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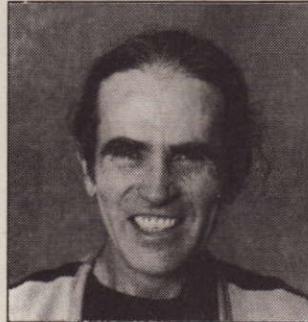
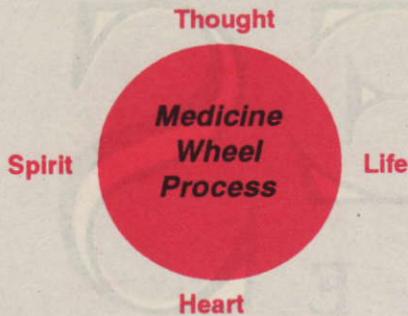
'Spring Rains'

to find out more
read 'Musing' page 6.

May 1995

Volume 6 - Number 5

Wheels Turning Within Wheels Seeking Balance and Harmony



Week-end Workshop

with

Yellow Bear

June 9, 10 & 11th

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

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

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

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

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

Workshop fees

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

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

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

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Tickets at Dreamweaver, 3204 - 32nd Ave., 549-8464

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

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

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

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Penticton May 6 & 7th 9am - 5 pm Sat. & Sun.

Nelson May 27 & 28 9am - 5 pm Sat. & Sun.



For further information you may call Peter Mikiel
1-604-975-3122 or Sue Miller in Vernon 545-0308 or
the Global Institute 1-800-668-3112, in Victoria 744-5778



Meet Duncan & Marilee at the Spring Festival of Awareness, April 21, 22 & 23rd. Naramata, BC.

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May 13 & 14th - 9 am - 5 pm

Level 2 - \$300 - Must have Level 1.

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May 26 - 28

KELOWNA

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June 2 - 4

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HEALING TOUCH

by Joyce O'Doherty

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

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

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

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

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

Christina Haines,

73 years old Great Grandmother.

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

Michael Kelly, Student Health Therapist.

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

Please see ad to the left for details.

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

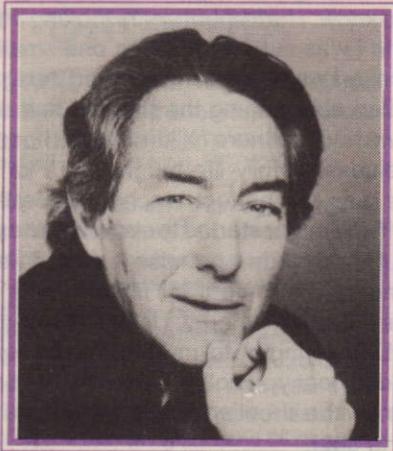
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June 1st

Thursday 7:30 pm

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

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

Join Sam for an evening of exploring questions around

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

Space still available for.....

Hymns to an Unknown God

a weekend with Sam Keen

June 2 -4 , 1995

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

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



Many Thanks to the Instructors, Volunteers,

Healers and Participants who helped

to make the Spring Festival of Awareness

a success.

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

Naramata, BC.



Photo by Steve Tomlinson

Musing

with
Angèle

publisher of ISSUES

'After the Rains'

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

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

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

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

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

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

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

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

ISSUES MAGAZINE

254 Ellis Street
Penticton, BC, V2A 4L6

Phone 492-0987

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

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

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

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

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

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

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

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

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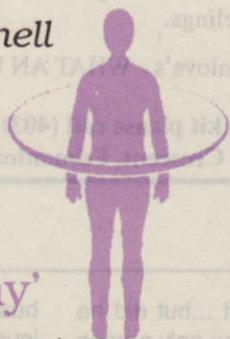
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Cassie travels to Penticton's Holistic Healing Centre once a month if you would like an appointment with her.

A VIEW TO THE WEST

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



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

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

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

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Letting Go & Moving Forward

by Patti Burns



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

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

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

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

outside myself to fulfill those needs. I started to look at my parents differently and to understand why they did some of the things they did. I stopped seeing them as guilty and acknowledged I also felt guilty and had things I was sorry about and wanted to be forgiven for. As I was able to forgive my parents for the past I began to receive all the gifts they had given me over the years. It seemed as I changed my mind about them I was able to see myself differently. I began to take on a new and more positive thought system.

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

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

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- ✓ My physical health improved immediately, in particular my digestive and colon systems. *Brian Frolke, Geophysicist*
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- ✓ I never knew how dead I felt in life. I never lived life to its fullest. I never really experienced love or joy until I started breathing. *Jean Lanoue, Beauty Salon Manager*

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Underlying Causes affecting Present World Conditions

by Troy Lenard

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

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

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

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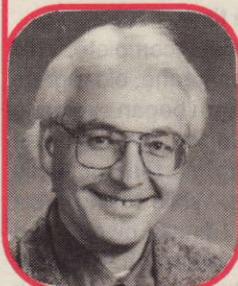
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The Goddess Connection



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Dreams: Our Divine Messengers

by Don Niedermayer

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

Presenters include:

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

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

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

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

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

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

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

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

Please see ad to the right for details and registration.

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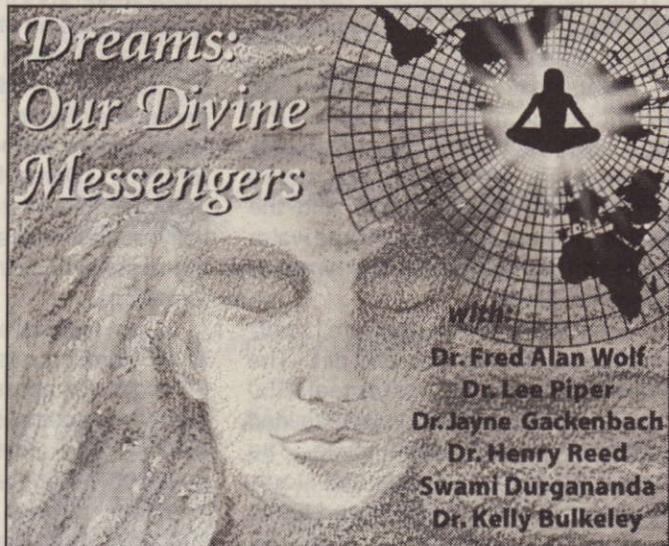
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- Dr. Jayne Gackenbach
- Dr. Henry Reed
- Swami Durgananda
- Dr. Kelly Bulkeley

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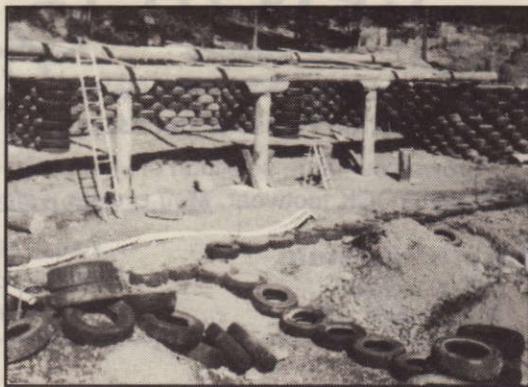
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SOLAR MASS TIRE HOMES

by Mark Bossert

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



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

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

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

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

- Studies show that about 43% of all land filled waste comes from construction. Land fills are being...filled up. Vancouver saturated its own landfills and now trucks all its garbage to Cache Creek.

- CMHC. states that one in four homes are making their occupants sick. Sick Building Syndrome is a huge problem costing \$150 billion each year in medical costs.

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

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

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

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

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

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

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

See ad for details.

Free Report Reveals the Frightening Truth About Housing Costs!

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

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

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

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

To get your copy, please call:

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

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

Tire Homes Workshops

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

Women's Circle

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

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Stress Management using Feldenkrais.**

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

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

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

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

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

**Tuesday · May 23
Uncoupling and Grief**

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



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

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

Cellular Release Therapy

by Jana Walker

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

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

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

So why would you be interested in taking this workshop?

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

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



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Carried by Love

by Michael Palmer

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

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

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

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

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

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

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

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

Michael will be giving an Introductory Talk

Tuesday May 2 & Friday June 2

at the Holistic Healing Centre in Penticton.

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



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Spring ... into the Ultimate You

by Melva Manseau

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

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

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

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

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

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

Melva has drop-in meditation and workshops in Kelowna.

See ad to the right

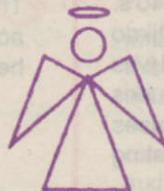


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Old or New?

by Karen Timpany

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

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

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

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

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

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

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

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

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

Nutheraapists of Light

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for September enrollment and more information

Dr. Eldon Taylor

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

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

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

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

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

Subliminal Brainwashing!

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

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

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

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

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

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

HEALED HELPERS

by Dixie Bedell & Shannon Pohl

DIXIE



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

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

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

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

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

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

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What You always wanted to know about....

CODEPENDENCY

....but were afraid to ask!

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

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

Name _____ Fee enclosed \$ _____

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

Address _____ Number attending _____

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

THE MEDICINE WHEEL

by Neil Farstad

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

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

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

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

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

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

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

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



Rainbow Medicine Wheel

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&
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For complete brochure and schedule write:

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

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

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

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

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

Tissue Salts for Your Body

by Jean Ann Baker

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

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

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

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

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

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

For further information, please see ad to the right.

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CALENDAR

May 3, 4 & 5

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

May 4

Acupressure ~ Level I
Nuthery Institute, Winfield 766-4049

May 6 & 7

Pranic Healing Level 1 Workshops
Penticton & Kelowna. p. 3

May 10

Wholebody Reflexology
Nuthery Institute, Winfield 766-4049

May 11

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

May 20 & 21

Reiki ~ Levels I & II
Nuthery Institute, Winfield 766-4049

May 26, 27 & 28

Goddess Connection, Gardom Lake, p. 9

May 27

Codependency, Penticton. p. 17

Psychic ESP Fair, Penticton. p. 3

June 1, 2, 3 &/or 4

Sam Keen in Penticton & Naramata p. 5

Psychic ESP Fair, Kelowna, p. 3

Healing Touch, Grand Forks. p. 4

June 8

Acupressure Level 1
Nuthery Institute, Winfield 766-4049

June 9, 10 & 11

Yellow Bear in Penticton. p. 2

June 10 & 11

Reiki Levels I & II
Nuthery Institute, Winfield 766-4049

June 17

Ear Candling Workshop
Nuthery Institute, Winfield 766-4049

Subliminal Brainwashing, ad p.16

June 19 - 25

Primitive Lifeskills Gathering, p. 9

ONGOING EVENTS

MONDAY - DREAM GROUP

7 pm, Penticton - Sarah Wellington: 493-5598

TUESDAY - Celestine Prophecy

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

SPIRITUAL DISCUSSION GROUP

Kelowna 7-9 pm, 763-1985 Melissa

INNER GROWTH & MEANING - Victoria

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

WEDNESDAY - Meditation Instruction

on Inner Light & Sound FREE Vernon:545-3098

LAST WEDNESDAY of every month 7:30 pm.

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

THURSDAY - REIKI EXCHANGES

Kelowna. 860-9880 - Rhoyalle

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Phone Inner Directions: 763-8588 in Kelowna

Penticton: Mon.: 7-9 pm - #124 - 246 Martin St
Everyone Welcome - by donation. 492-3394

Facilitated by Anne Twidle & Sandy Haldane

The Holistic Networker



Penticton & Summerland

Premières Thursday night at 5:30 pm and is repeated

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

May 4 - 8

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

May 11 - 15

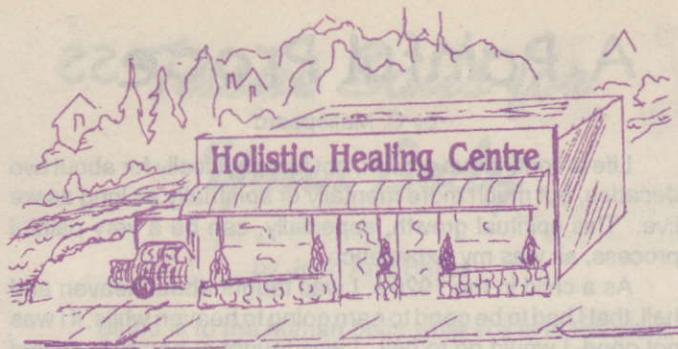
Troy Lenard is a Vibrational Therapist and works with Light and Sound to open and clear blocks in the physical body. Angele is on the table and Sarah Wellington is the networker as he gives a demonstration of his abilities.

May 18 - 22

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

May 25 - 29

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



254 Ellis St, Penticton, BC

492-5371 for information

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

Wednesday

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

Friday

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

Saturday - June 3 - 10 am to 2 pm

Hatha Yoga & Meditation Workshop \$25.00

May 1995

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

Speaker Series

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

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

Tuesday - May 2

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

Friday - May 5

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

Friday - May 12

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

Friday - May 19

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

Friday - May 26

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

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A Painful Process

by C. Maliepaard

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

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

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

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

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

Your Astrological Inner Child

by Susan Hunter-Jivung, MA.

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

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

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

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

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

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

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

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

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

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

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

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CHANNELLING YOUR OWN HIGHER SELF

by Dane Purschke

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

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

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

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

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

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

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

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

Past Life Therapy

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

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

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

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

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

Penticton's Holistic Health Centre: 492-5371

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MOTHER, MAIDEN, CRONE

by Bev Franic

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

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

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

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

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

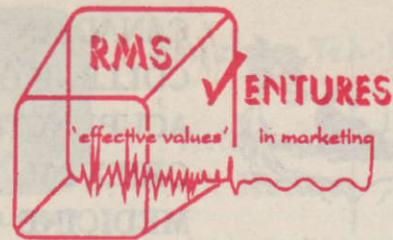
At full moon, our spirits merge with the ripeness of Mother. Whatever plans we made at the new moon are now complete. We are ovulating and fertile at this time. There is an opening of possibilities as we release our seeds.

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

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

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

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



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DEMAND CHOICE

by Rhody Lake

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

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

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

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

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

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

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

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

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



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IN HEALTH CARE

Editor of ALIVE Magazine

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

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

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

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

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Rose Backman

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Astrological weather

by Moreen Reed, Astrologer

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

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

May 1 Beltane

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

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

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

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

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

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

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

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

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

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

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

Moreen has an ad in the Natural Yellow Pages.

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ART & SOUL THERAPY

by Patrick Yesh

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

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

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

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

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

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Art & Soul Contact



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

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

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

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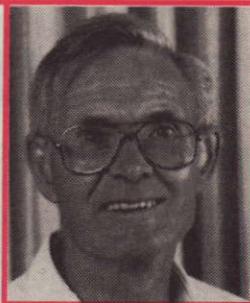
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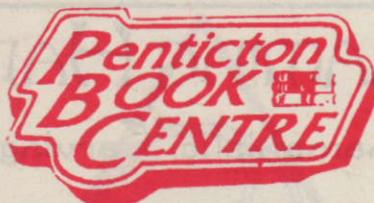
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Build strength and endurance while correcting posture and balancing all the systems of the body. Enjoy the relaxation that follows stretching. Margaret:861-9518. 14 yrs teaching experience.

SIVANANDA YOGA CLASSES in Naramata

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

HEALTHBRIDGE CLINIC offers ongoing

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

HEALTH Food Stores

Kelowna

Lifestyle Natural Foods
Orchard Park North Mall: 762-9711
Vitamins, Cosmetics, Herbs & Books
"Helping you to change your lifestyle"
Open Sundays for your convenience.

Long Life Health Foods: 860-5666
Capri Centre Mall: #114 - 1835 Gordon Drive
Great in store specials on Vitamins, Books, Natural Cosmetics, Body Building Supplies & more.
Bonus program available. Knowledgeable staff.

Bonnie's Incredible Edibles & Health Products: 517 Lawrence Ave. 860-4224
Discount Supplements, Herbs, Books, Organic and Natural Food, Macrobiotic Supplies. Friendly and knowledgeable staff.

CHIVES NATURAL FOODS 763-0944
2463 - Hwy. 97 North, Kelowna

Penticton

Edible Dried Goods
407 Main St.: 492-4080
Vitamins & Supplements. Wide selection of Bulk - Natural foods & Okanagan Gift Baskets.

Judy's Health Food & Deli
129 West Nanaimo: 492-7029
Vitamins, Herbs & Specialty Foods

Penticton Whole Food Emporium
1515 Main St.: 493-2855 - Open 7 days
Natural & Organic Foods, Books, Bulk Foods, Health Foods, Body Care, Appliances, Vitamin & Herbal Supplements & Vitamin Discount Card

Vitamin Health Shop 490-3094
#929 - 1301 Main Street, Penticton Plaza
Welcomes you. 20 years experience. Yours naturally

Vitamin King - 492-4009
63 Nanaimo Ave. East, Penticton
Body Aware Products, Vitamins, Supplements, Fresh Juices & Body Building Supplies
Herbalist on Staff

Keremeos

Naturally Yours Health Food Store
499-7834 .. 623 - 7th Ave. (the main street)
Whole Foods, Vitamin Supplements, Herbs and Spices, Body Care, Books & Health Info

Chase

The Willows Natural Foods
729 Shuswap Ave., Chase Phone: 679-3189

Nelson

Kootenay Co-op -295 Baker St -354-4077
FRESH SUSTAINABLE BULK ORGANIC.
Organic Produce, Personal Care Products, Books, Supplements, Friendly & Knowledgeable staff. Non-members welcome!

Princeton

Cafe Naturell ...117 Vermilion Ave.: 295-7090
Serving wholesome lunches in downtown Princeton. A taste will tell.

Kamloops

Be Prepared Centre....Aberdeen Mall
Phone: 374-0922
Vitamins / Natural foods/ Books / Cosmetics
Dehydrators / Juicers

The ZONE ORGANIC MARKET

Fresh, Organic Produce, Your One-Stop Shopping Market and Restaurant. 444 Victoria St, Kamloops, BC, V2C 2A7. Phone 828-7899.

Vernon

Terry's Natural Foods 3100 - 32nd Street 549-3992 ... One of the largest selections of natural products and organic produce in the Interior of B.C.. Low prices on bulk foods and environmentally safe products and natural footwear.

Grand Forks

New West Trading Co CMSL Natural Enterprises Inc.
442-5342 278 Market Ave. A Natural Foods Market. Certified **Organically** grown foods, Nutritional Supplements, Appliances, Ecologically Safe Cleaning Products, Healthy Alternatives

Summerland

Summerland Food Emporium
Kelly & Main: 494-1353
Health - Bulk - Gourmet - Natural Supplements
Mon. to Sat. 9 am to 6 pm, for a warm smile.

Fernie

C.G. and the Woodman Natural and Bulk Foods 322 - 2nd Ave. 423-7442
Better health is our business

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

DEADLINE

for June

Advertising and/or Articles

May 10th

492-0987 (Penticton)

Take Action from the HEART

by Marilyn Puff

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

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

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

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

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

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



PERSONAL GROWTH CONSULTING TRAINING CENTRE

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

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

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

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

☎ 372-8071

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

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

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

Advertise .. Get the word out!

This space for only \$40

Phone ISSUES (604) 492-0987

The Healing Tao

with Brenda Dempsey

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

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

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

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

Celestial Hill

Bed & Breakfast
and
Health Retreat
Peachland

Presented by
Deanna & Jill

767-9378

Accommodation
available

Bodyworks with Mora File-Meyer

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

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

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

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

Set in 30 acres of pristine wilderness.

PERSONAL BILL OF RIGHTS

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



ROCKY MOUNTAIN HOLISTIC INSTITUTE

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



WORKSHOPS

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

ADVENTURE PACKAGES

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