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**'A Tribute to the
Spring Festival Crew'**

to find out more
read 'Musing' page 6.

June 1995

Volume 6 - Number 6

14th Annual

Centre for Awareness RETREAT

July 23-29th

Northport, Washington

This year's Theme: "Joy in Life"

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

WORKSHOP FACILITATORS



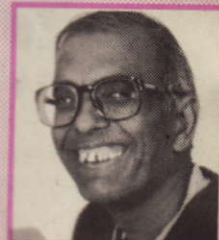
GLENNESS MILETTE lives in the small village of Elko in the East Kootenays. She is a Reiki Master in Usui Systems and offers Reflexology, Acupressure and her seminars as a medicine woman from her log home. Her life is an ongoing flow of unconditional universal love, light and laughter. Glenness will offer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

PAUL PITCHFORD will teach Confluence of Oriental Healing Arts. This includes Zen and Taoist meditation and supporting dharmas, T'ai Chi movement, traditional Chinese healing principles and dietary/herbal therapy so that we may joyfully rediscover ourself. Paul directs the "Wellness Clinic" at Heartwood Institute in California. Author of "Healing with Whole Foods: Oriental Traditions and Modern Nutrition."



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

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



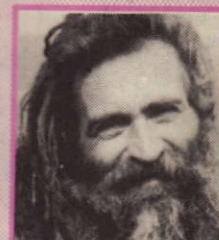
SHARON O'SHEA lives and plays in Kaslo, BC. She has studied Astrology for the last 23 years. Sharon will share subtle aspects of the feminine quality of asteroids and Chiron and birth of "the Aquarian Age." She would like to help each person find their purpose during these times of profound inner changes.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

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



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

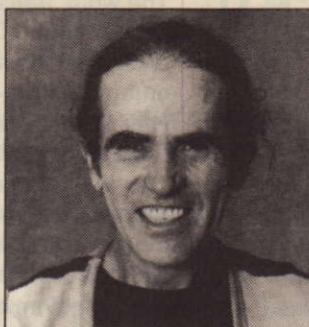
AFRI-I, BOYD KANAUS will construct and share Sweatlodge ceremonies. He also offers gentle Rebirthing experiences, & shares his background in herbology.



Cost \$350.00 (\$250 US) Includes all workshops, meals, facilities and C. F. A. membership
Attendance limited to members of Centre for Awareness

For information and to register contact: Centre for Awareness, phone (604) 362-9481
or write Sid Tayal, Box 300, Rossland, B.C., V0G 1Y0

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. Breathe 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
Couple - \$165

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

ISSUES Magazine is looking for a business partner.

Someone who would like to see it grow and expand and is willing 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 inquire by phoning 492-0987 or writing

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TRANSFORMATIONAL SPIRITUALITY

by Andrew Schneider

The word 'transformation' is commonly used to mean a significant change of some sort. However, it does have a precise meaning in esoteric lingo. It means to create change using Soul energy, or Soul-centered change. We have just completed a two year course called Transformational Healing which basically dealt with creating integration and healing using Soul energy. This is a radically new way of approaching things. In Europe, where we teach part of the year, we are in the midst of a nine year program I call Transformation 2000, which is preparing people's consciousness for the next two millennia we call the Aquarian Age.

Transformational Spirituality is obviously Soul-centered spirituality. It encompasses all the dimension of our lives. It sees Nature and the Planetary Life, as well as God, to be in direct relationship to our individual souls. This universal spirituality therefore implies that we have a responsibility toward all levels of life if we are to live according to our true nature.

When we understand that 'we are the world' - as the song goes - and that we are God, and live according to that understanding, then we become transformed. And when we take that understanding and our own transformation into all our social interactions and relationships, then society and humanity can also be aided in their transformation.


Transformational Spirituality is not an individualized orientation. It is group based because Soul is a group reality, being the principle of relationship. It is therefore consistent with Aquarian Age energies and the seventh ray which governs Aquarius. It is *scientific* in that it is based on the science of the Soul. It is *psychological* since it is based on the entire human constitution. It is *practical* because it always works within the context of the world. It is *spiritual* because it is universal.

It is not emotional, devotional, or analytical. But it is empowering, loving and intelligent.

There are two unique contributions I am making to this orientation. First, I am reintegrating psychology and spirituality, as they traditionally have been united, but I am giving this a new twist from an esoteric perspective. Second, I am introducing archetypal psychology, and expanding on it - from an esoteric point of view. This is part of the new seventh ray influence wherein spirit and matter, inner and outer, need to be synthesized.

Transformational Spirituality would fulfill the deepest yearnings in a person who has started to develop Soul Consciousness. If people are interested in personal growth only for the development of self, then this orientation would not satisfy; it would be like wearing a coat that is four sizes too big.

There is practically nothing around which addresses the deeper needs for people who are developing Soul consciousness. I am delighted to be able to offer this form of support and direction. I should add, too, that this program is not a quick fix for what ails you spiritually, but an ongoing orientation toward deeper awareness and fuller expression.

All I could advise about helping humanity to take these steps is for each of us singly and as many as possible in groups, to align with the energies of transformation and initiation: in everything you do expand consciousness, become Soul-centered, and Love with all your being. 

TRANSFORMATIONAL SPIRITUALITY

with Andrew & Bonnie Schneider

A Soul-centered spirituality for those who are moving beyond personal growth. ~ Powerful psycho-spiritual integration.

LECTURE with Andrew

KELOWNA
September 27.
Unitarian Church
(1310 Bertram St)



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

TIMES: 7:30 - 9:30 p.m. FEE: \$10.
(Refundable for program registrants.)

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

1995-96 Program

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

PROGRAM REGISTRATION:

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Photo by Steve Tomlinson

Musing

with
Angèle

publisher of ISSUES

'Re-charging our Batteries'

June reminds me that school is almost over for another year and that I will have a little time for myself. I am closing the Holistic Healing Centre for the month of July as I recharge my batteries. I am tired and I have earned a rest.

As you may have read in the May ISSUES, I am looking for a business partner who would like to help ISSUES grow. The computer is a skill I have learned ... though time-consuming it's a wonderful tool and now it is time for someone else to enjoy all that the computer has to offer.

Networking and education is my main focus and I try to make it available in as many ways as possible. Many years ago, when I was looking for answers, I found them because people took the time to care and share. I continue to network information on health and well-being, making it accessible for those who desire it.

I have learned much from doing and in my busy-ness I am learning to delegate. The willingness and dedication of my crew and volunteers is awe-inspiring. Each year they put in many hours, so that the Festival can happen. I am very grateful for their support and guidance that each one contributes to this magical week-end.

Our Spring Festival meetings have a life of their own: very little is pre-planned and yet so much gets accomplished in such a short time. They certainly are never boring, as you can see by the front cover group photo of us all around the rose quartz that lives at the Centre. Steve Tomlinson took the photograph ... as always, he is so accommodating. This month I would like to say a formal 'thank you' to each Spring Festival crew member for making me look good.

I am the person looking at the camera and to my right is Jan Stickney, the Registration Co-ordinator and Receptionist at the Holistic Healing Centre in Penticton. Her great memory and love of detail make the complicated task of keeping track of everybody look easy. Her enthusiasm and joyful voice greet many of the callers who have inquiries or who wish to make changes. Her inner strength and quiet exuberance are perfect for maintaining sanity even as the line-up starts to increase. She is showing me that a slow, steady pace with short breaks works quite efficiently. She also reminds me never to 'should' on myself.

Beside her is Urmi Sheldon ... a real earth angel who is retiring from being the Children's Festival Co-ordinator. Her centredness in the midst of chaos is very much appreciated by all the children and adults who attend the events in the downstairs portion of McLaren Hall. Her sense of fairness and

wisdom is very powerful and calming. Her insights into why life happens appeals to my sense of awareness and confirms that each of us is special. Her insights into love and service helps me in my understanding of who I am and why I am doing what I do.

Next is Michael Kruger. This was his first year as crew and he was a great Store Manager. He learned fast and was able to adjust quickly to all the commotion. As well, he helped with the physical realities of trucking out the extra equipment that was needed to transform the site. His good nature helped him coast through the hectic rush hours and many transactions so that our sellers left happy and with money in their pockets. His willingness to do just about anything helps me keep my promise to myself ... of one day, being able to walk on-site with nothing to do but network and visit.

Laurel Burnham is the Mistress of Ceremonies and Director of Ambiance, which includes decorating the gym, bath-rooms, healing rooms and more. She loves rituals and makes sure the Four Directions are honored and the Festival Spirits are appeased. She has taught me that Opening and Closing Circles are most important, for they set the tone to contain the energy. Her love of sharing makes her an excellent MC but her scheduling of the entertainment needs to be reworked one more time: we are all being taught what a difficult job it is to get extroverts to stop talking. Laurel's love of flowers, candles and incense reminds me to enjoy the little things in life and that mood-setting is important.

Why Daryl O'Neill helps is a mystery to all of us, including himself! He enjoys clean-up the most, for it means the Festival is over. But year after year he continues to volunteer to string the lights in the gym, monitor the sound system, move chairs and tables, and lock up the buildings late at night. This year, he also entertained the 3-5 years old during the day. His calm, cool manner and his ability to get things done were most appreciated. He speaks his mind without a lot of explanation and perhaps, one day, I too will be able to do it that way.

Judy Byer is the Volunteer and Instructor Coordinator and the organizer for the Healing Houses. She is an excellent planner who loves detail. Her creative side comes across with her hand-painted badges for the instructors and crew. She is clear and consistent with the schedules and has learned to adjust to my scattered way of organizing. She is teaching me to write down the agreements I make because clarity beforehand makes for less confusion later.

Joyce Egolf was our Hospitality Hostess and she filled in wherever she was needed. She helped with registration, cashied in the store, made posters, set up the give-away display and made some people very happy as they received their free gift. Such versatility was appreciated as it gave many of us a much-needed break. Her decorating touch inspires my creativity and her selfless attitude is a joy to experience.

The one thing that all of my crew teach me is that I can count on them. My mother told me countless times that "If you want something done right ... you do it yourself." My crew has helped me let go of that old programming. As I walked around the site, I noticed that everything was done and it thrilled my heart to discover that most of the jobs were done better than I could have done them myself.

Our styles of organizing seem to complement each other quite nicely as the calmness and flow could really be felt this year. I feel the Festival is a structure put in place so that

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and is available at most Health Food Stores
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Please keep it to approx. 500-700 words

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each participant can discover the magic
of being in the flow. Learning to let go of
pre-conceived schedules and ideas and
being "in the moment" is one of the gifts
that the weekend offers each of us. I
loved listening to the stories that each
person told and watching the magic
happen as people got in touch with this
subtle energy.

Many thanks to my Mom for the
exquisite orchids and peacock feathers:
their beauty was impressive.



Angèle



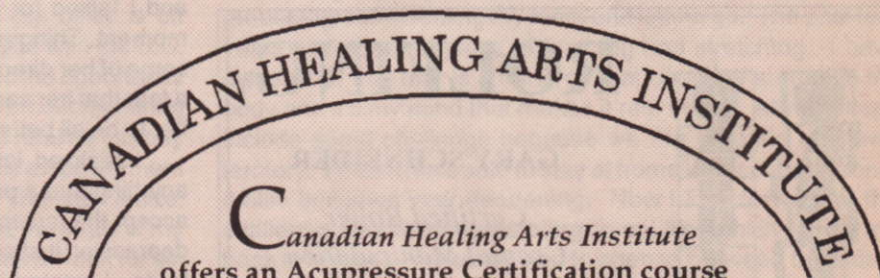
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Instruction starts on September 22th at 7:00 pm at 2153A Georgia Street,
Rossland, BC. Facilitators are Sid Tayal, Michel D'Estimauville and Dr.
Gail Gill. For more information please phone Sid Tayal (604) 362-9481 or
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Register early as spaces are limited.



Sid Tayal

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Dr. Gail Gill

recovered her
health through herbs and
better nutrition. A
graduate of Science, she
went on to study nutri-
tion and graduated as a
Doctor of Nutripathy.
She specializes in
Biological Immunity
Analysis.



Michel
D'Estimauville

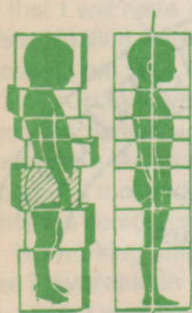
has a B. Sc. degree, a
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and teaching experi-
ence. He has studied
numerous forms of
holistic healing, holds
a certificate in
acupressure and is a
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A VIEW TO THE WEST

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



Friends as Teachers

I recently had the opportunity to explore the concept of friends as teachers. I went to visit a friend who was a little down in the dumps last week. I went with the idea that I could somehow "jolly her up a little." It's hard to be Mary Poppins when your blue friends don't respond to your inanity. My friend and I talked for awhile about her perspective on life at the moment. Things were getting her down; it seemed she had lost some of her direction, her joie de vivre, if you will. I had to fight a fear that her sadness might be catching somehow. I wanted her to be all better. I wanted to be able to take her pain away.

I realized later that I was not in the position to "take" anything that a person was not prepared to give me. I had to accept the fact that I could not snap my fingers and raise her depression just so I would feel better. But that's what I wanted to do. I wanted to leave her house feeling pretty sure of my ability to "happify people." I didn't like the dilemma of witnessing somebody's pain and having to walk away from it not being able to solve their problems for them.

My friend was one of the first people I met when I moved to Kamloops. I don't believe I have ever told her what a deep effect she had/has on my life. She is one of my greatest teachers (and in fact many people share that thought). She was a key element in my (re)awakening to my spirituality. She showed me my strengths. She reminded me of all the things I have always known but somehow managed to misplace for a time. She challenged me to wake up, and I thank her for that. Without that challenge I shudder to think of myself as the same person I was five years ago.

So thank you, my friend. Thank you for being who you are. Thank you for doing what you do. Thank you for being in my life. I appreciate you!

Sam Keen

Thursday July 1st evening

in Penticton has been

cancelled!

*The workshop at Naramata
 is still happening.*

MAKING CHOICES

by Roma Jean Stanton

Once again I find myself at the spot of making another choice on my spiritual path. I've had many experiences over the past years, some more welcomed than others. I must admit that all of these events have been valuable because they have contributed to me being who I am and where I am at the present time.



I am a single parent with two children, one of whom still lives with me and the other is off exploring the adult world. I have been employed with the B.C. government for the past thirteen years and had the opportunity to learn many lessons about life, money and emotions during this time at Social Services. I embarked on a healing journey four years ago when I committed to a personal empowerment program at the Inner Directions Consultants Training Centre. Since I lived and worked in Vernon I stretched the limits of my comfort zone by driving to Kelowna three times a week for six months. At the time I was living the life of a couch potato because I was in so much fear. I was afraid of dying, I was afraid of making a mistake, I was afraid of success, but mostly I was afraid of myself.

Since I was a small child I have had many bouts with fear.

The year I turned ten my family underwent a crisis when my parents made a decision to separate. We lived in Salmon Arm and my mother decided to move my three siblings and myself to Kelowna, so she could attend college. My mother was a courageous woman; 1964 was the year of the Beatle invasion, not the year of single moms trying to make it on their own. It never crossed my mind that mom might be afraid, but I knew I was. We spent a couple of years in Kelowna and then back to Kamloops to live with my grandparents. My mother had become ill and didn't know if she would be able to continue parenting us. She was a twenty-nine year old single parent with four small children and no means of financial support. It was at this time that fear became real for me. I began to isolate myself and shut down emotionally in the hopes that I would never have to feel the intensity of my fear again.

During my exploration of personal growth I have made great progress in feeling my fears and letting go. The past four years have been a place of learning and stretching. I have discovered that fear is an energy that bounces around in my body and it's my mind that makes it real or not. All new steps include some challenge because we are entering unknown territory. While it feels safe to stay at home in our comfort zone, it also becomes very deadening. Now I look forward to the challenge new adventures bring to my life, which brings me back to choices. I recently had to choose between the safety of continuing to work full-time at a job with the Ministry, which I began to find repetitious, or pursue an exciting career as a breath practitioner and a workshop facilitator. My old fears often creep up to haunt me but I wouldn't trade anything for the life I have!!!

PERSONAL EMPOWERMENT PROGRAM



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WHAT PEOPLE ARE SAYING ABOUT THE PROGRAM...

- ✓ My physical health improved immediately, in particular my digestive and colon systems. *Brian Frolke, Geophysicist*
- ✓ The value I have received has been reflected by my friends and co-workers who acknowledge that I am different, that I look different and am happier. *Peg Budd, Emergency Care Nurse*
- ✓ I never knew how dead I felt in life. I never lived life to its fullest. I never really experienced love or joy until I started breathing. *Jean Lanoue, Beauty Salon Manager*

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They are held every Wednesday night starting in July.

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Near Butcher Boys

Honey, would you please rub my feet?

by Gwendalyn Miller

Oh----it feels so ... good when you massage and rub my poor tired feet. Sound familiar? I bet you've said that more than once. And you've probably been asked to reciprocate, too. And I bet you've enjoyed having your neck and shoulders massaged, too. Doesn't it feel wonderful to relax and have someone else pamper you and your weary muscles? I know, because I get asked a lot to rub and massage poor, tired and neglected feet. I am a foot reflexologist -- my name is Gwendalyn Miller. My business is called Big Foot Reflexology and I work in the North Okanagan area of Vernon. I chose the name "Big Foot" because when I moved up to Cherryville in late '91, I helped start the "Big Bird Ostrich Ranch" so it seemed appropriate that all our active companies start with BIG. I have since qualified the name "Big Foot" as one of my happy-go-lucky farmer/friend clients who happens to have a size 16 foot. It's a really big job. But I get lots of appreciation (and free advice). I love working on and with people. It must be so because I've been working on feet for the past 20 years. It does seem like a strange occupation, doesn't it? If you ask schoolchildren what they would like to be when they grow up, I am sure a 'foot reflexologist' is not even in their vocabulary. So why would I become one? It's not always the nicest place to be ---at the feet. Well, I'll tell you.

Back in the 70's, I grew up in a

prominent, well-to-do family in Richmond, BC and my parents were very active in the community, building businesses, raising a Catholic family of 9 children, growing all our own vegetables and going to church every Sunday (sometimes more). My mother worked so hard in the garden and flowers and the house and more, that now you could consider her "supermom". She had so many children she didn't know what to do. One day, Margaret Carrier saw my mother hobbling around trying to work, and took pity on her. She sat mother down and insisted on working on her feet. Now, at this point, her feet hurt even to be worked on, but she soon relented and relaxed. It was probably the only time she laid down to relax. Over the next few months, Margaret had all her aches and pains worked out so she didn't hobble around the yard anymore. In fact, Margaret found areas on her feet that spelled out stress areas in other parts of her body. Margaret suggested vitamins and herbs to replenish her worn out system. Now, my Dad watched all this and wanted some attention, too. After all, he was the breadwinner and needed to be in perfect shape too. Soon, Margaret was over all the time working on mother and dad's feet. She even came to parties and had everyone spellbound by her seemingly magical techniques.

I had been married for a few years now, with three little gorgeous sons, and viewed this practice with much

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

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scepticism. I thought, "Oh, my God, my parents will believe anything." How crazy can you get---like working on the feet is going to help the rest of the body---that didn't sound logical. After all, you never hear doctors talking about 'reflexology' and they are trained in places like universities and real schools. Wouldn't they be using reflexology if it was as good as my parents and their friends said?

My health seemed pretty good but I was always tired a lot and hadn't picked up any pep after having three bouncing babies. In fact those bouncing babies were turning into terrible threes, ferocious fours and fit-to-be tied fives. If only I could lie down once in a while. Well, Margaret sat me down too and started working on my feet. I always lived out of town and was usually only there to see my parents occasionally. So I think she worked 'harder' on me because it sure hurt---it didn't feel like pampering at all. In fact, I was begging her to stop. Margaret said my liver reflex on my foot was really congested and she worked hard to break it up. She said my colon was also really congested and asked if I had any poisons, or toxic waste build-up from something in the past.

Well, when I was 10 years old, I had appendicitis and because it ruptured prior to removal, a tube drained the area for a while after the operation. Margaret surmised that a lot of toxic waste, and maybe scar tissue had affected my liver. She said my body would start cleaning itself out and to watch for differences in bodily functions over the next few days. For one week, I felt like I had the flu (but it wasn't the same as a flu). My body got rid of waste through all the elimination systems---and I just knew it was triggered by something Margaret had done on my feet. Ever since I have become healthier, stronger and it has led me into the bigger world of alternative healing, herbs, vitamins, edible weeds and seaweeds and the usefulness of 'kelp' (but that's a story for another day).

Since that day, I have given thanks to my introduction to foot reflexology. I took classes, practiced, studied, wrote exams and practiced on family members, neighbours and strangers. When I felt confident with what I was doing I became certified by the American Institute of Reflexology. This learned talent has been with me ever since. I have worked on hundreds, maybe a few thousand feet and I'm not worn out yet. This is my profession.

Louise Hay in her book "You can heal your life" tells us on Page 200 how she beat illness with a combination of affirmations, foot reflexology, nutritional therapy etc. Maybe you don't have the challenge of illness to combat, but you can take the responsibility now for your body and do things within your means to stay healthy and well. Foot reflexology is one of them.

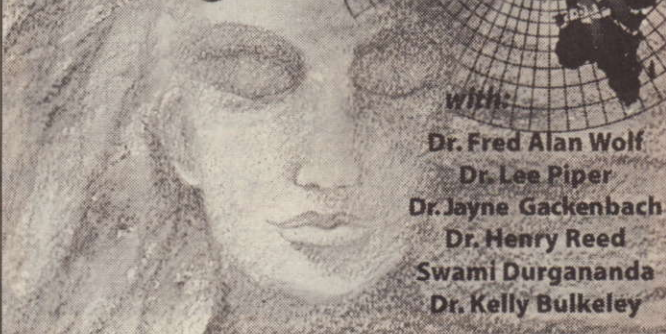
Gwendalyn works in Vernon and has an ad to the left

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SOLAR MASS TIRE HOMES



by Mark Bossert

Why would you want to build and live in a house that was at all different from what's mostly built in this country? Here are a couple of important reasons.

1. Conventional housing costs a lot of money - both to build the structure and the infrastructure of services (electricity, water, natural gas and sewer) and to operate and maintain. There are many alternative building types that are cheaper to build and operate. It is also fairly easy to reduce or eliminate your need for infrastructure services. (Remember, the economy of doing things on a large scale generally makes B.C. Hydro, natural gas and city water cheaper to install and operate, if available. For instance, our electricity rates are among the lowest in the world - they pay as much as two times more in most states and five times more in Japan and Europe. The infrastructure is already in place - we can lessen the impact of it by reducing our energy and water use.) There are people constructing Solar Mass Tire houses in the province of B.C. who are doing it for very little money. There is a 2100 sq. ft. 3 bedroom house being built for around \$30,000. You would pay three times that just for materials in a conventional house.

2. Conventional housing pollutes the environment - both during the construction, inside the house itself and through our infrastructure services. New construction is extremely wasteful; up to 50% of all landfill materials comes from it. The materials used in construction combined with more energy efficient and airtight houses has created a huge problem of indoor air pollution. The evidence is clear - conventional houses

are making people sick at a frightening rate. And our infrastructure sewer systems are another major health risk. Most cities and towns are growing too fast to treat all the crap we send down our drains and toilets. In fact, the real problems of heavy metals, toxic chemicals and sheer volume of sewage are mostly passed downstream to someone else's drinking water. Be careful what you put down your drains! Alternative buildings are mostly a rediscovery of ancient building techniques that humans have lived in safely for thousands of years. Having originated in times and places where people were not as well-to-do as we are, these houses are inherently less polluting, more energy efficient and require less maintenance. Combining ancient techniques and natural materials with modern research and materials results in amazingly efficient buildings, far beyond conventionally built houses. Straw Bale houses have R50 walls that require much less energy to heat. Solar Mass Tire houses are totally solar heated - free to heat and cool and use 50% less electricity.

Latest Developments

Our ongoing research and development program has had some breakthrough results! We have successfully integrated mechanical filling and compaction of the tires. I sincerely wish we had thought of this last year, as we did most of the prototype houses the old and very hard way. This breakthrough is the state of the art in rammed earth wall building in the world. Contact us about upcoming workshops and consultations to learn about all our radical and proven building techniques.

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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.

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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.

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ENERGY BEINGS

In the beginning the Lord said, "There shall be Light." The command began as thought, the word became sound vibration and through that vibration the energy transmuted into light. From this sound and light came matter; that which we know as the universe, the earth, all life including humans.

It is perhaps one of our greatest challenges to realize that we are simply a dense form of sound and light. We are a vibration that began as a complex thought wave which stirred the molecules and became form. It is because we are an energy of sound and full-spectrum light that we are so affected by other forms of energy, negative and positive. This is definitely looking at the human body from a core perspective, but it is valid in every aspect.

Lighting, music, foods and beverages all have their own energy vibration. Whether they benefit your body or not would depend upon whether their vibration resonates with yours. Meeting people and liking or disliking them depends upon whether your energy is in harmony with their energy fields. Healing the human body can now be looked at with a view to vibrations of energy. People who have cured themselves of cancer or any type of disorder through diet and lifestyle changes have changed the forms of energy that have been absorbed by the body internally and externally.

If the new wave of energy is in resonance or harmony with you, you have corrected the imbalance that caused the problem. This is not much different than turning the light switch on

in a dark room because we cannot see properly. We create an energy that allows us the correction of the problem, which is light. The practitioners of hands on healing are using a universal energy available to anyone, anytime, to transmit light in a more concentrated form into the awaiting client.

Colour Therapy is breaking up the full spectrum light and directing a particular colour or combination of colours onto the client in order to bring them into a state of balance. We are light, therefore we are also colour. An imbalance of colour in the body creates disharmony and illness or disease within the tissues.



by
Karen Timpany

Sound Therapy works on the same principal, it is also vibrational. Why is it that some very spiritual people seem to glow? This is because they are resonating in harmony with vibrations from light and sound.

Energy cannot be seen, it's like electricity, active but invisible. It cannot always be explained in terms of sight, hearing, smell or touch, but it can be felt. Sensations of warmth from a healer's hands are actually the act of speeding up your molecules so that they are in harmony with the rest of your body. This promotes a healthier you and a wonderful feeling of well being. ♦

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ABNORMAL MARGARINE FATS IN BREAST MILK

by Tom Anderson

A Canadian study looking for chlorinated hydrocarbon contamination in the breast milk of nursing mothers has reported finding high levels of trans-fatty acids in most of the samples collected. Trans-fats have been linked to heart disease and a variety of other 'modern' illnesses. The study determined that the trans-fats came from margarine and other vegetable oil products in the mothers' diets.

Numerous studies over the past forty years have raised concerns among scientists about the trans-fats in margarine and vegetable shortening, particularly in relation to heart disease. Most researchers studying the North American diet consider trans-fats 'toxic' and some suggested long ago that all products containing trans-fats should be taken off the market. The public remains largely unaware of these concerns, however, and neither the Canadian nor U.S. government has yet made any move to ban products containing trans-fats, nor even to warn consumers as to the hazards associated with them.

Among other things, trans-fats increase dangerous LDL cholesterol in the bloodstream while decreasing the "good" HDL cholesterol. They can also raise levels of lipoprotein (a) in the bloodstream, greatly increasing one's risk of stroke as well as susceptibility to heart disease.

A great many researchers working in nutrition and health have attempted to bring their concerns about trans-fats to public attention but have had little success due to the overpowering influence of the food industry. The margarine companies have shamelessly used 'anxiety advertising' to market their products - targeting health professionals as well as the public, convincing nearly everyone that dairy fats can cause heart disease and that vegetable oils can prevent it. Consequently, North Americans now consume huge amounts of vegetable oil, more than at any time in the past, and vastly more than any population has ever consumed in history, most of it heated to dangerous temperatures or made into products containing very high levels of trans-fats.

Studies twenty years ago found that trans-fats consumed during pregnancy interfered with the biosynthesis of essential fatty acids in both mother and fetus, and that this could result in a child born with incomplete brain development. A variety of other developmental problems have been linked to trans-fats in the maternal diet, but this latest study suggests that the postnatal health of the child may be affected to a much greater degree than previously suspected.

The study, published in the latest issue of LIPIDS found that 90 percent of breast milk samples collected across Canada contained high levels of trans-fats. It was established that they matched the abnormal trans-fats found in partially hydrogenated soybean and canola oils, but not the natural trans-fats sometimes present at very low levels in cow's milk. The trans-fat levels in the samples of breast milk, which ranged as high as 17 percent of total fats, indicated that the mothers were consuming as much as 20 grams of trans-fats per day, principally from margarine and shortening.

continues on page 15

Self Healing & Beyond

by Mary Ferguson



I met Jill Newman, the teacher of Self Healing and Beyond, when I first moved into the Okanagan Valley. I noticed a newspaper article about the arrival in Penticton of a spiritual healer. I went to her pre-course introductory talk and was amazed that something like this existed. I took it and found it to be one of the most fulfilling and complete courses I have ever taken.

The content of the course dealt with numerous healing energies and several vibrations that link one with various aspects of the divine. We were assigned etheric healing masters and an acupuncturist who doubled as a chiropractor. My own imagination was the only limitation to what these healing guides could do. Throughout the course, I was astounded and humbled. I had never been able to find a course that was so close to what I intuitively knew was possible.

Others who have taken this course felt the same way. The course helped them through emotional, mental and physical blocks. People experienced Jill as honest and straight forward, never compromising her integrity for the sake of another's approval. The healing masters became friends to help heal one's self or others. The course enabled us to know the reality of self healing and beyond.

This course will introduce you to ideas about healing that you have never encountered before. If you are intrigued by that, I would suggest that you join us when the course is offered again.

Mary Ferguson is a Reiki Master and long time meditator who moved into the Okanagan Valley in October. She has been taking, giving, and organizing various courses ever since.



Breast Milk continues

Trans-fats passed from mother to infant are rapidly incorporated into the infant's tissues and tend to accumulate in the heart and liver. The physiological implications are sufficiently serious to justify an immediate and total prohibition on the sale of all margarines, shortenings, confections, and baked goods containing trans-fatty acids. Accordingly, a number of scientists across Canada have written to federal health minister, Diane Marleau, requesting that all such products be removed.

It should be noted that the trans-fats in breast milk disappear shortly after the mother has removed them from her diet. Hence the concerns expressed here should not discourage a mother from breastfeeding, but rather should suggest that she avoid all products containing heated or hardened vegetable oils.



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A Return to LOVE

by Marianne Williamson...an overview by Pauline Eaton

As I proceeded through this book I became aware of how much I have CHOSEN to stay stuck in a place of not knowing what LOVE really is or more appropriately choosing to believe my love (contribution) is not good enough. With a thought system like that in place how can I possibly give or receive love? My interpretation of love was the classical fairy tale variety. Boy meets girl, they are absolutely infatuated with each other, sex is great, and the rest is history. There is the love for my family and friends, but how can they be the same as the love I have for my mate, my pets and the earth. Love is Love is Love. There isn't a different one for each person or every occasion. In her book, Marianne says, "Love is energy. It's not something we can perceive with our physical senses."

Radiating love thoughts is an extension of who we are, and what we give to others we give to ourselves. I can take the ultimate responsibility for my thoughts about it. I have the choice to change my mind. I can choose to look at a glass half empty, or half full. Any situation that emotionally activates me is a situation where I am not being unconditionally loving. Love is not love until it is unconditional. The more important something or someone is to me, the more important it is for me to surrender it or the relationship to GOD. At one point in the book, Marianne reflects on some work by Carl Jung. His theory was to look at the fairy tale that was most prominent to us when we were young and that this story most probably very accurately describes our own life and experience. Mine was the story of the "Little Match Girl." What I remember of this tale is that a young, poor girl is huddled in a street alley during winter and is trying to keep herself warm by lighting matches. How this corresponds to my life is that I have chosen not to generate my own warmth (love) to nurture myself. Correspondingly, my extremities are always cooler and I am not able to keep them warm in winter. I am happy to say that I have changed my mind as to how I see and feel about myself and I am committed to continue the work I am doing. My sexuality can be an extension of love or a projection of fear. Sexuality and thoughts of sex are fearful when they are of the ego. When sex is of the Holy Spirit, it is an experience of deepening communication. Fear and the ego are not real. All there is, is love. When I release control of my mind, I surrender to God and his infinite power. His loving, caring, guiding hands are my own. When I am without faith I am frantically trying to control what is not in my power or my business to control. I see a frantic, dramatic life because I am frantic. In creating peace for myself I will have a more peaceful life. Blessing what others have makes it more likely for me to manifest the same in my life. This is the miracle of GOD. Forgiveness is love and the key to inner peace. Living more fully today, not speculating about tomorrow is a very clear message throughout the book and is definitely the message I have received in my training at Personal Growth Consulting Training Centre. Only I can choose to focus on the difficulties in life, or choose to see more of the good things. Whichever I choose to see I will receive more of. The key to happiness is the decision to be happy. As I enter into Practitioner training at the Personal Growth Training Centre I am looking forward to a fabulous year of loving, learning and more loving, learning, and more consistently deciding to be happy.



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WHY DO I STAY ACTIVE?

by Anke Smit

In our day to day lives, we spend a substantial amount of time on our feet. The dishes need to be done, the garden needs to be watered, the living room needs to be dusted, the car needs a lube job, and so on ... We always seem to be busy, and are always running out of time. There just does not seem to be enough time for anything.

To top it all off, we often get told by the doctor, physiotherapists, and other medical personnel that we have to be more active. What! More active! How? When? Why? I am already doing so much! Often these are the replies that I get when I advise a client to increase their movement. On the subject of movement, I mean to go out on regular walks (a minimum of every other day for 1/2 hour), biking or swimming, and if need be to incorporate a daily exercise routine for your back, neck, arms and legs.

A popular misconception, which may lead people into a false sense of security, involves the notion that by performing regular house and yard duties, that these alone will provide adequate exercise. Unfortunately, this is not true. First of all, with work we tend to do the same kind of movements over and over again (the risk of getting a repetitive strain injury is always present). Second, it is not a full body workout. When you perform a balanced exercise routine, you will use and exercise every joint in your body and maintain and improve the muscle strength and coordination. With a balanced exercise routine, I mean the general activities such as walking, swimming, biking, are in conjunction with a proper stretch and strength routine, you will improve your general health and fitness level; not only physically, but mentally as well. Do we not feel better after we have gone out on a bike ride or a walk? Although the body might be tired, the mind feels refreshed and rejuvenated.

As we get older, it is even more important to go out and do something. If we choose to do nothing, chances are that our bones are going to fall apart, and that makes us bound to the lazy-boy or to the bed. It is proven that with activity we can increase the strength of the bones and muscles, while improving the cardiovascular system. For active people who have reached a plateau, it might appear that the fruits of their labours are not forthcoming, but try looking at it from a different perspective. If you feel this way, remember that if you were to be totally inactive, then your body and mind would reflect this lifestyle.

It is very important to carry out (minimum of once a day) an exercise routine, in order to maintain or improve the range of motion of your different body parts. This also involves some stretching and strengthening of the soft tissues. I know, it is another duty added on to your 'to do' list, but it is necessary to do, none the less. It keeps you limber and strengthens your capacity for physical activity.

If you are interested in obtaining an exercise program designed to fit your needs, it is advisable to consult your local physiotherapist. Just keep in mind, "IT IS BETTER TO WEAR OUT THAN TO RUST!"

Anke will be the Tuesday night speaker at Penticton's
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Soul Songs

by Elaine Murray


April 22nd was Earth Day. It was also my birthday...and my daughter gave me a most unique gift. When I opened my card, I found a cassette tape inside the envelope. Heather had composed an original song for me, using the letters of my name (Elaine). The letters are first translated into musical notes, which are incorporated into a melody. Heather expands on this melody, improvising, and eventually tapes the completed composition.

When my married name was added to Elaine, the music became dissonant. Elaine Lounsbury (my maiden name) resulted in a harmonious, enjoyable melody. Oddly enough, I resonated best, with the simple word M-O-M.

Heather graduated from the University of Guelph with an Honours B.A. in music. Currently, she is teaching vocal music in public school in Ontario. She has her grade 10 piano, and uses a digital piano when she is composing. Heather was only five when she first began to play piano...taking lessons from her mother. (Maybe that is why I resonate to the Soul Song of MOM).

I was so delighted with my gift. I wanted to share my excitement with you. If you are interested in acquiring your own Soul Song, please refer to Heather's ad on this page. May you enjoy the harmony and peace it brings.

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MIDLIFE ISSUES

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

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

Individual counselling sessions are offered to explore midlife issues of work, family, relationships and inner growth through a Jungian approach to dream interpretation and imagination processes. Initial discussions are welcome

Gordon Wallace, M.A. (Counselling Psychology)
#102-346 Lawrence Ave, Kelowna, B.C., V1Y 6L4
Phone 868-2588

ELF

(Extra Low Frequency)

Protection for your Body

by Jean Ann Baker

Extra Low Frequency (ELF) is the portion of the electromagnetic spectrum extending from zero to 1000 cycles per second. The field is the area around a source of electric or magnetic energy within which a force exists and can be measured. This is sometimes termed 'radiation' in the sense that electromagnetic fields radiate out and away from the source. The global environment alteration brought about by our use of electromagnetic energy has exposed all living organisms, from viruses to humans, to novel energetic fields that never before existed.

Dr. William Rae, a former surgeon from Texas discovered his own sensitivity to electromagnetic fields while working in a modern operating room. After his initial identification of his sensitivity, he subsequently discovered that he was not alone in his hypersensitivity, and that there was a growing population of patients with the same condition. He established a clinic in Dallas, Texas known as the Environmental Health Centre. He found a number of characteristics and symptoms to be common in individuals with electromagnetic field sensitivity. Initially individuals would experience headaches, when exposed to the 'culprit' source of ELF. Later dizziness and nausea would appear. Severe fatigue, an inability to concentrate and difficulty with vision were other symptoms. As with any condition, there is a range of severity. With repeated exposure of very sensitive individuals, patients developed severe neurological responses, with such symptoms as confusion, depression, decreased memory, sleep disturbance and even convulsion or grossly abnormal behaviour. Disorders such as Chronic Fatigue Syndrome share many of the symptoms that ELF Hypersensitivity Syndrome exhibits.

As you are aware, we do not live in a risk free society. Many of the beneficial technological devices we use are potentially dangerous. Because our global society runs on electromagnetic energy, there is really no place to hide.

Research has been conducted in the U.S. into ways of protecting ourselves from electromagnetic radiation. Unfortunately the research has been frustrated by various blocks. However, in spite of the many blocks, experimentation has resulted in the development of isolators which have the ability to provide ELF protection to individuals.

The technology for ELF protection devices originates from the United States. The ELF protection device is a very simple, small yet powerful isolator which is installed into a battery operated watch. It is essential that the isolator be in contact with the battery as this is where the protection is generated. The isolators are programmed to protect the individual from ELF radiation.

Much of the information contained in this brief

explanation of ELF is found in Dr. Becker's book, *Cross-Currents*. I would highly encourage you to read this book, particularly if you use a computer at work, watch a great deal of television, use a microwave oven, or live by power stations or high voltage power lines. Your health depends on you being informed about the environment in which you live. Other information books include the *Body Electric*, by Robert Becker, *Currents of Death*, Paul Brodeur, the *Zapping of America*, Paul Brodeur, and *Vibrational Medicine*, Richard Gerber.

The body's electric system is greatly affected by ELF. Through the use of kinesiology, it is possible to test an individual before and after inserting the isolator into a watch. Kinesiology operates under the premise that it is not possible for the body to lie. To elaborate, we may lie with our kinesiology, a locked or unlocked muscle is an indicator to the effect various substances, thoughts, or actions may have on the body. When testing the body using kinesiology, for example while touching an electrical light switch will yield the following results. Without the use of the ELF protection device, interference of the body's electrical system results in the body's inability to lock the muscle. When a watch with an isolator is put on the individual and is again retested while touching an electrical light switch, the muscle remains locked. The effectiveness, therefore, of the ELF protection device can be confirmed, through the use of muscle testing.

On a more subtle level---over a period of approximately two weeks of wearing the ELF protected watch, individuals observed the following; they experience dramatic changes in their sleep pattern, they tend to sleep more peacefully, they feel slightly more energized and the energy will last longer throughout the day. Computer users notice less eye fatigue, less eye strain, less neck pain, less back pain, and less wrist pain. Individuals tend to be more relaxed, moods are more 'laid back', pulse rates are more stable and generally there is an alleviation of 'computer user' headaches. Children playing at video terminals, T.V.s etc. tend to identify less with the games and gradually decrease playing time. Children with hyperactive or attention deficit problems tend to become calmer, more alert, and stay on a task longer.

If you are concerned about ELF radiation and your health, please see ad below. She has a workshop in Winfield, July 13, please see calendar page.

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For complete brochure and schedule write:
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The Holistic Networker

Premières Thursday night at 5:30
and is repeated Fri. 7:30 pm,
Sat. 9:30 am & 9:30 pm,
Sun. 6:30 pm & Mon. 9:30 am

June 1 - 5

Jana Walker has moved to Osoyoos from the South and has spent many years studying metaphysics. She teaches Cellular Release work and ongoing studies in metaphysics.

June 8-12

Elizabeth McLeod has worked with her Dreams for many years. This summer the Yasodhara Ashram near Nelson features a Dream Symposium with international speakers.

June 15 - 19

Neil Farstad explains the Medicine Wheel. The traditions and his understanding of how it works. He offers The Medicine Wheel Retreats this summer near Vernon.

June 22 - 26

Anke Smit is a Physiotherapist in Penticton and has suggestions for helping people understand and work with their injuries. She will be at the Centre. Tuesday June 27, article on page 17.

CALENDAR

June 1

Acupressure ~ Level I

Nuthery Institute, Winfield 766-4049

June 9, 10 & 11

Yellow Bear in Penticton. p.3

Relationships..Beyond Codependency

...finding the 'Courage to Love Again.'
In committing to your own well-being, it is possible to have more rewarding and honest relationships with everyone in your life. Kamloops Personal Growth Consulting Centre ~ 372-8071.

June 10 & 11

Reiki ~ Levels 1 & II

Nuthery Institute, Winfield 766-4049

June 13

Extra Low Frequency Workshop

with Jean Baker. See story page
Nuthery Institute, Winfield 766-4049

June 14

Cards of Destiny, Penticton, p.22

June 17

Ear Candling Workshop

Nuthery Institute, Winfield 766-4049

Subliminal Persuasion, ad on page 39.

Penticton & Grand Forks

June 19 - 25

Primitive Lifeskills Gathering, p. 18

June 25 - 30

Come Alive in Sante Fe, New Mexico. p.22

July 1 - 30

Ekadsi Rebirthing in the Kootenays, p. 22

July 14 - 16

Dream Symposium, p.11

Yasodhara Ashram at Kootenay Bay

June 23, 24 & 25

Troy Lenard ~ Vernon

Meditation Seminar with Sound, Colour and Vibration. Ph. Ashley 549-2468 or Ron 762-6494

July 19-23

Mime Workshop~ Christina Lake, page 5

July 23 - 29

Centre for Awareness Retreat,

Northport, WA ~ The "Joy of Life"
6 rejuvenating days. See ad page 2

July 30 - August 6

Still Mtn. Society Summer Camp

Fernie, p. 26

Sept. 8, 9 & 10

International Council of Reflexologists

5th annual conference to be held in Vancouver.
Ph. Gwendalyn, Vernon for details 545-7063

Sept 16 & 17

Nutheryapist of Light Course

Nuthery Institute, Winfield 766-4049

ONGOING EVENTS

MONDAY - DREAM GROUP

7 pm, Penticton - Sarah Wellington: 493-5598

TUESDAY - Celestine Prophecy

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

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

SATURDAYS

DROP IN Meditation, 7-9 Melva 766-1282

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

Kelowna Sunday 11- Noon - 763-8588

Sarson's Senior Citizens Activity Centre

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

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Penticton: Mon.: 7-9 pm - #124 - 246 Martin St
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till JUNE 23

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\$6 drop in fee



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We have a wide variety of Holistic Health Practitioners that work out of the Centre on a regular basis - phone 492-5371 for details.

Fridays

Dancing from the Heart
10 am to Noon - \$10 drop-in.



Yoga for Beginners
2:30 till 4:15 pm
\$6 drop-in.



Saturday

June 3 - 10 am to 2 pm
Hatha Yoga & Meditation Workshop \$25.00

June 1995

Speaker Series

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

Cost \$5

Friday - June 2

Looking for a better way? If you haven't let go of *doing it alone* this is your opportunity. Join us for Heaven's Rain an evening gathering facilitated by **Michael Palmer** (On Purpose Workshops, Nelson.)

Tuesday - June 13

Past Life therapy with Dane Purschke This evening I will explain some of the many possibilities that this direct communication with our higher self can do to help you. This is not hypnosis but guided memory techniques that I will be glad to share with you.

Friday - June 16

How does energy move in a building? Does it rush through or is it stagnant? How does this affect you or your business? Learn more by listening to **Douglas Ritter**, Feng Shui Consultant from Armstrong. See story page 38 & 39.

Friday - June 23

Spiritual Healing with Jill Newman A demonstration of hands-of-Psychic Surgery as used in the Philippines from a healer with nine years experience. Outline of upcoming class included, story p. 15

Tuesday - June 27

Anke Smit from Pro-Physio will share information on ways to help reduce common muscle pain. Article on page 17

S	M	T	W	T	F	S
Sunday Celebration is cancelled				Comforting Arms 1 Healthy Living with Dawn Schaefer 6-8 pm - fee \$10	Speaker Series 2 7:30 - 10 pm Michael Palmer Heaven's Rain	Yoga 3 with Daniel Vogel 10 am - 2 pm \$25
4	Drop in Meditation 5 7:30 - 9:30 pm with Troy Lenard \$5	Pranic Healers Get-Together 6 7:30 - 10 pm Donation	Reiki Circle 7 7:30 - 10 pm Donation	Comforting Arms 8 Healthy Living with Dawn Schaefer 6-8 pm - fee \$10	9	10
11	Gemini Full Moon Meditation 12 7:30 - 9:30 pm ~ \$5 with Troy Lenard	Speaker Series 13 7:30 - 10 pm Dane Purschke Past Life Therapy	CARDS OF DESTINY 14 with Laurie 7:30 - 10 pm ~ \$5	Comforting Arms 15 Healthy Living with Dawn Schaefer 6-8 pm - fee \$10	Speaker Series 16 7:30 - 10 pm Feng Shui Douglas Ritter	17
18	Drop in Meditation 19 7:30 - 9:30 pm with Troy Lenard \$5	HAPPY BIRTHDAY JAN & MIKE 20	'Sharling' Reverend Joshua 21 7:30 - 10 pm Donation	Comforting Arms 22 Healthy Living with Dawn Schaefer 6-8 pm - fee \$10	Speaker Series 23 7:30 - 10 pm Jill Newman Psychic Surgery	24
25	Drop in Meditation 26 7:30 - 9:30 pm with Don McGinnis \$5	Speaker Series 27 7:30 - 10 pm Anke Smit Back Therapy	CARDS OF DESTINY 28 with Laurie 7:30 - 10 pm ~ \$5	Comforting Arms 29 Healthy Living with Dawn Schaefer 6-8 pm - fee \$10	30	The Centre is Closed until July 30th

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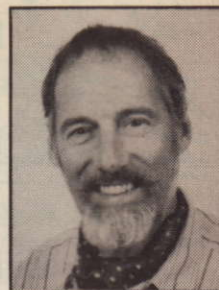
Information & Registration call:

Dave or Yogita 604 472-8496



Generic No-Name Healing

by Peter Morris



When it comes to healing oneself---
Ah! There's a horse of a different color!

When was the last time you had an ache or pain and what was your reaction? Chances are you ran to the cupboard and grabbed a pill or potion. Don't get me wrong, this is not a judgement! Coming to the Planet Earth was a great decision, if for no other reason it reminds us of how lucky we are not to be limited by self attunement, self focusing, self containment, self sufficiency. WHO AM I KIDDING? One of the great challenges of this level of existence is to be totally devoid of these attributes! The decision we made to do this 'adventure' was made with good intent. Eons of time spent cruising the Universe of Spirit and developing our individual talents tends to eradicate memories.

Memories of life on different levels, just as we as Earth dwellers experience stages of this life, learning new skills, forgetting or putting old knowledge on the back burner, to be recalled at a moment's notice when required, and what happens when one turns up the back burner and POOF! The flame goes out?

It has been almost two years since I turned my burner up and POOF! nothing, no reference points, no recognising, NOTHING. After a tour through England and Europe then to the Far East where I met with my dear friend Sandy, with whom I was enjoying dinner one night, one quiet evening, when without warning POOF! my back burner went out. It is not a question of not remembering different things, this is total eradication of all memory. Motor skills are there in that I know how to go to the bathroom and walk and eat, but even close friends of 14 or more years are strangers.

I have 'enjoyed' several more of these 'adventures' (Jassandra calls them 'Brain Farts'!) Where I go (in my mind) during these expeditions is anybody's guess, but when I come back, or nearly, which is the space I am in as I write this, there are interesting revelations.

In Singapore, whilst walking on my own along one of the main streets (I forget the name!) I glanced across the road and a tiny man, dressed in a white robe, was waving like crazy at someone on my side of the street. Must be pretty urgent, I thought to myself, he seemed quite agitated. I went back to my shop gazing and wandered further along, only to see this fellow's reflection in a shop window keeping pace with me as I walked along. He wasn't interested in anyone else, just me. I looked across at him and sent him a mental thought to say that I was going to come over to see him. Immediately, he dropped his hands by his sides and stopped jumping up and down.

I crossed the street and he was there, welcomed me, and almost jostled me back along the street to what I can only describe as a "Storefront Buddhist Temple." As I recall, it seemed very out of place in among the big modern stores, this tiny 'tunnel' of peace in this super busy city. Probably about 14 feet wide and some 50 feet in depth, and totally brimming with Buddhist artifacts. ➡

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**Wednesday
June 14 & 28**

**\$5
Holistic Centre
7:30 pm**



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or Laurie Della (604) **493-2407**

You are invited to the **Full Moon Gatherings**
held at Gaea Ouranos Ranch, Twin Lakes

I am not sure how long we spent together talking, neither am I sure of what we spoke, at least not all of it, but I do know that each time I go through the process of 'forgetting' I spend time with my little friend in Singapore even though I am in the delightful peace of Pender Harbour. We seemed to talk continuously, covering a multitude of subjects all of which were connected to Spirit. Of how, when we decided to visit the Planet Earth and the specific reasons we had for doing so. We chatted in length about our efforts to avoid getting on with the reason we came to Earth!

He explained to me his life; he looked to be in his early 40's but assured me he was 94 in Earth years! In his early life, he had experienced a variety of ways to earn a living, from working in the fields to baby-sitting, from working in a tin mine to wet nursing a bunch of prostitutes in a brothel. His 'awakening' was spectacular; he fell under a train! Reaching a point near the death experience, he realised that he had awoken in a totally new place, full of colour and sound and energy. No one was there and yet everyone was there: that is how he explained it. He did not recall how long he spent in this benign place but it seemed to him to be long enough to learn 'things' that had to be brought to him to teach certain people, some of whom were in the physical; some were on an 'unconscious' level.

He went on to explain that souls on this level of life were either on a resting stage in the Spiritual progression or looking to return as teachers to a new 'level'.

He 'saw' his progress and the reason for his wide experience of his physical life, this time around. As he lay recovering from his very serious injuries, he saw his life's purpose and realised that as yet, he had not achieved his purpose: to teach and elevate the thinking of people in a place that had grown to such an extent, the true meaning and purpose of life. He went on to explain that my life almost paralleled his, for had I not experienced many levels of life, even to having prostitutes for 'friends'? This, in fact, was true. As a teenager in London, England, I was a musician, and in the Soho area of the city I met and counted some of the 'Ladies of the Night' among my friends. They, too, were interested in things spiritual which I was able to impart.

I don't know if we ever exchanged names; it didn't seem necessary. I know I was with him for some five hours, exchanging awareness of the centuries. I should mention here that he spoke no English and I don't know one word of Chinese! It was not until some time later that I realized that we were communicating on a physical level. Yes, we had been talking aloud, but the understanding was not of this Earth.

So, is that what dis-ease is all about? It is true that little else will bring us up short like a good bout of the flu, heart attack or a good ole 'Brain Fart', as Jassandra calls it. It has to be severe enough to knock you on your back and good enough, preferably, to eradicate most if not all conscious thought. Why? It doesn't take much figuring; we human beings have so many important (?) thoughts and deeds that we often miss the whole purpose of coming to the Earth Plane. That purpose? You'll never know if you don't take time to find out!

If we are lucky, we get away lightly, we listen to those gentle, subtle messages that are given to us whilst still in the womb. As we progress in life, the messages grow stronger, anything to stop and make us think, and if that doesn't work, look out! The program you have worked out for yourself is destined, by you, to be achieved during this lifetime, and you would be astounded to what lengths you will go to ensuring this program is completed!

Have you noticed lately how certain thoughts keep pervading

continues page 25

JUST IMAGINE

A past life with John Lennon?

JEWELLE LEWIS

John Lennon had been shot. Author, Jewelle Lewis, shared grief with millions around the world. However, three years later, her grief remained. Desperate to shake her pain, she consulted a psychic.

"A past life with John Lennon?"

She could accept that explanation only on one condition. That she could prove it.

Spanning a decade, through psychics, genealogy and a little luck, a life in 17th Century, Sussex, England began to emerge. Jewelle soon forgot about trying to prove her past as she began to feel it; remember it.

However, her quest to prove it is how her story begins...

Available in June

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ISBN 1-5506-354-8
\$12.95 Soft cover

Your Astrological Inner Child

by Susan Hunter-Jivung, MA.

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

The Gemini path is one of curiosity and exploration. The mind creates the reality and the changing active mind of the Gemini can create endless realities and possibilities. Just as the mind has to consider all possibilities and juggle endless activities, the sign most associated with this process shows all of these characteristics.

To understand how a Gemini thinks, think about how your mind works! It needs to be dual, articulate, and fast to perform in the modern world. However, just as there are a million ways for a person to think, there are equally as many different Gemini's! What they have in common is the passion for asking questions.

Tantalize a Gemini with puzzles and explorations. Mostly, Gemini, you want to know something about everything and loathe being bored. Be kind to yourself, fill your days with ever changing tasks; exercise your mind and body equally.

Parenting twins is usually twice the work and pleasure. Think of our butterfly Gemini's in the same way! Entertain, stimulate and take pleasure in their endless enthusiasm for everything new. You are dealing with a person, both worldly and spiritual, who needs to be engaged on both levels.

Mothering a Gemini requires wonderful imagination. This child wants to do three things at once. Catch them on the run and deal with issues frequently and consistently. Your child will persevere with something new which stimulates them. Leave longer projects to be worked at frequently, rather than continuously, to get the best results.

Gemini's are natural teachers as they are so easily bored themselves. Their versatility, flexibility and liveliness sustain the interest of others. Nature's sales people, Gemini can reach out to communicate with the world.

In relationships Gemini you need fairness and freedom. Allowing yourself to be confined would be like someone's mind coming to a stand still. Find endless ways in these times of increasing fellowship to stretch your sense of brotherhood to every-

one carrying a message for you.

The ways of the Celestial Prophecy are truly Gemini. You are keen to learn on your feet and eager to gather the good tidings from fellow travellers. Sharing other people's truths through community is your spiritual path. You esteem people who walk their talk and bring higher learning into daily life. You are the person to provide enlightening leadership into the information age.

Over the next seven years each Gemini in turn will feel the stimulation of the higher intellect touching the conscious mind. Explore all that you can be as the World is becoming a place of your dreams. You will find the changes around you very freeing. 1995 is a key year in the expansion of intimate relationships, so single Gemini's need to believe in meeting their soulmates. This belief is the key step in manifestation of this ideal.

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A CALL TO ACTION

by Catherine Torrens

How often have you walked along the shores of a lake or river and left feeling refreshed and stronger for being there?

As I walked on the beach of Okanagan Lake pondering this very question, I paused and knelt by the water to give thanks for its gentle presence and quiet healing and there came to me a feeling of deep unease from the lake itself. She needs our help and our healing. As a healer I responded in the only way I know how. I gave her Reiki. I drew symbols in the water as I walked along the shore and kept giving her the reiki energy and watching the ripples go out from the shore from the symbols. It helped somewhat but I am only one person and this is a very big lake and it is not the only lake that needs healing right now.

That was my call to action from the lake and this is your call to action from the lakes and rivers in your area.

Those of you who have been attuned to the reiki energy go to the beaches and get your hands wet! Those of you who meet in healing or meditation circles meet on the beach, physically or psychically and get your minds wet!

Find your 'response ability' and go to the beaches, rocky shores, rivers and streams and give what you can to that which has supported and given to you for so long. Thank you.

No Name Healing continues


your mind? You know that you have an ability to channel energy either for healing or teaching purposes. Some medium passed the message to you from Spirit, "You are a healer, You can channel, You know that voice is from the Spirit"! So what are you doing about it? Each and every one of us comes here (Earth) with the attunement required to make contact with 'home', but leave it to others to make that contact work for us. Oh, we have all kinds of excuses, I have heard many. So called 'mediums, clairvoyants, channelers', are treated as something special by people who have the same skills but are often put

off by countless excuses, believing they are unable to achieve this point of contact.

Then there are the clairvoyants who once having reached a point in their evolvment, just cruise! On the threshold of wonderful adventures, assume they are there and quit! I guess I could have been counted among the quitters. I had, I thought, after some 56 years since seeing and talking to my first 'ghost', teaching and healing on many levels, I had arrived. Little did I know how little I knew!

To enable my progression, an in-

dividual known to me through eons of time had made sure that I would get the message, and just in case I didn't get the message loud and clear, arranged a total loss of memory for me, so I did not get the old knowledge mixed up with the new and up and coming. This little Fellow, whom I at first thought was Gandhi, has been first on the scene at each of my memory loss episodes.

How easy it is to create excuses for one's inability to practice the art of spirit contact, and how easy it is to correct it. 

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The capacity for making decisions is a basic ingredient of creativity. Intuition means relishing control of the thinking mind and trusting the vision of the unconscious. Because it can't be qualified or traditionally justified, it is often opposed in the workplace. But it has the ring of truth, because it is grounded in the ability of the unconscious to organize information into unanticipated new ideas.

Intuition is what you add to information that you collect. You have to add your feelings, your gut reaction, to make the right decision. In that sense, there is no answer that's right for everybody - just one that is right for you.

Unfortunately, schools don't teach us to trust our intuition. Instead they teach a sort of absolute knowledge. We teach students to look for one right answer, which they will discover through gathering of information. But in real life you find that even after you gather all the relevant information, there is still a gap, a part that you cannot neatly calculate. And that's where you have to add your intuition to make your final decision and go ahead.

Risk, like beauty, is in the eye of the beholder. A business venture that may seem risky from the outside can seem entirely different to the person in the midst. The hidden variable is commitment. One way to encourage people to take creative risks is by rewarding them.

Size also affects creativity in the workplace. Bigness by its very nature appears antithetical to the effective expression of an individual's ideas. The best environment for creative work seems to be on the scale of the extended family, where people can get to know each other. Of course there are the economics of doing things on a mass scale, but you lose the creative edge. The history of economic growth in the West shows that its prosperity is largely based on a succession of innovative leaps forward. These leaps - the invention of a completely new technology, product or service - have tended to come from small entrepreneurial forms or semi-independent divisions of corporations.

This is the benefit of slicing organizations into smaller units, finding autonomy within the whole. Silicon Valley is a place where small companies and small parts of big companies have been able to strike out on their own without being stifled by big bureaucracies. There have been spin-offs of spin-offs of spin-offs, each conceived by a daring group of visionaries.

A close knit team, drawing on the particular strengths and skills of each member of the group, may be smarter and more effective than any individual of that group. That places a premium on a leader who can create a smoothly working team; a leader who knows the virtues of sharing, trust and encouragement.

Innovation requires two broad strokes: the creation of a new idea and its implementation. Although a lone inventor may come up with a breakthrough idea, it is increasingly difficult to carry it to fruition in the marketplace without assembling a support team. And more and more often the great breakthroughs come from the efforts of the team.

Anita Roddick of *The Body Shop* says "You have to give people the freedom to play and take risks. For example, Friday

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afternoon all our research and development labs are closed, but anyone who wants to play around making products can go in. If they come up with a brilliant product, we'll pursue it, market it, and give them royalties. That's how you open things up."

This new style of leadership, which gives employees the permission and the protection to tap their creative potential, is absolutely essential in business today. It is a recognition that an original thought on the part of just one worker can give an organization a competitive advantage.

It was just a decade or two ago that in many countries and industries around the globe that the demand for products and services was greater than the output. That allowed some managers the luxury of steering a company from central headquarters as they wanted, and left the customer having to accept what they got. But today global competition, practically without regard for borders, has put the customer in the driver's seat as never before. The only resource a business has is the customer who is prepared to pay for what is offered. If you give the employees that are working with the customers every day the freedom, and responsibility, and the authority to make decisions on the spot on behalf of the company you will see the power that happens when people can share in the decision-making process. Companies that consolidate this power to the top of the pyramid often will see a trail of dissatisfied customers and eventually the business fails.

A creative company strikes a balance between those with an innovative bent and those who keep everything running smoothly. A blend of the two is optimal. "There's a natural tension between what you might call 'law-and-order' corporate types and creative people," say Jan Carlzon of SAS. "The law-and-order people are controllers who want a business to run according to fixed rules and routines, to be predictable and so on. For them 'freedom' is freedom from experiments, from uncertainty. Their outlook is naturally at odds with the adventure-seeking types."

A vibrant company needs both. But they have to do more than respect each other; they need to understand each other. It needs to be like a beehive. There need to be explorer bees that continually fly around looking for new sources of honey. When they find it, they fly back to the hive and give a signal to the other bees to tell them where the new discovery is. Then the worker bees fly out in a very well-ordered, controlled fashion and bring back the honey. The explorer bees do not understand the signals that tell worker bees to harvest the honey so they just keep flying around exploring.

That balance is what is needed to have a productive company, plus an attitude that enhances creativity. One of the keys to building feelings of trust and respect is not to censure imaginative ideas. In today's marketplace they have financial value. Consider the classic example. It was in 1878 that Western Union turned down the rights to the telephone. The reason the firm gave: "What use could the company make of an electric toy?" It was thought to have no commercial potential. If the voice of criticism stills the spirit of intuition and optimism, the creative spark dies and with it, a part of your business.

Excerpts from The Creative Spirit published by Penguin Books

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Ortho-Bionomy™

by Harreson Sinclair



Ortho-Bionomy. You may ask, what is it? Well for starters 'Ortho' means correct, 'Bionomy', the Laws of Life, so you have "The Correct application of the Laws of Life."

To give you a brief history, Ortho-Bionomy was created by my father, Arthur Lincoln Pauls in 1978. He was a black belt Judo instructor for many years, and with constant injuries, resulting in many visits to an Osteopath, he and my mother, Anne Pauls decided it would be ideal to study Osteopathy together and then be able to work and help each other out.

Arthur liked much of the work and concepts they were taught, but there were aspects of Osteopathy that he perceived as going against the body which felt forceful and unnecessary. So just as his Judo studies had taught him to move away from the place of most resistance and, *only* moving with the energy in the body, he began to understand the body as being very much a state of energy, and also acknowledging the physical realities of our existence and the integration of the two, with the concept of "Structure Governs Function," proposed by the Founder of Osteopathy.

From my father's perspective Ortho-Bionomy is a form that has evolved by itself. The concepts we use in the work today and the many ways of working with energy were not made up, or created, but merely recognized as they already existed in nature. The ocean and its flow for example inspired some of the ways we work with energy. "There is nothing new under the sun" as Arthur puts it sometimes, just different ways of doing things with something that has been around since the beginning of time.

Ortho-Bionomy, in the way I perceive it, is happening all around us, within us. It is a natural state of being, for all life to seek a place of balance and harmony if we simply give it the opportunity to happen. I believe ultimately we are all born with all knowledge, all understanding. Our challenge within each life we live is to recognize and bring that information into a conscious awareness, within our day to day lives.

Ortho-Bionomy is a form of body-work that I see as having a very universal application in the many ways and places in which it can be applied. Many students, practitioners, and teachers we have in Ortho-Bionomy today combine many other modalities of body-work within their private practice, combined with the concepts we use, of going with the pattern, instead of against it. Also of utmost importance is the concept of working with the client, not just on them, empowering both the practitioner well the client, to not just look for the fix, but to bring awareness and learning, to avoid the same problem that led them to seek help to begin with.

To expand a little more on the concept of going with, Isaac Newton stated in one of his laws, "For every action, there is an equal and opposite reaction." To give an example, say you have a short leg, your hip is rotated back because of a tight muscle in contraction, and it hurts and you're walking with a

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limp. Ideally the concept of traction, putting weight around a pulley, stretching your leg out, should work. Unfortunately this is not usually what the body needs. Its reaction is to resist and pull in the opposite direction. The weight is removed, the leg is often now even shorter and possibly the pain may have increased. In Ortho-Bionomy, we go *with* the pattern the leg is in. In this case the leg is short, we *shorten* the leg a little more, simply by applying gentle pressure to the bottom of the foot. With Newton's law, the opposite reaction will now usually occur: the contraction will release (simply because we have given it the space in which to do so) and the leg can now return back to its natural state, one of balance and also the same length as the other. I liken this to the 'clothes line' theory. If you have a knot in a clothes line, pulling on it only tends to make it tighter. The solution is to compress the line taking the pressure off the knot and allowing it the slack so it can come undone, quite naturally and without any need for force.

In classes Ortho-Bionomy is taught in various Phases. To begin with, Phase 4 is the more physical side, still with awareness of going *with* the energy of the body, yet working directly with the structure of the body to bring about ease and comfort. Phase 5 is still in contact with the body's structure, yet follows more the natural energy flowing throughout the body, letting this dictate the direction of the work. Phase 6 is working purely with the energy of the body, the Aura that surrounds us, our connection to the universe, and all that is around us. The final stage we call Phase 7, or "absent healing" as is commonly phrased. This is being allowed to bring about changes within another person, with their permission energetically, by working with them from a distance, the next room, town, country....there are no limits ultimately, and it is not something that is taught, but rather something that comes about from working with energy, and the self-realization, that we all possess these abilities, merely lying dormant within ourselves.

In my own personal process of healing, after spending many years travelling and working with my father, I moved to Canada and have lived here the past six years. In being asked to write this article, I am making the personal step of moving back to working with others in healing, as a practitioner, and also teaching Ortho-bionomy, as I wish to share my insights and understanding with others. Also this fall I will be faced with the wonderful challenge of bringing life into this world, as I am expecting twins with my partner Linda, and taking the steps to join my skills in Ortho-bionomy with those of Linda's reiki, and to share this with others.

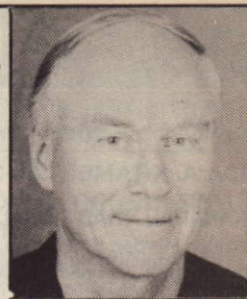
This year also in July and August, here in Rossland, BC, Arthur Lincoln Pauls will be visiting Canada along with my mother, mainly as a family reunion, to see myself and Tanya, my sister, but also to teach some classes here. This represents a unique opportunity to experience this work first-hand from the Founder himself.

Ortho-Bionomy is a growing force in the alternative healthcare field in the USA. Currently we have over forty registered teachers there, also in Europe interest is growing, with recognition from the French government. Other countries are Australia, New Zealand and Japan. Not to be excluded, Canada itself has been visited many times by teachers from the U.S. and an organization is beginning to emerge here with our own practitioners and teachers, together with a growing body of students across Canada.

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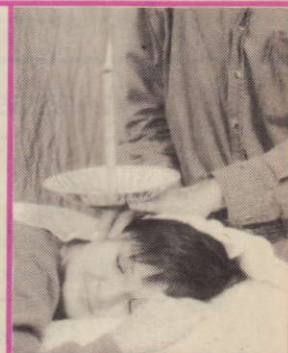


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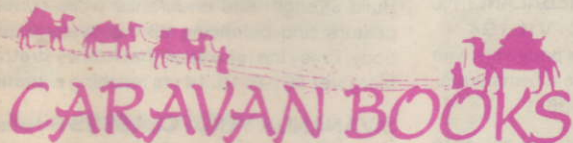
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FENG SHUI

THE ANCIENT SCIENCE/ART
OF LIFE ENERGY

by Douglas Ritter



Feng shui (pronounced Fung Shwhy) is the ancient oriental science/art of observing and reading natural energy patterns of a home or business environment. Where necessary, it can be used to adjust the energy flow by various methods to encourage a balanced, harmonious atmosphere.

In China, Feng Shui has been a way of life for 3000 years or more. The siting, engineering, architecture and design of anything--from a peasant's hut to an emperor's palace--is based upon the principles of feng shui: to live in respect and harmony with the natural earth energies.

The emperors of China employed Feng Shui practitioners not only for architecture, but for advice on political, economic, and military issues. Advice taken well and followed led an empire to thrive; advice, when it was ignored would result in misfortune.

The Great Wall surrounding China was designed to twist and wind its way through the country so as not to interfere with natural energy currents in the earth. Even today, businesses, from small shops to large corporations, will bring in a Feng Shui expert to promote successful business.

In North America, little or nothing is known of Feng Shui although it has been recently popular with California and New York businesses and home owners. Feng Shui is not, as some think, a form of interior design to meet the latest fashion trends--Feng Shui is as timeless as the universal forces of nature.

Several schools of Feng Shui have evolved through the centuries. Each has developed its own technique or combination of several. These may include methods such as: Lo Pan compass use, physical land form reading, or mapping buildings' floor plans for energy flow. The system I practice involves both the practical approach of observing physical form of structure, and the 'art of seeing' energy currents. ➤

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Hearts in Motions Walking Club

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Friday, June 9th ~ 9:30 am

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and join us for a fun 3KM walk.**

**For more information please phone
Alice Hargreaves 769-5812**



Most man-made structures in North America are designed for reasons such as economy, function, heat efficiency, or style---any of which may be contrary in some way to the basis of Feng Shui design. Positive natural energy flow or balance is then often lacking. Through physical renovation, furniture positioning, and/or the use of crystals, mirrors, windchimes, or numerous other 'cures' placed in strategic positions, the natural energy currents of a dwelling can be altered to encourage a more harmoniously enhanced environment. This is sensed either consciously or subconsciously by different people.

By surrounding ourselves in a more positive life energy field, we become more creative, inspired, and uplifted, which leads us to experience a more fulfilling and successful life.

At times, when renovations are made to a home or business without an understanding of dynamics of energy currents, quite the opposite may occur than what was intended. The physical changes may redirect a once positive energy flow to cause an inharmonious effect. For instance, a prosperous business may experience a loss of customers soon after a poorly designed renovation had been made---the customers would subconsciously feel uncomfortable being there.

I have studied Feng Shui for many years and received practical experience in California under the guidance of two Feng Shui consultant practitioners who were top students of a well known Chinese Feng Shui master.

In addition to designing and remodelling my own homes, I have been consulted for Feng Shui advice on homes, businesses and a meditation retreat centre. I offer both on-site consultation and floor plan analysis by mail. Floor plans of either an existing or planned building maybe hand-drawn or professionally drafted. *See ad to the right.*

Douglas will be the Friday evening speaker in Penticton June 16 at the Holistic Healing Centre. He will be available Saturday for Private Consultations if you would like him to visit your home or business and check out the energy patterns.

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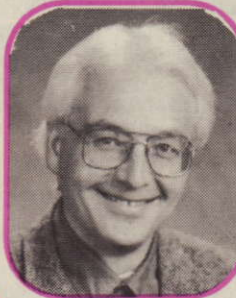
B.C.: **Kelowna:** Bonnie's Incredible Edibles & Pioneer Country Market
Vernon: Sunseed ~ **Penticton:** Whole Foods ~ **Kamloops:** The Zone
Salmon Arm: Shuswap Health Foods & Golden Pantry

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

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 Dalders. 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.