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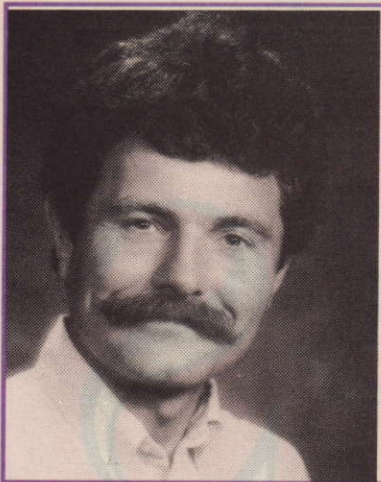


'Life is Wonderful'

to find out more
read Musing ... page 6

October 1995

Volume 6 - Number 9



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Kelowna**

For more info please call Okanagan facilitators
Lyse or David Collins: 604-767-9658
or Henri McKinnon 604-345-6607

LEADERSHIP TAKING THE NEXT STEP

by Lyse and David Collins

This November, Lyse and I are taking our next step in leadership. We desire this in our hearts and we also have some fear around "being out there." (Sound familiar?) Perhaps those of you reading this article have also doubted your leadership abilities and think you don't have what it takes to realize your life purpose. But read on, perhaps you will see that you have more going for you than you think.

Firstly, we have our hearts. We know that when we live in our hearts it is clear to us which is the path of love and which is the path of fear. Choices then become easy and empowering. Have you acknowledged your ability to choose from your heart? Are you willing to listen to your heart, to lead you to your life purpose?

Secondly, we have come to realize that when we are called into leadership it is not something we do alone, rather there is a teacher or friend(s) to encourage us along the way. Lyse and I have the support of our friend and mentor Henri McKinnon who feels that we are ready for this next step in leadership. Henri has guided us with clarity and helped us to see the truth of who we are. By acknowledging and receiving support we naturally move ourselves forward. Who is it in your life who supports you? Are you opening yourself to receive this gift?

Most importantly for us, we have each other. Lyse and I are in an active committed partnership. By 'active' we mean that when blocks come up for us, we take response-ability and reconnect to each other. We have found that despite our fears of being trapped, true commitment gives us a level of freedom, trust and ease that is otherwise unavailable. One of the greatest lessons we have learned (and are still learning!) is to value each other more than our pain. Are you giving 100% to someone special in your life, or are you still valuing an old grievance?

Leadership is new territory for us. If you have any experiences, insights or support to offer us, we are grateful to receive this.

You get to support yourself in this process. You also get to realize that you have a lot going for you!

Lyse and David are co-facilitating a one year Apprenticeship Training Program beginning November 24th. See ad.

S.O.M.E. (South Okanagan Men's Evolvment)
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Acupressure Massage

by Jeanny Bakher

How much time have we spent resisting 'negative' feelings that we have and are terrified of feeling at all? Muscular tension in the body is about coping/existing, rather than creating/living.

- Our body's primary defence against threatening emotions is the suppression of respiration - our breath. Limiting the breath is the bodily form of denial. This repressive process is so unconscious that we may not even be aware of having held back on our breath. Suppressing our breath represses our emotions. Muscular tension is needed to suppress the breath. As we subconsciously continue to emotionally repress our feelings, we build body armour of muscular tension to protect ourselves. Tension in particular parts of the body leaves us clues as to what emotions we need to release.

Muscular tension in:

The Top of the body: Acts as a blindfold

The Jaw: Acts as a gag

The Neck: Limits free expression

The Shoulder: Acts like a harness hitching us to a cartload of responsibilities

The Chest: Limits our abilities to feel our hurt or our love (the most sensitive part of ourselves)

The Diaphragm: Limits our response to fear of losing control, like giving way to deep sexual and creative feeling leading to anger or frustration

The Abdomen: Limits our intensity of gut passions, sexual impulses and crying, leading us into obsession, depression and confusion

The Pelvis: Acts like a chastity belt, limiting our sexual, primal feelings

The Back: Is related to all tension segments and is primarily related to fear

The Arms: Interferes with doing physical work and expressing feelings by reaching out. Embarrassment at touching, holding, giving, taking

The Legs: Interferes with movement and being able to stand our ground - our primary contact with reality

The Eastern Philosophies believe that **Mind** and **Body** are one, whereas the western Philosophies believe in the duality of Spirit and Matter (Clinical Medicine & Psychology).

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A central theme in Eastern Philosophies is the recognition of a **Vital Force or Life Energy** that flows throughout each human being. Although the idea of a life energy may be unfamiliar to many, it is by no means new in the Western culture. The list of scientists and philosophers who have experimented with and written about it is long and illustrious. Vital Life Force Energy is also known as: Ch'i in China, Ki in Japan, Mana in Polynesia, Prana in India[Ancient Hindu], Animal Magnetism in Austria[Mesmer], Odic Force in Germany[Baron Von Reichenbach], Organ Energy in America[William Reich], Bioplasm in Russia[Inyusain], Vis Medicatrix Naturae[Hippocrates], [The Healing Power of Nature], Archaeus[Paracelsus] and also known as Baraka, Mungo, Shatki, Qi...

An interesting phenomenon about Ch'i is its fragile, subtle nature. It can be strengthened or weakened by what we eat, our attitudes, emotions, thoughts and behaviour > our lifestyle. By working directly on the energy flow, individuals can detect imbalances before symptoms manifest, providing preventative care.

Tui La Acupressure is a combination of body massage and an ancient Chinese medicinal technique in which pressure is applied to certain areas [acupressure points] of the body, in order to correct body alignment, relieve pain and balance the flow of internal energy. Tui La Acupressure is a gentle, firm stimulation of muscle and tissue that assists the body to create healthy change, gradually and naturally. Acupressure Points are stimulated to free the flow of Ch'i. (Acupressure points are points on biological pathways of energy of the body. The pathways of energy are called meridians. Each meridian governs one internal organ of the body.) This stimula-

Cheryl Grismer

presents

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Contact: Cheryl 768-2217 Investment: \$100

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November 25 & 26 - Kelowna

Contact: Cheryl 768-2217 Investment: \$130

Waking up

Make 1996 special. The spiritual path requires us to open ourselves, not just our eyes, to the sacredness of each act, each word we speak, each person we meet, to life itself. We can transform our lives.

January 20 & 21 - 9 am - 5 pm

Contact: Cheryl 768-2217 Investment: \$210 plus GST

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**Afoot or horseback,
rocketing or rowing,
It helps to give some thought
to where we're going.**

Harvey Jackins





Photo by Steve Tomlinson

Musing

with
Angèle

publisher of ISSUES

'Life is Wonderful'

Jan and I had a celebration this month in nature ... enjoying all that life has to offer, at the beach, on a picnic with men friends and their children. We weren't quite as formal looking as the nuns on the front cover having a picnic. But we enjoyed good food and I had fun with the kids, slinging mud and splashing water. Children teach me much about lightening up and showing me creative ways to enjoy life. Laughing and screaming with delight is a great way to let go tension and the responsibilities of being an adult.

We celebrated because Jan and I are now business partners we bought the land and buildings at 254 Ellis Street. We intend to continue networking and educating the public on alternative ways to live and stay well.

Last week someone came by the Centre and dropped off a magazine for us to read. It was published in Florida and is called *Going Bonkers?* It had great articles for people trying to change the old programming tapes and develop new ways of being.

I reacted strongly to one of the articles. It was titled *How (Some) Men and (Some) Women Differ*, written by John Gray, PhD. His opening statement was ... "Husbands do not leave wives because they no longer love them; they leave because they can't make them happy." He goes on to say that "Today's wives do not leave husbands because they're not provided for. They leave because they are emotionally and romantically unfulfilled."

I objected ... as a human being, why should I expect another person to make me happy? Does he not realize that the only person that can make me happy is myself? Sharing my joy and my sorrow may deepen or expand those feelings, but ultimately it is up to me to figure out how I feel.

Many of his statements were genderized, which took away their validity. Relationships are changing fast and we are entering into a whole new way of thinking about ourselves and the world. The ever-growing list of self-help books on the market these days tell us how important it is that each of us take responsibility to be clear in expressing our needs to friends, workers and mates.

For me, relationships are a way to help me become more aware of my basic programming, so that I may choose how to act or react. Friends are like mirrors; they reflect both the good and the not-so-good side of my personality. And children are the best mirrors we have, for their innocence provides us with a clear perception of how an adult faces the challenges in life. The younger they are, the more honest children are in the way they express their

feelings. The need for approval is so strong that they usually imitate all that they see and feel. For example, if one parent is a deep thinker who takes life pretty seriously, then his/her child may try to do the same. This moodiness may not be understood and if it is not expressed or listened to, it will lead to future misunderstanding with friends or mates. Children learn by example and are very good at picking up unspoken messages and projecting them back at the adults. We need to see this projection and correct *our* ways ... not reprimand the children for their feelings.

Being honest and coming from the heart isn't always easy, for our programming runs deep. We were all told from a very young age to keep quiet or to shut up. We don't say this or that because it is rude or we can't be feeling this or that because our parent don't want to hear it expressed. Remember when Mom would say "You can't be hungry ... you just ate." "You can't be tired, you just woke up," or "Don't say you don't love your little brother." etc. etc. These messages confuse children and they learn to intellectualize rather than feel.

As adults, we need to get into our feelings and our hearts. Counsellors are there for people who want to stay sane. Understanding and feeling our hearts is possible with a bit of knowledge, patience and some practice at listening to the signals the body gives. Your subconscious uses the most surprising and creative techniques on your behalf. It can manipulate your body to stop you from doing things that you really don't want to do but feel you have to. Ever had a 'tension headache' or a 'nervous stomach?' These are messages that are connected to thoughts, feelings and memories that happened to you once and are now forgotten. If you have ignored these sensations or feelings in the past, you may wish to try this exercise. Stop everything you are doing and acknowledge the body by speaking directly to it. In your imagination say "Thank you for this knot in my stomach. I know you are doing this to protect me, and if I am ready please let me find some way to let myself know what it means so that I may understand my feeling once again." You may find yourself hungry, sleepy or thinking about something. You may have a thought that seems out of place or you may experience feeling angry or sad. Acknowledge the information and see where it leads you. With time, you will come to understand yourself and your reactions to people and events.

My favorite saying is, "If I react to something somebody said or did, it is because I need to look at why I reacted. It isn't the other person's problem; it is a gift to me to help me understand myself just a little bit better."

People are starting to realize that to change the world, we need to start with ourselves. Our children, friends or mates can help us to see old patterns and ways of being. We now have the knowledge and the insight so that we can choose to change them. We have an ever-increasing supply of trained counsellors who are only too glad to help. I believe I am the only person responsible for making myself happy, and I don't think that John Gray, PhD. gave good advice in telling people otherwise.

Judy Armstrong has the right idea with her song *Give Yourself Love*, the last verse goes like this....

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Give yourself Love 'cause that's where it starts
You're never gonna live if you can't hear your heart
Time to feel your feelings, let them come
Out of the rain, beat your own drum.
You came here to turn on the the Light;
Make yourself known, help people unite
Cause all ya gotta do ... Is give yourself love.

PS. Judy Armstrong and her husband Tink will be here at the
Centre to celebrate their latest release on Sunday, October 22,
at 7 pm, Join us for an evening out with Judy.
Details on the back page.



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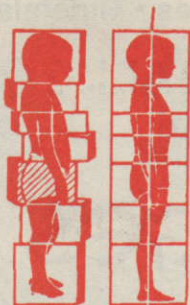
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Location ~ 320 Sunglo Drive, Penticton
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Off-Centred in the Tao

"Buns of Steel and Chi-Full Bellies"

by Hajime Harold Naka - Born Again Taoist

I hope I'm not too negative, but after observing the odd behaviour of people, I have come to the conclusion that we live in a very sick society. Oh, really, what took you so long? I must be a slow learner. Tai Chi can do that to you. I have noticed how human beings are being replaced by human doings who are being replaced by technology. People driving their bodies like machines until they collapse or are injured, while others force inches or pounds off or are adding bulk and rippling muscles, trying to achieve the perfect shape, as projected by the commercials and glamour magazines and there are those who don't give a shit, do nothing and become like slugs. I think I fit that category, not giving a shit, only I call it 'The Tao of Pooh.' Image is everything or nothing if you don't like how you feel about yourself inside.

Come to think of it, we are all products of our culture. Created and packaged by our parent(s), educational institutions, media and government the only difference between us and a box of cereal is that we're not sitting on a shelf in a supermarket. Sound far fetched? Then ask yourself, "Who am I?" Chances are that everything you identify with was externally imposed. I'm not sure if this applies to you new age people. Are you part of this society or out there somewhere? Just checking. I consider myself an exception to the rules, I break them. While most people support the system, I am digging away at the foundation with other radical rebels, so it will collapse and a more compassionate community will rise, where real healing can take place before people get sick of being sick, where the human spirit can soar.

Recently I had the opportunity to experience community, where it was safe to peel off our masks and feel at a deeper level, to be vulnerable and honest with ourselves and each other. It happened at Rex Eastman's Tai Chi Retreat in Nelson, where seventy or so Tai Chi players of all levels gathered for a week of learning (unlearning for me), sharing and growing. This was my ninth or tenth camp and the first one as a guest instructor. I said to Rex that I felt like I had been demoted. I must say, I did feel a bit intimidated standing in front of the whole group on Monday morning when it was my turn to lead, especially since I didn't know what I was going to say or do. I think I said something like "This will probably be the only time in your tai chi practice where you will learn from someone who knows less than you do." The other instructors were patient with me and encouraged me to play. I want to thank Andy, Mike, Kevin and Rex for sharing their skill and knowledge of the internal arts and for their humble, humorous and human qualities. Just checking your egos, guys.

The time at the retreat was nurturing and inspiring, reinforcing the feeling that I am unfolding into my destiny. By the way, did I dream I was a butterfly? Are you messing with my mind again, Mike?

Meanwhile - Smile - Have a Chi-Full Day.

Ayurveda Healing

by Joyce O'Doherty

Ayurveda, a 4000 year old science of natural healing literally means Science of Life. Ayurveda recognizes each person as a unique individual having different physiological and psychological requirements. Such related structures are grouped into three primary forces known as body types (Doshas). The Sanskrit term used for these Doshas are Vata, Pitta and Kapha which correspond to the elements of Air, Fire and Water respectively.

Vata is the principle of kinetic energy in the body. It is mainly concerned with the nervous system, and controls all body movement. Kapha is the principle of potential energy, which controls body stability and lubrication. The tissues and wastes of the body which Vata moves around are Kapha's province. Pitta controls the body's balance of kinetic and potential energies. All of Pitta's processes involve digestion or "cooking," even if it is the cooking of thoughts into theories in the mind. The enzymatic and endocrine systems are Pitta's main field of activity.

At the cellular level Vata moves nutrients into and wastes out of cells, Pitta digests nutrients to provide energy for cellular function, and the cell's structure is governed by Kapha. In the digestive tract Vata chews and swallows the food, Pitta digests it, Vata assimilates nutrients and expels wastes, and Kapha controls the secretions which lubricate and protect the digestive organs. In the mind Vata retrieves previous data from memory for comparison with the new data. Pitta processes the new data and draws conclusions, which Vata then stores as new memories. Kapha provides the stability needed for the mind to grasp a single thought at a time.

These three are forces, not substances. Kapha is not mucus; it is the force which when projected into the body causes mucus to arise. Pitta is not bile; it is the force which causes bile to be produced. Vata is not gas, but increased Vata causes increased gas. Vata, Pitta and Kapha are called Doshas because the word Doshas means "things which can go out of whack." When Vata, Pitta and Kapha are out of balance with one another the system is bound to lose its own balance.

** Excerpt from Prakruti by Robert Svodoba*

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Soul Songs

by Elaine Murray

I was browsing through some new arrivals in the Mandala Book Store in London, Ontario, when I bumped into an old friend who used to give me a weekly massage. (It was the only way I could survive my twenty year teaching career.) "Janet!" "Elaine!" It was like old home week. "You have to listen to Heather's Soul Songs," I enthused. Janet had introduced me to so many "new age" tapes while doing my body work, that I knew she would like Heather's original compositions. Since I have an excellent stereo system in my car, and I had my copy of SOUL SONGS for MOM/ELAINE along, we sat in the car and listened. Janet was so impressed, she ordered two: one for her dad, and one for herself. (Besides, they are cheaper if you order two at a time.) Don is Janet's father...and he is not exactly into this new age stuff...so it would be very interesting to see how he liked his tape. Janet described her dad as a having a sense of humour, and a quiet strength which she hoped Heather could incorporate into Don's original song. Since Janet lives in London, I live in Turkey Point, Heather lives in Cambridge and Don lives in Simcoe it was decided that I be responsible for Don to receive his tape for his birthday, so he would get it on time. Because Don and his wife Joan (another friend of mine) were driving to Port Rowan, it was decided that they stop by my house and pick up the tape. Of course, I played the tape for them, after Don had read his special write-up which Heather encloses with all her tapes. As Don's SOUL SONG played, his wife had tears running down her cheeks. "That's beautiful," she kept repeating. Don liked his unique birthday gift as well.

When Janet's tape was finished, I could not get over how much it reminded me of a hymn. When Heather channels her music, she seems to zero in on the personality of the person she is composing for. I was especially impressed with Walter's SOUL SONG because it turned out to use the pentatonic scale. Heather started out in that mode, then switched to a sound more familiar to the western ear.

Christmas is fast approaching, so if you are thinking of ordering one of these unique gifts as a present for someone...get your order in early, so you won't be disappointed. It takes Heather nearly an hour to complete each SOUL SONG and she teaches music at one of the elementary schools, so she is busy.

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Light Food for Thought

by Deanna Danychuk

Plants photosynthesis? Yes! People? Not! Don't be so sure. After taking Dr. Brian Jenner's Cell-Ectrology course I have come to view the human body in a whole new LIGHT. In 1857 Antoine Bechamp at Montpellier University in France used a polarimeter and two prisms to magnify to 75,000 times magnification and resolution by polarizing light and making it vibrate on two different planes. This allowed him to see a living cell working. He found that the cell membrane was made of tiny crystal particles. In fact all the membranes were made of these particles which he called microzymas. As is the nature of crystal particles these particles were busy vibrating and refracting light from their surroundings. The fluid surrounding almost all the cells of the body is made up of water, oxygen, LIGHT MOLECULES, hormones, carbon dioxide, toxins, vitamin C, and metabolic wastes. Antoine Bechamp's findings suggest that ALL life on this planet is maintained by photosynthesis. Photosynthesis is the process by which light from the sun is converted into chemical energy (that is conversion of light energy into chemical, not the other way). After studying Bechamp's findings I feel I have sufficient cause to rethink what science has led me to believe as fact. It is possible that light energy, of the Universe itself, is what actually feeds me.

Toxins, poisons and metabolic wastes can be removed from the cells by the movement of extracellular fluid. The greater the dynamics, the more efficient the waste removal. One of the main focuses of Cell-Ectrology is the removal of unwanted metabolic waste from the extracellular fluid. The most important system in the body to provide this removal is the lymphatic system, yet as the human species moved from an active life style to a more sedentary one, the lymphatic system became more sluggish.

As previously mentioned, if the cell refracts light it seems obvious to state the cleaner the extracellular fluid the more light penetration. The health of body tissues is directly related to the closeness of the cells to the capillary membrane. In a healthy condition the cells are tight and close to the capillary. In an unhealthy state, the cells are separated from the capillary because of excess fluid and waste products between tissue elements. We have been led to believe that chemical energy from the foods we eat is assimilated into our body's systems to maintain life. Cell-Ectrology explains that indeed optimal health is not dictated only by what we eat or assimilate, but actually may depend more on how we photosynthesize. Light food, for thought!

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The Sweat Lodge Ceremony

by DayStar

The Sweat Lodge Ceremony is one of the oldest in the world. There are remains of sweats from prehistoric times all over the world. It is a spiritual ceremony, where we connect with the Earth Mother and the Spirits of the Land in a good way; where we experience our own spiritual natures and our interconnection with all beings. We learn this by listening to the trees who give of themselves to participate in the ceremony, the rocks who are our ancestors, and each other through whom Spirit speaks in the Lodge.

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The sweat lodge is a way to learn to focus the mind. We are mindful of the fire, the rocks, the way we move and the people in our "sweat family."

Last week I had the privilege of introducing some children to the sweat lodge. Afterwards, one boy said to his mother, "You know, Mommy, it's not like regular conversation in there. It's like things just come to you, and you don't always know what it is."

All my relations.



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DOOR PRIZES

Report on the Community Development Institute

Salmon Arm, B.C. ~ August 14th -18th

by Laurel Burnham

A few of us were fortunate enough to be able to attend a conference held this summer at Okanagan University College in Salmon Arm, entitled the Community Development Institute. This was a five day long event, featuring over sixty workshops. Some of the topics included environmental stewardship, cultural development, native rights and the treaty process, community planning, community economic development and sustainable agriculture. The workshops were all one to two days in length, and choosing from this veritable smorgasbord of information was a challenge!

The conference drew participants, community organizers, environmentalists, social workers, as well as individuals representing nonprofit societies and planners from the entire province, and Alberta as well. Add to the mix a good number of well organized, competent facilitators and the results were formidable.

Just as there is a dynamic, growing interest in holistic health for individuals, there is a thriving holistic movement for community planning and social change. It is certainly an excellent idea to become a healthier individual, but if you don't have a healthy environment, and positive social structures as well as an energetic and well-balanced community to live in, you won't stay healthy for long.

One of the workshops I attended looked at strategic planning for community development organizations, and our task was to envision ourselves as having the responsibility for preparing a strategic long-term plan for a fictitious regional district in B.C. The questions of how to balance a growing population with dwindling fresh water supplies, the need for more jobs with the need to respect and protect the environment, were some of the issues facing us.

Another important topic presented in different formats was the pressing need that we all have to understand and address the Native land claims and treaty rights issues. The Shuswap Nations hosted a wonderful salmon barbeque and welcome for the participants, formally welcoming us to their home.

Weaving all the workshops together were other activities, such as the opportunity to work on a banner that would travel to the Women's World Conference in Beijing, China. Other events included the chance to help the residents of Salmon Arm tackle a very controversial land-use issue.

One very special activity involved making lanterns from bamboo and tissue paper, the culmination of which was a magical lantern-lit parade the last evening before the conference ended. (We hope to have the person who taught us this come and share her wonderful skills at the next Spring Festival of Awareness). One of the most important things that we learned was the repeat of a very simple lesson, and one that we all know. It had to do with what it takes to make a community a home, and that is recognizing the heart and soul of all that we do...our love for each other, ourselves and the planet. Here's to hoping we continue to have more opportunities to learn what it takes to make a community and our world a healthy, happy home.

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Some Thoughts ...

by Rev. Donna Maurice-Winchell,
Pastor, South Okanagan New Thought Center

Recently I attended a workshop for Ministers in Bellingham, Washington on "Speaking from the Heart" presented by a Minister from Costa Mesa, Ca. I went, not because I thought I wasn't already speaking from the heart, but because I am always open to new ways of doing what I am doing and new ways to improve. I came back from that totally inspired. One of the basic ideas I recognized as truth for me during that workshop was that within me is Spirit, using me as its voice, and that when I let go of my own way of doing things, Spirit has a better chance of expressing clearly. Now, I knew that ... But I was again reminded of the truth in this. Getting out of the way -- letting spirit move and flow and express freely ...

The healthy growth of the New Thought Center (now in its third year of operation) indicates that we are doing something right. We have a new vision statement: To be a vital, ever-expanding, inclusive spiritual community, committed to the empowerment of the individual, the transformation of human consciousness and the teaching and living of Universal Truth. Doesn't that sound wonderful? However, we aren't just saying that -- we are speaking from our hearts. In order to transform the planet, we must begin by transforming our own consciousness -- each one of us individually and then as a community. The New Thought Center has a mission to create this spiritual community, one person at a time ... and we are doing it! Lives are changing; people are becoming aware of their purpose, experiencing spiritual transformation and finding true happiness. Robert Schuller said "How then do you find happiness? Not in riches, recognition, relationships or recreational drugs, but in the life transforming power of a readjusted mental attitude!"

We will be readjusting our mental attitude about relationships in October as we welcome a special guest, Brock Tully, who will be doing a workshop entitled "Relationships - a Lot of 'Heart' Work" (see advertisement) You are welcome to attend. Also, come and see us some Sunday. Our services are still at the Okanagan Mission Hall, 4409 Lakeshore and begin at 10:30 am. (With a healing meditation at 10:00am)

Relationships - A Lot of "Heart" Work

Spend an afternoon with **Brock Tully** in Kelowna on **Sunday, October 15th** from 1 to 4 p.m. Okanagan Mission Hall, 4409 Lakeshore for only \$20.00. Sponsored by the South Okanagan New Thought Centre. **762- 2650** (Info.)

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Community Vision

by Patti Burns

At the end of August I embarked upon the next step in my journey of personal growth. I began teaching a new set of Practitioners in Training for Inner Direction Consultants. Practitioner Training provides a climate for continuing to grow beyond self-imposed limitations, to become masters of our own lives. From our own personal transformation we can support the transformation of others and the world at large. I believe we must first attain our own peace of mind and experience spiritual awakening ourselves before we can extend that to others.

The purpose of Inner Direction Consultants is to inspire the spiritual awakening of mankind and to establish a loving community where we can nurture ourselves and live transformed lives as an inspiration to the world. We see ourselves as members of a spiritual community dedicated to demonstrating spiritual principles and committed to serving and caring for our community, our fellow man and Mother Earth.

As Practitioners we are members of a professional organization devoted to healing by use of the Integrated Breath Technique and teaching spiritual principles. The centre provides educational and transformational programs that are inspired by The Course In Miracles and other personal growth teachings. We use a comprehensive blend of theoretical, practical, spiritual and emotional work. These are designed to facilitate the process of changing our perception, interpretation and reaction to life.

At Inner Direction Consultants we believe that our relationships are for healing and for the practice and mastery of spiritual principles. We teach that our relationships are always a perfect reflection of our own consciousness. It is in our relationships with one another that we practice the teaching of forgiveness. Forgiveness for ourselves and others is a necessary attitude for realizing God and experiencing peace and harmony in our lives. We teach communication techniques that assist us in taking responsibility for our thoughts and feelings and learning to express them. It is through open and honest communication that true joining occurs and forgiveness is manifest.

There is a state of right mindedness in which the conditions of fear, scarcity, struggle and hostility are revealed as illusions. These conditions are given form only through our belief in them. All problems and disease are a symptom and reflection of incorrect thinking. Mistaken thinking calls only for correction, never punishment. As we realize our ultimate responsibility for our own thoughts and therefore the conditions in our lives, we are empowered to correct them. Though the task seems gargantuan, it is through the practice of these principles that we at Inner Direction Consultants seek to inspire and change the world we live in.

*Patti Burns is a director and
breath practitioner at
Inner Direction Consultants, Inc.*



Why Am I Sick and Tired?

by Karen Timpany

Being tired, lack of energy and levels of depression ranging from lethargic behaviour to the heavy dark clouds that appear to tie you to the bed or couch are becoming more common today. People are seriously questioning their lack of energy. We live in an era where if you get caught up in the intense energy flow of work and play, and keeping up with what ever you see as being your goal, no matter how far reaching it may be, you may be extending yourself beyond your physical limits. But, how about those of you that have settled for a 'laid back' type of existence and still find yourself more tired than you feel you should be at the end of the day.

Within this existence, you have checked for allergies, watched what you ate, took your herbs and vitamins, and avoided people that drain your energy. You even had yourself checked for Candida and Chronic Fatigue. You feel better now, but where is all that energy that you had when you were younger? It may be the serious lack of oxygen in the air. The percentage of oxygen in the air within New York City can be as low as 6%. Percentages anywhere in the world would not likely exceed 40% today.

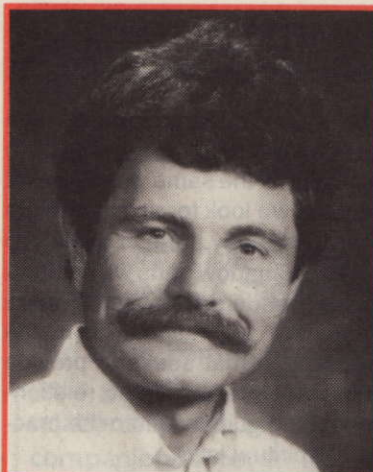
The pollution and the excess cutting down of trees for paper products rob us of oxygen; nuclear testing, car exhaust, and countless other sources are eliminating the oxygen in the air that we need to remain alive. Lack of oxygen is a huge contributor to the massive amounts of illness prevalent today. The next time you see a truck loaded with fallen trees, say a prayer for yourself and others, because the trees not only lost their lives, but you may just get sicker. The alternative to trees being used for paper products is hemp, a renewable crop able to supply all of our paper needs without detrimental effects to our environment. The forests can supply a great deal of the lumber products needed for buildings without seriously decreasing our oxygen levels, but we must bring into our consciousness the idea that we cannot build a healthy country, economy or people if we are going to hold onto the idea that money is our God.

We are giving our health away in order to supply a market that is not looking at alternatives to benefit mankind, but rather to benefit the false God of money. Alleviate your feelings of being sick and tired by hugging a tree or meditating within a grove of trees, feel their healing energy, thank them for your life and walk away feeling much better. Please support any organization producing hemp as an alternative to cutting down our forests for paper products and look to tire homes and earth homes if you're building a house. Recycle, recycle, recycle! Saving our trees will save our lives! Be concerned about pollution, it's making you sick and tired!

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Towards Awareness...

The purpose of this column is to provide a new perspective on every day situations. Sometimes our patterns are difficult to break. We find ourselves reacting in all the same ways that left us feeling frustrated in the past. As we look for an experience of spirit, we recognize that there are many parts of ourselves that are in opposition. These are the shadow parts we confront over and over again. In this column, readers are invited to share situations that challenge them. We will respond from the perspective of a conscious approach that seeks to provide insight into the underlying dynamics present in the relationships we participate in, while offering guidance into the practical and effective application of spiritual laws.

Question: My husband and I have been married for thirteen years and we have 3 children. My husband was laid off last year from a job he had been in for ten years and he has not been able to find a job in the field he is trained for. He is presently working at a job he does not enjoy and which pays less. To make ends meet I have gone back to work. The problem is that my husband has become quiet and withdrawn. We used to be able to talk but now I am unable to discuss anything with him without him becoming irritable. I don't know how to deal with his hostility.

Answer: Anger is often a call for love but usually it creates the opposite experience in our lives. When low self esteem gets triggered by circumstances in our life that activate issues of rejection or inadequacy, anger is often a protection against the fear and guilt that we are really feeling. If we recognize this, we can choose to respond differently. We can look past the anger and extend love through our thoughts and caring actions. Instead of validating a person's fear that he is unlovable or inadequate we are demonstrating forgiveness and compassion. We are truly extending our love.

For example, my son started back to school last week and, after two days, was going about the house banging doors and yelling at everyone. My first thought was to get angry and tell him how obnoxious he was being. Instead, I said in my mind "He's just calling for love," he feels uncertain about himself in school and unsure of his capabilities. I said nothing, then later asked him if he would like a back rub. His eyes lit up in surprise, and as I rubbed his back, I could see and feel the fear in his body.

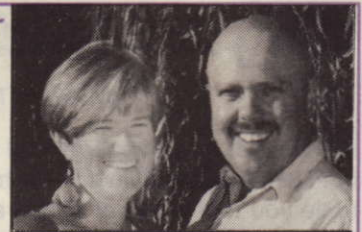
Our sense of emotional separation from each other disappeared and I felt and received only love. The rest of the week we were all more relaxed and he seemed to embrace the changes he had to make in his routine. We cannot "fix" the pain our loved ones feel or tell them what to do, but we can let them and ourselves know that the fear and guilt aren't real. We can extend acceptance and know that we are all more than good enough just the way we are.

Our relationships are mirrors in which we see our own joy or pain. You may wish to explore your own feelings of inadequacy, doubt, and fear. Spend some time every day nurturing yourself. When we give to ourselves we feel less resentful about the problems in our lives. This opens up our willingness to truly extend to others. As you support yourself with love and patience you will have more to give your husband and children. And where love is, change happens!

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

Angelic Attitudes

by Patrick Yesh

*Angel of God, my Guardian Dear.
To whom His love commits me here.
Ever this day be at my side,
To light and guard, To rule and guide.*

I was a Catholic altar boy, and said this at family prayer time kneeling by the side of our bed. Angels have always been near and dear to me, like family. My angels have also earned their wings. I remember hanging from a ledge in the Grand Canyon and feeling something support my foot long enough to get a grip on the rock face and pull myself to safety; and the crash-roll over a cliff in a truck, incurring hardly a scratch.

Many recent books on angels are about amazing spiritual rescues. Do we need such dramatic introductions? Is it really necessary to make our angels work so hard to protect and guide us? There are more subtle moments in angel-human relationships, in quite meditative moments, or when we do something spiritually creative with them. It is time to become more spiritually mature, respectful, fun-loving and creative in our attitudes towards angels, to upstep our knowledge of them and our ways of relating to them. "Spiritual coincidences" happen frequently in life when we seek wholehearted communication with our angels.

Spiritual manners first: Do not cause Angels any extra worry or work because of careless life style or lack of spiritual insight. After the hundredth rescue, it's time to ask the angels how we can help them in their work to bring spiritual enlightenment to others. Take responsibility for better spiritual, mental, physical and emotional care of oneself. Choose one of many groups of angels to work with, the Angels of Family, Health, Churches, Nations, Industry, Education, Entertainment and others.

The angels we now have can accompany us all the way to Paradise and beyond into magnificent nonending adventures of cosmic service. In our daily lives our angels arrange meetings of personalities, so that we share and confirm experiences of spiritual growth. They stimulate us and our social environment so that we do the will of God more often and communicate with our Divine parent. Our soul is their garden, tribulation our earthly fertilizer, and greater soul-consciousness with strong living faith are the fruits of the spirit. We come to know ourselves as secure, loved, and eternal soul-beings in a much larger cosmic family.

We recognize Angelic humour when we are blessed with spiritual hindsight. The human baby cries at what she can't have, but the human soul strengthens like tempered steel in the experiences of patience, self-denial, self-discipline and self-forgetfulness. Angelic humour comes into my life when angels lure me into situations arousing my human ego-desires only to awaken me to the opportunity to do something of spiritual value for others. Laughing at oneself is laughing with the angels.

God gave us two and more angelic companions as well as his own divine presence to companion and comfort us during times of feeling alone, forsaken, abandoned or deserted. Precisely because of these moments, we grasp with living faith the presence of sympathetic intelligences and loving personalities. Angels have been there with us through our darkest moments. No great rescues from rushing trains...just quiet rescues from moments of loneliness. There ensues a quiet bonding, a deep

*follow the path
of your angels*



ENVISION YOUR ANGELS THROUGH YOUR ART
DRAW ANGELS FROM YOUR HEART AND SOUL

Use art to communicate with your wonderful angelic guardians. Draw, paint and sculpt your new relationship with them. Angels are our intimate soul companions forever. This workshop takes you to enchanting creative levels of spiritual communion. Art is used as an active form of meditation to explore very special qualities of angel-soul partnerships.

Participants will use simple art tools to draw and paint expressions of angelic love, joy and appreciation. No art talent necessary. Mandalas of spiritual values, and other art work will serve as canvas for angelic orders.

Come and enjoy creating spiritual art with other spiritual artisans in communion with the angelic assistance in solving your special life situations.

Patrick Yesh (M. Ed, B.F.A.) is an international artist and art educator. His Master's research combines art education methods, spiritual insight therapy and therapeutic art techniques to draw out the highest soul qualities of those in his highly acclaimed workshops.

Nov. 3, 4 & 5 Kelowna, BC
3588 Spears Rd. To register: 860-4385

\$120 for 3 days or pre-register \$95

Friday 7:30 - 9 & Sat & Sun. 9-5

Patrick Yesh ... collect (604) 428-2882 Creston

and intimate spiritual friendship, forever.

I used to recoil negatively at the idea of being watched by a recording angel on my shoulder. Now I find it comforting to have a loving, wise and gentle companion, hovering near, who intimately knows my every need. "Thank you, my dear angel, Phyllus, for patiently attending to and teaching me all these years, waiting for the moment when I recognized you and began our relationship in earnest. YOU are my best friend forever, because my soul is in your care."

I paint angels in my art and portraiture. I use meditative art to communicate with angels, and teach others how to use art to channel their creative inspiration and to spiritually problem solve. It is exciting to live in spiritual anticipation, with an attitude of wonder, watching the invisible juxtaposition of spiritual values in everyday affairs of the heart. May you always follow the path of your angels, and like a little child in wonder watch as life unfolds joyously anew... See ad above.



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*Internally Worn
100% soft natural rubber
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Winner

Rosanne Beauchesne
of Kamloops

Rosanne won the Early Bird
Prize ... a FREE weekend pass
to the Goddess Connection

Rosanne filled in the Readers' Survey
for ISSUES Magazine (Sept issue)

Have you sent in Yours?

You could win a FREE pass to
Spring Festival of Awareness
April 26, 27 & 28.

Mail before October 10th

C A L E N D A R

October 11

Acupressure, certified

Nuthery Institute, Winfield 766-4049

October 12, 13, 14 & 15

Craig Russell's Okanagan Tour. ad p. 3

Initiations with Henri McKinnon, Kelowna, p. 15

October 13

Spiritual Intensive with Cheryl Grismer
starts in Kelowna. p. 5

October 14

**Intensive Personal Empowerment
Program** starts in Kamloops. Back page.

Tai Chi with Harold Naka, Penticton. P. 8

ACIM Retreat, Tara Shanti Retreat,
Kootenay Bay .. p. 3

MONEY IT'S NOT A DIRTY WORD

Led by Patti Burns In this workshop you will:

- Explore limiting beliefs about money
 - Discover laws that govern prosperity
 - Commit to action steps (necessary) for success
- Lodge Hotel, Kelowna, 10-6 pm, \$80
Sponsored by Inner Direction Consultants
763-8588

October 14 & 15

Intro to Cell-Ectrology, Peachland, p. 11

October 15

Relationships - a lot of 'Heart' work
with Brock Tully in Kelowna. p. 13

October 16 - 22

Ayurvedic Sessions, Grand Forks, p. 9

October 21 & 22

Sweat Lodge with DayStar, Peachland, p. 11

October 22

Judy Armstrong & Tink Robinson
in Penticton. See back page for details.

October 27, 28 & 29

From the Heart with Holly & Dale

Atlantean Crystal Bowl Experience, Vernon. p. 16

Synergy Breakfast Hear Dr. Schwartz,
Friday 7:30 - 9:30 am at the Dr. Carl Safran
Centre, 930 - 13 Ave., SW. Calgary, AB. Please
register for this event before Oct. 24 ~ Cost \$14.

Holistic Seminar and Expo at Crescent
Heights High School, 1019 - 1 St NW in Calgary.
A choice of eighty seminars, special events and
demonstrations. Billetting available
Please phone 403-245-4944 for details.
See ad on the back page of September ISSUES.

October 28

Halloween Hop for Families, Penticton, p. 12

November 3, 4 & 5

Living Healthy Expo & Wellness Show,
Kelowna, Friday at Noon till Sun. 4 pm. p. 4

Follow Your Angels with Patrick Yesh
from Creston. Kelowna p. 17

November 10 & 11

Sound, Colour & Vibration Seminar with
Troy Lenard, Nelson. p. 28

November 4 & 5

Chi Kung with Martin Mellish from Seattle, p. 8

November 12

Introduction to Meditation with Cheryl, p. 5

November 24

The Apprenticeship Training Program
with Henri McKinnon in Kelowna starts. p. 2

ONGOING EVENTS

MONDAYS - DREAM GROUP

Penticton, 7 - 10 pm, Sarah Wellington 493-5598

TUESDAYS 7-9 pm 744-5778 - Weekly
INNER GROWTH & MEANING - Victoria

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

**Dream Group
being formed in
Penticton**

Phone Sarah 493-5598

Some of the Services offered

Acupuncture, Nutritional Counselling & CranioSacral Therapy

Acupuncture uses needles to get the energy circulating throughout the body to regulate the organ functions and helps to relieve pain. Cranio Sacral Therapy balances the flow of internal energy as the process releases physical and emotional tension held within the spine and the body. Dawn Schaefer is a Certified Acupuncturist with the State of California and has been practising for the past ten years.

Body Harmony

Ortho-Bionomy, CranioSacral Therapy plus Zero Balancing help Cassie to undo soft tissue damage with the gentlest of pressure. Cassie Benell lives in Kamloops and visits once a month.

Akashic Life Readings

Vibrational records of soul history and destiny. Reads auras, does dream counselling and relationship consultations as well as sound and colour energy balancing. Troy Lenard lives in Kelowna and comes to the Centre on Mondays for personal appointments.

Ear Candling & Reiki

Hollow candles with a spiralling wick that have been impregnated with therapeutic herbs are placed in the ear and lit. The suction draws excess wax and other impurities out of the ear canal.

Reiki is a gentle balancing energy that stimulates the body in its own ability to heal and brings harmony to the mind and spirit. Michael Kruger has his second level of Reiki and has been candling for a year.

Jin Shin Do / Midwifery

Jin Shin Do seeks to stimulate the body's own system of self regulation by activating the meridians and allowing the body to balance its own energy. She is a certified midwife that teaches yoga and nutritional counselling besides offering emotional support for this important event. Josey Slater lives in Peachland.

Shiatsu

Oriental massage in which the fingers are pressed on points throughout the body by massaging along the "meridian lines", 14 channels through which the body's energy flows. Kathryn Halpin is available Wednesday or Friday for appointments in Penticton and she lives in Keremeos.

Reflexology

Pressure-point therapy on the bottom of the feet. The various areas are linked to specific organs that help to loosen the tissue salts deposited in the feet and get them circulating so that they may be filtered from the body. June lives in Princeton, Debbie in Penticton and Wayne in Summerland.

Rolfing

Rolfing promotes well-being by enhancing the body's pattern of organization. It balances the body in gravity and enables participants to function at successively higher levels of efficiency and ease. Rolfing is a scientifically validated system of restructuring and movement education. Gary Schneider lives in Kamloops and comes to Penticton once a month.

Aromatherapy and Es'scent'ual Massage

With its clear effects on mood, emotion and attitude as well as on the physical body, aromatherapy restores health to mind & body. Nywyn lives in Penticton and is available daily. Her background is in Swedish Massage and Reiki. She is also an artist that has co-designed the Sidhe Effects T-shirts.



254 Ellis St, Penticton

☎ 492-XXXX

WEEKLY EVENTS & E

Mondays

Drop in Meditation with Troy L
Using Sound & Color, experience

Wednesdays

Beginners' Afternoon Yoga with
Basic 18 Form Tai Chi & Qi Go
To build inner chi (energy), to ca
Next class starting November 2nd.

Thursdays

Iyengar Style Yoga with Tom K
Tom has just moved to Summer
and is a certified Level 1 instruct
Ongoing Classes ~ beginners 6:30

Fridays

Dancing from the Heart with S
10 am-Noon ~ 6 classes \$50, drop

Pre-natal & Post Natal Yoga
\$ 25 for 4 classes.

Josey is our local midwife and a

Speaker Series ... join us for a d
starts at 7:30 pm ~ \$5

Sat. & Sun Workshops as scheduled. Deta

Oct. 07 Hatha Yoga and Meditation wi

Oct. 14 Craig Russel and Paul Armitag

Oct. 21 Collage Workshop with Bev Hun

Oct. 22 Judy Armstrong & Tink Robins

Nov. 04 Transmission Meditation Work
Hatha Yoga and Meditation wi

Nov. 05 AGM of the Spring Festival of

Nov. 11 Reiki Extravanganza. Pages 19

Reiki Level I & II offered please

aling



cton, BC

371

ENING PROGRAMS * * *

rd

ighting up of the energies. \$5

ngèle 4:30 ~ 6 pm ... \$35 for 6 classes.

with Marlana Mhorrys.

balance and restore harmony

30-7:30 pm or 7:45 - 8:45 ~ \$30 for 6 classes.

d from Toronto

\$50 for 6 classes or \$10 drop in.

00 pm ~ advanced 8:15 - 10 pm

h Wellington

s \$10 (Sept. 22)

h Josey Slater ~ 3:30 - 5 pm...

g term student of Hatha yoga & Taoist Yoga

rent speaker each week ..

on pages listed.

Daniel. Page 25

seminar. Page 3.

. Page 25

Back Page.

p ~ 9 am to Noon.

Mugs, 1-5 pm. Page 25.

areness. Page 39.

29.

ne for details.

Centre

Friday Evening Speaker Series

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

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

Celestial music and channelled messages from ascended masters. Craig is a loving channel who embraces the human experience. Craig Russell and special guest Paul Armitage both live in Vancouver and are starting to travel throughout the Okanagan with their messages for humanity. Ad page 3.

Oct. 20 ~ Creating Focus thru Collage

Bev Hunter will share the joys, discoveries and exploration of collage work. She will demonstrate how each individual's uniqueness shines through imagery and how to use this to create focus and direction in ones life. She is from Winfield. She offers a 4 hour workshop on Saturday, details page 28.

Oct. 27 ~ Healing of the Inner Child

Learn how and why your inner child does not like, forgive or love itself. Learn through dialogue and guided meditations how to communicate with your higher self. Dane Purschke lives in Peachland and does Past Lives and Inner Child work. See his ad on page 25.

Nov. 3 ~ Transmission Meditation

This is a specialized form of group meditation in which the group offers itself for use as a channel for spiritual energies such as love and light. It provides a means to 'stepping down' or transforming these energies so that they become accessible. Transmission meditation will help humanity to create the New Age and at the same time it is a dynamic aid to personal growth. Easily learned and is very powerful.

Diana and Connie are from Vancouver and are correspondants for Share International Magazine and long time transmitters. They invite you to join them for this hands-on evening talk and 3 hour workshop on Saturday.

Nov. 10 ~ Introduction to Reiki

Find out why Reiki is becoming a household word. Catherine Torrens will give someone a Reiki session while she explains the history and benefits of this energy flow. Catherine is from Black Diamond, Alberta and offers all levels of Reiki.

Keeping Well

with Angèle

I haven't used a cook book for years. What I make depends on what's in season, what was fresh at the market and what is still in my fridge. This column will offer guidelines so that **your** creativity using nutritional ingredients will be encouraged.

With fall there is an abundance of fresh vegetables from your garden. I shall start with Soups ... my soul-food. It changes with the seasons, heartier soups for winter and lighter soups for summer. Making soup is quick and easy and full of nutrients. I buy organically grown and local, if possible, usually adding sea weeds and medicinal herbs that strengthen my constitution. I enjoy using fresh herbs rather than dried.

Begin by deciding if you need an enzyme rich soup such as miso that will stimulate your digestive fires and should be eaten at the beginning of the meal or if you want a light watery soup that isn't too salty that will add moisture, vitamins and minerals and eaten at the end of the meal. Or do you want to make a thick hearty soup that is a meal in itself. Here are some of basic recipes.

Vegetable Soup

Cut up one large onion with the skin left on and add a 2 inch bunch of herbs: tarragon, rosemary, oregano etc. Add any withered looking vegetables that are in the fridge; like celery, garlic or tomatoes. Simmer for two hours in 8-10 cups of water and you will have your base. Strain and throw out the cooked pulp. Then add 1 cup of rice, 1/4 millet or any other grain and cook for 45 minutes. Dice up 3 tomatoes, 1 stalk of celery, a handful of seaweed, 7 or 8 carrots plus whatever else you have available. Simmer till cooked.

Pureed Soup

Boil or bake one squash (any kind) till soft, peel and puree. I also like using left over mashed potatoes or carrots as a base, add equal amounts of water. Add herbs or spices; some caraway, fennel or dill. Add rice, millet or barley plus some vegetables. (I have even used spinach and kale, pureed it and strained it as a base)

Basil Soup

Mash or chop fine 4 or 5 cloves of garlic, several onions and simmer in 4-5 cups of water for an hour. Add 1 cup of basmati rice, a cup of peas, some celery, etc. and cook for twenty minutes. Puree lots of basil in a blender, I like to add watercress or parsley. Add to base and cook for 10 minutes. Don't overcook the basil. Salt as needed.

Bean/Lentil Soups

Soak the beans or lentils overnight and discard the soak water. Cook on medium for several hours till soft or pressure cook if short on time. Cooking them with fennel or cumin will help prevent gas formation. Always add salt near end of cooking time otherwise it toughens the beans. Bring to boil and skim off foam, continue cooking for 20 more minutes. Adding a little vinegar will help soften them further and help to break down protein. Stirring in a little miso at the last minute will also help them digest and gives an added salty flavor. Sprouting the legumes will help to maximize their digestibility. Lentils, mung and aduki sprout the most easily and cook the quickest. Add vegetables and herbs once the beans are cooked.

Baltic Amber

Amber is formed from the fossilized resin of prehistoric pine trees and is between twenty and sixty million years old. Ninety per cent of the world's supply comes from the Baltic Sea coast and is the only amber in the world to include 3-8 per cent of succinic acid, other regions having none or at best minute traces. Even the Romans and Celts used Baltic amber as relief (hence the word succour) against rheumatism, throat ailments and to dissipate depression as well as wearing it as a protection against witchcraft. This solidified golden light has also been worn as a symbol of wealth since pre Arthurian times.

Baltic amber is generally pale yellow in colour although the spectrum of colour runs from a milky white and honey to deep reds and browns. Often the amber contains inclusions such as mosquitos, bugs, moths, spiders and an assortment of plant life dating back to a time before man walked upon this earth. Sometimes amber is still found washed up on the beaches but as supplies diminish only mining can reveal any significant deposits. As it becomes rarer so it becomes more and more a financial as well as a metaphysical investment. The supply is not endless.

Baltic amber has a soothing, harmonising effect that stabilizes the spiritually aware, increases the intellect and aids altruistic growth. It has a cleansing effect and is often used in birthing and rebirthing rooms as a purifier. Chakras: navel, solar plexus and crown. Often referred to as "tears of the sun" Baltic amber is ideal for those with planets in Leo, Scorpio and Aquarius or the fifth, eighth and eleventh houses.

Oddly North Americans prefer the darker coloured amber without realising that it has often been dipped in acid to attain this "perfection" in looks. Ours has not. Nor has it been subjected to the hot oil treatment which causes oval fissures to develop in seconds where nature takes millions of years.

Our Riga collection of jewellery comes direct from a master amber craftsman who has had to spend many years as an apprentice before being allowed to join the elite guild of Latvian masters. He calls it "The Gold of the North" and declares it is better by far than diamonds and gold for binding lovers in marriage because amber protects those who wear it. It is the 'stone' of unconditional love.

For details and price list contact:

(Please indicate if you are a retailer)

**The Baltic Amberline, R.R. 2, S-7, C-2,
Nelson, BC, V1L 5P5**

**Visit us in Orchard Park Mall, Kelowna
Oct. 23-26, Nov. 2-5 & 9-12**

or find it at these locations:

Vernon:	Flame Lily Beads, 31st Ave.
Nelson:	Black Cat Books, Baker St.
Prince George:	Bell, Book and Candle

Scientists Speak Out for Health Freedom

by Mary Fran McQuade

They worked to prevent chemical and biological warfare in the Gulf War. They've spoken out against the rampant use of chemicals in our society in herbicides and pesticides, foods and other products. Now, they're protesting the potential threat to herbs and nutritional supplements posed by Bill C-7, the proposed new Controlled Drugs and Substances Act. This group isn't a bunch of dreamers or dewy-eyed tree huggers; they're the Physicians and Scientists for a Healthy World (PSHW). Based in Ottawa, PSHW is a network of medical doctors and respected scientific professionals in fields including biochemistry, genetics, public health, environmental medicine, chiropractic and physiotherapy.

"Our common interest is the relationship between the environment, human health and medicine," says Ralph Idema, PSHW president.

Initially, PSHW came together to avert the use of chemical and biological weapons in the Gulf War. Working through contacts in Iraq and Jordan, they helped alert people in that area to the risks of using these frightening technologies.

Troubled by Bill C-7

Closer to home, the group is working to safeguard the environment, inform the public and influence government on environmental and health issues. In many cases, members act as a resource for organizations directly concerned with particular areas - women's health, for example.

They're taking a direct interest in Bill C-7. "The problem with the bill is that the method of including common herbs and food supplements is indirect," Ralph says. "The problem sections are hidden throughout the bill in little clauses."

That, in turn, means law enforcers will have broad powers to remove these products on three grounds: if they make medical claims, if they're stimulants or if they're relaxants.

"We see a real contradiction here. The government complains about the cost of health care, but by trying to prevent preventative medicine, they're increasing the cost of health care."

PSHW members are writing government officials such as Health Minister Diane Marleau to express their views. In addition, the group is circulating a petition within the scientific community asking that C-7 be completely overhauled and amended to:

- recognize vitamins, herbs, minerals and amino acids under a new category called "dietary supplements";
- allow companies to carry claims for dietary supplements, under certain conditions; and
- establish a new office of dietary supplements within Health Canada to provide the government with informed research and advice on these products.

Plans are to present the petition to Diane Marleau and the subcommittee for Bill C-7. Along with many others, the Physicians and Scientists for a Healthy World believe, as their petition states, "Preventative health is my responsibility and therefore it must be my freedom to choose what I feel is the best wellness program for myself and my family without government interference."

Physicians and Scientists for a Healthy World, Inc., can be reached at 171 Abbeyhill Drive, Kanata, Ont. K2L 2E9, or fax(613)831-2523

Don't let them make you a CRIMINAL

Despite government reassurances, Bill C-7, the Controlled Drugs and Substances Act, is a seriously flawed piece of legislation (see article). The time to stop it is NOW. Make your views known. Write a personal letter, or clip and send the statement below to:

1. Your Member of Parliament
2. Health Minister Diane Marleau
fax(613)990-7255 or mail to the House of Commons, Ottawa, Ont. K1A 0A6 - no postage necessary
3. **The Subcommittee for Bill C-7** c/o Mr. Bill Farrell, Public Bills Office, The House of Commons, Ottawa, Ont. K1A 0A6; fax (613)995-2106

Re: Bill C-7 and its potential to interfere with the free use of natural health products

As an informed consumer, I am concerned with Bill C-7 and its potential to interfere with the availability of natural health products. In its current form, the ambiguous and unspecific wording of parts of this bill place far too much power in the hands of enforcement agencies. Without clearer statements in the law itself, I believe misinterpretations of the legislation are likely to occur, resulting in serious damage to the lives, reputations and freedom of innocent citizens.

I ask that the bill be amended to CLEARLY exclude natural health products from its list of controlled substances. I believe that natural herbs and health supplements do not belong in the Criminal Code. These products should be considered as dietary supplements and regulated as such. They are not drugs. Natural substances comprise all such products that are currently legally available, including:

- herbs and medicinal plants
- vitamin and mineral supplements
- amino acids, enzymes and coenzymes
- homeopathic remedies
- essential oils and flower extracts

I further request that the government recognize consumer concerns, as well as the growing body of scientific knowledge and research in the area of natural remedies, by developing new legislation in Canada. This legislation must and should be developed in consultation with appropriate consumer groups and representatives of the natural health community in this country.

Signed _____

Name _____

Address _____

Phone/fax _____

ASTROLOGY

by Marilyn Waram

Astrology is the study of the relationship between the position of the planets in the sky and various events on earth, as well as human characteristics. There is no proof of how astrology works, that is, no one has explained why or how a certain planet seems to always be associated with certain specific types of events, or with definite and recognizable traits in people. However there is a mounting body of solid statistical evidence, compiled by Gauquelin and others, that the correspondences are real. In other words, each planet can be related to certain types of behavior or character traits, and will never be related to other types. Mars, for example, is a planet which astrologers have always associated with impulsiveness, quick temper, spontaneity, a need for physical action as well as selfishness and violence. It is not associated with altruistic concern for others, beauty or spiritual concerns. Because each planet is always connected to certain types of traits or behavior, and never to others, it becomes a reliable indicator of potential personality.

CAUSE OR PARTICIPANT

There are two major schools of thought about "why" astrological correspondences work. The first assumes that the energy which emanates from the planets is powerful enough to cause events to happen here on earth, including human behavior events. No one has conclusively proven or disproven this theory, however, there are some astrological techniques which should not work if this theory is correct. In fact, they do work. At this time, the only explanation which allows for them to work is that the relationship is not a causal one, [that is, the planets don't cause things to happen]. What is left seems to be that the relationship is a symbolic one - related because they both happen at the same time, but neither one specifically causes the other.

In this, the second school of thought, the astrological planets are thought to be indicators of certain events and traits. Astrology becomes a way for us to 'read' about ourselves, in a unique place: the sky! The printed word does not cause things to happen, but a book certainly can explain and even predict upcoming events. The astrological language appears to be similar, although infinitely more complex.

SUBPERSONALITIES

Each planet seems to represent certain distinct characteristics, almost like a subpersonality with its own likes and dislikes, natural talents, abilities and potential problems. These subpersonalities are universal - all sexes, cultures, ages and individuals have all of them. Which ones each of us chooses to express depends to a large degree upon our socialization, [what we are taught is acceptable] but also to a large degree upon our own inherent personality. Each subpersonality has its own distinctive characteristics, strengths, talents, needs and weaknesses. One is loving and craves closeness with others, another is aloof and prefers independence. One is a natural parent or boss, another prefers teamwork. One is undisciplined and wilful, another is very self-controlled. All of us have all of the subpersonalities described by the planets, but in different

combinations and strengths. Thus each of us is unique.

The planets are, therefore, an exceptionally useful way to look at the balance and strength of the various subpersonalities, also called archetypes, within our own personality. The planets do not dictate our fate, they describe our tendencies in an objective way. They are like a photograph or blueprint. They provide a framework; how we fill it in is up to us.

MODIFIERS

The sign of the zodiac which the planet occupies at birth seems to indicate how those characteristics are expressed; either easily or with difficulty or perhaps even repressed. Further information is gained from the "house" position, or area of the chart in which the planet is placed. The house position gives information about what area of life the planet's characteristics are most active.

Even more information is gleaned from the planet's relationship to other planets. These relationships are called "aspects" and they indicate whether this subpersonality cooperates with or conflicts with other subpersonalities.

For example, most of us have had the experience of fantasizing about doing something spiteful to someone who has hurt or infuriated us. Yet at the same time as we are doing this, another part of us usually feels guilty for having such thoughts. One subpersonality is wholeheartedly nasty and bent on revenge, the other has a conscience and a sense of consequences. These two conflict because it seems that it is not possible to satisfy both. If the revenge is acted out, the other subpersonality will feel terrible remorse and guilt. If the revenge is not acted out, the subpersonality which fantasized about it will feel frustrated and resentful.

In actual fact, there usually is a way to satisfy both, but it is different from either one's natural way of doing things. New, constructive solutions can be learned, and this is a vitally important point, because it is a solid indication that astrological symbols do not indicate one's "fate." "Fate" bows down before informed choices.

NATURAL TENDENCIES

What the planets do indicate is an individual's natural tendencies, and whether those are typically constructive or destructive. Typically, that is, before any effort is made to change them. Astrological patterns show how we tend to act instinctively, habitually, naturally. If we are only using the destructive or negative expression of those traits; that is our [probably unconscious] choice, not our fate. It is always possible to choose the constructive expressions. This, however, takes information, awareness and strength of character. It takes effort to change one's habitual ways of thinking and behaving, but the possibility is always available to us.

NATAL CHART

Your natal chart, the picture of the position of the planets at the moment of your birth, stays the same throughout your life. It is like a blueprint to you. Any potential problems or potential talents that it reveals are inherent within you.

Continues on page 28

IYENGAR STYLE YOGA

Thursdays

... ongoing classes ...
with Tom King
certified Level 1 Iyengar
Instructor

Beginners 6:30 - 8:00 pm

Advanced 8:15 - 9:45 pm

Cost: 6 classes ~ \$50

Drop-ins \$10

Pre-natal & Post-natal Yoga classes

Stretches, strengthening & relaxation

with Josey Slater ... Midwife

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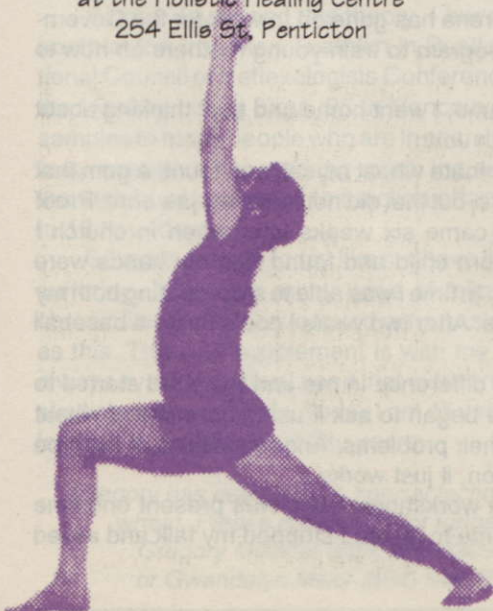
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A VIEW TO THE WEST



... by Bev Franic ...

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Another wheel, another lifetime. Samhain, last year found me organizing a celebration for 17 women, much to my surprise and anxiety. I had planned an intimate gathering of 2 or 3 other women, word got out and about, and the next thing you know... This just shows me how needed these gatherings are. The circle has expanded and contracted over the year, with new spirits arriving at every turn. The Goddess was our constant companion, giving us her blessings and learnings. We built community, and tore down towers, healed each other, and battled each other's demons. We explored new ways of celebrating the wheel and new backyards. Like babes we tested our wings and found them to be strong and substantial. They carried us far. We learnt to laugh and be joyful (well, if you'd seen our May Pole...) We learnt patience and tenacity, and timing. We learnt to bless the rain and enjoy the rainbow. We learnt to trust and go for the free fall knowing our strengths would hold us up. We were taught the gentle nature of male and female energy coming together in innocence and play. The sunflowers taught us that one grows even more beautiful with age. The coyote cemetery taught us to poop with pleasure. What we don't use, we give to the compost to enrich the Mother. So another wheel spins past. And a whole new adventure begins. Be in joy and enjoy. In short, in joy.

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Germinated Wheat

by Gregory Miller

This past July I found myself out on the steep slopes of Grouse Mountain helping the RCMP search for a missing Richmond man whose car had been found in the upper parking lot four days before. This was a place that I had never expected to find myself because at age thirty I had been hospitalized with chronic illness and told by doctors that I could expect to be in a wheelchair by the age of thirty-five.

Now, at forty-five, to be out on steep mountainous slopes was a great testament to how far I'd come. Although the missing man wasn't found until the next day, what I did find is that I no longer had body pain, either during the search or in the days that followed.

This change had started two and a half years before when I had gone golfing with my father-in-law, John B. Harrison. Even though John was nearly twice my age, I had to drive the golf cart while he played. I had to wear wrist braces and had to be helped into the golf cart. I had pain all over my body twenty-four hours a day and life was not very much fun.

Little did I know how that day would change my life.

For thirty-eight years, a noted organic farmer in the city of Richmond, BC, Canada, John had been awarded the Order of Canada for his contributions to nutrition and had written two books on organic farming. He and his wife, Marion, are members of the group that originated the organic farming movement throughout the world. John and I began to talk about the reaction of nutrients in seeds when they germinate. Nutrients, John explained, increase to varying degrees and combined during germination to produce new compounds. He also described how a seed corkscrews itself into the hard clay in search of a place to grow, illustrating the terrific amount of power contained in that little seed.

At that time, John was working with relief groups in India and Africa in order to develop ways to extract more of the potential out of the grain that Canada sends to those countries. One of his contacts in India, Dr. Chinnamma John, now Dr. (Sr.) Serena, had done her Ph.D. on the nutritional value of germinated grains. Dr. Serena has gone on to work for the Government of India in a program to train young mothers on how to germinate grain.

After the golf game, I went home and kept thinking about my conversation with John.

I started to germinate wheat myself and found a gum that I could chew for hours, but that did not make my jaw sore. Proof of its effectiveness came six weeks later when in church I clapped for a newborn child and found that my hands were pain-free after years. In time I was able to stop wearing both my day and night braces. After two years I could throw a baseball painlessly.

Others saw the difference in me and the word started to spread. Now people began to ask if using germinated wheat would help relieve their problems. And regardless of the type of disease or affliction, it just works.

I started to give workshops. John was present one time and the question came to me so I stopped my talk and asked

John this, "John, if you knew the value of germinated wheat, why did you let me suffer for twelve years?" His answer was, "No one has ever applied it to what you are applying it before."

As a further test to see if what had happened to me and to others was not just in our minds, but actually rejuvenating soft tissue, I visited Margo, the owner of a lame polo horse called Tide. I told her my conviction about the benefits from germinated wheat and recommended this as a dietary supplement. Margo told me that x-rays of Tide's knee showed that two of the nine bones dissolved and that her veterinary had cited 12 year old Tide as unsound and should be put down. We decided to try the diet supplement and two months later Tide was fit enough to be ridden.

More and more people seek to alleviate their pains and have found relief with germinated wheat. I consulted a research doctor, and told him that many people ranging from a 1 1/2 year old toddler to a woman in her seventies had found both relief from pain and a return of body function after using this as a dietary supplement. I asked him to explain what was happening. The doctor said nutrition is very important, the body is very complex and suggested that it is possible that up to 75% of some foods we eat could be absorbed in the upper stomach, and that a computer at a medical library turned up a 1992 scientific study that cites a flavonoid enzyme present in germinated wheat as equal to or better than chlorophyll. My research has revealed that this flavonoid enzyme is developed as part of the seed respiratory system. It is not in the grain or the grass. Research indicates that this flavonoid enzyme, like chlorophyll, has a positive effect on cancers and immune system disorders.

My theory is that when I let the germinated wheat gum dissolve in my mouth, it enters my digestive system already in a liquid state. I think that three things happen when we eat. The food is ground up, the amylase enzyme in saliva starts to digest the food, and the food's temperature is increased to 96 degrees Fahrenheit, the point when new food enzymes start to complete their tasks. I think by using the germinated wheat now grown to a simple vegetable I am able to speed up the process of dissolving and absorbing my food. I think the combination of more free energy, better utilization of diet nutrients and access to the flavonoid enzymes have greatly helped my health.

Since I developed this theory, I have had an information booth at the Iron Man Triathlon in Penticton, the 5th International Council of Reflexologists Conference in Vancouver, and the Healthy Living Expo '95 in Vancouver. There I gave out samples to many people who are in search of more energy - the busy executive, the working mom, the air traffic controller, or the athlete who all need to function effectively during their 15 to 18 hour days.

So many people today like me have lived through years of suffering. There are many ways of relieving the stresses of chronic illness, but I have found none as simple and as effective as this. This diet supplement is with me throughout my day, always available when I need that extra energy or that pain free playtime with my family. Today I am 45 years old and I now look forward to an additional fifty years.

Gregory has developed a special technique for sprouting wheat. Please phone him for further information,

*Gregory Miller at (604) 272-3309, Richmond
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ASTROLOGY continued from page 24

Issues revealed in your natal chart are with you for life, regardless of what job you take, who you marry, where you move, and so on. The issues are yours and you take them with you. This is why most people find themselves fighting the same or similar struggles over and over again in life. They change location, partners and jobs, in an attempt to solve a problem which is really internal. They end up repeating the same painful pattern over and over and wondering why. Our personal issues are very difficult for us to see clearly.

We usually feel that we can't do anything different than we are doing; we feel stuck. We feel pushed along by events, or by other people's behavior and we feel as if we are being given very little choice. In fact we do have choices, but we may not have enough information to know what those choices really are. This is where a chart reading can be so illuminating; others have faced similar issues and some of the creative ones have solved the issues. The rest of us can learn from those creative ones! Astrologers have been observing successful as well as unsuccessful individuals for thousands of years, and have learned which planets are commonly associated with which problems. And we have learned what constructive options are available for each planet. So when an astrologer looks at your chart, calculated for your exact time of birth, s/he can "diagnose" potential problems based on planetary position. And s/he can suggest positive, constructive behaviors which may help you solve or manage some of your problems.

Conversely, each planet symbolizes unique talents and abilities. You may or may not know you have these, but a reading can clarify for you whether that talent is real, whether that skill is authentically yours. A good astrologer can even help you learn to see some problems as potential talents. Each person's chart is like a good guidebook: it remains the same yet it can be updated continuously.

UPDATES

The natal chart is a static picture. The planets themselves kept moving after your birth. As they move, they form new aspects to each other and to their position in your natal chart. These new aspects seem to describe the unfolding of your life. However the description is quite general. That is, specific events are very difficult to predict, often impossible, in spite of stories about astrologers' ability to predict. Each planet represents such a long list of possibilities that it is not certain which of those possibilities will appear in any given individual's life.

What is clear from updates is that different parts of your personality or character are being stimulated from time to time. Sometimes you are stimulated to spiritual growth, other times you are more concerned with career or family. These areas of concern are what show up in an update, not the exact way you will deal with them. Always remember that you have free will in how you react to situations and people. So, for example, two individuals may both have career stimulated in their charts. One may react by seeking a more challenging position, another by quitting and starting a business, a third by getting into power struggles at work, a fourth by being fired. There are many more possibilities.

When a particular subpersonality is stimulated in your chart, if an astrologer tells you only one possible manifestation,

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whether s/he is right or wrong neither of you learn anything. If, instead, the astrologer explains the subpersonality and some of the typical events you might find happening, you learn much more about yourself, you are allowed the room to be creative and devise new outcomes. And as you learn, if you tell your astrologer, s/he learns new possibilities for the subpersonality.

I like to look upon the planets as similar to the weather - it's smart for us to dress according to the weather, but as adults we can't be forced to. We may get wet, miserable, sunburned or even die of exposure if we don't, but it is still our choice. It's the same with the planets. They tell us when it's smart to take certain actions, but no one makes us do this. And if we don't, or are ignorant of the best way to act, we may make serious mistakes, or simply waste opportunities. That is not our fate, nor does it have to repeat itself. We can learn to listen to weather reports and make our plans accordingly. We can learn to listen to astrological reports, too, and also make our plans accordingly.

I met Marilyn twenty years ago and she is still helping me to understand myself. She has written two books:

The Book of Neptune and The Book of Saturn
plus she developed a correspondence course and has written columns for Astrology Magazines and is available by phone to answer your questions ... Angèle

Marilyn Waram
Astrologer

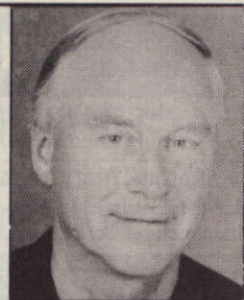
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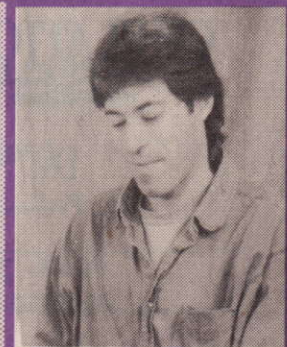
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A Call to Planetary Stewardship

by Bob Miller

Lord of all creation, for whom all things are possible, according to free will and for the good of all.....

Manuel Garcia gets up before sunrise and gets dressed. He thinks to himself, how kind the Lord is to have given him this job. It is a six mile walk from where he lives to the town where lately, he has had a part-time job cutting grass with his machete. He is paid \$10.00 (US) for a day's work. This is a lot of money for him and he needs it to buy food for his family: a son, wife, his daughter and her two young children. He would rather stay and work his land, there is always lots of work to do on the land but today, money from the town will buy food for his family.

His wife is up with him. She, her son and daughter will go out today to harvest cahune nuts from the palms that grow wild on his farm. Cahune oil is used for cooking and fresh cahune oil is healing for the skin. After a few days of gathering and breaking nuts open, they will fill a big pot with the broken nuts and water and let it boil for a couple more days to extract the oil. This, his wife will sell to make a little more money for the family. Everyone must do their share. Manuel is a lucky man. He has a large farm, a strong son to help him work it and a good wife. His family loves God and gives thanks every day for what they have.

I first met Manuel Garcia two years ago on a trip to Central America. My spirit told me to wander with no plans of where I was going or what I would do when I got there. I guess you would call it living from one now into the next. One day I ended up in a small town on the Belize River and from there I was led to Manuel. The first moment we met, I knew I was in the right place. This Mayan man and his wife had a presence in them that brought peace and gentleness to everything around them. I asked permission to camp on his land for a week, still not having any plans except that my spirit told me to stay.

The view from the hill where I had pitched my tent was exquisite. Rolling fields were all around me, and in the distance low mountains and jungle. A river gently flowed past below, inviting me to swim in its energy. At one time Mayan civilization stretched all across this land. In any direction you choose to look, there are ruins of temples and settlements hidden and buried in the jungle.

Every day I would watch Manuel working on a house down by the river. I could not speak Spanish and his English was very poor so we smiled a lot at each other. He has a beautiful smile, with the peaceful spirit inside of him written all over his face. His wife is the same, but since her English is somewhat better, I spoke with her more. I learned that even though they had a large piece of land, they had no money to pay for a tractor to come in and plough, and had no money for seed to plant. Manuel had decided to finish building this house so maybe they could rent it and have some money for the things they needed.

A few days passed as I watched this man and his family go about their routine. I saw that Manuel was a good steward of his land but that he did not have the resources to do all that was

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needed. A sense of knowing what was appropriate for this place and why spirit had led me there, came to me - a vision of this farm put back into production for the benefit of this family and for the fulfilment of the land itself. For the earth was meant to be a garden and give of her fruits to us, in plenty.

Last year a consultant was hired to do soil tests and make crop recommendations for this farm. A water pump was purchased and a low-tech irrigation system set up, to extend the growing season and also make it possible to consider growing plantain and watermelon to be sold in town. Land was ploughed, seed purchased and crops were planted. Manuel and his son have begun their education into concepts of organic agriculture and permaculture. They of course already felt a resonance with this view and want to apply it on their land.

This year, we would like to plant about three acres in plantain, extend the irrigation system through the purchase of two more water-holding tanks and more pipe. We would also like to plant some of the steeply sloped parts of his land with an assortment of fruit trees to help control soil erosion and set up a chicken production facility to provide his family with protein and the land with manure for fertilizer. These are his plans, his dreams. 10% of profit from production on this farm has been pledged by Manuel to help other farmers in the area in the same situation as himself. As he says "it is right and good to give back to the Lord 10% of what is received."

I travel to Central America in the winter and this is one of the stops I make. I provide him with technical support and some financing. The financing for this and other projects like this one, I cannot carry by myself. I am writing this article in the hope of getting some help with the financing for the next phase of this project. We in the first world have so much in the physical domain while many in the third world have so little. Anyone interested in contributing to this project can contact Bob Miller at Tel: (613) 747-0299 or by Fax (613) 741-8354. Anyone contributing to this project will have appropriate opportunity to visit this family and if the timing is right, spend some quality peaceful time as their guest.

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