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November 1995

Volume 6 - Number 10

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Therapy as a Spiritual Practice

by Donna Martin

Therapy can be a spiritual practice that invites us into a conscious co-creative process of recognizing and honoring the intrinsic wisdom of self-healing and the innate lovability of our "core self", our Essence.

Rather than focusing on a **problem** to be fixed or a **disease** to be treated, spiritually-based therapy understands that what are generally thought of as "symptoms" may actually be indicators of the healing in process. The role of the therapist is to support our healing process and help us become a more conscious and creative participant in the process of our life.

Therapy as a spiritual practice, like other spiritual practices, invites us to move out of **ordinary** states of consciousness. Some examples of "ordinary" mind states would be thinking, analysing, remembering, imagining, judging, criticizing, counting, knowing, visualizing, listening, planning, worrying, and so on. A whole other level of mind comes into play with **awareness**, an aspect of consciousness. One version of this is called **mindfulness** - just noticing whatever is happening with a quality of non-judgemental awareness and acceptance.

It is our "core self" that can be aware of our various parts, or identities, feelings, and behaviors and trust the inner wisdom of the healing process as it unfolds. In a setting of acceptance and compassion, the core self is encouraged more and more to reveal itself, separate and distinct from ego and its coping strategies.

Therapy as a spiritual practice involves the whole person: body, mind, emotions, energy and spirit. Any one part is a doorway to the whole. The doorway that is opening, whether it be physical, emotional, or whatever, is the gateway to the healing process.

In this approach to therapy, all roads lead to Rome and the most appropriate route to follow is generally the one that is open and inviting you on the healing journey.

The spiritual base reminds us that nothing is insignificant. The journey is one of many small steps, some forward, some back. What changes more than anything else is our level of awareness and self-acceptance, no matter what happens.

Embracing **therapy as a spiritual practice** allows us, again and again, to witness and trust the wisdom of Life, to appreciate the beauty of the spirit, to let go of unnecessary suffering and false identities that keep us stuck.

Each step of our healing journey then becomes both a sacred experience and a cause for celebration.

When you see yourself and someone else as one being,

When you know the most joyful day and
the most terrible night as one moment,
then Awareness is alone with its Lord.

With repeated meditation practice

the expanse of the visible universe with
all its qualities dissolves to nothing,
to where there is only health and a great joy.
All teaching comes to this. Lalla

{Poems by Lalla translated by Coleman Barks in Naked Song.}



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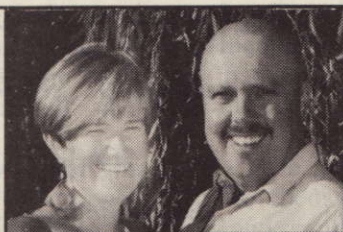
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A Life of Choices

by Jill Brocklehurst

Guylaine is a doctor who has practiced medicine in the field of phlebology (the treatment of varicose veins in the legs) for almost 20 years. In the search for health she discovered her profession was unable to provide answers to many questions like:

- * Why are certain illnesses untreatable?
- * Why are some people always ill and others never?
- * Why do medical costs continue to skyrocket?
- * Why are some doctors or therapists forbidden, barred from practicing and others not?
- * Why are people still dying of cancer after 50 years of intensive research at astronomical cost?

Guylaine's dedication to her patients and their health led her away from medical science and she enrolled in the school of life. In searching across the world she discovered a parallel world of medicine, which gives results that are often incredibly positive. She also learned the existence and importance of that which we cannot see, invisible energy. The more awakened the state of consciousness, the healthier the bodies. But the consciousness is easily lulled to sleep. Guylaine defines four sleeping pills: intoxication of the physical body, fear in the emotional body, belief in preconceived ideas numbs the mental body and corruption; prestige, money and power.

As a mother, Guylaine is convinced that the only worthwhile inheritance that she can leave her children is her contribution to the creation of a better society. One in which children will continue to evolve and grow.

Guylaine is coming to Kelowna to speak about her passion: unlimited health. Against all odds, Guylaine is willing to take a stand for what she believes to be truth. I have read her book, "The Medical Mafia," and am encouraged to walk with the clarity she has inspired. She inspires me with her clarity, drive, ambition, strength, courage, love, devotion and is spreading the word that we have choices, we are masters of our own life and we can chose what form of healing is best for us.

She advocates that we have been conditioned to believe the authorities, and we unquestioningly believe the truths they promulgate. It never occurs to us to doubt their sincerity. Guylaine wants us to take a closer look and to question what we are told are facts. To do this, we must open the door that we have been locked behind for years. That of submission. We all have the master key, we only have to use it. That key is **INDIVIDUAL SOVEREIGNTY !**

It is exciting to have the opportunity to meet yet another courageous female. I see Guylaine as a women with clear conviction, and as one who is determined to share her many years of accumulated wisdom. When I asked the universe for a wise and knowledgeable teacher I didn't realize I was to receive more than one. I am thankful and invite you all to come and share your energy with Guylaine. She speaks first and foremost to women but has a clear message to all who search for sovereignty.

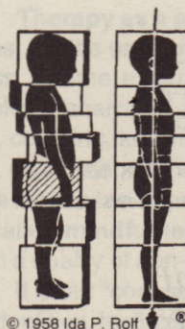
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Lighten-up & be "In-lightened"

by Taron Puri

So, how is it going? Have you been feeling somewhat low in energy lately? Has the world gotten you down or gotten to you - making everything feel heavy and overwhelming rather than light and joyful? Is life full of effort rather than ease? This topic has been near and dear to my heart, and the subject of many a meditative endeavour. I must confess that I have yet to find "the" answer, however, a few thoughts and insights have presented themselves to me.

One presented itself during a talk I was giving on the current state of transformation and change that is taking place on this planet. As I was speaking, I heard myself say that "If it is Enlightenment that we are seeking, then why do we search for it 'out' there?" In my experience, I have found that many of our troubles and worries can be alleviated or at least reduced if we would stop looking for their source as being something outside of ourselves. After all, the word is not "outlightenment" but rather "enlightenment" or as I have coined it, **In-lightenment!**

The term "enlightenment" itself, has at its core the word "light," so could it be that our search for enlightenment is really a process by which we can access and release our inner light? This feels highly plausible in that for me personally and as a healer, I have always known at the core of my being that I am light. Our language tells us that we are the most alive when we are full of 'vitality' - which means full of light.

The problem occurs however, when we become entangled in the ways of the world and start to subscribe to the darkness or negativity in our lives. It is at this point that this inner light becomes temporarily enshrouded and enclosed by the darkness, thus leaving us with the false belief that we are heavy, dark beings who must seek light from outside ourselves.

In my experience, I have found that once I have the understanding that I am already a light being, then I can choose to focus upon this inner light and invite it to emerge and simply radiate its beingness - just like the sun which simply shines selflessly and effortlessly. It does not concern itself with the darkness but rather, simply chooses to appear in its fullest glory. And as it does this, being inclusive by nature rather than exclusive, it takes in the darkness of night and transforms it into light energy. As we are sending messages to the dark or negative manifestations of the self - be it the physical, mental or emotional - we are choosing to energize and prioritize the light aspect of ourselves. Essentially, we are choosing to lighten up or to focus on the 'lighter' side of the whole, thus experiencing ourselves as light. As we go within and become still, we will know at a core level that we as light beings have an affinity for all that is light and that although darkness has many gifts to offer us, it is still a guest of the light and can never eclipse it.

So, my suggestion is, 'lighten up and be in-lightened' - what have you got to lose?

Taron has a new CD available and will be in Peachland soon.

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Photo by Steve Tomlinson

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'The Changing Seasons'

This time of the year reminds me of the cycles of life. The Holistic Health Centre is beside Penticton Creek and our favorite pastime is watching the Kokanee salmon travel their way up to the spawning beds. They have little pools of water where they spend much time gathering their energy till they are ready to wiggle their tails and move ten or twenty feet up the shallow and rapid moving parts of the creek. I am fascinated by their exquisite coral color and enjoy the first-hand observations of their ritual of life and death.

Every month I scan my mother's photographs looking for the photo that will inspire me to tell another story. It has taken me many years to truly appreciate the persistence and effort it took Mom to capture my family on film, despite my father's constant complaining about the high cost of film.

Till this month I never noticed that the two pictures on the cover are almost identical: brothers Michael and Billy proudly displaying their catch. Summer or winter, catching fish was always a thrill. We loved the hike to the fishing hole or the canoe ride on the lake. It was a fun part of living in the wilderness. We watched the huge female salmon lay their eggs and once a year, Dad would catch one and carefully remove her eggs. He taught us how to preserve them by using salt and borax, turning the eggs carefully as they dried out and became a semi-soft sticky mass which we used for fish bait. I loved the color and the texture of the eggs so putting them on my hook was easy. I think what I most appreciate about my upbringing is that it taught me to be practical, hard-working and realistic about the cycles of life and death. Grandma, my Mom's mother, taught me about the importance of using nature to heal oneself as she was sensitive to man-made potions. She ate only organic food and used medicines that grew nearby in the hills.

The more time I spend around the Centre, the simpler and clearer my ways of presenting information to the public become. I appreciate the basic principles that Harvey Jackins presents in his book titled *The Human Situation*, written in 1973. He explains that learning is natural and that people have a great deal of interest in understanding new information if they have a point of reference. He states that, "A new concept has no meaning if it can not be related to what is already understood." To try and learn new information without a source of reference is to create distress.

He goes on to tell this story about a mother who was repeatedly asked by her young son, "What is that?" She would answer, "That is a lumber yard." Many times they passed the building and each time he pointed and asked, "What's that, Mom?" Suddenly she realized that she had not given him any useful information. She then said, "You know the house they are nailing together across the street from us?" He nodded.

"That house is being built from boards." She then asked him if he knew what boards were. When he said yes, she then said, "The place where they keep the boards till they are needed to build a house is called a lumber yard." At this point he said "Oh!" in a tone of deep satisfaction, and never again questioned her about that building.

In following chapters Jackins explains that context must come first, that good repetition is necessary, and that the learner must express this new-found knowledge. It is best to learn a little at a time.

Another book of his, *The Human Side of Human Beings*, "was one of the first books I was assigned to read when I studied Graphology. It made quite an impact on me for I remember telling many people about his experiment and kept it in mind as I raised my children.

The experiment went like this: twenty children and their mothers went into a busy mall. All of the mothers were to separate themselves from their children, ages 4-7. After fifteen minutes, they were to let the children find them. Half of the group were to let the children cry and talk about their feelings of being lost. With this group the children were listened to and comforted. The other half had to shut up their children as quickly as possible. Saying things like, "You weren't really lost, stop crying," they either threatened or bribed their children to stop the crying as quickly as possible. Several months later the same group of parents and children returned to the mall and the same thing happened. This time, the children that had been allowed to cry and talk about the experience responded exactly the same way as they did the first time. The group that weren't allowed to cry responded hysterically and the parents had a difficult time trying to shut them up.

When we are hurt, emotionally or physically, it is important to express our pain and our anger. If we can't do it at the time, the body will store the memory. Years later when our mind has forgotten the incident, the body won't have. If the same scenario is replayed, the body reacts the same way it did the first time the incident happened. Our reaction may not make any sense to us as adults. The quote that says, "*The response is always right: it is the situation that may not be appropriate*" is starting to make sense to me.

For example, being in business I have to deal with 'men in authority.' This makes my stomach nervous and I feel like I have to go pee. If I tried, I couldn't, but the pressure on my kidneys is intense, making me feel like I have to. In my mind I say to myself, "This is silly, why am I reacting like this? I am not going to get in trouble with the city administrators for asking them to sell me a business license," but the question remained as to why I react this way.

Last month while undergoing a Roling session I got my answer, as my body released some old fear that was stored in my kidneys. As my rolfer, Gary, worked that region I immediately had to go pee, so I did. As I returned to the table I could feel my body starting to shake and my teeth starting to chatter. As Gary continued working the other kidney area, I cried quietly. Then he rolled me over onto my back, into fetal position, and continued to work the back of my legs. Suddenly my hands swung to my throat and I felt like I wanted to choke myself. I started to scream, as if I were a child. When the screaming ceased, my teeth started chattering. As he did some release work on my neck, I started to laugh hysterically. Ten minutes after my session ended, my shaking and chattering stopped. ●

ISSUES MAGAZINE

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ISSUES welcomes articles by local writers.

Please keep it to approx. 500-800 words

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I went for a walk to shake off the energy and then settled down to do some paperwork. When Jan came into my office I said, "I am so tired." She said "Why don't you take a nap?" so I tried. As soon as I laid down I got angry so I got back up and continued with the paperwork. When she came in a second time I said, "I don't want to take a nap but I sure am tired." She said, "What do you want to do?" I said, "I want to sleep standing up." We both laughed as we tried to figure out who sleeps standing up. Then slowly it dawned on me ... a baby ... against her mother's chest. So I piled up many cushions on the couch and took a nap sitting up. After about twenty minutes I could feel the tiredness pass and I knew I had figured out another piece of the puzzle.

When I was two years old I bit every-



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one and everything so I was probably reliving an incident where I had bitten my Dad. I can imagine his reaction: he would have picked me up with his hands around my throat and screamed at me never to do it again as I gasped for air. All I wanted was Mommy.

Fear is usually stored in the kidneys, anger is stored in the liver, love in the heart and so on. For most of us who study holistic healing methods, this is common knowledge. Each organ has a specific task in maintaining the balance of the body. The distress that happens in the body when an energy flow is blocked is subtle, but has long-term effects. Many others believe as I do that this is one of the contributing factors to illness. Disease settles in many years later. Doctors and health practitioners are starting to

make the connection between the pain and the long forgotten accidents or emotional upsets that gradually shut down the flow of energy to an organ.

I enjoyed feeling my feelings as a two year old and how it felt when I didn't want to take a nap. It also helped me to understand my fear of 'men in authority' and has helped me to piece together one more part of the puzzle of 'who I am.' I tell my story in the hope that it will enable you to understand what it means to 'process' and that together we can change the way the health care system views our diseases.

Angèle ♥



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Maintaining our health is like housecleaning. If we never clean the bathtub, then it will grow mold. Our body is like a car. If your car has proper fuel, fluids and tune-ups, then the car runs smooth, clean and rust free. Some cars last a long time, some don't. Just like cars, the body needs tune-ups on a regular basis. Herbal tonics will tune up the body and boost the immune system, making it run better. For every disease, there is always a herb that can provide relief.

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Read and expand the possibilities of improving your lifestyle. All journeys, great or small, begin with a single step of self responsibility. Whether this is your first step or one of many taken already along the path to higher level wellness, may you find a comfortable place and enjoy the process.

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by Karen Timpany

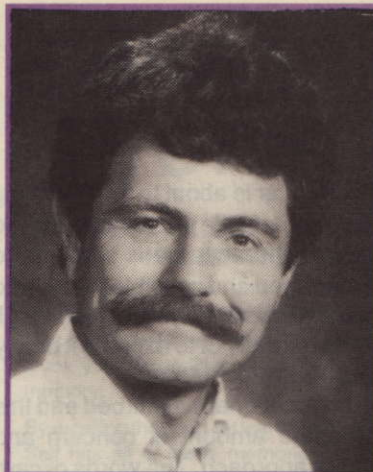
I've recently been reading about a Great and very Wise teacher of Greece who lived many years ago: Pythagoras. The Mystery schools he built and taught from pointed the seeking soul toward enlightenment, spiritual perception and the liberation of the soul. To sum up the genius of Pythagoras, he was a combination of philosopher, scientist and religious reformer. As a philosopher he taught a way of life through which union with God could be established through knowledge. He taught the unity of all life, the possible perfection of the human soul and purification through reincarnation as the process of its attainment. As a scientist he explained the universe in mathematical formulae. He knew quite well the astronomical truth of the rotundity of our globe and the heliocentric system - that the sun was the center of our solar system around which the earth revolved. Based upon numbers, he built a spiritual relationship between numbers and cosmology, which was further developed by Plato.

Pythagoras' studies embraced the understanding of all the octaves of vibration, including the relationship between numbers, colours and sound, resulting in an understanding of creation. He further maintained that numbers led toward mastering nature. From this concept he established a relationship between music and numbers, proving the correspondence between them. Pythagoras maintained that numbers conferred the natural finiteness and "physical form" of objects. He further taught that a soul name was composed of the vibratory energy from each letter, and each letter produced energy through its vibratory sound. The same was true of music, each sound of the music producing a vibratory essence and a colour. Without fully understanding the science of sound, it is clear that the name given to a person can effect that person throughout life.

Pythagoras, carrying forward his theory that sound, numbers and colours related to vibration, applied this concept to the art of healing. He taught how to cure diseases through chanting certain mantras while placing his hands upon the patient. He used certain chants or mantras to relax the body, soothe the mind, reduce the appetite and altogether influence the atomic structure of the body, restoring health. His reasoning was that mathematics represented perfect harmony and stability and, incorporating those in the mind, led to establishing them in the body. In his work as a healer, he advocated not only music but diet as well. He used herbs and poultices of herbs. Poetry was read to persons suffering from certain ailments. He vigorously opposed surgery and cauterizing. This gifted man, born long before his time, lived 600 years before Jesus yet possessed wisdom we are only now exploring and understanding. Numerology, diet, sound, colour and the energies we surround ourselves with all have an effect upon our physical well being.

Is the technology of today new to this age in healing, or simply an older wisdom and knowledge recycled for our benefit at this time? As we seek for more and more knowledge, we usually find that the answers come from our past. As above, so below. As it was, so it will be again.

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The Mask

by Don McGinnis

Look Out! The somber mask of winter is about to fly off leaving a small bare faced man with a foolish smile on his face. Pay no attention to the rainbows and exuberance he is straining to contain. He was once a well managed and sensible fellow who never became too excited and feeling suitably sorry for himself was angry on the inside but was careful not to express it or any other feelings or original or contradictory ideas.

His task was the care of the emotionally disturbed and this he managed with the appropriate amount of concern and although tiring, it was the correct approach. The words of care and inquiry toward all people were well scripted, diplomatic and liberal. He had the uncanny ability to say just the right words at all times. He really knew how to be careful not to offend. It had taken forty-one years to perfect this elegant and sophisticated mask. When wearing the mask he was immune to the battery of self-help and personal growth courses and avoided serious introspection.

What happened, you ask? It all began with an urge to be playful. He wanted to sing and laugh and shout and dance and stomp his feet. This was not tolerated so he spent considerable time fretting and regretting and feeling oh so guilty for even thinking of going outside of lines. But he did. At first, he did it privately, late at night, in his garage while everyone slept. He felt a gamut of emotions from rage to grief to laughter and love. As he began to feel, a sense of wonderment, the kind a child might experience, came over him. He began to experience a longing to be Himself! As time passed he would force the mask back on and be sensible but the urge persisted and one day when he was sure no one was around he sang too loud and jumped about ... in the middle of the day.

We, the committee, had no idea things had become so advanced. With a bit of guilt and distraction we managed to convince him his actions were irresponsible and he might hurt himself or worse yet ... embarrass himself. He was not frightened easily and began to say things that he meant. He began to disagree. He kept light hearted on dull days and people started staring and talking. He tried to contain his sense of wonderment as he experienced paroxysms of passionate joy and love for every element of life but it was difficult. He tried even harder to exalt and glorify despair. He got his cross and nails and got into suffering for the world. "I will carry the burdens for humanity," he said to his friend as he nailed him to the wall. He tried loneliness, hiding, meditation, guilt and more guilt. He tried to be like someone else. He tried hard to do things as he was taught.

Eventually, an idea swept through him like fire and We, the committee are faced with total failure ... he wants to share his joy with others.

Don will coordinate Sunday Celebration at the Holistic Healing Centre

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A View of the Psychic Line Phenomenon

by Lynn Childerhose

Along with the development of telephone technology, psychic lines first appeared about ten years ago. They were associated with glamour and mystery and with a growing number of celebrities. Instead of disappearing, as a quirky aberration of the times, this phenomenon has grown. Today anyone reading a tabloid or local newspaper or watching late night T.V. will be encouraged by dozens of companies to find out about the future for \$1.99 - \$4.99 per minute.

In Canada the CRTC studied the American experience. With the intent to avoid problems such as the proliferation of adult lines and their accessibility to children they announced guidelines within which 900 lines would be allowed to operate in this country in April 1994. According to Michelle Gagne, Media Relations Manager for BC Tel, 900 lines are now "extremely popular" north of the border, with approximately 3,900 programs at this time. These include information, telephone voting, fundraising, opinion-gathering and adult-oriented chat lines. Canada also now has its own psychic lines. To understand why they are so popular I visited one of the newest competitors in this surprising market. Since March this year, Heavenly Psychic Answers has been expanding their business steadily with growing numbers of employees and impressive statistics, operating from a beautiful office building in a park-like setting in BC's Okanagan Valley.

Marshall Dowla, owner of Heavenly Psychic Answers, is also an astrologer who works on the line himself alongside other talented psychics on the team. "The name originated from the concept of the heavenly bodies of our solar system influencing each of our lives," says Mr. Dowla. He reminded me that historical records show that cultures from ancient times to the present have always had a few individuals in the role of shaman or oracle who were respected and consulted. These individuals were dedicated to the unity of all energy, on and off this planet, and to sharing the knowledge they gained for the good of their fellow man.

Mr. Dowla sees his business as a successor to the time-honoured tradition. Each psychic has developed an ability for intuition through use of specific techniques such as numerology, astrology, tarot cards, clairvoyance or clairsentience. They believe that sympathetic concentration allows a mental link with the caller despite distance or physical obstacles in between. They are trained to respond without personal prejudice or judgment to the issues which arise and they do not see their service as a threat to a caller's beliefs or religion. According to Mr. Dowla most psychics believe in a universal power which some refer to as Creator. Of his psychics he says: "Nobody here wings it. Nor do they answer calls at their kitchen table, amid domestic distractions. Our psychics are professionals, some are university graduates or world travellers with rich and varied life experiences to draw upon and share with callers. They are dedicated to improving themselves and helping others. Their gifts, visions and talents are intricately woven into the words they choose when counselling callers on the phone. Honesty, integrity and confidentiality are benchmarks they all believe and work with."

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

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Coming Home

by Barbara Wellspring

Living in community has always been a part of my dream. I had many questions. What would it be like? Was I able to live in a healthy harmonious relationship in community?

On my journey I was told of two women who had arrived in the Salmon Arm area with a vision to establish a spiritually based community of like minded people living in beautiful, healthy, ecologically responsible alternative homes - a place where one can reconnect with nature. They purchased forty acres on a south slope of land overlooking an awe inspiring view of Shuswap Lake and Mount Ida. Eleven sites have been designated.

The day I decided it was time to meet them I was in the garage having my home on wheels (Barth) tuned up. Out of nowhere they appeared inviting me to hang out with them and find out what they were about. I have been with them ever since.

The later half of September marked the move to the property and the beginning of bringing physical reality to their vision. There has been an exciting explosion of activity and people visiting and working ever since.

The first structure is underway - a modified post and beam strawbale insulated pottery studio and home, a home that breathes, with adobe walls inside and out which fits with the southwest aesthetic theme and connection with Santa Fe which is part of their vision.

My answers about community are evolving daily, I have found myself in an area, in company with people with a common purpose where I feel energized and free to be me.

Having a spiritual base has gradually acquired significance and meaning for me. A very special area in the heart of the property is the site chosen to anchor the vision in a healing circle of stones. To mark a commitment to their part of the vision each person will bring a stone.

To have a sacred space to begin with each day renewing my commitment to myself, to my community and the planet, a sacred space to go to when tension arises, to stay in and talk until the tension is resolved is the tool, the missing link that has removed my angst and given me trust in my ability to live harmoniously in community. I have come home. *see ad*

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A VIEW TO THE WEST

by Bev Franic

Recently I experienced an ancient form of massage therapy from Thailand.

In Thailand the body is helped to heal naturally from within through the skilled and meditative touch of "Massage Doctors" who apply ancient wisdom to the ailments of the modern world. The foundation of Thai Massage is the theory that invisible Energy Lines channel a vital Life Force around the body. Working the Energy Lines opens blockages and stimulates the free flow of Prana to help to restore well being.

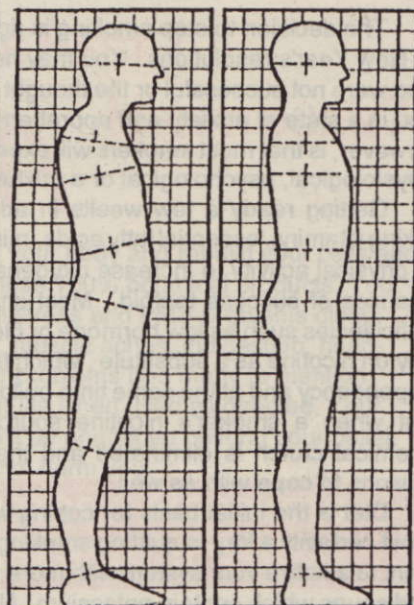
Thai Yoga Massage sessions incorporate gentle stretching movements and postures. The body is massaged while moving, within its limits in and out of Yoga poses. This stimulates a stronger, more balanced circulation of energy.

The unique style of Thai Massage can be focused into a one hour reflexology session on the hands and/or feet.

After receiving my introduction to Thai Massage, I felt exhilarated, relaxed, joyful, full of childlike energy. I immediately headed for the park where I enjoyed the rose garden, played in the sand, hugged a tree, threw a wish penny into the fountain and did an impromptu ceremony thanking the healing waters. During the clothed massage, as Tyson hit upon different points in my body, at times I felt a needle-like pain, which would pass into a soothing warmth. As one part of my body was being "worked on", another part would call out, "Me next, please. Over here." In the end, all the parts were happy. I felt balanced, energized, and more importantly, joyful.

Tai Sen (Tyson Bartel) was born in Kāmloops in 1970. He first experienced Yoga in 1991 while in Guatemala. He travelled in Asia learning from traditional cultures. In Thailand he lived in Buddhist monasteries studying meditation and

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Yoga. With Ashokananda he studied Traditional Thai Massage in a hill tribe village. He then visited India to learn more about Yoga from masters. In Washington State he lived in the woods with Yogi Kabool, learning to deepen Yoga practices into daily living. He has returned to Kamloops to live in community and offer service as a healer.

See ad under Bodywork in Natural Yellow Pages

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Laser Therapy

Starting Your Smoke Free Lifestyle

by Denyse Joly-MacLean

The decision to stop smoking is right up there on your list of New Year's resolutions. You may have tried to stop before and were not successful or the thought of this experience puts you in a state of anxiety and apprehension. The painful truth, however, is that most smokers will experience some difficulty - physiological, psychological or a mixture of both.

Getting ready a few weeks in advance by eating right, taking vitamins, essential fatty acids, minerals and participating in physical activity to increase oxygenation will enhance your chances of success tenfold. Most smokers have metabolic deficiencies such as low hormone or blood sugar levels. They rely on nicotine as a substitute, which traps them on a cycle of dependency and at the same time builds up toxins in the body. But when a smoker's nicotine source is taken away, the chemical crutch is eliminated and they have a body full of poisons to cope with as well.

Diet is the initial basis for coping with these toxins and is most certainly a key to quitting smoking successfully. You will want to alkalize your system with more vegetables and broths, and soups which contain potassium. Nicotine tends to create an acid body chemistry that affects the sympathetic nervous system. That is what gives you an anxious, nervous feeling when you are coming off smoking. Supplements with vitamin C, B complex, E and A are also a good idea because smoking makes these less available in the body. In addition herbs and homeopathic remedies could stabilize a nervous system recently upset by the smoking cessation experience.

The Laser Therapy approach

Doctors Pomeranz, Cheng and Law have demonstrated that the body contains and produces its own chemical called "endorphin," the body's naturally-produced morphine. Since their discovery in 1975 of this natural analgesic substance [endorphin/enkephalin] we understand better the mechanism by which acupuncture and now laser therapy can help to reduce withdrawal symptoms significantly.

Decreasing the craving

The function of laser therapy is to stimulate morphine receptors that replace natural morphine. The supply of endorphins is depleted when a person stops smoking. Scientific research demonstrates that nicotine causes a surplus of morphine in the blood stream - this brings a feeling of well-being to the person. So, when a person stops smoking, the quantity of endorphin is reduced and the body begins the healing process which is called the "withdrawal phase." The symptoms associated with this process are anxiety, trembling of the hands, headaches and insomnia.

Emotions and smoking

The psychological/spiritual side to stopping smoking can be addressed in several ways. A laser therapist is trained to provide you with guidance in behaviour modification, meditation techniques and emotional support with this grieving process. It is extremely important for anyone quitting smoking to know their self-worth and want the best for themselves. This self-evaluation will help empower you in order to deal with this dependency and commit to a smoke-free lifestyle. *see ad*

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Response - Ability

by Normand Dionne

Creating our own reality, being responsible for our own place in life, the outside being the mirror of the inside - these are things that we hear a lot nowadays because it is "trendy." Living it is a totally different thing.

It means if I say to you "You don't listen to me" what I really mean is, "I don't want to listen to you", because the outside is a mirror of the inside. What I see in you is what I see in myself. I judge myself by what I say about you and other people.

The road to empowerment means that in all events and relationships we see a mirror of our present state as much emotionally as spiritually. If we let people or events get the best of us, let them make us angry or afraid, they have just disempowered us and we feel drained. If on the other hand I do not let myself get caught in the trap and realize that I am creating this situation and I have a choice, I take the responsibility of what is happening in my life, I am empowered by the situation and I am energized with the light of love instead of letting the person or the event suck me dry of all my energies. When we truly live and not only think, that the outside world just reflects how we feel and think about ourselves, we will truly discover a magic in every instant and get on the road to personal empowerment and mastery of our own destiny. The world becomes the canvas on which we draw our lives, we each take response-ability for the situation we create around us, for our moods, our energy levels and our feelings.

I am always annoyed at how this simple and beautiful way of life often remains at the level of ideas and just another conversation piece around the coffee table.

When we will all roll up our sleeves and start digging our own dirt instead of shoving it in other people's faces, then we can talk of response-ability and of a "New Age." *ad to the left*

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JUST IMAGINE

A past life with
John Lennon?

JEWELLE
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Book Review

by Jan
Stickney

JUST IMAGINE A past life with John Lennon?

Available from Fran Kay & Assoc, RR 2, Chase, BC V0E 1M0.
Phone/fax 604-679-5362 or at your local book store, ask for it.

A delightful story of the author's journey to discover why the death of John Lennon filled her with grief and a sense of loss. Jewelle was not an avid Beatle fan and the feelings were 'bigger' than could be explained by her experiences. With the aid of psychics and conversations with her mother, the idea of a past life connection became a plausible answer. But she needed proof.

Countless visits to the library to study medieval England, a course in genealogy and hours of research prompted her first trip to England to find the location of her past life experience. Though it didn't provide the answers she had hoped for, Jewelle was not going to give up. After a tip from her sister she found a possible time frame, names and a location which jogged her own past life recall with great detail. The new information was verified in historical records. A breakthrough!

Regression clarified some of the recall, but Jewelle felt it was time to return to England. Like the pieces of a jigsaw puzzle, facts, memories and feelings came together.

Easy to read, *Just Imagine* captured my undivided attention, and gave me a clearer and deeper understanding of my own life experiences.

MIDLIFE ISSUES

Midlife - A time when individuals lose their footing in a once secure social and psychological world. Their old ways of being become lifeless and dry. For many, feelings of depression, anxiety and loss of energy pervade. Others just have a lingering sense that they have lost something ... but are not sure what that is.

"Midlife issues are like climbing to the top of a ladder only to realize that the ladder is leaning against the wrong building!"

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Independence to Harmony

by Glenn Grigg

Playing "Superman" had its perks, but it was definitely wearing me down. My wife was in Women's Hospital in Vancouver undergoing tests for a complicated pregnancy, my daughter was concerned, there was a garden to harvest, a house to maintain, and a business to run. Even though my busyness gave me an opportunity to show everyone how independent and strong I was, it was apparent there were deeper underlying feelings that I was afraid of. All it took was the phone to ring one morning with a degree of urgency in the message and I was lost in these feelings. They were only just below the surface. I now had to be on the road sooner than anticipated or feel I was letting my wife down. I needed to ask for help. A friend was able to respond, transforming what was a helpless experience into an intimate gesture, strengthening our friendship. By opening up to the friendship and allowing this aspect of my being to be seen, helplessness had served love and light. I was giving through my pain. That was the first time I was conscious of the process. In my counselling practise I haven't found a feeling yet that can't serve a deeper level of understanding and connection.

This awareness had me moving into a group experience. The pregnancy had touched people and all I could see in others were my fears and anxieties. Everyone had an opinion on what we should do. I felt ripe for power struggle. At first I tried to sidestep the issue, withdrawing into independence, but the anxiety just bypassed me and called my wife directly. Obviously, she had enough to deal with and it was clear that I was being asked to transform the fears and bring the information to her myself. I now feel it was my willingness to do so that led to the realization that everyone wanted the same thing. Even though we all had our own ideas, we all wanted my wife and child to be healthy and well. This allowed me to stand quietly amidst all these emotions and listen. Everyone had something to offer and every little piece helped enhance us through the process.

In letting go of relying on my independence, I was able to hear underlying feelings in others. Leaving Vancouver one night, I suddenly realized I had lost my credit card. The last time I had used it had been days before and a wave of panic swept over me. The next ten minutes had me wrestling with myself while my daughter seemed to be rambling on beside me. Finally, it was too much and I asked her to be quiet for a while and explained again what had happened. In essence, though, I wanted to withdraw into myself and she could feel it. With tears in her eyes she immediately responded with telling me she missed her Mom and just needed to talk. I was once more aware of the moment. My fears were gone and love was once more present. There was still a need for appropriate action, for the facts had not changed, but the energy in the car had changed, and we now did not have to be independent and alone with how fear looked to us. We could respond through a sense of connection, strengthening love, and allowing something bigger than us to be present.

Glenn Grigg is a counsellor and workshop leader living near Castlegar. His ad is to the right.

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FIGHTING OFF AGE

by Anne Schroeder

Carole, at sixty-five has already been through all of this. Years ago, as she advanced into her forties, she found herself choosing to wear only high necked sweaters and blouses. She developed a compulsion to hide her neck. In her youth, Carole's chin, jawline and neck were clearly defined. By the time she was forty her neck and jawline seemed to melt together. In profile, the tip of her chin seemed to be an extension of her neck - the beginning of the all too familiar "turkey neck" of old age. All this distress was caused by only three quarters of an inch of stretch in the muscles attached to the skin of her throat. So why doesn't Carole look her age today, more than twenty years later? Because she was able to recognize the problem, and through a careful program of exercise, do something about it.

While most of us would agree with the "grow old gracefully" philosophy, if we were really honest with ourselves, we would have to admit that we would rather fight the aging process, as Carole did, than passively resign ourselves to the inevitable. But can we really keep youth from vanishing? Happily, Carole's example proves that the answer is yes! Let's consider the facts:

Exercise or Surgery?

The condition of the underlying muscles has the greatest impact on how old we look. Once those muscles have stretched and let the skin sag we have two remedial options. The first is cosmetic surgery. Although the results of a face lifting operation can be dramatic, more often they are disappointing. The difficulty with a face-lift is that the procedure treats only the symptoms, not the real problem. During a surgical face-lift the skin over the cheeks is artificially tightened, forcing it to hold up the underlying stretched and droopy muscles. The normal roles of muscles and skin are reversed and unfortunately, because the skin was never designed for this job, it soon loses its shape and you may be worse off than before. The pain and the expense of cosmetic surgery can be avoided once we see that exercise, not surgery, is the answer.

The best method is to practice facial isometrics. Isometrics provide a technique for applying slow, carefully controlled movements which create sufficient resistance for the face muscles to be completely exercised. When you move a muscle quickly, gravity and the momentum of the movement do some of the work for you; and so you are not using all of the fibres in that muscle. To understand this principle, raise and lower your arm quickly. Easy, no effort at all! Now repeat the exercise, but this time raise and lower your arm as slowly as possible. Feel those muscles working? By doing the exercise slowly in a controlled manner, you are working all the muscle fibres and strengthening and toning them. That's what isometric facial exercise is all about - the controlled application and release of tension in specific muscles.

A toned muscle also has elasticity, that enables muscles to regain their original shape and size after they have been stretched. Because the skin also has this elastic quality, it is the condition of the muscles beneath it that helps to determine the skin's appearance.

If you have noticed a little sagging skin or telltale lines

CHLORINE friend or foe

by Udo Schroeder

Did you realize there are currently over 100 chemicals and compounds found in our drinking water today, and that the concentration level allowed is established by the Government Guidelines for Canadian Drinking Water Quality? Common Chlorine, a chemical widely used to kill bacteria, is a poison. It was used in the First World War as a poisonous gas which killed thousands of people. Should it be in our water?

When Chlorine is introduced into our drinking water, it mixes with organic matter and produces a group of 4 carbon compounds known as trihalomethanes [THM's] [chloroform]. It is a fact that Chlorine kills bacteria very effectively and cheaply in comparison to alternative safer methods, however dead matter is the aftermath which when it decays produces methane gases along with an unknown number of other compounds. We consume these daily in our water. These unnatural chemicals put dangerous, unnecessary stress on our bodies.

For our bodies to exist in the healthy life cycle we were intended for, all of our major organs need and demand the purest nutrition and water available. Without these necessities of life our bodies must work overtime simply purifying what we consume, which leaves the body vulnerable to disease. This is linked medically and scientifically to a variety of illnesses and symptoms created by poor unhealthy water.

In early 1995 a scientific conference was held in California USA. Here scientists from around the world decided that chlorine should not be used in the disinfecting and purification of our drinking water, further recommending strongly that a safer method be used. Implementation of that warning has to date not been heeded in Canadian communities. What can we do to safeguard ourselves and our children against these elements?

Wouldn't it make sense perhaps, that the protection of your water intake is probably the number one health insurance available today?

His ad is to the right.

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Darryl Burch 496-4034

you can be certain it is not going to get any better unless you do something about it.

I very much agree with Marjorie Craig, author of *Face Saving Exercises* published by Slender Tone Canada when she says: "A firm face is a symbol of youth, but a firm face need not be the property solely of the young. If the muscles of the body can be brought back to tone - and they can be - so can muscles of the face, and by the same means: exercise."

Her ad is to the right.



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C A L E N D A R

November 4

Treatment of Pain Workshop

FREE Introduction, Penticton, p. 19

November 7 & 14

Cards of Destiny with David, Penticton, p. 17

November 9 to 12

Healing Intensives with Craig Russel & Paul Armitage in Vernon, Penticton & Kelowna, p. 22

November 9 to December 14

PERSONAL POWER - group series

led by Patti Burns Thurs. eves. 6:30-10:30 pm
- receive tools that will support you in dealing with emotions.
- experience a breath integration session each Thurs
- build faith and trust in your source of infinite power
Inner Direction Consultants phone 763-8588

November 12

Introduction to Meditation, Cheryl, p. 23

November 13

Ear Candling Workshop (evening)
Nuthery Institute Winfield 766-4049

November 14

Be the Master of Your Life Dr. Guylaine Lanctôt, author of Medical Mafia in Kelowna, p. 4

November 15 & November 29

Teach Your Children Well

Parenting Workshop led by Sharon Strang
7 - 11pm 1725 Dolphin Ave., Kelowna
763-8588 \$90 / 2 nights Preregistration preferred

November 16, 17, 18 & 19

Pranic Healers in Kelowna & Vernon, p. 3

An Exchange of Truth with Glenn Grigg,
Penticton, p. 17

November 18

Tai Chi - Qi Gong with Harold Naka

Experience the Magic of Movement
Vernon 9:30am-3:30pm... Info Denise 542-0827

Fair Wares Faire & African Dance,
Penticton, p. 21

November 22

Acupressure, certified
Nuthery Institute Winfield 766-4049

November 24

Freedom within Relationship

with Henri McKinnon in Kelowna starts. p. 09

Crystal Bowls & Ascension Initiation

with Holly Jones & Dale Quinell, Vernon, p. 03

Healing Touch Week-end, Penticton, p. 08

November 25

Relationships "The Art of Agreement"

led by Patti Burns and Anita Robinson
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November 25 & 26

Tarot Week-end, Cheryl, Kelowna, p. 23

November 28

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December 03

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December 17

Celestial Hill presents 'The five Initiations of the Christ' with Troy Lenard. 3 - 6 pm
followed by a Potluck Supper. Phone 767-9378

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WEDNESDAY

Meditation Instruction

on Inner Light & Sound FREE Vernon:545-3098

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LAST WEDNESDAY of every month 7:30 pm.
Kelowna Parapsychology Assoc. presents an
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THURSDAYS

Enjoy the Magick ... 7 pm, 763-2657, Kelowna

SUNDAY CELEBRATION an inspirational
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Kelowna Sunday 11- Noon - 763-8588

Sarson's Senior Citizens' Activity Centre

Kelowna 11 am at Crystal Vision Ctr: 763-2657

Kamloops: Sunday 11- 12:30, 372-8071

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lead and bass guitars, as well as
Doundoun, Djembe, Balafon and
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Alpha address social issues, celebrate
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teed to make your spirit dance with joy!

Workshops with Alpha YaYa Diallo &
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Nov. 18 ... 7:30 pm

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The Adventure Concludes

with Peter Morris

When at last I made that call for help to Spirit, not in the confines of my mind or in meditation, but standing on the deck of my home calling, nay screaming, to the sea, sky and mountains, for help to bring me back to life from the semi oblivion of two years lost memory, feelings and awareness. The answer came a few days later when I was invited to receive a Body Alignment Technique which caused great upheaval but presented me with an opportunity to 'feel' some contact with spirit once again.

During that experience I actually saw four entities leave my 'body'. Three went peacefully, but the fourth was angry, I mean angry! Putting up a great show of energy and creating great feelings of fear within me, it felt as though the entity was attached to me with barbed wire, and as it was drawn away, was tearing at my body and very soul.


Seven weeks were to pass, with August being a mix of ups and downs a total 'wipe out' for four days and no food for six. All this time supported in love, protection and healing energy by Jassandra, who on several occasions had witnessed the four entities and observed the 'angry one' move in on me.

Her support and encouragement gave me the strength to continue, and not take the "easy way out." In June we purchased a twenty-six foot sailboat, that had been neglected and was in great need of care and attention. My thought at the time was that we were 'birds of a feather'. The design is a Thunderbird!

I figured that restoring the 'Bird,' I called her "Yellow 't' Bird" and painted her bright yellow, would help restore my failing energies.

On the 31st of August, we launched her, rigged the mast, and took her for the first sail. It was Jassandras first ever! It wasn't a long sail, but enough to bring back the feelings of being with the sea for over fifty years. That was when I decided that I had enough experience of my 'adventure' of the last two years. After all, if I hadn't learned what I was supposed to by now, the chances were I never would!

So I declared war, and love, on my spirit opponents, as I saw them. I tossed my medication over the side with a sail-



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PENTICTON, BC
Nov. 11 - Sat. 7 - 11 pm
Ramada Inn - Atrium ~ \$20
Contact: Holistic Centre 492-5371

KELOWNA, BC
Nov. 12 - Sun. 1 - 5 pm
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Craig Russel is a leading edge channel, speaker and healer presently travelling throughout British Columbia. With him, a very special guest, is Paul Armitage, composer, musician, channel.

Together their seminars and workshops are both experiential and transformational. As Craig channels the words and loving radiant energies of 'Akasha,' and many of the ascended hosts, Paul channels live celestial music of the heavens. Their work becomes spontaneous events offering to everyone, opportunities for real change and miracles in our lives.

The 'Atlantean Crystal Bowls,' guided meditations and healing circles, are also provided as tools for alignment, healing and remembering.

Everyone is welcome to these Healing Intensives that happen weekly in Vancouver and White Rock and monthly in Victoria and the Okanagan.

Please see dates and locations to the left.

or's farewell, and determined to reestablish myself in the World.

That almost sounds like the end of the story? Well not quite. The next few days were filled with wild and strange times as the 'Angry One' was putting up a fight and really testing my resources.

Jassandra had to be away for a week, so I decided to really hoist my 'battle flag' and took off on my own for a couple of days sailing up the Coast in the 'Bird.' Apart from a few 'low' periods that I pushed away, all went well. Back in Pender Harbour I realized how much peace and calming energy the sea had given to me, so I decided to head out again and explore further up the coast. Although the wind was right for the course I had chosen, the 'Bird' kept heading off towards Texada Island. Eventually, I got the message and said to her "Okay, Gal, you know something I don't know so take me there!"

As the 'Bird' got closer we changed course and took off at a great rate to Lasqueti Island! I saw on the chart a tiny haven called Squitty Bay, and headed for it, as it was getting dark. Fortunately,

the 'Bird' seemed to agree with this decision!

I dropped the sails and motored into the tiny dock. As I approached, this cheerful fellow waved me alongside his boat to tie up. That was my introduction to Hank who was on sabbatical from his work as a medical doctor in Nepal, whose main interest was the human mind! When he learned of my involvement in metaphysics, we talked up a storm into the early hours. At one point during the evening, a delightful lady named Rena arrived on the dock with a basket brimming with dahlias, plums and grapes, which she dispensed to one and all. Next morning I was joined by Doug, who had arrived shortly before me in his junk rigged sailboat. After a while, Doug said that we had better be off as we had been invited to have breakfast with Rena, who lived on the island.

Some thirty minutes later after a walk through beautiful woodland, I suddenly stepped into an area of enchantment, it was Rena's 'garden' full of flowers and herbs. I was surrounded by light and energy and it seemed lifted and

carried further into the 'sanctuary'. I was almost engulfed by dozens of fairy-like 'divas' who were laughing and playing around me, beckoning to me, drawing me further until I was gently pushed into a chair of some kind. They continued to dance and play around me. I have no idea for how long they filled me with a peace and knowing. I was long since gone from my awareness. After a while, they grew quiet and sat in a circle around me, as though waiting for something to happen. As I sat there, totally enchanted, I was aware of a strong presence by my left side, and definitely not a physical one. A deep, gentle voice announced "I am the angry one! I am the one who has offered you the challenge of this adventure...the challenge you picked up and have won. Your experience has led you to new opportunities of learning and of knowledge."

As I sat, still surrounded by the 'divas' and their energy, I realized to whom the voice belonged. The "Angry One" was none other than Big Eagle, my lifelong Spiritual Guide! "WHY!?!!" was my vehement demand, "why was it necessary to eliminate my memory and why the anger, the fears and other traumas?"

The reply came in the gentle, firm energy that I had known over the last fifty years. "You had reached a point in your teaching that you wished to go far beyond. The 'adventure' started in Singapore, with your conversation with the Buddhist Priest with whom you discussed your impending learning experience, and planned how it would take place, I also was there at the time."

I have no idea how long I sat on the miniature 'throne' that was carved from a tree stump, but I was possessed by a great joy and a feeling that I had 'won' this adventure. I reflected on the healing and on Jassandra, thank goodness for her energy in my life. When she first invited me to join in her Tai Chi/Qi Gong class, I was reluctant, but eventually joined in. By the second class I found a place within me that I thought was lost. I now look forward to each session as they bring me more and more into focus with both my spiritual and physical selves.

As I rose from my stump and turned, the group of my new found friends were standing at a distance smiling at me. They said "We didn't want to disturb you, we realized you were in a deep place."

Following this experience, Hank

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presents

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Vyner, the doctor who works for the Institute for the Study of Ethnopsychiatry and Mind, shed more light on my experience.

I guess if one is going to place one's life and sanity in someone's hands, one's Spiritual guide is the best choice!

And so, as one adventure concludes (?) ... another begins. I shall gather my strength for I am just realizing the toll the adventure took from my physical self. I shall focus on the beautiful new energies surrounding me for I declared to Spirit that I am close to being ready to head out and share these new teachings with the World. No sooner had I made my inten-

tion clear than I received a phone call from Vonnie Musgrove in Fort St. John announcing her plans for a new Healing Centre and would I be interested in presenting there.

Talk about 'trusting the Universe!'

My thanks and blessing to Angèle for allowing me to share my 'Adventure' through ISSUES and many thanks to all of my friends and well wishers for the many cards and letters you sent with loving and healing thoughts for me for the past two years.

*Hope to see you soon,
Love and Blessings*

Peter

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

Penticton Naturopathic Clinic ... 492-3181
Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

Trail

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

Vernon

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

NUTRIPATH

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

ORGANIC

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

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PERSONALS

CARD READINGS

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

NUMEROLOGY CHARTS 868-2614.. Kelowna

PRIMAL THERAPY

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

PSYCHOLOGISTS

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

REFLEXOLOGY

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

CAROLE ANNE GLOCKLING
certified ~ Oliver 498-4885

FEET FIRST REFLEXOLOGY - Jean
Certified ~ 3312 - 30th Ave. Vernon .. 542-3119

GLENNESS MILETTE Elko, B.C. 529-7719

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

LEA HENRY - Enderby / Armstrong 838-7686

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the 'NATURAL' yellow pages

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

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

The Spring Festival of Awareness

application forms for Workshop Leaders have been mailed out and are due back December 10th.

If you did not receive one and would like to please phone 492-5371.

The Program Schedule will be in the February ISSUES.

Winner of the Readers' Survey was Anna Reese of Penticton.
... Congratulations ...

DEADLINE

for December/January

Advertising and/or Articles

November 10th

492-0987 (Penticton)

Holistic Healing Centre

254 Ellis St, Penticton, BC

☎ 492-5371

ONGOING PROGRAMS

Sunday Celebration .. 1st Sunday of month with Don McGinnis, 11-Noon...donation (Nov. 5 & Dec. 3)

Mondays Meditation with Troy 7:30 - 9 pm... \$5

Wednesdays Beginners Afternoon Yoga with Angèle 4:30 - 6 pm ... \$35 for 6 classes.

Basic 18 Form Tai Chi & Qi Gong with Marlana 6:30 - 7:30 pm or 7:45 - 8:45 pm ... \$30 for 6 classes.

Thursdays Iyengar Style Yoga with Tom...6:30-8 pm

Fridays Dancing from the Heart with Sarah 10 am - Noon ... 6 classes \$50, drop-ins \$10

Pre-natal & Post-natal Yoga with Josey Slater 3:30 - 5 pm ... \$ 25 for 4 classes.

PRACTITIONER SERVICES

Acupuncture, Nutritional Counselling & CranioSacral Therapy with Dawn Schaefer ... Summerland

Ortho-Bionomy, CranioSacral Therapy & Zero Balancing with Cassie Bennell ... Kamloops

Akashic Life Readings with Troy Lenard ... Kelowna

Ear Candling & Reiki with Michael Kruger . Penticton

Jin Shin Do / Midwifery with Josey Slater ... Peachland

Shiatsu with Kathryn Halpin ... Keremeos

Reflexology with many practitioners ... many places.

Rolfing with Gary Schneider ... Kamloops

Aromatherapy Massage with Nywyn ... Penticton

WORKSHOPS & EXTRAS

Nov. 4 ~ Transmission Meditation ... 10 to Noon FREE

Nov. 4 ~ Treatment of Pain Intro ... 7-10pm ... FREE

Nov. 7 & 14 ~ Cards of Destiny ... 7-11pm with David

Nov. 11 ~Reiki Extravaganza ... Noon - 6 pm

Nov. 11 ~Victor Shim, Chinese doctor...7-9pm FREE

Nov. 19 ~Birth Film Night for expecting parents

Nov. 22 ~Reiki Circle ... donation

Friday Evening Speaker Series

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

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.

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.

Nov. 17 ~ Healing Modalities & Spiritual Growth

Discover how important healing yourself is, and being aware of your body's condition. Bring the Universal Light of consciousness into your being permanently and raise your vibrational levels. Karen Timpany is founder of Nuthera Institute of Healing in Winfield.

Nov. 24 ~ Crystal Energy

Crystals have abilities unique to themselves. They are eager to work with people, to help us be more aware of our truth, our spirituality, our oneness with the Universe or God. An informational evening with Theodore Bromley on working with the energy of crystals. Crystals for sale.

Dec. 1 ~ The Magic of Life

An evening of storytelling. Soul stories are like nuggets strewn amongst our everyday thoughts, and act like brilliant stepping stones that light the way to a more direct path to the Source. They do not demand nor judge but are there to be enjoyed. Thea Vanderplaats writes the stories.

Over 40 Holistic and Metaphysical

VIDEOS FOR RENT

Many topics ~ \$3 each or 2 for \$5 (limit of 3 days)

Louise Hay, Dr. Wayne Dyer, Alan Cohen, Dan Millman, Dr. Bernie Siegel, Stuart Wilde, Joseph Campbell, Wallace Black Elk, Rolling Thunder, Peter Russell, Lazaris plus Herbs, Crystals & Healing type videos.