Sept. 16 ~ 9 to 4:30 pm ~ 498 Ellis St. (rear entrance) ~ Cost: \$65**

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Name \_\_\_\_\_ Fee enclosed \$ \_\_\_\_\_

Address \_\_\_\_\_ Number attending \_\_\_\_\_

**\*\*Please register  
before Aug. 20th**

Complimentary Refreshments will be served during breaks. Seating is limited so please register early!

Phone 494-9742 ~ Preregistration Only!



# the 'NATURAL' yellow pages

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# DEADLINE

## for September

### Advertising and/or Articles

# August 10th

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# FEAR

## THE SHADOW SIDE OF LOVE

by David Bromfield

It was explained to me some time ago that fear is nothing more than the shadow side of love. I puzzled over this conundrum until it occurred to me that love is a form of light, and I realized that, wherever there is light of any kind, a shadow also exists. It is interesting to note how light, life and love are so inextricably woven together.

If we didn't have light from the sun, there would be no life in the universe. If there was no life, then there would be no need for love. Apparently, one cannot exist without the other. My belief is that they are all aspects of one and the same thing. We speak of light in many ways. The *light* of day, the *light* of love, the *light* of knowledge, the *light* of healing. Whenever something comes between you and the light of self-love from your heart, a shadow of fear is cast across your mind. Just like your physical shadow, your fears go with you everywhere, because you carry them around in your mind.

The only solution to the problem of forever being in the shadow of fear is to replace your self-doubt with self-love. Fear brings darkness of spirit, restriction, immobility, the sticking to known ways that are often painful or self-defeating. When fear is present we avoid taking risks because we "might fail, or make a mistake." Watch any young child, they aren't full of doubt and fear because they haven't had time to learn it yet.

Self-love brings expansion, curiosity, *lightheartedness*, the willingness and optimism to attempt new endeavours. It gives the understanding that mistakes are nothing more than Nature's feedback system, and vital to your growth and happiness as a human being.

The shadow of fear arises because we have been taught the world is place of lack, poverty, illness and death. This belief in life as a negative experience is what stands between us and our hearts. We have been taught to mistrust ourselves. The world is actually a place of absolute beauty and abundance, a part of the universe, radiant and glorying in its own existence. Yes, there is pollution, etc., however, the earth trusts itself to adjust to this 'fact of life,' and from this we can learn the powerful lesson of adaptation.

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Since fear is merely the shadow side of love, then fear can be eradicated by removing whatever is standing between yourself and your heart. No matter what your fear is, there is a cause that can be removed. Anything, absolutely anything, can be changed. Since we have learned to have fear, we can learn to have self-trust. It takes work and lots of effort to maintain an attitude of fear. And let's face it, being fearful is downright boring!

Self-trust is as easy and natural as sunshine and raindrops. You have the ability to trust self as surely as night follows day. Your heart and mind know how to do it, and nothing can eradicate this ability. You remove yourself from the shadow of fear by walking into the full light of love for self. It is vital to remember that you have the power of choice, the ability to make things happen. Therefore the journey of a thousand miles begins with the single step of *choosing* to remove whatever is standing between you and your own heart.

There are many different ways to become healed. Often we believe that, as we get older, we lose the ability to heal, make changes and be happy in the world. This isn't true. We don't lose this ability, we simply *misplace* it. It gets covered over with debris from everyday living. We lose sight of it, and assume it has gone forever.

You have life, therefore you have the light of awareness and the love for self. Fear is nothing more than something coming between you and your heart. You have the power of change because you have the power of choice. Exercise it.

David is a therapist who runs Alternative Attitudes, a holistically based counselling service in Nanaimo: 751-3696

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14th Annual

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July 23-29th

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This year's Theme: "Joy in Life"

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

## WORKSHOP FACILITATORS



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



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



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



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



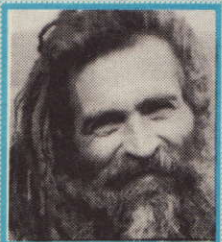
**PAUL PITCHFORD** will teach Confluence of Oriental Healing Arts. This includes Zen and Taoist meditation and supporting dharma's, Tai Chi movement, traditional Chinese healing principles and dietary/herbal therapy so that we may joyfully rediscover ourself. Paul directs the "Wellness Clinic" at Heartwood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



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



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



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*For information and to register contact:* **Centre for Awareness, phone (604) 362-9481**  
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## \* \* \* EVENING PROGRAM \* \* \*

- |                   |  |
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| <b>Tuesdays</b>   | Dynamic Meditation with Urmi Sheldon. This active meditation is designed to awaken the body energy and release blocks. Experience the freedom of movement and the stillness and beauty of silence. \$5 |
| <b>Wednesdays</b> | Dynamic Meditation with Urmi Sheldon. \$5  |
| <b>Thursdays</b>  | Mystery School with David Charles and Kestrel.<br>Discover Sacred Geometry and the Cards of Destiny \$5  |
| <b>Fridays</b>    | Dynamic Meditation with Urmi Sheldon \$5   |

## Free Introduction to Reiki

Saturday, July 15, 10 am to Noon, with Catherine Torrens.

## 2nd Annual Mini Health Fair

to be held September 9 & 10

We are looking for healers wishing to share their talents and give ½ hour or 1 hour sessions to people wishing to experience some of the wide variety of bodywork that is now available. Also readers are invited to apply as well.

If you are interested please phone 492-5371 and let us know if you would like to work Saturday or Sunday.