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September 1995

Volume 6 - Number 8

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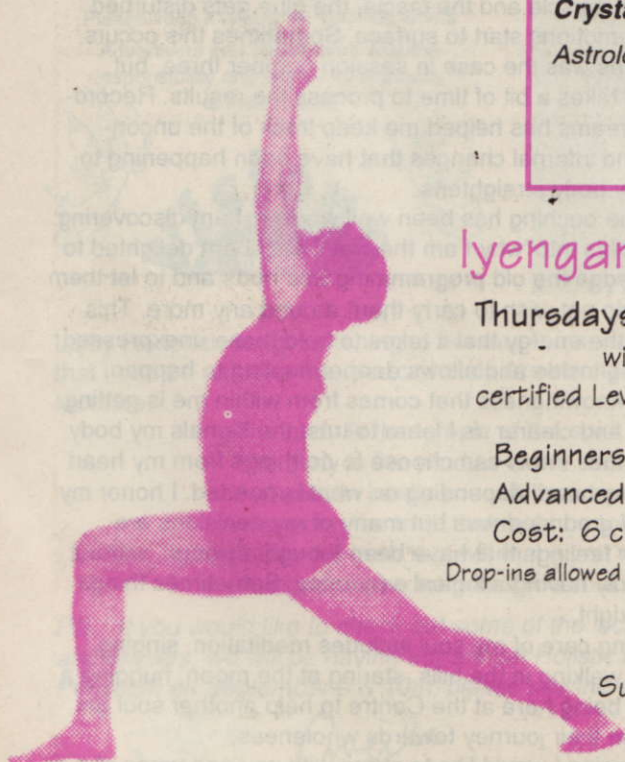
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Photo by Steve Tomlinson

Musing

with
Angèle

publisher of ISSUES

A Time of Celebration

What a joy it was to slow down this summer and take time for myself. It makes me appreciate life so much more. I made the decision this spring to do less and have more happen, so we'll see how it goes.

The front cover of Issues has two pictures. This month one photo is of brother Bill balancing on the rock and checking out Mom, the photographer, while I make sure the root beer is cold so that we can celebrate. There are lots of bottles in the creek, so company must have been coming. The other photo is brother Mike hauling some water to our cabin, which was a fair trek. With no well inside the house, we all took turns hauling the pails of water from the nearby creek into the house so that we could heat it to wash the dishes and brush our teeth.

Having homesteaded in Rosswood as a child, I appreciate the many modern conveniences and indoor plumbing that I have now, for these time-saving devices allow me time to care for my soul. In creating a Holistic Healing Centre, I have had the privilege to meet many people who know how to nurture body and soul, and the joy of experiencing the many different types of bodywork that are becoming available here in the valley. I've spent many years visiting chiropractors and massage therapists to help release and relax my tight shoulder, and it is great to get some additional support.

Last year at our Holistic Health Fair, there were so many interesting bodyworkers to choose from that I couldn't make up my mind and I decided to let the universe decide, whom I would have a session with. I said to myself "Whoever isn't booked at noon on Saturday will be the one I try." It turned out to be Gary Schneider, a Rolfer who had just finished his training and was setting up his practice in Kamloops. I had heard that Rolwing was deep tissue bodywork that can hurt as the person is being restructured but after an hour on Gary's table, I felt like a new person. My body tingled as the blood coursed through my veins in a way that I had never experienced. I felt alive and seemed to walk a little taller. Rolwing was not as painful as the burning sensation I get in my shoulders whenever I spend too much time sewing or typing. At moments, it was intense but I knew the deep bodywork was needed if I was to release my old holding patterns.

As the weekend drew to a close I asked Gary if he would return on a regular basis. He said that Rolwing consists of ten sessions in sequence and that he would travel to Penticton once a month if there were ten people who wanted sessions. I found it easy spreading the word and getting similar-minded people to sign up. Good body-

workers are hard to find and treating myself to their gifts helps to nurture my soul. Bodywork is the one thing I have always spent my money on. As my Mom would say it is a 'real treat,' not a treatment.

I have just finished session number ten and have signed up for another set. I asked the universe to help me straighten up my posture and I thank my guides for their wise choice: I feel I am standing seventy percent straighter, which takes pressure off my internal organs and helps them to function better. My neck no longer creaks and my Yoga postures and stretches have been steadily improving. Was it a coincidence that the pose Margaret decided to have us do at my weekly Iyengar Yoga class in Kelowna was usually exactly suited to whatever Gary had just finished ungluing in me? Gary has magic in his fingers and he seems to know exactly where my body holds its glue. Yes, Rolwing is painful at times but so is giving birth. Each session helps me feel like a part of me is reborn.

In session number three as he worked the chest area just in front of my armpit, I suddenly felt like I was five years old. My free arm started fanning my face as I realized there was a pungent smell coming from my mouth that was making me gag. I knew instantly that it was the smell of the ether that they used to put me under when they removed my tonsils. As the smell faded and I recomposed myself, Gary found another spot and I burst into tears. I hadn't felt any pain, I didn't get a sense of why this was happening but the emotions were real and intense, and so I wept. For two weeks after that session it felt like I had cracked a rib. I rubbed the sore spot daily to ease the discomfort as the old glue released itself slowly.

The most painful sessions were the ones when Gary worked on my legs. He told me that emotions that haven't been allowed to be expressed store themselves in the fascia or muscle sheaths. He calls them "glue." When he works the muscle and the fascia, the glue gets disturbed and the emotions start to surface. Sometimes this occurs instantly as was the case in session number three, but usually it takes a bit of time to process the results. Recording my dreams has helped me keep track of the unconscious and internal changes that have been happening to me as my body straightens.

All the ouching has been well worth it. I am discovering new insights into 'why I am the way I am.' I am delighted to acknowledge the old programming and hurts and to let them go, for I do not wish to carry them around any more. This frees up the energy that it takes to hold these unexpressed messages inside and allows deeper healing to happen.

The knowingness that comes from within me is getting stronger and clearer as I learn to trust the signals my body is giving me. I now can choose to do things from my heart or from my head, depending on what is needed. I honor my logic and groundedness but many of my decisions are based on feelings that have been thought through, without necessarily having a logical sequence. Sometimes things just feel right.

Taking care of my soul includes meditation, singing, reading, walking in the hills, staring at the moon, hugging a tree and being here at the Centre to help another soul get started on their journey towards wholeness.

In closing I would like to share with you one verse of a

ISSUES MAGAZINE

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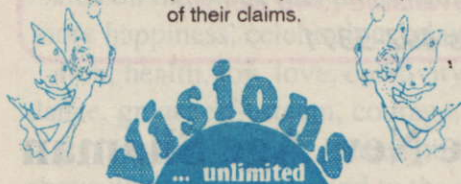
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The body is the window of the soul
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Whispering the truth that must be told
Whispering the truth that will make you whole
The body is the temple of the soul.

PS. If you would like to check out some of the local bodyworkers
and readers, we will be having our annual Holistic Health Fair in
Penticton on September 9 & 10th, please see the ad on page 18.



Angèle

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Vibrational Healing and the Coming of the New Age Shaman

by Troy Lenard

A new vocabulary is being developed in describing healing and consciousness. Kundalini Fire, Shamanism, Pranic Health and the Etheric field, Sound, Light and Radiant Healing, Colour/Chakra Therapy and Aromatherapy are some of the many new terms requiring redefinition. All are related to the electro-magnetic field surrounding all material forms, also known as the 'Aura.' In an ancient language the sound of "SHA" has its origin in the Sun infused with the consciousness and healing power of the Sun/Soul, our source of vital life.

The function of the coming new age shaman will be to bridge the old forms of healing with the new, blending science and technology with ancient aboriginal memory. He/She will be astute enough to know the function of some of the major biological systems governing bodies such as the endocrine,

glandular, central nervous and lymphatic as well as to retain an open mind and heart to the increasing use of gems, crystals, colours, plant essences and vibratory sound used both as voice or instrument in balancing and harmonising the vibrational states comprising body, mind and spirit. The use of an 'eagle feather' in soothing a troubled mind and clearing the 'pranic currents' of the etheric body cannot be understated, yet neither should the use of laser and sound technology be denied their inclusion in the emerging new healer.

Many of the old forms are experiencing the 'Uranus force' underlying present world chaos and crisis, yet out of it will arise a new state of consciousness and spiritual sensitivity unparalleled in human history. At the vanguard stands the intuitive "Shaman." ♦

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Say yes, say no, say the magic words, ask lots of questions, ride bicycles, draw and paint, see things differently, fall down and get up again, talk with animals, look up at the sky.

Trust the universe, stay up late, climb trees, take naps, do nothing, daydream, play with toys, have pillow fights, learn new stuff, get excited about everything, be a clown, enjoy having a body, listen to music, find out how things work, make up new rules, tell stories, save the world, make friends with other kids on the block and do anything else that brings more happiness, celebration, relaxation, communication, health, joy, love, creativity, pleasure, abundance, great self-esteem, courage, balance, spontaneity, passion, beauty, peace and life-energy to the above named member, and to the other human beings on this planet.

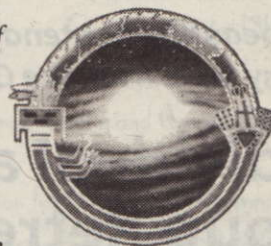
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Hypnosis is a state of altered consciousness that occurs normally in every person just before they enter into or withdraw from the sleep state. In therapeutic hypnosis we prolong this brief interlude so that we can work within its bounds.

The experience of being hypnotized is no different from the experience of relaxing and of starting to go to sleep. The subject's mind is active, their thoughts are under their control, they can perceive all stimuli and are in complete communication with the clinician.

There is no magic in hypnosis. There are some conditions for which it is useful and others for which no great benefit is derived. It is employed in medicine to reduce tension and pain which accompany various physical problems and to aid certain rehabilitative procedures. In psychiatric practice it is helpful in short term therapy and also in otherwise long term treatment where obsessive resistances to change and mental health have been encountered.

My own interest in Hypnotherapy began as a result of reaching many times the limits of talk therapy verbalized often as "now I know all this, now what?" In Hypnotherapy we can get beyond the now what.

I have experienced personally and in my work with others that the subconscious is a tremendous resource, not usually explored, containing all our physical, emotional, sexual and spiritual injuries. Over time, reoccurring similar events become themes in our lives forming beliefs about ourselves and others from which patterns of behaviour and assumptions about current events result.

The human mind is bombarded constantly with stimuli from the outside, and thoughts and ideas from the inside. A good deal of suffering is the consequence of "negative" thoughts and impulses invading one's mind from subconscious recesses. Past experiences, guilt feelings, unacknowledged impulses and desires are incessantly pushing themselves into awareness directly or in disguised forms sabotaging one's health, happiness and efficiency. By adulthood negative modes of thinking, feeling and acting persist like bad habits and are hard to break.

In Hypnotherapy a symptom or feeling is traced, via relevant repeated events, to its source. Feelings long unexpressed are reconnected with and released. Simultaneously, an intentional process of inner integration is taking place between the aspects of ourselves previously lost or unacknowledged: our intuition, our spiritual connection and our child still surviving despite past injuries. As we resolve the past we become tremendous resources to ourselves, able to be experienced and experience others differently as we respond to them from the healed composure of now rather than the painful reactivity of then.

Jennifer will be the Friday Night Speaker at Penticton's Holistic Healing Centre ~ September 29th. Details on page 22

Christmas Miracle

by Lorna Hancock

Some deep thinker said tragedy and suffering are only life lessons. Uh-huh. Oh, yeah. Thankyou friend, whoever you are. It was Christmas, 1992, and I guess I would have to call all that pain a life lesson. My reliable friend and chiropractor was out of town for the Christmas holidays and wouldn't be back until after the new year. All other offices were closed too, and I was suddenly in need of some kind of miracle.

December 20th I had leaned over the dishwasher to pick up a dish and I felt my back change somehow. Ow! Within a week, I was experiencing repeated and painful stabbing in the chest and with all movements [ever had a rib dislocated?]. The nerves were aching up and down my legs, my arms hung limp and immobile at my sides prohibiting me from working, lifting, driving, dressing, taking care of myself in any way. Someone had to lift my head off the pillow as I was sure it was falling off and taking all nerves with it.

I can only describe that time as a living hell and didn't know how I or anyone else could live through it. I was scared, and so was my family.

Someone told someone else about my dilemma and somehow out of the blue there arrived at my door a travelling massage therapist from Oregon, with what appeared to be a portable massage table hanging from his hip. He had been visiting friends in Vancouver and he had done exceptional work on someone else and why not see if he would be willing to help me. Exactly. I wasn't going anywhere.

After exchanging half a dozen words and shaking his head at my badly displaced posture, Darryl whipped out his table and says *hop up, lying face down*. That was a laugh. Just as a point of interest, I couldn't hop anywhere, someone had to oh so gently place me there.

It was about then that Darryl turned his *Moody Blues* music on, explaining that the music helped *him* relax and do a better job. I had a sense that my little problem, which I figured was the end of me, was commonplace for him, but he did have to admit that I had gotten myself nicely screwed up. In spite of my preoccupation with pain, I remembered wondering about this *character* that ended up in my house. He had a confident, almost cocky, *I always win* attitude about him as he wielded his hands around, and sure enough, it was no surprise to hear that he had been Oregon State Wrestling champion in the past, and therefore used to winning.

Within two hours, and after a surprisingly painless and totally unorthodox therapy session, I could turn my head from left to right [amazing how you take things like that for granted]; I felt like I was going to live after all. He came back several days later and spent another two hours, and I figured I had my Christmas miracle, and a profound appreciation for simple body movement.

In my opinion, Darryl Burch is a highly skilled, totally unorthodox and self-taught bodyworker. He achieved his basic skills through trial and error, intuition and appreciation of body energy, and has since trained with leaders in the field of body work. Although polarity therapy, massage therapy, and other types of body-work technique may surface in his treatments, I



Helga Berger, BA, BSW

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Dates	Location	To register
Oct. 2 ~ Dec. 4 Monday	West Bench School Gym 6:30 - 7:45 pm	Okanagan College 492-4305
Oct. 3 ~ Nov. 21 Tuesday	Summerland Library 6:30 - 8:00 pm	Summerland Rec. 494-0447
Oct. 4 ~ Nov. 29 Wed.	Seniors Rec. Ctr., Martin St., 8:10-9 am ~ Penticton	Seniors Centre 492-3116
Oct. 4 ~ Nov. 22 Wednesday	West Bench School Gym 6:30 - 7:45 pm	Okanagan College 492-4305
Oct. 5 ~ Nov. 23 Thursday	Oliver Community Centre Hall 6:30 - 8 pm	Oliver Recreation 498-4985
Oct. 10 ~ Nov. 28 Tuesday	320 Sunglo Drive, Penticton 9:30 am to 11 am	Margery Tyrrell 493-3976

Fall Workshops

Harold Naka teaches

Tai Chi full time in Kelowna and is well known for his humour and easy teaching style.

Martin Mellish teaches

in Seattle, Washington and is renowned for his Tai Chi CD entitled *Chi Kung Healthy Body ~ Peaceful Mind*

October 14

Sat. 9:30 - 3:00 pm

November 4 & 5

Sat. & Sun. 9:30 - 4:30 pm

Location ~ 320 Sunglo Drive, Penticton
Please register in advance by phoning 493-3976

dearly wish that he could teach others the way he has taught himself. I, for one, have always been appreciative, and there are many more people out there needing the kind of attention that I desperately needed.

Darryl is the Friday night speaker at the
Holistic Healing Centre in Penticton ~ Oct 6th

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SMILES, ROSES & SUNSHINE

by Sharon Pilling

Four years ago on Oct. 23, 1991 my fourteen year old son Michael was killed in a car accident. In an instant my whole life changed and grief became an overwhelming reality in my life. Now I see the world differently. Michael's death was not the end of my life but a wake up call to change my belief system. Michael would often say to me "Mom, it is only a house", or "Mom, get a Life." I never understood what he meant then as I ran around to make sure the house was clean, pay bills, fix the car, exercise so I looked good, cook meals or accumulate "things" so everything looked good! Michael's death taught me a lot about myself. I was mostly interested in what everything looked like on the outside but I was called to remember what was precious in life and it was not "things."

My life is so different today. I am definitely through the earlier stages of emotional trauma like the denial, rage and bargaining with God. I am grateful I became aware that I was not only grieving the loss of Michael but for all those losses in my lifetime that I had not felt. The death of friends, pets, a favourite teacher, the end of my first marriage, my daughter Tammy leaving home after graduation, a career change, friends who had moved away, childhood hurts and the list goes on.

I have been using the Breath Integration Method (Rebirthing) for five years and have found it a quick method to access and feel the unspoken grief of a lifetime that was buried alive and held me back from living life now, in the moment. The grief process helped me to let go of blaming myself for things I did not have control over.

Grief does not control my life anymore. When it rolls in like a wave on a seashore I am reminded once again to stop and smell the roses, to extend to someone else who is in pain, to exchange a friendly smile, to remember the simple things but most of all to honour my relationships with all things in life.

A lot of my dreams have come true in the last two years. I am now married to the love of my life, Peter, and between us we have four children. I now take the time to listen to what people around me have to say. Before, I used to be too busy making everything look good to regard the simple things in life. I feel blessed doing the work I love to do as a Breath Practitioner, to give back to others who are in pain, so they can release the past and have what their hearts desire. With the breath method they are able to breathe in what they desire and breathe out what is no longer appropriate in their lives. To remember that what is important is simple and is usually right before our eyes. The sunshine will always remind me of my son's warm smile and bright shiny brown eyes. Roses remind me of the love he gave so unconditionally to those around him, even when his own life got a little tough and for his incredible courage in the short time that he lived. Today life is simple and I am grateful daily for smiles, roses and sunshine.

Sharon is a Certified Breath Practitioner at Personal Growth Consulting Training Centre in Kamloops. She is facilitating a workshop on Grief & Loss on Sept. 14, 1995 from 7-10 p.m. Call 372-8071 to register.



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Program starts Saturday, October 14th, 1995

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These trainings are based on A Course in Miracles.

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Never forget that you, all of you, can heal people all of the time you are with them, and at any moment and anywhere, just by being loving and caring.

Never forget that small steps one after another go to make a journey and that it all starts as soon as you do.

Never forget that the world is changing - and all you have to do is open your eyes, decide which direction you like, and go with it.

Never forget that you have power, integrity, dedication, passion, love and creative magic at your instant disposal. Please use them.

Never forget that there are others out there with similar and exciting views and by speaking up you will find them.

Never forget your dreams: they are what makes your heart sing its unique song.

Never forget that you help to create reality with your actions, your thoughts and your language - and that this really matters to others.

Never forget that there are hungry, tired, frightened, wounded and sick people out there, who are desperate for a smile or a friendly hand - even just for a moment.

Never forget who you are, and that you are unique, potent and exquisitely beautiful whenever you are living your dream, feeling your passion, being your love, and showing your joy.

*Never forget.....Courtney Young, Findhorn, May 1994.
From Healing Review # 57, August 94, page 4*



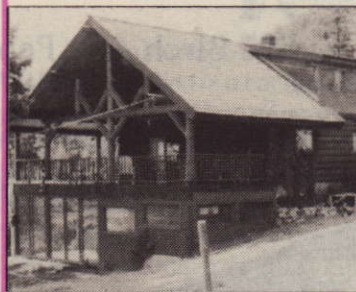
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Our environment is peaceful and our methods simple. Unlike other forms of this meditation, we will guide you through your sessions without drama, fuss or aquatic submersions. Your purpose is to breathe through the stress, doubt, restlessness and any unnecessary baggage. Our purpose is to assure that you do so as quickly and effortlessly as possible with love, compassion and additional exercises designed to enhance your experience.

This workshop consists of a weekend of Breaththerapy and its accompanying exercises presented by certified Breatherapists on ten relaxing acres.

DATES: Sept. 15th - 17th Nov. 17th - 19th
Oct. 13th - 15th Dec. 1st - 3rd
Nov. 3rd - 5th Dec. 15th - 17th

TIME: Fri. 7 - 10 pm, Sat. 10 am - 9 pm & Sun. 10 am - 4 pm

PLACE: The Dream Lodge, situated in Joe Rich, 19 km East of Kelowna on Hwy. 33.

EXCHANGE: \$250 person.
Registration deadline is the Wednesday before weekend.

For more information please call the

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Holistic Healing Centre: 492-5371

A VIEW TO THE WEST

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



Bats. They can lead you to wonderful places. My eight year old son, Ian, loves bats. We were camping at the Shuswap a couple of weeks ago where Ian spotted a poster advertising a bat adventure. For more information we were to go to the Squilax General Store and Caboose Hostel, a curious old building on the side of the Trans-Canada Highway, 1 km east of the North Shuswap bridge (approximately 60 km E. of Kamloops).

The proprietress, Blair Acton, answered Ian's barrage of batty questions with enthusiasm and good humour. While he was being shown a couple of bats in the belfry, so to speak, I had a chance to explore the little store. Blair keeps well stocked shelves with a variety of healthy foods, beans (I hear she'll even give an impromptu cooking lesson), local dairy products, breads, and more. Other interesting items, like a terrific fold down dish drying rack perfect for backpacking or camping, and bat type things of course, were to be found.

At the back of the store, Blair operates a hostel for weary hikers, and bicyclists. Cosy bunk rooms have been transformed out of old cabooses. One caboose sleeps 7; with 3 cabooses on site, up to 21 people can be accommodated. Inside the main building is a family room which could sleep 3 - 4 using a fold down cot. There are kitchenettes in the cabooses and a community kitchen in the main building. Small meals can be provided, larger meals are catered in, or groups can bring pot luck. The cabooses are heated in the winter - that and a hot shower would complete a heavy day of hiking, bird watching, or attending the yearly salmon run. A myriad of trails in the area leads one to the Thompson River or hunting for thunder eggs up Squilax Mountain.

This would be a wonderful spot for your next retreat or workshop. A large living room in the main building could accommodate a group of 10 - 15 people for workshops. Larger space can be made available at the Squilax Native Band office nearby. Future workshops include sweatlodges with Native liaisons with the Band Elders promoting community education, Tai Chi, and women's self-defense classes.

So next time you are planning a journey to the East, take a moment to pop into a charming little store, have a chat about bats and things, and pick up something yummy to eat along the way.

Hostel rates are as follows: non-members, \$17.00 per night, group rates are the same as member rates (members of Youth Hostel) at \$12.50 per night. Hostel bedding is available. Blair can be reached at 675 - 2977. Call ahead in the winter months to ensure someone will be home. During the warm season, someone is always around.

Past Life Therapy



IS CHANNELLING YOUR OWN HIGHER SELF

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

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

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

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

Contact: **Dane Purschke** at 767-2437 or at
Penticton's Holistic Healing Centre: 492-5371

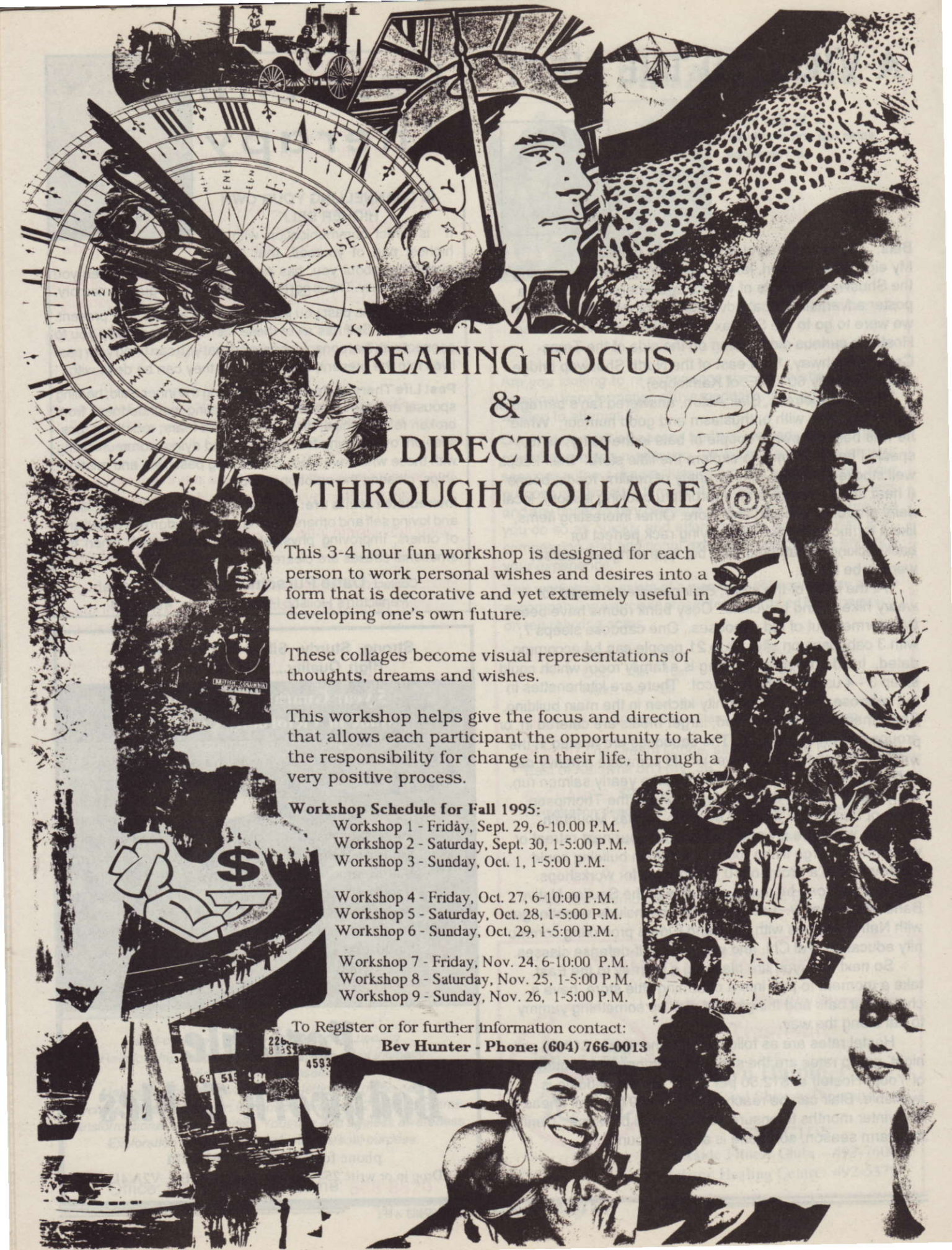
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This 3-4 hour fun workshop is designed for each person to work personal wishes and desires into a form that is decorative and yet extremely useful in developing one's own future.

These collages become visual representations of thoughts, dreams and wishes.

This workshop helps give the focus and direction that allows each participant the opportunity to take the responsibility for change in their life, through a very positive process.

Workshop Schedule for Fall 1995:

Workshop 1 - Friday, Sept. 29, 6-10:00 P.M.
Workshop 2 - Saturday, Sept. 30, 1-5:00 P.M.
Workshop 3 - Sunday, Oct. 1, 1-5:00 P.M.

Workshop 4 - Friday, Oct. 27, 6-10:00 P.M.
Workshop 5 - Saturday, Oct. 28, 1-5:00 P.M.
Workshop 6 - Sunday, Oct. 29, 1-5:00 P.M.

Workshop 7 - Friday, Nov. 24, 6-10:00 P.M.
Workshop 8 - Saturday, Nov. 25, 1-5:00 P.M.
Workshop 9 - Sunday, Nov. 26, 1-5:00 P.M.

To Register or for further information contact:

Bev Hunter - Phone: (604) 766-0013

Creating Focus & Direction Through Collage

by Bev Hunter

The first time I did a collage for the upcoming year I wasn't too sure what I was doing. I certainly hadn't spent a lot of time focusing on my future goals. I had thought about different things I wanted, or places I wanted to go and see as well as things I wanted to do some day, but this next year. NOT REALLY ! I wanted to find out what this collage, imagery work was all about. It was my sister who was visiting from overseas who was enjoying working with this medium and believed in how powerful it could be. So there I was, along with a few friends, trying it out. I found myself being drawn to pictures or images of a certain theme. One I hadn't expected. The theme for me that first time was healing my inner child. I needed to nurture her by bringing fun, laughter of children's voices, humour, as well as, space and freedom into her life. BALANCE and FLEXIBILITY of all kinds. It seemed to be important to climb trees and swing from the limbs. I wanted to let go and take some risks again. I had no idea when I started that workshop I had all those feelings inside and some of the images I had found that day made even more sense a few months later when I was experiencing the changes taking place. After a year I knew how much that afternoon had really meant for me. Today I'm leading my own workshops and enjoying doing collages for many aspects of my life. I enjoy doing one for the upcoming year and then I branch out and focus on certain themes such as holidays, (sometimes with the whole family, sometimes just for me), business projects or just the business for the year. You could focus on anything in your life where you desire change, happiness, success or healing. Working with imagery helps one broaden the possibilities and create growth. Although the process is fun, positive and personal, one feels like they have worked and accomplished something at the end. The neat thing about this kind of work is how much focus and direction it gives your subconscious and you keep benefiting from it for the next year or so.

Bev will in Penticton for the Friday evening Speaker Series October 20 with a workshop on Saturday 1-5 ... \$40

Wholebody Reflexology

A certified 4 day course taught on Fridays covering Reflexology of the feet, hands, head, face and ears. Anatomy, physiology, herbology and a lot more.

Taught by **Karen Timpany** of Nuthery Institute of Natural Healing

Sept. 8 & 29th, Oct. 20 & Nov. 03

Time: 9 am to 3:30 pm

Register at the Holistic Healing Centre
Penticton: 492-5371

Reflexology

by Karen Timpany

The roots of a foot massage date back to the first time man stubbed his toe and began to rub the pain away. Stimulating the reflexes on the foot began with walking on bare feet. A few of us still remember endless days of summer fun and bare feet running over rocks, stumps, in creeks and through fields. We may also remember that we were in terrific health. Appetites were good, sleep was deep and our bodies were sound. Nerve endings on the bottom of the feet receive the stimulation, and upon receiving transmit a message to the Central Nervous System, which in turn sends a signal to the organ or system that is being stimulated and more blood is rushed to that area. An increase in circulation promotes healing and a sense of well-being to the body.

Case histories involving Reflexology as a means to alternative healing are very interesting. In the book *Stories the Feet Can Tell and Have Told* by Eunice D. Ingham, a pioneer in Reflexology, tells of how she helped many with various problems using reflexology. She writes about her remarkable success with a man who was suffering extreme pain due to prostate problems. Through repeatedly working the points on the foot relating to prostate and urinary tract, she was able to break down the crystalline deposits that indicate a problem developing within the body. With treatments twice a week over a period of a couple of months, the man was able to return to his physician who was amazed that the enlarged gland had definitely decreased in size. Needless to say, the operation was unnecessary. Insomnia which seems to be so prevalent these days with the amount of stress we have is greatly relieved by reflexology.

Often my clients will tell me that they went home, had a bite to eat and slept ten to twelve hours. Reflexology is being accepted by the medical profession as a harmless method of relaxation. This is true, but the amount of help we give through this type of treatment is greatly under-rated by many that do not understand how the body works or why it reacts to this form of help. Back aches, headaches, migraines, blood pressure, reproductive problems and many other types of physical ailments can be greatly relieved and helped by Reflexology.

More and more people are turning to this simple and effective form of treatment. It's stimulating, pleasant, educational and relaxing. Even if you fall asleep on the table you'll receive full benefit. Try Reflexology for yourself and give your feet a treatment soon, you'll enjoy it and your body will thank you for it.

Karen will be teaching a Reflexology course starting in September at the Penticton Holistic Healing Centre See ad to the left.

Holistic Healing Centre



254 Ellis St, Penticton, BC

Holistic Health Fair

Sept. 9 & 10th ... 10am - 5pm

**For information and to pre-book sessions
drop by the Centre Sept. 4 to 8th ... 9 am - 5 pm**

20 Bodyworkers available at a Special Reduced Rate

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**Reflexology, Polarity Therapy, Acupressure, Reiki,
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Crystal Balancing, Shiatsu, Tarot Card Reading,
Cards of Destiny Readings & Jin Shin Do**

Walk-ins Welcome!

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THE PYRAMID CEREMONY



The Rosicrucian Order, AMORC
invites you to a public event to honor the
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preservation of our mystical heritage.

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world peace day

September 19, 1995

The third Tuesday in September is observed by the
United Nations as World Peace Day. On this day a
minute of silence is taken as the UN General
Assembly opens its session.

Please meditate on peace with people around the
world at Noon your time.

Please invite your friends to join in this activity.

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<i>balance your hormones & release stress</i>		
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* Foot Oil (Essential Oil)	15 ml	\$24.95
<i>relieves aching feet and much more</i>		
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<i>enhance your complexion</i>		
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Holistic Healing Centre



254 Ellis St, Penticton, BC ~ 492-5371

*** WEEKLY EVENTS & EVENING PROGRAMS ***

Programs will start September 11 unless stated.

- Mondays** Drop in Meditation with Troy Lenard
Using Sound & Color, experience a lightening up of the energies. \$5
- Tuesdays** Workshops in Sound, Colour & Vibration with Troy Lenard. Balancing and aligning the personality with the soul will help to anchor the light, love and wisdom required for self-healing. (Sept. 19)
- Wednesdays** Basic 18 Form Tai Chi & Qi Gong with Marlana Mhorrys. To build inner chi (energy), to calm, balance and restore harmony ~ 6:30-7:30 pm - \$30 for 6 classes or \$6 drop-in. (Sept. 20)
Beginners' Afternoon Yoga with Angèle 3:30 ~ 5 pm ... \$35 for 6 classes or \$7 drop-in.
Cards of Destiny with David Charles ~ once a month ~ Sept. 27 ... \$5
Reiki Circle ~ once a month - Sept. 13 ... Donation
- Thursdays** Iyengar Style Yoga with Tom King. Beginners 6:30 - 7:45pm, Advanced 8 - 9:45 pm
Tom has just moved to Summerland from Toronto and is a certified Level 1 instructor.
Cost: 6 classes ... \$50 ~ Drop-ins allowed in the advanced class \$10.
- Fridays** Dancing from the Heart with Sarah Wellington 10 am-Noon ~ 6 classes \$50, drop-ins \$10 (Sept. 22)
Pre-natal & Post Natal Yoga with Josey Slater ~ 3:30 - 5 pm... \$ 25 for 4 classes.
Josey is our local midwife and a long term student of Hatha yoga & Taoist Yoga
Speaker Series ... join us for a different speaker each week .. starts at 7:30 pm ~ \$5
- Sat. & Sun** Workshops as scheduled

Free Introduction to Reiki

Monday, Sept. 11,
10 to Noon

followed by a Reiki 1 class
Sept. 11 & 12
with Catherine Torrens

Potluck Dinner & Reiki Circle with special guest Vicki Allen

Wednesday - Sept. 13
Dinner starts at 6 pm
Circle starts at 7:30 pm

You-Nique Vibrations Workshop

with Kathrine Sue Saturday Sept. 16 10-6 pm

Autumn Equinox

with Nywyn & Kestrel
Saturday - Sept. 23
7:30 pm

Phone the Centre for details ... 492-5371

You... The Most Creative Person You'll Ever Know!

A timely book and simply written, it reveals the true nature of creativity: you've been given the gift of creation -- courageously express your uniqueness. Livingstone's writing, all from personal experiences and discoveries, confirms that everyone is born with unlimited talents and abilities. "I remember the love I found as a young boy skating on frozen lakes and ponds, gliding across the fresh ice for what seemed like forever. Like skating, creativity is available to all, perhaps awkward at first, yet momentum keeps you moving forward. In the summer, the frozen lakes and ponds become swimming holes, and like the frozen pond or swimming hole, the possibilities for your creativity are endless, always changing from season to season."

What is needed to bring forth your talents or expand your already discovered ones? Start by going to a quiet place where you won't be disturbed. Livingstone prefers to meditate to clear his mind, but use what works for you - walking in the woods, sitting by the river, fishing.... It is in the quiet moments, when you're feeling peaceful, that inspirational ideas come. Then ask yourself, what would you love to do, regardless of all possible limitations? Keep asking for as long as it takes; eventually, insights and revelations will come to you.

Once you choose what it is you will do, take action. If your choice is something you know little about, perfect - you will find your way as you go, and this is very exciting. Learn to trust your intuition, your hunches; follow them through. You will find life full of mystery and endless possibilities. Remember, pursuing your vision isn't always easy. There are many tests to overcome, so persevere. Begin each day by connecting to the source of creativity. It is your spirit that is expressed through you in authentic creativity; it is always a gift to the world.

Livingstone says that he includes many art forms as tools, such as movement/dance, voice/sound, writing, painting and acting. These serve as catalysts to unleash creativity and enrich peoples' lives, rather than art being an end unto itself. Everywhere we look, there are creative people and creative expressions: your creations will be like no others; your creative potential is unlimited. What will your next creation be? Start now!

David Livingstone was born in New Brunswick, Canada. Working in many different fields of employment and finding little fulfilment, he embarked on a personal quest for self-realization, eventually leading to creativity and creative expression. He followed his passion to express his uniqueness.

At the age of 34, information intuitively came to him regarding creativity. He began sharing his



YOU

The Most Creative Person You'll Ever Know



David Livingstone will be in Kelowna giving a talk at Okanagan University College

Friday evening, September 15, 7:30 - 9pm
Room B112, 1000 K.L.O. Rd. ~ Cost - \$10.00

Workshop at the College ~ Cost \$59.00
Saturday, September 16 ~ 9:30am - 1:30pm

Autographed copies of the book *You... The Most Creative Person You'll Ever Know!* available at both events for \$12.95, and at local bookstores.

For registration, contact Karen at Books & Beyond, 763-6222, fax 763-6270

information while simultaneously developing and experimenting with tools and techniques that unleashed creativity and enlivened the human spirit. As he trusted the process unfolding, others began to join him. Leading hundreds of workshops, he worked in Canada, the United States and Mexico. He loves going into communities all over the world and has lived amongst Fijian, Indian, Tibetan, Thai and many other peoples, where he gathered insights and inspiration. "I loved how people with very little gave freely of what they had. Highly spirited, open-hearted, unique -- these were life teachings, very humbling."

Currently, David is touring BC with his book and is scheduled to tour California in the fall. He has numerous interviews on TV and radio, and in newspapers throughout BC and Alberta, as well as in California, including the CBC, The Edmonton Journal, Shaw Cable, Santa Barbara Independent.



SMALL ADS WORK

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A Solution to Electromagnetic Pollution

by Jeanny Bakher

Scientists believe that electromagnetic pollution masks the natural and beneficial earth pulse, known as the Schumann Resonance (Schumann Resonance (7.83 Hertz): The distance light travels in one second divided by the diameter of the earth). This masking effect is thought to be one of the causes of poor immune systems and premature aging.

Since the beginning of life on earth, all living things have been bathed in the rhythmic pulsation of the earth's natural frequency, the Schumann Resonance. This is sometimes referred to as the *brain wave* of the planet or the *earth pulse*. The Schumann Resonance (7.83 Hertz) is an extra low frequency or ELF.

Electromagnetic waves can be generated by machine or by all living things. A human body is the greatest generator of the ELF waves. When human beings send out love, we send out 8 Hertz waves. It is for this reason it feels so good when someone hugs you in sincerity. This 8 Hertz standing wave builds up an aura or an umbrella of energy which gets larger and larger. These little tubes of energy permeate surrounding energy fields when they are sent with the intent of love.

The 8 Hertz frequency is extremely powerful on the human body. The nucleus of every living cell, the DNA, is profoundly affected by ELF. Specific frequencies stimulate specific segments of the DNA. Scientists have found that if you pulse 3.21 Hertz at a mouse, you can produce full blown skin cancer in about two days. In terms of effects on humans, if you pulse 6.66 Hertz you will notice people feeling depressed. In contrast, if you pulse 8 Hertz you will notice people feeling happy, walking around smiling. A pulse of 10.80 Hertz will give one a feeling of excitement, the same feeling as going down a ski slope. Any higher pulses will cause aggravation and disorganization of the mind. A 16 Hertz pulse has a mutagenic effect on human tissue, causing cells to replicate faster than they should, which can lead to cancer.

Friday Evening Speaker Series

at the Holistic Healing Centre, 254 Ellis St
7:30 pm ~ \$5 or donation, Penticton

Sept. 15 ~ You-Nique Vibrations

Kathrine Sue will identify sources of dated patterns. Step out of fate and into destiny by understanding the number systems.

Sept. 22 ~ What Herbs can do for your Health

Victor Shim will explain how the body organs, glands and meridians are the root of many problems. Victor is a master herbalist and acupuncturist trained for over 10 years in Malaysia by Chinese masters who specialize in different healing treatments. He is part owner of Natural Herbal Products Inc., in Edmonton. He owns and operates an acupuncture clinic and is a teacher of Tai Chi. He lives in Edmonton, AB.

Sept. 29 ~ Effective Hypnotherapy

Jennifer Willings can help discover how, through hypnotherapy, you can quickly and effectively resolve life themes that underly symptoms of anxiety, depression, phobias, chronic pain, relationship difficulties, addictions, eating and weight concerns, past abuse and trauma. She lives in Nelson, BC.

Oct. 6 ~ Muscle Energy Techniques

Darryl Burch will demonstrate postural mechanics and soft tissue massage using an accumulation of techniques. He will be addressing postural and structural dysfunction as an intro to muscle energy techniques and treatment of pain. Darryl lives in Summerland and travels extensively.

Oct. 13 ~ Individual and Global Soul Purpose Journey

with Craig Russell and special guest Paul Armitage. Celestial music and channelled messages from ascended masters. Craig is a loving channel who embraces the human experience. He is available for private and group channelling. They both live in Vancouver.

The earth is an 8 Hertz resonator and it gets its energy from the sun. It has been established that all evolution on earth and all living creatures evolve in this 8 Hertz field. Somehow this 8 Hertz has got in tune with our DNA and it is this specific frequency that stimulates the growth of higher consciousness and evolution. It is self-evident that man has been living out of harmony with the natural laws, creating stress. Some scientists believe that electromagnetic pollution masks the beneficial earth pulse, preventing man from energetic well being. This ultimately coerces the polarity patterns of our cells thus compromising a long

life span and a healthy immune system.

Unfortunately today most of us are exposed almost continually to a wide range of artificial electromagnetic signals. These signals are constantly emitted from all things of an electrical nature, including the power lines which carry our electrical supply. An ELF protection isolator has the amazing ability to protect you from ELF radiation. It stimulates the human aura to form umbrella like tubes of energy, forming an expanding field around you. It is this field that repels any external electromagnetic pollution.

Article is the research of TRI-UNE BEING RESEARCH ORGANIZATION LTD., Edmonton, AB. See ad to right

CALENDAR

September 8, 9 & 10

International Conference of Reflexology - Vancouver

Speakers from around the world. For details phone Gwendalyn Miller: 545-7063 Vernon

September 8

Wholebody Reflexology, Penticton, p. 17

September 8 & 9

Navajo & Tibetan Sacred Wisdom with Peter Gold, Vancouver. p.9

September 9 & 10

Holistic Health Fair

Holistic Healing Centre, Penticton
Phone us 492-5371 for details. See ad p. 18

September 11-15

Beauty from Within Workshops,
Penticton, page 32

September 16

Inner Rhythms Wksp, Peachland, p. 29

You-Nique Vibrations Workshop
with Kathrine Sue in Penticton, p.20

September 15 & 16

YOU, the most creative person you'll ever know with David Livingstone, Kelowna, p. 21

September 15, 16 & 17

Advanced Spiritual Intensive with Cheryl Grismer, Kelowna, p. 4

September 18

Art Classes in the Condo, Kelowna, p. 2

September 19

Whole Body Reflexology

Nuthery Institute, Winfield 766-4049

September 19, 20 & 21

Sound, Colour & Vibration
Penticton & Kelowna p. 08

September 18 & 19

Men's Anger Management, Mondays.
Six weeks to Healthy Self Esteem, Tuesdays
Pre-register: Skills for Life Workshops,
Cyndy Sturdy, Facilitator 546-3613, Vernon

September 23 & 24

Self-Hypnosis Training Course,
Penticton, p. 13

September 26 - October 6

Pranic Healers from Victoria, Kelowna, p. 2

September 26 - October 1

Path of Beauty with Saroda, Penticton
Beautifying and cleansing program with daily
Tai Chi and Yoga, Acupressure, Ear Coning
and listening to our intuition.
Margery Tyrrell, Penticton 493-3976

September 28

The Pyramid Ceremony Kelowna p. 19

September 28 & 29

Love, Heart & Soul with Chuck & Lency
Spezzano, Vancouver, p.3

Sept. 29, 30 & Oct. 1

The Goddess Connection, A women's
gathering at Idabel Lake Resort. Ad p. 47

Sept. 30 & Oct. 1

Reiki ~ Levels 1 & II

Nuthery Institute, Winfield 766-4049

Transformational Leadership.

Tara Shanti Retreat, Kootenay Bay, p. 3

October 2 - 10

Tai Chi & Chi Kung with Margery starts in
Oliver, Summerland & Penticton. p.11

October 5

Inner Rhythms, Kelowna p. 7

October 11

Acupressure, certified

Nuthery Institute, Winfield 766-4049

October 21 & 22

Wholebody Reflexology, Kamloops
Nuthery Institute, Winfield 766-4049

ACIM Retreat,

Tara Shanti Retreat, Kootenay Bay.. p. 3

October 27

Leisure Learning Services is co-sponsoring with Synergy Breakfast an opportunity to hear Dr. Owen Schwartz, keynote speaker for the Fall Calgary Holistic Seminar and Expo on Friday, Oct. 27, 7:30 - 9:30 am at the Dr. Carl Safran Centre, 930 - 13 Ave., SW. Calgary, AB.
A vegetarian breakfast will be served. Together with his partner Jean Mah, Dr. Schwartz will be speaking on the topic "Implementing Strategy for High Level Wellness." For further information and registration phone 403- 245-4944. Please register for this event before Oct. 24 ~ Cost \$14. See ad on the back page.

October 27, 28 & 29

Leisure Learning Services is sponsoring its second Holistic Seminar and Expo at Crescent Heights High School, 1019 - 1 St NW in Calgary. There will be a choice of eighty seminars to choose from as well as display area, featuring short seminars, marketplace, special events and demonstrations. Will be open to the public for a fee of \$2. For further information please phone 403-245-4944.

November 11 & 12

Wholebody Reflexology, Kamloops
Nuthery 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: Everyone Welcome by donation.
Phone Anne Twidle for time and place 763-1540

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Road to Success

Educating our Child

Imagine a school...Where painting, music, foreign languages, history, science, knitting, gardening, reading, dramas, mythology, poetry, sculpture, math and drawing are interwoven to form the child's daily life...Where the children, teachers and parents celebrate yearly festivals with singing, potlucks, dramatic performances and art...Where the children grow and develop as individuals with a sense of community being fostered rather than one of competition... Where students create their own textbooks out of study and exploration with their teacher... Where the main teacher stays with their class through the first eight grades, learning to understand each student completely and develop a strong bond of trust and love... And where education is truly regarded as an art.

Does all this sound a little idealistic? These are all things which set Waldorf Education apart from accepted educational practices today. The Waldorf method embraces a philosophy of life where parents, teachers and children share cognitive and artistic growth that allows for a wholistic education and experience of life.

The concerns of today's parents for their children's education and future are many. We have all come to understand that society does not necessarily reinforce the values which we deem fruitful. Many parents seek alternatives to the traditional school system, despite the fact that there are many fine teachers in it. Such parents are aware that these teachers are pressured to conform to the entrenched values of the establishment.

Making an informed choice about your child's education is to understand and exercise your parental duty. Many parents are drawn to Waldorf because they see the school's philosophy as containing many elements of their own personal beliefs. They see teachers working to provide an education imbued with meaning, understanding and the development of skills. They also see how Waldorf teachers embody dedication, love and commitment to the children as fundamental principles. The



Photos taken by Bob Huff at the Waldorf School in Kelowna. This was a Grade 3 project for the 95 spring semester.

teacher strives to guide the natural wonder and devotion children have for their world. In later years, these qualities are transformed into reverence, love and a courage for the truth.

What makes a Waldorf teacher is the understanding they have of the three developmental phases in childhood as described by Dr. Rudolf Steiner, founder of the Waldorf movement. These are characterised by: in Pre-School, actions and deeds performed by the teacher as to be worthy of imitation by the child; in Elementary School, through emotional identification and artistic development; and in the High School, through the rapidly unfolding intellect.

The heart of the Waldorf method is the belief that education is an 'art'. Whatever the subject, the presentation must live. To educate the whole child, his heart and will must be reached, as well as his mind. This means that the curriculum should balance intellectual progress with emotional development, integrating artistic and practical elements into academic studies.

There is a tremendous pressure to hasten the child's entry into the adult world. Yet we will have more balanced human beings if the creative and emotional sides of a child's nature can humanize the technology with which they will be dealing later on in their lives.

Those children who have been understood and aided in their unfolding will be able to "impart purpose and direction" to their lives. They will have their childhood powers intact, their sense of wonder untouched, their respect for and pursuit of excellence a permanent resource, and their moral fibre firm and free.

Imagine a world populated by human beings educated in such a manner. For the future of the Planet Earth, this is not just desirable, but perhaps essential...

ren for the Future



Our Foundation Verse

May this wall be strong
And live forever long.
May the cement be hard,
Our apple tree to guard.
May the bricks enable,
A wall so strong and stable.
May all our work be fruitful,
So our garden will be beautiful.
May our wall stand forever,
Our work to be forgotten never.

Written by the students
in Class Three

Class Three

Homebuilding Block

Main Lesson

Building a Garden Wall

Nine year olds are beginning to view their world with newly found clarity. As these powers of consciousness begin to awaken, the child can begin to see that what the adults do for work is meaningful. Hence, during our studies of home surroundings, we focus on practical life and the need for all the different trades to work together to build a home: carpenters, brick-layers, plumbers, tilers, etc.

An understanding of this process through the child's own action to create a beautifully finished project brings meaning to the study. Each year the Class Three teacher brings this experience to the children.

Lynn Wallace, Grade 3 teacher

Waldorf

660 schools worldwide, 25 years in
Canada, 12 years in Kelowna



Exceptional
academic education
enlivened by the arts

Waldorf Education is the largest and fastest growing independent non-sectarian school movement in the world. The first Waldorf School opened 75 years ago and now there are over 660 schools worldwide. The Kelowna Waldorf School offers an enriched classical curriculum in a structured, creative and caring environment of exploration and imagination where your child's abilities are allowed to flourish.

KELOWNA WALDORF SCHOOL
429 Collett Road, PO Box 93
Okanagan Mission, V0H 1S0
Phone 764-4130

Home schoolers are invited to register with our school



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PENTICTON WORKSHOP ~ Sept. 16
private sessions **Sept. 13- 20th.**
Contact Kathrine Sue 490-9749

WHITEHORSE WORKSHOP ~ Sept. 23
private sessions **Sept. 22 - Oct. 5**
Contact Shawn 403-668-7029



Kathrine Sue
490-9749 Penticton



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THE PETER MORRIS ADVENTURE

Some of my friends and acquaintances may remember my adventure in Singapore where I 'enjoyed' a total loss of memory. During the last 18 months, a variety of experiences have occurred and I thought I would share some of them with you. It has been rather like a Spielberg movie at times; loss of memory, many riddles, and an emotion that has not been in much evidence in this life...downright FEAR. Some of the events as yet I cannot even verbalize let alone write about. Maybe later, the sequel? ! Prior to the journey that took me to England, Holland, France, Greece and Singapore I had been extremely busy giving lectures, workshops and private consultations. I was tired, very tired, so I gave the message to Spirit that I needed a break and did not wish to continue that work for a while. I did not say for three or four weeks or months, I said "for a while"! Those of you who know me will be aware of one of my favorite sayings, "Be careful what you ask for--you may just get it"! I remember, clearly, lying on a golden, sandy beach in Singapore, drifting in light meditation, and being aware of a great many spirit beings moving towards me. Nothing wrong in that I thought, sent them a blessing, and drifted off into a deep sleep.

Picture this: You have been aimlessly drifting around since the second World War having met your demise one way or another as a result of one bullet or bomb or another, unable to 'find your way' into spirit realms for one reason or another. Suddenly, you sense this light, this energy, that deep in your awareness you know is a way for you to ascend to a higher way of life. You realize that many other like beings of similar energy to yourself are also moving in the same direction.

Human beings are not visible to you but energy sources certainly are and you know that you just have to be part of it!

As you move closer, the awareness is clear to you that "light" is where you have to be, and with hundreds of kindred spirits ascend into the light and continue your individual spiritual progress.

I have no idea how long I was on the beach; however, I do know that it was shortly after that event that the total obliteration of memory took place.

Jassandra Lea, an angel who has guided, guarded and loved me through this adventure, in spite of the good and the bad and the ugly times, including my demanding to know, "Who the heck are you?" has observed several personality changes, some of which "were not very pleasant." She felt strongly that I had 'picked up' these entities on my journey. Mr. Ralph Maddess, Clinical Psychologist, whose practice is in Vernon, B.C. also had the same opinion, but for 'some' reason it didn't click with me! And so four more months of being 'spaced out' in the worst possible way, being filled with terror, for no apparent reason, hallucinations of the most scary kind and being hardly able to function in the physical or spiritual worlds. My 'reasoning' was that I had always been in control when dealing with the Spirit realm, and had always been able to detect and direct entities with whom I had come into contact! I had forgotten one very very important thing; I had severed contact with my Guides and with Spirit!

So when the time came that I was nice and relaxed on the beach, the last thing I was thinking of was lost Spirit Individuals even though I was enjoying a nice light meditation! Working with Spirit for 40 years or more, I guess one may take things for granted, if one dares!

This awareness did not come to me until a few days ago. I realised that I had, not consciously anyway, ASKED FOR HELP! Oh! sure, I had been to see different people, and half-heartedly tried to search for an answer but deep down, DEEP DOWN, I realised there was a part of me that did not want to find an answer! Somewhere, deep inside of me, was a 'space' that wanted things to stay as they were and that space definitely did not want me "cured"!

Just a day or so before my 're-awakening' following a particularly nasty 72 hours it came to me that I had not actually "asked" for help. I haven't yet heard from the neighbours. We only have a few, but I stood on the deck and screamed to the ocean and the mountains and the Great Spirit for help. I believe I included a few others as well.

Jassandra and I had been cat sitting for a friend in the nearby town of Sechelt for the week when I decided that I needed some time for myself and she drove me home. Jassandra was unaware of my "72" hours but had obviously picked up or been 'instructed' to "Take action!"

One of the participants at one of her Tai Chi Qi Gong classes Carol, who had attended meditation workshops that I had given in 1989, told Jassandra, of a lady called Carolyn who was studying a form of healing known as body alignment technique (B.A.T. for short) who also had a friend Nisha who was very aware in this healing art. "How would you like to help me?" Said Jassandra "I have the opportunity to see this healing in practice but we need a body to work on." Oh sure, I didn't mind as long as I didn't have to do anything! Little did I know that the response to my call for help was being answered!

As Nisha and Jassandra worked on me I went through the most wonderful and peaceful transformation.

I actually saw the entities leaving my body. I am not entirely sure exactly how many there were, but four I definitely saw. Three were decidedly sad at leaving; one was very, very angry! Even so, I made a promise to each of them to pray for them as I waved them on their journey, away from me and into Spirit.

Nisha warned me that I needed to rest for a couple of days following treatment. It was hardly needed. I slept through that night, most of, was it only yesterday? and all of last night with a peace unknown since the beginning of this adventure.

THE WHY? During the war, ANY war where people, ANY people are killed, it is inevitable that a great many will be without guidance or influence to attain progression into the Spirit World. This may be through lack of awareness, stubbornness, or it may be part of their learning process. I believe there is little if not anything that is not part of our individual learning process.

Take those spirits that were existing around that particular beach. A lot of fighting and killing went on there and in such a situation, inevitably there are many spirit beings who are totally lost. It seems that sooner or later a spirit after any amount of time will recognise 'the light' or energy source that will lead it or them to a better place to be. Whether or not they actually know it to be a spiritual place depends perhaps on their awareness.

So, on this fine day, a group of spirit individuals see or sense this energy field, no holds barred! And they make the most of it, some passing through and advancing to higher spaces, and

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.

WHAT TO EXPECT: Introduction to Breathery
Kundalini Exercises
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Open Discussion Groups & More

DATES: Sept. 1st - 3rd Oct. 6th - 8th Nov. 10th - 12th
Sept. 8th - 10th Oct. 20th - 22nd Nov. 24th - 26th
Sept. 23rd - 25th Oct. 27th - 29th Dec. 8th - 10th

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

some experiencing a comfort 'zone' that is new to them and decide to stay!

I believe the last angry individual to depart my body/ awareness was the 'dictator' and I did not feel the energy as 'negative' but as misdirected.

When 'coming around' on the healing table, I was shown an example: Imagine you are living in an igloo in the far north in the middle of winter and are pushed out into the snow! And are kept out! That is how it felt to the individuals who had taken refuge within my physical and spiritual bodies.

If there is a moral to this adventure, it would be never take spirit for granted! And always know that when the time is right and you ASK for help it will be given, but also remember there IS a lesson which must be learnt! I had my wish granted by Spirit. I just forgot to say when I wanted to get back to work!

Healthbridge Clinic

would like to introduce
Karen Anderson, R.M.T. (Registered Massage Therapist)
as a new member of our clinic staff

Fall Classes & Workshops

☆ TAI CHI & QI GONG

with Harold Naka: 762-5982

Mondays 9:30 am & Thursdays 7:30 am

12 week series starting second week in September

Introduction September 9th ~ 2-4 pm

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Learn to balance strength and flexibility to increase vitality and reduce stress.

☆ UNWINDING IN THE 90'S - CENTERING

with Marsha K. Warman, RMT: 762-8857

Wednesdays 7-9 pm starting mid Sept. for 10 weeks
Pre-registration only

Using movement through yoga postures, the breath, toning and the cranial sacral rhythm to increase inner strength, balance and awareness.

☆ WHOLISTIC CHILDBIRTH EDUCATION

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Tuesdays 7-9 pm starting mid Sept. for 10 weeks
An experiential approach to hospital and home birth.

☆ SHIATSU WORKSHOP

with Kathy Appel & Don Cavanaugh: 762-0638

Sept. 29, 30 & Oct. 1st, Fri. 7-9:30, Sat 9-5 & Sun 10-4
Acupressure Massage for body, mind and spirit for everyday or professional use.

Healthbridge Clinic located at

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Clinic Staff: 762-8857

Marsha K. Warman, R.M.T.

Matthew Longman, R.M.T.

Karen Anderson, R.M.T.

GROWTH IS AN INSIDE JOB

COMMENTARY ON LIVING, LEARNING & GROWING IN THE 90'S

by Taron Puri

The advent of the Information Age has brought tremendous acceleration and growth into our lives, both personally and globally. The gift that this era brings to us is one of access. We are no longer barred by external factors such as distances, time constraints, or controlling individuals, groups and religious organizations - all of which by circumstance or plan, have exercised a significant measure of control over our lives in terms of our personal self development. And since up until recently these external factors have appeared to meet our needs, we have not always appreciated how they have also been hindrances to us and our personal growth.

At present, the fact is that we are in the midst of a system which no longer supports us in a manner to which we have been accustomed. Therefore, we can no longer rely on it for our security and support. Rather, the winds of change are beckoning us to refocus our attention away from the external to that which is **within** for our support and security needs. In my view, at no time has this been so necessary or appropriate, since essentially all that we have accepted as being constant & reliable in our universe has proven to be otherwise, leaving us feeling disenfranchised & even somehow cheated.

LOOKING WITHIN

For many of us in the West, looking within is a foreign concept, since we have been acculturated from day one to look for our sustenance from that which is external to ourselves. This would also explain our tendency as a whole to rely on traditional governments and religious organizations for our educational, health, spiritual and other such associated needs. But as the external support offered by these institutions no longer nourishes our growing needs, the alternative is to try a different approach which has at its centre the inner or true self.

The inner self is that part of us which contains or holds all the answers which we have been seeking, rather unsuccessfully, from sources outside ourselves. Like a seed which is full of potential, the inner self flourishes and releases its gifts into the world when the appropriate external factors support it (such as proper soil, water, air etc.). In human terms, this is why we are born into families and social systems - so that we can draw on each other's gifts and abilities to mutually grow and ultimately become liberated from our fears and insecurities.

In this regard, once we accept this inner self as being the one with the answers, then we can seek out organizations, agencies and others who can help open the doors for us and start us on the way to our own journey of self-discovery and awareness. Essentially, such external factors then become catalysts for our growth which itself becomes self-directed and self-determined, rather than externally dependent. Put another way, we become responsible for our role and path in life.

A positive development over the past several years as far as our external factors are concerned is that as part of the gift of access, we are seeing a tremendous growth in the self-awareness and self-growth market. Not only are there a myriad of individual practitioners available in various alternative fields,



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but also organizations, both traditional and progressive, have begun to participate in offering to us access to alternative or complementary therapies and practices.

For example, just recently, both the B.C. and the Alberta Medical Associations approved the use and application of 'complementary' therapies by their members, thus making available to us a more holistic menu for the choosing. Another example worthy of note is the progressive role being taken by Calgary's Leisure Learning Services, which is hosting a Seminar and Exposition in October of 1995. Leisure Learning Services is an affiliate of the Calgary Board of Education and both of these organizations are mainstream organizations.

To my knowledge, no other such mainstream and traditional institutions in North America have offered such an event with such an array of diverse topics as Iridology, Tai Chi, Soul Retrieval, Naturopathics, Psychosynthesis, Voice Dialogue & Reincarnation to the inquiring mind. And being a mainstream organization, much of the fear and distrust which we may have about trying or experiencing something new is allayed or at least reduced in scope and frees us to be more open and receptive rather than fearful and distrusting.

Essentially, during this time of accelerated change and transformation, the gift of access brings to us an opportunity to reframe our world view. What helps in this process, for it is a process, is a demonstrable willingness on behalf of both sides of the process - the external and the internal - to move out of their comfort zone and explore new frontiers. Clearly, the medical profession as well as Calgary's Leisure Learning Services have demonstrated this willingness by providing us with access to services and learning which may be supportive of our own well-being. As such, the proverbial ball is now in our court. Do we take this challenge by shifting out of our fears and distrustful behaviors to partake of the opportunities for growth being made available to us? After all, we may have an abundance of information in this Age of Information. However, without the necessary insights and self-awareness gained through opening to and experiencing all that life has to offer, such information will never translate into wisdom.



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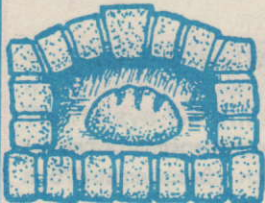
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Oxygen Ozone Therapies

by Joyce Crookston of Eagle's Nest Healing Centre

Ozone is an Oxygen carrying compound. Chemically it is represented as O₃. You can smell it in the air after a storm and the ancient Hebrews called it "Breath of God".

The greatest excitement about Ozone has come from its use in medicine which has been greatly facilitated by new technology, allowing "Ozone Therapy" to be used by thousands of West German doctors who claim in hundreds of scientific and clinical studies that they are able to inactivate Aids and other viruses, bacteria, fungi and yeast in diseased cells and found it to be effective in treating circulatory disorders, arthritis, allergies, cancer and other chronic and degenerative disorders.

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The major cause of metabolic disorders, and hence disease, is the failure of oxidation, lack of oxygen or oxygen-deficient blood. Without sufficient oxygen the immune, the nervous, the digestive, and the endocrine systems, every organ in the body will fail. The heart and brain require more oxygen than all other organs combined. Oxygen is vital in maintaining health in the body. It is the substance most essential for human survival. Without it a human will die within minutes. Statistical analyses confirm that in the long term, one's ability to obtain and deliver adequate amounts of oxygen to one's cells, tissues and organs is the main determinant of just how long one can expect to live.

All cells derive their energy from glucose. Healthy cells burn glucose sugar (carbohydrates) in oxygen by oxidation, while unhealthy cells do not breathe and oxidize like normal cells. Cancer cells are perpetually starving for energy and consequently have huge appetites for sugar. This wasteful metabolism becomes self-sustaining and dominant unless the oxygen level is increased.

Ozone and Free Radicals

Free radicals are atoms or molecules with unpaired electrons, an unavoidable occurrence in bio-chemical reactions. All types of stress merge into one common avenue. At the level of bio-chemical expression they cause oxidative stress (electron or energy stealing) all conceivable forms of stress will cause an acceleration in free radical production and/or oxygen deficiency states. The various categories of possible stress are (1) toxic chemical (2) emotional (3) physical trauma or damage (4) infection by (organism) pathogens. There could be no life without free radicals. The properties of free radicals vary widely. Some are toxic to all living cells, others only to the most weakened cells. Single Oxygen O₁ is a highly reactive free radical that acts as a scavenger to other free radicals. The oxygen reacts with them to render them harmless, thereby protecting cells from damage. Healthy cells have an enzyme coating around them that protects them from the action of oxygen. Disease microbes have no such coating and

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are therefore destroyed by oxygen. Ozone distinguishes between friends and foes, and attacks only invading organisms and unhealthy cells selectively.

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Beauty from Within

by Dawn Renée Roy

What enables us to look in the mirror and smile with a solid feeling of beauty and joy in who we are and what we look like?

How do we get to that place where we can be walking alone or in a group of people and feel our femininity and uniqueness without comparing or judging ourselves? A place where we feel content, special and beautiful, radiating our personal light? What makes us joyful beings able to express our individual beauty?

We accomplish this by accepting ourselves, feeling deserving and worthy of all that we wish for. When we invite change and transformation into our lives we learn to feel from the inside-out and allow ourselves to express that beauty through our own uniqueness.

Many of us notice the changes that are occurring in our lives and move with the flow transforming into more of who we really are. I try to support this process in others at many stages of our lives. Some of my experiences with change and outer beauty didn't in any way support who I truly was. The result of this was a well turned out "shell" without life spirit and joy.

Many years of modelling nationally and internationally gave me the opportunity to see how incredibly destructive creating the outer image could be if the inner being was not supported. Models look beautiful on the outside and many are crying on the inside.

I taught modelling for over ten years in Vancouver and watched hundreds of young girls with high aspirations go through the channels of creating outer beauty and poise and having their inner beauty completely ignored. When I moved to the Okanagan six years ago I found there was a great need for teenagers to have some guidance through a somewhat difficult stage of life. They are in a position where their bodies are changing, social and parental pressures are sometimes overwhelming and confusion sets in. This is a crucial time in a young woman's life when confidence and self esteem are extremely important.

I have helped teens and mature women achieve this new level of self-esteem and wholesome beauty by sharing knowledge and using certain tools as a catalyst to get to the inside of a person. As a group we share ideas on social and personal issues as well as participate in exercises I have developed to challenge us into finding who we really want to be, our true selves. For part of this course we will work with fashion photographer, Andy Kohn who worked in San Francisco with models, performers and portrait people. Andy's ability to draw the inner beauty out of a person and put it in print is magnificent. This is a very intimate exercise where the camera reaches a very deep level of your being.

You will carry these changes with you in every walk of life, showing a new confidence and shine you may not have discovered. It is a dance of learning, sharing, laughter and balance.

Many women are also going through incredible transitions and have a desire to change their image. As our cycles complete themselves we often need outside support to move with the changes in a positive and graceful way. It is very inspiring and enables us to give ourselves a giant present.

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International Child Health Conference Pushed Vaccines

Personal Commentary by Louise Mollot

From May 30 to June 3rd, 1995 4,000 delegates from across the globe converged to hear 400 speakers at the Vancouver Trade and Convention Center. They were making child health decisions to be applied throughout the world, including "simple solutions to increase the rate of immunization" [UBC Reports, May 4, 1995]. I am sure the organizers of the Conference had the best of intentions, however, why did they not concentrate on reviewing ALL methods of strengthening immunity? Why are vaccinations a foregone conclusion?

Co-sponsors of the *Child Health 2000* conference included World Health Organization and United Nations Children's Fund, both of which have the Drug Trust as a major contributor. Eli-Lily and Connaught [both Canadian producers of vaccines] also funded this conference. While the United Nations and World Health Organization are attempting to protect all children from parental neglect, we must ask, "Who will protect our children from aggressive commercial interests?"

The provincial and federal government also funded this event, yet there was little public participation. Ten non-profit consumer groups I telephoned lacked funds for the \$850 fee for non-profit booths. Only doctors, allied health professionals and students were allowed entry into lectures. Students fee: \$100 per day.

I enquired and was informed that Dr. Obomsawin was not invited to speak although he is a crucial expert on the vaccination issue, having interviewed over 100 medical health officers, parents and scientists on the vaccination issue [reported in 1992, 160 page report *Legitimate Immunity vs. Medical Chaos*, which the Canadian International Development Agency (CIDA) commissioned then refused to publish.]

With all this push for vaccines one would think there are no alternatives!!!

What the International Conference eliminated from their program was information on the alternatives proven to work as detailed in Dr. Obomsawin's report. Also, they were silent about the 1989 Advanced Immune Discoveries Symposium in Los Angeles where prominent medical doctors spoke on their high success rate in the AIDS clinics using natural therapies. *Child Health 2000* lectured on mothers, infants & AIDS; but why were they not told of Professor Chen Shaowu's work at the Hong Kong Academy of Traditional Chinese Medicines in China where 13 physicians are achieving success with AIDS patients using acupuncture?

Aggressive vaccine programs have begun which take away the rights of parents to choose for or against vaccinations. In March 1995, 90% of the students of three high schools on the Sunshine Coast in BC were vaccinated without parental knowledge. This was done legally under the Infants Act of 1993 (any health care professional can administer services without informing the parent of a minor under 19 years of age). One

teen thought it was the flu shot and compulsory. They were not screened for allergy to the vaccine chemicals: Mercury, aluminum, yeast and certainly not told that thousands of cases of Hepatitis B were prevented in high risk groups in Japan using high doses of Vitamin C. (30 grams in 24 hours - *Clinical Guide to the Use of Vit. C*, London Smith, MD, 1988, p 22-23). Success was 100% using Vitamin C.

The *Child Health 2000* also did not mention the April 1995, New Zealand's immunization Awareness Symposium featuring major scientists such as Vera Schreibner, and medical doctors from Germany, U.S. and elsewhere. These scientists brought to light the dangers, failures and alternatives to vaccination. Vera Schreibner spoke of the need for consumer action to establish legislation such as is found in Australia: eg. doctors are required by law to divulge all adverse reactions to drugs and procedures whether the patient requests it or not. Also: that no child shall be prejudiced against (such as expulsion from preschool or other school) as a result of vaccination status.

Child Health 2000 also didn't inform their 4000 delegates of the use of Vitamin A in the MVUMI Hospital in central Tanzania where the death rate was cut in half for those who received the Vitamin A (200,000 IU orally immediately on admission and again the next day (What Doctors Don't Tell You, Vol 5, No. 6, Sept 1994)

There was no representative from the Institute of Medicine, Washington, DC, to give a lecture on their 1993-1994 report on their extensive review of all literature of adverse reactions and concluded a causal (not temporal or coincidental) relationship between all different types of vaccines and severe mental, physical damage, and deaths including slow degenerative diseases, paralysis and severe immune disorders.

Expensive conferences restricted to the elite may mean well, but turn out to be impractical. Could this money not have been invested in immune building programs which are economical, ecological, and more effective, raising the entire community's host resistance?

How much longer will consumers allow this to continue by remaining silent?

Reprinted with permission from HEALTH ACTION July '95 by Health Action Network Society.

They are a non-profit registered educational Society (1984) with charitable status. Their work is made possible because of memberships, donations and fund-raising. Their goals are to collect, organize and update information globally on health promotion, in particular information related to natural, non-invasive therapies and preventive strategies; environmental causes which impact of health.

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Tire Home

by Mark Bossert

Our showhome prototype house is being built near Kamloops, BC. The home is a split level, 3100 sq.ft. open plan that is totally heated by the Sun, and that integrates a revolutionary heat storage system. This house has many different features compared to conventional houses. Among these are:

1. A convection powered heat recovery ventilation system using earth tubes.
2. A greenhouse/jungle irrigated and fertilized with house greywater.
3. A super insulated mass refrigerator that uses a tiny fraction of the energy of a conventional fridge.
4. Part of the roof will be a living roof, covered with straw bales and seeded with native grasses.
5. The interior walls and floors are all constructed out of non-allergenic, inert earthen materials (adobe).
6. The house is bermed with earth on three sides - west, north and east.
7. It's built out of used tires, cans and earth.

Sounds like it would look awful, doesn't it? When complete, all the construction material is inside the walls, just like a conventional house. No tires or cans are visible. And the adobe mud plaster is finished with paint or other sealing agents to yield a beautiful, soft, flowing wall that has a texture and look all its own. In fact, the southwest look (adobe) is "in" right now.

Adobe mud plaster is the most common way of finishing walls around the world. This is because it is fairly easy to do, lasts well (there are fine adobe interiors that are 1000 years old), looks great and is cheap. Think of fine old houses you may have seen in films about the Middle East, Greece, India or Africa. (Casablanca, Raiders of the Lost Ark, etc.) Those arched doorways are a dead giveaway of adobe mud construction.

The floor will utilize a variety of materials and finishes. In the entranceway, a terratile soil cement floor will offer a great resistance to muddy boots and wet clothes. This floor is built out of a mixture of soil and cement and is cut into tile-like squares and mortared.

Some of the floor will be a puddled adobe floor, treated to be resilient, colored

with iron based materials to give a variegated finish (these floors are guaranteed for the life of the house). Other areas will use an adobe tile, poured and cut in place; again treated for wearability and colored with natural elements. Still other areas, like the bathroom, will use tile and marble in mosaic designs.

The heat recovery ventilation system exchanges inside air with outside air while minimizing the heat lost or gained. This system is powered by convection; in other words it runs without fans. We have zoned air exchange throughout the house. This air exchange system ensures a fresh, energized feel to the home.

The greenhouse/jungle room takes all the greywater from the house and treats it while growing abundant vegetables, fruit and flowers. Year round! (Greywater is all the waste water from the house except the toilet.) It has been proven that greywater doubles plant growth and that plants clean greywater.

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THE ROAD MAP TO HEALTH

by Karen Timpany

Within every human is a road map of meridians (energy lines), that traverse the body. These fourteen lines, that have been known for thousands of years to the Chinese, can be used for more than acupuncture and acupressure. Each meridian refers to an organ in the body and any moles, sores, lumps, etc., indicate a potential problem not just within the energy travelling through the meridian, but also in the organ. Take a look at your arms, or legs and look for any moles at the wrist or ankle. Now look for another above that and again above that one. Can you trace a path from the first mole? Depending upon the level of health in the body, skin eruptions will be many or few along the meridian. Sometimes you will find a pattern to these marks and if you study the meridians, you will discover an absolutely correct way to analyse weaknesses in the body. The face can also be read with the help of meridians and by other studies.

Any blemishes upon the forehead indicate the bowel needs cleaning out; it's storing too many toxins. Soreness, dryness and dark marks around the eyes would point to stress in the kidneys. Cold sores on the lips also tell a story. Anything on the top lip may reveal problems in the stomach, liver, kidneys, spleen, thyroid, lungs or circulation. Anything on the bottom lip once again refers to the colon, with right side of the bottom lip referring to the ascending colon and the left side to the descending colon. Your fingernails and toenails also reveal your health. Each finger represents organs within the body and through this knowledge, one can determine which organs are toxic and producing the painful buildup that is arthritis, for example.

As a practitioner it benefits me to be able to read the road map upon the body and listen to my client. I listen to more than the words. The tones within the voice, the strength or weakness of the sounds, even the energy of the voice will indicate to me nervousness, tiredness, nasal congestion, and their confidence level.

Your body will tell you everything you need to know about your state of health, you need only to study the road map to be aware of where your health is going.

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Let's Dance

by Sarah Wellington

'Dance is the only art wherein we ourselves are the stuff of which it is made.' 'Dancing is the loftiest, the most moving, the most beautiful of the arts, because it is no mere translation or abstraction from life; it is life itself.' 'The material for the dance is air, the movement is breath and the source is love.' 'Nothing is more revealing than movement.' 'Dance is life at its most glorious moment.' 'Those move easiest who have learnt to dance.' 'He who cannot dance puts the blame on the floor.' 'Those who dance are thought mad by those who cannot hear the music.' 'I would only believe in a god who could dance.'

These are a few of the quotes off a mug I have and sum up some peoples' ideas about dance. What do you think about it? Personally I love to dance. It makes me feel good *shakin' all over*, releasing the tension that seems to build up even when I don't realize it. It gets the heart pumping, the blood moving and is a great form of exercise.

I'm not a very dedicated exerciser. When I feel like I "ought" to be doing something because it's good exercise, I'm not that enthusiastic, but put me on the dance floor with some good music and I can (dance) exercise for hours. Some people like jogging, others like tennis, I like to dance, which is why I've started teaching a class called DANCING FROM THE HEART.

To me, dancing from the heart means dancing your own dance and letting the spirit move you. There's no right way to do it, except your way.

In the class there are three sections: warm-up, stretching and improvisation. No dance experience is necessary. These classes are about having fun, using movement to express yourself and move beyond your usual "style". We all have our set ways of doing things, whether it's dance or in life itself. Improvisation can be a way of moving beyond limitations. It is also a way of observing what your patterns are in the dance of life, since there's really no separation. You are who you are whether it's in a dance class or at work.

The warm-up is really fun. We do 30 minutes of energetic dancing, led by me, to World Beat music - I've got lots of great African and Caribbean music. The stretching section is also 30 minutes, in which we do yoga, Chinese exercises and some modern dance stuff. And then there's the improvisation which generally lasts from 30 - 45 minutes. In this your movements are your own but I may structure it with different themes. There are ways of interacting with others that I teach that make it easier to make contact with other people. Dancing on your own is fun, but sometimes it can get boring, like talking to yourself, and then you want to be able to "converse" with others. I have lots of unusual music and it gives me great pleasure to finally be able to share it with others. And this is what Dancing From The Heart is all about; sharing, exploring, getting a good workout and above all, having fun.

Sarah has expanded her repertoire this season and will be teaching in Kelowna and Penticton.
See ad to the right for details.



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THE TWO EYES OF JIN SHIN DO®

by Arnold Porter, M.Ed.

At its basic level, Jin Shin Do® Acupressure is a relaxation method that can help release physical and emotional tension. In the hands of a trained therapist, this Bodymind Acupressure™ technique can be used to help release the effects of childhood abuse and other trauma. The work can include the intensity of catharsis, but is characterized by gentleness and non-invasiveness, safety in touch, and a sense of wonder and synchronicity. What makes Jin Shin Do different from other systems of acupressure is its foundational use of the Strange Flows in the choice of the basic 45 JSD points, and its integration of Western psychotherapeutic concepts, notably those of Wilhelm Reich. These Eastern and Western theories are like two lenses through which to view the bodymind. They are the two eyes of Jin Shin Do.

Jin Shin Do's use of the Strange Flows comes to us from Japanese acupressurist Jiro Murai's near death vision of "rivers of fire" running through his body. In gratitude for his recovery, he devoted the rest of his life to understanding his vision and learning how to use it for healing. Part of his work, Jin Shin Jyutsu, came west with one of his students, Mary Burmeister. In the 1970's, Iona Teeguarden's research in Japan connected Jiro Murai's "Major Vertical Flow," "Main Central Flow," "Minor Diagonal Flow," and "Fatigue Flow" with the eight "Strange Flows" (or Extraordinary Meridians) of Chinese acupuncture. This vision reunites Jiro Murai's legacy with its 5000 year old Chinese roots.¹ Jiro Murai's spontaneous rediscovery and Iona Teeguarden's subsequent research into the Strange Flows enlarged our understanding of them as a primary self-regulating mechanism. Also called "Wondrous Vessels" or "Psychic Channels," they are a system of eight channels that store and release energy to all the twelve "Organ Meridians." When open, these channels shunt life energy around the body, continually adjusting and moderating the flow of energy through the twelve meridians.

Thus, at its basic level, rather than "prescribe" specific points for specific conditions, Jin Shin Do acupressure seeks to stimulate the body's own system of self-regulation by activating the Strange Flows and allowing the body to balance its own energy.

To this already rich therapeutic approach, Iona added a Western component - from Wilhelm Reich's view of the body as a series of segments, each relating to specific emotional experiences. When we are not allowed to express an emotion, the way we hold it back - or keep it from coming into the world - is by tightening the muscles that would normally express it. This tension can become chronic, with the muscles involved becoming rigid and incapable of expression. As we use muscular tension to numb out feeling, "rings of armoring" develop in specific segments, and we become separated from the emotional energies that could give direction to our lives. To release the armoring, Iona has applied Reichian ideas about the sequence of releasing the segments and the layers of armoring within them. She uses acupressure to loosen



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muscular armoring and restore emotional expressiveness, and suggests that the vertical flows of energy which Reich talked about are the channels and meridians (all but one of which flow vertically through the body).

Looking again through the Eastern lens, the emotions are honored as servants of the Spirit. Each pair of meridians carries a specific emotional energy: joy, anger, grief, fear, concern, etc.² When we do not honor our feelings and let them guide us, when we hold them back with muscular tension, we also cut off the flow of energy through the channels and meridians, and to the internal organs. Those big tight knots in our shoulders, (or back, or neck or wherever) are pools of energy that has ceased to flow through the acu-points. Therefore, one of the best preventative medicines is simply learning to be aware of our feelings - learning to heed them and give them appropriate expression in the world. In this process, the Strange Flows can have a general balancing and calming effect.

This article is reprinted from A Complete Guide to Acupressure, by Iona Marsaa Teeguarden and senior JSD teachers.

1) Attributed to *Nan Jing* author Penn Qiao, by Kevin Jeynes, Principal, Brisbane College of Traditional Acupuncture.

2) Iona Teeguarden took the *Nei Jing's* terse concept of emotional energy and developed it into the "Emotional Kaleidoscope," a detailed map of emotional states. (See page 57 in *The Joy of Feeling*, distributed by JSDF and by Putnam.)



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For more information: 245-4944

DISPLAY ROOM - open to the public - featuring display tables, mini seminars, marketplace, doorprizes and demonstrations. For \$2 you can enjoy the display area and still register for seminars or the bodywork room, if openings are available.

MARKETPLACE - located in the display room - an opportunity to purchase seminar shirts and bags, tapes and videos by session leaders and a variety of handcrafted items to delight you.

BODYWORK ROOM - A place to experience different forms of bodywork in a safe environment. Available at a nominal fee to non-registrants as well, and all work is done clothes-on.

VEGETARIAN FOOD FAIR - "A Taste of Health" sponsored by the Calgary Vegetarian Society - Saturday from 4:15 - 5:00 pm in the display room. Free to seminar registrants - \$3 to non-registrants.