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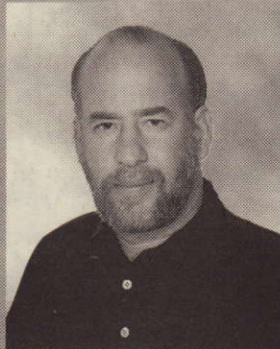
'Bringing in the Wood'
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read Musing... page 6

February 1996

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Reiki in the Barnyard

by Ann Jones

Our aging population is a topic of great interest these days. You may have a personal experience that makes this topic real for you. The Caregivers is a provincial non profit organization dedicated to supporting family caregivers in B.C. By caregiver we mean anyone who is caring on a volunteer basis in their home or in a care facility for an adult family member or friend who is either frail elderly, chronically ill or has a disability.

Caregivers is partnering with the Penticton and District Writers and Publishers Guild to produce a professional soft cover book of short stories, poems and anecdotes of family caregiver experiences. The book will raise awareness, educate and acknowledge the important work that family caregivers do.

A call is being made to the general public for submissions telling about your experiences which reflect the stresses, inspiration, joy, and sadness tied to caregiving, in 750 words or less: poetry up to 32 lines. Deadline for submissions is March 31. Call Penny Smith [493-0825] or Janelle Breese-Biagioni [493-4252] for more info. Also needed are readers to read and rate the stories. If you are interested please write to: Caregivers Association of B.C. #170 216 Hastings Ave., Penticton, B.C. V2A 2V6 • Fax: 1-604-490-4890

What we had just witnessed was nothing short of a miracle! Likely, the old black broodmare, came to us five years ago, a quiet horse with just one exception, she was terrified of having her hooves trimmed. Somehow over the years she had sustained an injury to her left front leg leaving her a little gimpy. The mere suggestion of someone touching her left leg and this old mare went into orbit. During our first attempt to trim her feet she lunged forward, knocking my hand against a steel panel, permanently rearranging the fingers. Thereafter when trimming time rolled around out came the pain killers and the Scotch hobbles. Even heavily sedated it was no easy job and one that I dreaded.

The time had come once more and as my husband marched off to arm himself with the necessary trimming tools and the drugs, I decided upon a new approach...Reiki. I was a fledgling practitioner but it was worth a try ... anything to reduce the stress. Within minutes the old mare's neck began to stretch as her nose got closer to the ground. Cautiously I moved my hands from her withers to her left shoulder and then in disbelief I slid them down her forearm. Wow! This far without drugs! My husband returned and applied the hobbles. The old mare knew what was coming and there was a bit of a kurfuffle - but only a bit and soon her nose was back to the ground, eyes almost closed. Before we knew it the job was done and without the drugs. We removed the hobbles and I knelt down beside her putting both my hands on the once untouchable front leg. As a tear rolled down my face I felt her nose press against my shoulder.

Cheryl Grismer

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'Bringing in the Wood'



Photo by Steve Tomlinson

The front cover is a photo of Grandad bringing in the firewood. He loved to keep busy and I appreciated his getting up every morning at 6 am to light the fires so that the rooms were a little bit warm by the time us kids had to roll out of bed.

This photo is of me and my two business partners... Jan Stickney and Marcel Campbell. ISSUES is seven years old and still growing. Marcel will be assisting Jan as they take over much of the work I do. I want to create a little more balance in my life and be more out there rather than in here typing and getting ready to go to print.

And I am finally ready to feel supported. The Spring Festival crew helped me get used to asking for help and getting it. Last April, as I walked around the Naramata Centre grounds, I realized that my mother was wrong. She had embedded deeply into me her belief that "If you want something done ...you do it yourself." I had examined this thought pattern and agreed that it was time to let it go, so after the festival last year, I placed an ad in ISSUES asking for business partners. Strange feelings of fear and tension deep within my body gave way as my chest expanded and my heart opened. Realizing I no longer needed to produce Issues all by myself helped me to breathe a little easier as old tension released from deep within.

I love it when I finally understand another piece of my puzzle. I have read enough to know that if I am bothered by something, it is because it is within me ... People are mirrors for me to look inside myself, otherwise I wouldn't have even noticed such and such a trait in the person. The people who irritate me the most are the emotionally needy types. I certainly wasn't needy, so why the irritation? This puzzled me for many years as I searched for answers.

I now believe the person that said, "All diseases start at an emotional level and the physical body is only a reflection for us to look at our emotional bodies." As a child my feelings of anger and frustration were ignored or I was punished if I became too vocal. I learned early in life to suppress my needs. As long as I was a good girl and helped Mom I was loved. This created tension in my body ... more than I realized ... as a teenager I stopped menstruating for four months when I had to take care of my brothers when my Mom was hurt.

During the past year, sometimes, after getting rolfed, I would menstruate spontaneously. If I had just finished, I would bleed for another day. If I was a week or two away, I would start the day after he finished. This puzzled me as I added it to my notes, not knowing what to make of it. The morning of my latest rolf I awoke at six am and realized I had started my period, suddenly, several days early. When Gary arrived, I said,

"I guess my body knew you were coming and got ready." The day following that session was one of the few days that I can remember that I felt no tension in my body. Still, I guess I just wasn't ready to be healed, for the next day I managed to pop my right hip joint out of place. A recurring problem which has required many visits to the chiropractor over the past twenty years before getting rolfed.

The next five days were intense as I relived in slow motion the way my body stores pain. The nights were sleepless and my eating habits were screaming at me to be re-examined. I cried a lot, and

processed feelings around the issues of needing to be strong, independent and always busy. The right side of my heart felt like it was on fire and at times felt like it was being ripped out. My stomach ached as memories came up of the time Mother got burnt when she was a camp cook in the Nass Valley and her trailer exploded.

That happened when I was fifteen years old. Grandad and I were called to the hospital where they explained to us that mother was in critical condition. If she survived the first 24 hours she might live. I was told to be good and not say anything that would upset her, for if I did, it would make her feel much worse and she probably couldn't handle that. I walked into the room and steadied myself as I stared at this balloon with tiny slits where her eyes, nose and mouth should have been. Grandad said, "You look like a cooked goose." Mother's voice was faint and weak as she asked me to take good care of my three brothers. I don't remember crying, for that was a weakness my father didn't allow. Besides, I was already thinking of the adjustments that would be needed so that our family could survive.

Recently, my mother returned all the letters I had written to her while she was at Vancouver General Hospital. I found it most interesting to note that all my letters slanted except for my capital I's ... they stood straight up. (Slanted letters represent emotional needs.) I wrote about quitting swimming and tennis lessons, starting a part-time job, making the lunches and dinners, selling the puppies, reading the boys bedtime stories and figuring out ways to punish them when they didn't follow instructions. I also took note that I wasn't menstruating and didn't again until mother returned home many months later. I reckon I was so busy being strong and without needs that I didn't notice the tension building in my stomach. A year later, my stomach was so sensitive that I couldn't wear panty hose or belts. I felt like I was cut in half and I didn't know why. Indigestion was a constant problem, so I went to the doctor. He couldn't find anything wrong with me and said I had to live with it. I did and then developed a cyst on my uterus, that grew to the size of a lemon.

I studied everything I could find on holistic health: Ayurveda, the Chinese Five Element Theory, Herbalism, Acupressure and much more trying to understand my symptoms, which seemed to improve for a short while but never for long. I have gained a wealth of knowledge ... and wisdom searching for ways to heal myself naturally. At the time I didn't realize that blocked emotions could cause indigestion or grow a cyst. Learning that emotions affected my body and that as an adult

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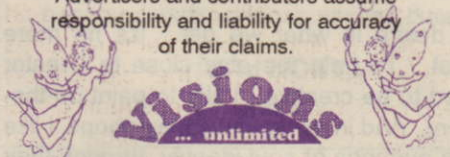
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without need, and how my unfinished
emotional relationships with my Mother
and Father are still influencing my rela-
tionships. Love, fear, anger, sadness...all
need room inside of my body. If they
aren't expressed, they create energy
blocks. I am also being counselled by
Dawn Schaefer, a Chinese herbalist,
nutritional expert and acupuncturist who
has helped me to realize that my liver
energy has been depleted and the organ
needs time to rest and detoxify. I spent
twenty years as a lifeguard, sniffing,
breathing and swimming in chlorine,
which had been more than my liver could
handle. Interestingly enough, the liver
also stores the emotion of anger (or
resentment if anger isn't or can't be ex-
pressed.) Why I chose lifeguarding as a
career is starting to make sense in that it
created the opportunity for my liver to get
overloaded to the point where I knew
something was wrong.

Now, as I release the tears and
repressed feelings of frustration, I feel
much lighter. I am learning to take more
time for myself and to ask for help. The
cyst on my uterus is gone, releasing

much of the internal pressure, letting my
hip stabilize. My stomach is starting to
speak to me as the chi that was blocked
deep within is released. This helps re-
lease tightness in my shoulders as the
chi circulates and flows more smoothly
through the meridians. I chart my
progress of letting go internally to how
much farther I can stretch each week in
my yoga class. Developing strength and
balance in the asanas (postures) add to
the overall perception of who I am.

I am learning to express my needs
and my strengths, so that I may have
balance in my life. I am grateful to the
persistence of the universe to keep show-
ing me, from many different viewpoints,
my energy pattern. As my emotional
body lightens its load, my physical body
can start the repair work of allowing the
energy to flow as it is supposed to ...
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you are the miracle

by Patrick Yesh

I told my children as they were tucking into bed, that they were little miracles. I said to them, "Just the fact that you can think thoughts, and feel love, and kick your sister, see sunshine, laugh with friends, get angry, cry, hear nighttime train whistles, talk to your angels, all this is your miracle of life. The best thing is that you are here, alive, feeling all your wonderful feelings. How is it that you are breathing warm air in your cosy bed, on a cold winter night, as the planet spins through space? How is it that the tiny cells in your fingers tell you how soft your teddy is? It's the simple little things of life that are miracles, as well as the big things around you." They smiled.

My daughter asked, "Why do they call some things miracles? Where did they get the name miracles?" I really couldn't answer her question, and just responded that it was a name for an extra special time or happening that really makes people happy. I said to her, "You are the miracle of life every minute you are alive, no matter if you are happy or sad. Even our sadness is a miracle of feeling."

I later looked up the word *miracle*, of Latin origin meaning "to wonder at." Also "mir-a-cle: an extraordinary occurrence that surpasses all known human powers or natural forces and is ascribed to a divine or supernatural cause, esp. to God. 2. a superb or surpassing example of something; wonder; marvel."

What are our feelings if not miracles of life? What are our thoughts if not miracles of our life experiences, natural and supernatural? It is not that our thoughts are sometimes mixed up and confused, good or bad, but the mere fact that we *Think* is the miracle. Atheists don't believe in miracles, yet they use "miraculous thought" to reach such a sorry definition of life. It depends on our point of view in the universe, on what we decide to identify with and with what kind of attitude. I can identify myself, family, friends and universe as living miracles, or as automatons in a non-caring universe. Our creators gave us our free will to carve out our own realities. No matter how anyone else describes reality, it is our creative right to CREATE OUR OWN REALITY!

Truly, what we desire is what we get. It's no more complicated than that. To help me stay close to Creator identification, destined to be creative, I like to paint on-the-edge, spiritual imagery. And in my spiritual play-shops, I like to lure others into the euphoria of soul identity, through their own creative attempts to picturize their spiritual reality. Mystery, amazement, and admiration are awaiting the stroke of the brush, when the hand is directed by the divine source within, when the eyes follow the colours of the spirit's urge as they blend into a new reality: the miracle of your creative-self.

It all depends on what you desire to identify with, humanity alone, or your humanity in creative partnership with your own Divinity. My children can be a burdensome bother, or masterpieces of co-creation with the Creator, eternal souls brought forth from universe energy patterns, even though he just punched her and she pulled his hair in return. So! they are miraculous little bundles of uncivilized behaviours as well as mysteries of love. "Energy follows attention." Attention to miracles makes your life's energies take some awesome creative directions. Remember that You are the Miracle.

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Dancing on the trip to Wellville
by Harold Hajime Naka.... *Taoist rebel without a cause*

With all the modern technology and wonder drugs, why are so many people still unhealthy? As I see it, western medicine is still about fixing physical symptoms with harsh intervention, surgery and drugs. But things are changing, as more people are becoming aware of alternative, holistic ways to healing. Thanks to QiGong, Tai Chi, Yoga, Massage, Acupuncture and other natural treatments, people are healing themselves or participating in the healing process with physicians. I want to share a story by Debra Croley with you.

Serendipity and a move to the Okanagan brought me into contact with Harold Naka. An interview in which he discussed his practice, his philosophy, and his classes sparked a response in me. Two years later, I am still enjoying, practising, and benefiting from Tai Chi taught the Dancing Dragon way that Harold embodies.

Maybe others can relate to the fact that I would have never started Tai Chi classes if my body had not given me signals that I needed to help it. Chiropractors' care and acupuncture especially had worked wonders for me in the past, but the relief they provided was not permanent. Yoga classes were enjoyable but they didn't move the energy blocks I could feel. Grateful as I was for the help I had received from other people, I wanted to find something that would enable me to take care of myself, to maintain and to enhance my health without reliance on others.

After the very first Tai Chi class I attended, I knew I had found a practice that would benefit me greatly. Perhaps it was the total concentration I felt for that hour and a half; my mind became totally quiet as I grew more and more engrossed in following the gentle, rhythmic motions. Perhaps it was the joy of being in a room of like-minded men and women, all of whom were willingly learning to open to the universe while being rooted in the earth. Perhaps it was the great sense of peace and vitality that I enjoyed for the rest of that day; good feelings like that keep one coming back for more.

Letting go of tenseness quiets the body, and that in turn quiets the mind. As shoulders and neck relax, the body can slowly and naturally let go of other old repositories of emotional and physical pain. The energy needed to keep all of those muscles locked is now available for other more life-supporting functions. The effect that anger or upset have on the body is suddenly very noticeable, as what were relaxed muscles complain that they want to release the knots. And, it can be done, easily and gently and at a pace that each body finds acceptable.

Using music and his voice to set the mood, Harold leads the group through the deceptively simple exercises that make up a class. Word pictures provide instruction tailored to the individual; moving like trees blowing in the wind, or like birds in flight, each responds uniquely according to personal knowledge and experience of these sights. Being encouraged to work with what we know and what is within our comfort zone, the classes are free of any sense of competition or comparison. There remains the joy of moving in very easy rhythmic patterns, of letting go of the tension that we all hold somewhere in our bodies.

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Expanding into Greatness

by Cheryl Hart

There is a part of us that is ever seeking out new experiences and new challenges to expand into. It doesn't project a good or bad judgement onto the situation in our life but views them as opportunities to learn. This part of us is called the soul. Our soul uses our bodies as a platform to observe its creations. The problem is that expansion requires change and the human part of us perceives change as risky. So when life becomes so painful or boring that we can no longer stand it, we become willing to change, but more often than not we resist.

The question becomes, how do we cooperate with our souls to receive the maximum amount of experiences in this lifetime. The care and maintenance of our soul is very similar to the care and maintenance of our bodies. We have to feed it, keep it warm, take it for a run every once and awhile and love it.

Food for our soul comes from communion with God. This can take the form of reading, prayer, meditation or a walk in nature. What is important is that we take the time to experience that there is something greater than ourselves and that we are not alone. In this busy world in which we live, renewal is extremely important.

We keep our soul warm and alive by listening to it. There is a small voice within each of us that leads us through life and desires to be heard. Whether we call it our intuition, our gut feelings or our spiritual guide doesn't matter, what matters is that we develop a confidence in this aspect of ourselves. I have found that the more I act on my intuition, the clearer it becomes and the safer I feel in trusting it. I know that there is something in life, besides myself, that has kept me out of the way of an oncoming bus. It's just being willing to listen to the voice, on a more ongoing basis, that is the challenge.

Finally we exercise our soul by participating in new experiences that are outside our comfort zone. This is like a good stretch. We have to prove to ourselves that this life is a thrilling place to be and that we are safe, even when we don't have it all figured out. Expansion means being outside of what we know. As much fun as it is to watch old videos sometimes you just have to go for a walk.

The soul is like a small child, in wonder with and in awe of life. It isn't the cautious, nervous adult we've become. Since it is really our soul that's in charge, it may not be a bad idea to cooperate with it. What ever your experiences are in the new year, love them. You'll enjoy them more or they'll eventually go away. Despite our perception, nothing stays the same, our soul makes sure of it.

Cheryl is a director of Inner Direction Consultants. See ad to the left.

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Seeing the Sun Through the Clouds

by Wynn Jamieson

As I sit here contemplating what to write, I look up and the sun soaks into my face. It feels so good and I realise how much I have missed it. Living in Winfield can be a grey experience in January with the constant remarks of - "Makes me feel so depressed," "Can't get any enthusiasm, it's so dull." "I miss the sun." I wonder how the poor sun is feeling with everyone blaming it for their depressing problems? Whose fault is it, anyway? Who's to blame? Certainly not the sun - it's still shining. Maybe the clouds for hiding it? Or is it us for allowing the greyness to affect our moods?

I know there is a sun deprivation syndrome or something like that. So what! Who's in charge anyway? Where's the power? Giving it away to the sun and the clouds? "Well, but I No but I's. I am in charge of my body and mind so I can change my mind, attitudes and moods whenever I choose. The minute I recognise it is the moment I can choose to change it or wallow in it. I can choose to think sunny thoughts, go for a tanning session, see the grey and mists as mysterious, like the Mists of Avalon. Maybe see the sun through the clouds, see the sun in everyone. The choice is ours and so it is in every situation. "Gee how am I going to pay the bills" - I can change the thought or wallow in it - my choice. I remember the saying, "Everyone gets stuck in the mud sometimes, but only a pig wallows in it." So grunt and get out of it - it gets smelly down there! Isn't it time we took control back over all aspects of our lives?

I have perfected various techniques for making changes that work for me. I also help others find what works for them - how to stop wallowing, how to tap into the root of the emotional blockage and release it. It's always easier than we think and like anything else in life it gets easier with practise - it can even be fun. I love this life, I love me and I love seeing the sun through the clouds and finding it was in me all the time.

Wynn will be at the Holistic Healing Centre as the Friday evening speaker, Feb. 9. Short workshop on Sat.. details p.18

Biofeedback

by Haley B. Jonstyn

After a year of daily saying, "I am ready and willing to do your service, Please guide me," I was gently guided into the path of Biofeedback. I feel truly blessed and honoured to help others heal, to "Awaken the Medicine Within."

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See ad in the NYPages under Biofeedback

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THE ROSICRUCIANS'

Mystical University of Life

by Lisa C. Bigley

As the so-called "new age" movement is becoming increasingly mainstream, more people are searching for alternatives to organized religion. Looking beyond religious dogma and conventional spiritual practices, these seekers desire a more independent and self-directed approach to developing their fullest potentials. Cast adrift in a sea of literature, programs, lectures, and seminars, it can be difficult to make sense of it all. What seekers need is a systematic approach by which they may freely investigate the mysteries of life without compromising their desire for independent thinking.

The Rosicrucian Order, AMORC, offers a system of study that is based on traditional, mystical principles that have been successfully applied by individuals for centuries. Through simple weekly lessons that are studied at home, students learn useful techniques that may be applied on a daily basis to awaken their higher faculties, leading to improved health, better life situations, and feelings of happiness and peace. For those who are looking for a sense of purpose in their lives and to deepen their spirituality, the Rosicrucian teachings are an effective means of achieving those goals through a process which Rosicrucians call self-mastery.

AMORC, which stands for Ancient and Mystical Order Rosae Crucis, is not a religion and does not require a specific code of belief or conduct. Some Rosicrucian students do not subscribe to any religious beliefs, but those students who do practice a religion feel that the Rosicrucian teachings help them better understand the mystical principles which form the foundation of their respective religions.

The Rosicrucian path is a mystical path, a term which is often subject to misinterpretation. The Rosicrucians seek to demystify mysticism, so to speak, by defining it as the process by which each individual may eventually experience direct, conscious union with Divine Mind, Universal Intelligence, or the God of our Hearts. This is not done by adhering to specific tenets or beliefs, but through learning and applying natural laws which, over time, allow the student to experience Divine or Cosmic Consciousness. The benefits of this heightened awareness positively affect every aspect of being, and their transformative power cannot be understated. It is important to note that the Rosicrucian Order does not attempt to define the nature of the deity. Rather, each student is free to discover this through his or her own reflections.

Although its teachings are based on the wisdom and traditions of a variety of cultures throughout history, the Rosicrucian Order is largely a part of the western esoteric tradition. The roots of its teachings may be found in the mystery schools of Egypt which existed over 3,500 years ago. From Egypt, the teachings spread to Greece, to the Holy Land, and eventually, to Europe. With the advent of the printing press, the first references to Rosicrucianism were alluded to in the early 17th century by three documents now known as the Rosicrucian Manifestos. In the late 1600's Rosicrucianism was brought to America by German Pietists who settled in Pennsylvania, as evidenced by the works of J. F. Sachse and A. E. Waite. The present-day organization known as the Rosicrucian Order, AMORC, was established in 1915 by H. Spencer Lewis, and its

branches may now be found throughout the world.

As for the actual teachings themselves, all the topics they encompass would be too numerous to list here. What follow are a few examples of broad subject classifications: Mysteries of Time and Space, The Nature of Soul, Reincarnation, The Human Aura, Ancient Symbolism, The Mind/Body Relationship, Projection of Consciousness, Creative Power of the Cosmic Mind and Meditation.

The Rosicrucian teachings do not deal specifically with the intuitive arts, such as astrology or tarot. Instead, students are taught the principles upon which these arts are based. Individuals who have studied one or more symbolical systems may find that the Rosicrucian teachings help them better understand the esoteric aspects of these systems.

These studies are organized as a series of weekly lessons called monographs. Rosicrucian students are given the opportunity to perform simple exercises and experiments that allow them to demonstrate the validity of the teachings for themselves. Rosicrucian students are not expected to take anything on faith, for true knowledge arises only from personal experience. The monographs are designed to evoke a gradual awakening of the student's inner faculties so that each individual, in his or her own way, develops a direct link to the Source of all wisdom. The most distinctive aspect of the Rosicrucian studies is not the information they contain, but the inner process which takes place within each student who works with the principles.

Rosicrucian students are not alone in their studies, but are part of a "class" made up of others who are studying at the same level. In most branches throughout the world, students may write to a "Class Instructor" for assistance with questions about the teachings. Many branches also have a Council of Solace, which offers metaphysical assistance.

For students who wish to participate in group activities, the Rosicrucians have Affiliated Bodies in many cities throughout the world. In Kelowna the Affiliated Body is known as "Okanagan Pronaos AMORC." These groups offer students an opportunity to meet other Rosicrucians and to take part in discussion groups, lectures, and other activities.

At the present time, the Rosicrucian Order, AMORC, is incorporated as a non-profit educational organization. A nominal dues fee is charged which covers the cost of services provided to students.

As the 21st century approaches, the Rosicrucian Order will have an increasingly important role in humanity's evolution. With fast-paced technological advancement and its effects upon the environment and the human psyche, people need a source of balance and strength. Perhaps now more than ever, divergent cultures must work together to resolve the world's problems. Individuals are reaching out for mystical illumination, for spiritual guidance, for harmony and peace. Through its unique system of instruction, AMORC offers a beacon of light to all who seek the answers to life's questions by following the inner path to wisdom.

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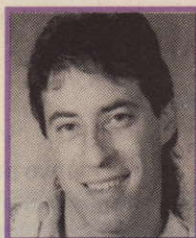
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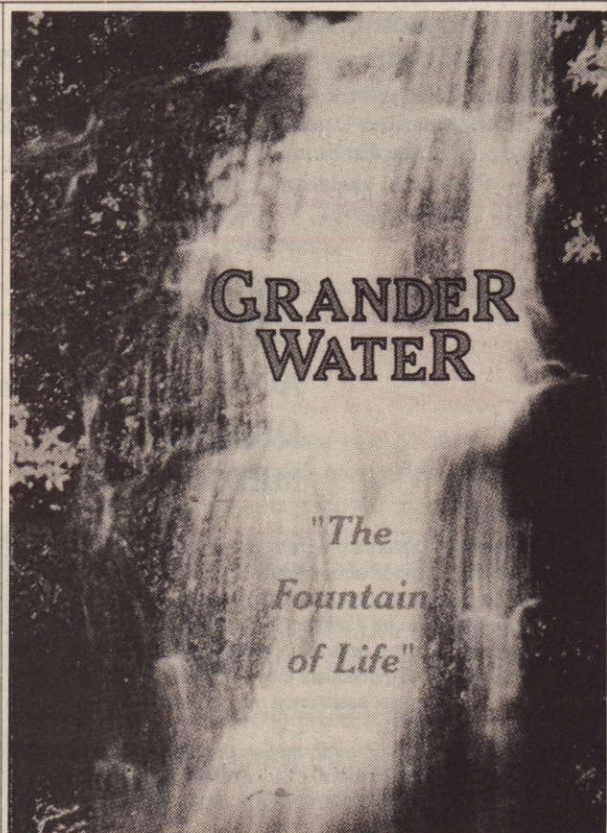
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Whiplash and

You may wonder what the connection is between these two problems; actually they both are caused by cranial base compression. In my practice using soft and gentle approaches of Ortho-Bionomy and CranioSacral Therapy, I address whiplash frequently, since about 90% of my clientele suffer from this, from three weeks to over 80 years of age.

What is cranial base compression and what are its symptoms? It is caused by a jamming of the wedge-shaped first cervical (neck) vertebra (C1; also called the atlas) at the base of the skull between two bumps called the occipital condyles. In doing so, the bony extensions of C1 (transverse processes) push against the jugular vein and three major nerves emerging from the cranial base. So the symptoms may include a generalized congestion of the head, due to the pinched jugular vein. Likewise two of the nerves go to the muscles of the jaw, neck and shoulders, causing them to be constantly contracted and producing pain such as TMJ (tempomandibular joint or jaw). The third nerve is the vagus, which goes to all the major organs of the body: heart, lungs, liver, kidneys, stomach and intestines. When this nerve is pinched, people feel 'colicky'; this is also what baby colic is.

To get a compressed cranial base, you need not necessarily have been in a car accident or had some birth trauma. Other accidents where someone has fallen can produce whiplash symptoms. A common injury causing these symptoms is falling hard on your behind, especially hitting your tailbone. I got whiplash as the result of a riding accident. The structural and nervous problems are described above; there can also be soft tissue distortion, especially of the cranial membranes and the dural tube. The brain, with its two hemispheres, is surrounded by cranial membranes; there is a vertical component called the falx which attaches behind the bridge of the nose, going up to the top of the head and around to the base of the head, just like an internal Mohawk; the horizontal component, called the tentorium, runs between the temporal bones, which house the inner ears. The dural tube is the extension of these membranes over the spinal cord, going all the way down to the tailbone at the base of the spine. It is attached along the spine at the second neck vertebra (C2), at the top of the sacrum in the pelvis and in the tailbone. Whenever there is a cranial base imbalance, the dural tube acts like a pulley system and produces a pelvic imbalance to "balance" out the body. Therefore whiplash is frequently associated with sacroiliac and pelvic pain.

When I deal with a client's whiplash, I address both the neck and pelvis; only dealing with one end of the dural tube can result in a recurrence of the problem. The techniques used are derived from Osteopathy and are extremely gentle, following the tissues affected, positioning the body so that spontaneous release of tension is facilitated. I check leg length, indicative of pelvic imbalance due to a contracted psoas muscle (the muscle runs between the bottom of the rib cage and the head of the femur, or thigh bone); if contracted, this is released. The lumbar (lower back) vertebrae are released, rotation of the ilia (hipbones) corrected and the sacrum and tailbone balanced. Very gentle traction (5 g. or the weight of a nickel) is used on

Baby Colic

the lower spine. For some individuals the front of the pelvis is also unbalanced at the pubic symphysis. To release the neck portion of whiplash, the upper rib cage around the collarbones is brought to balance. There is also a small hyoid bone (attached to muscles of the tongue, jaw and neck) above the voice box which is balanced. Next cranio base compression is addressed, using whatever approach feels good to the client; this work is done within the comfort zone of the client. Once this is released, the client feels much relief of the head, jaw, neck, shoulder and pelvic discomfort.

Some individuals, especially those who have had their injuries some time ago, have compensations elsewhere in their bodies. One area which may be compromised is the cranium, consisting of 17 bones joined by sutures that can move. The cranium has a rhythm of movement (craniosacral rhythm), which expands and contracts about 6-12 times each minute. When an area has jammed sutures, there is discomfort. Common complaints associated with cranial distortion are visual and auditory (hearing) disturbances, facial numbness, tinnitus (ringing in the ears), poor memory, headache and congestion, poor balance and TMJ, to name a few. Very gentle cranial work, using less than 5 g. of pressure, can address sutural restrictions and rebalance the cranium, so that it moves properly and without pain. Another area where people may experience problems is the throat, with gagging being common; the neck muscles of these individuals often are pulled or twisted around their neck vertebrae. Releasing the muscles alleviates or removes the problem. Nausea also may occur as a result of the vagus nerve being pinched or due to the pulling of a ligament running between the bottom of the esophagus and a lower rib vertebrae (T10); addressing these areas through releasing the ligament stops the nausea.

The sooner a person receives attention for such complaints, the more readily they heal. When seen within one to two weeks of an accident, the client may only need a few sessions to correct whiplash complaints. When left for longer, a series of sessions is usually needed, dependent upon the length of time elapsed and the severity of the injury. Usually after the first session, the client feels considerable relief, even if further sessions are needed.

Infants are worked with very gently, using under 5g of pressure. Often just having hands on is enough for their bodies to unwind tension on its own. An infant who experienced a very traumatic birth and/or who has bad colic, may need the work to be repeated later. After a session, parents usually report that the baby slept very soundly for some time and experienced far less or no colic. (Even adults feel tired after such work.) If only I had known of this work when I had my firstborn, who was very colicky!

Cassie combines Ortho-Bionomy, CranioSacral Therapy, Therapeutic Touch, Reiki, Zero Balancing and Visceral Manipulation.

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Friday evening speaker on March 8.

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CALENDAR

February 9

Singing Crystal Bowls

Salmon Arm, p.8

February 9, 10 & 11

Channelling with Craig Russel

Vernon & Kelowna, p.2

February 12

Acupressure Certified 766-4049

Nuthery Institute • class in Penticton

February 13 or 16

Reflexology Classes

Westbank, p. 17

February 16, 17 & 18

Expanding into Greatness

Kelowna, p. 10

February 18

Introduction to Meditation

Kelowna, p. 5

February 23

Singing Crystal Bowls

Kamloops, p. 08

Pranic Healing

Vernon, p. 3

February 23,24 & 25

Children's & Adult Reiki Classes

Penticton, p. 16

February 27

Wholebody Reflexology Certified

766-4049 Nuthery Institute Kelowna

March 1 & 2

Reiki Level I

Nuthery Institute Kelowna 766-4049

March 2

International Women's Day Festivities

Penticton, p. 31

March 3

Reiki Level II

Nuthery Institute Kelowna 766-4049

March 06

Acupressure Certified

Nuthery Institute Kelowna 766-4049

Listening Hands Therapy Introduction

Penticton, p. 27

March 07 & 28

Listening Hands Therapy Introduction

Kelowna, p. 27

March 9 & 10

Integrated Body Therapy Workshop

Penticton, p. 17

March 15-17

Spiritual Intensive

with Cheryl, Kelowna, p. 5

March 18-23

Colon Therapy Certification Classes

Penticton, p. 20

March 22-24

The Spirit in Men's Lives

Vancouver, p. 3

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ONGOING EVENTS

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Drop in Meditation, Kelowna 7 pm 763-2657

LAST WEDNESDAY of every month 7:30 pm.
Kelowna Parapsychology Assoc. presents an
evening speaker. Ph. Ingrid for details 769-6089

Kelowna Meditational Use of Colours and
Sound of the Seven and the Twelve Rays with
Troy Lenard 768-9386 Drop in \$10 7-9pm

THURSDAYS

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

SUNDAY CELEBRATION an inspirational
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Kelowna Sunday 11- Noon - **763-8588**
Sarson's Senior Citizens' Activity Centre

Kelowna 11 am at Crystal Vision Ctr: 763-2657

Kamloops: Sunday 11- 12:30, **372-8071**
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Holistic Healing Centre

254 Ellis St, Penticton, BC

☎ 492-5371

ONGOING PROGRAMS

Sunday Celebration .. 1st Sunday of month with Don McGinnis, 11-Noon...donation (Feb. 4 & March 3)

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

Tuesdays - Developing Auric Vision with Troy Lenard... 7-9 pm... \$10 per class.. drop-ins welcome

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

Basic 18 Form Tai Chi & Qi Gong with Marlana 6:30 - 7:30 pm ... \$25 for 4 classes.

Silent Meditation... 9:30 am

Thursdays Iyengar Style Yoga with Tom King
Beginners 6:30 - 8:00 pm ... Advanced 8 - 9:30 pm
\$75 for 10 classes or \$10 drop-in.

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WORKSHOPS & EXTRAS

Feb. 10 - **Creative Changes** with Wynn, 10 am to 1 pm • \$20
Crystal Singing Bowls, 7:30 - 9:30 pm • \$15

Feb. 23, 24 & 25 - **Reiki for Children & Adults**

March 9 & 10 - **Integrated Body Therapy** with Cassie Benell

Friday Evening Speaker Series

starts at 7:30 pm ~ \$5

February 2 ... is cancelled

Weekend exchange of bodywork ... for healers only.

February 9 ... Wynn Jamieson

Creative Changes • Stop wallowing in the mud and see the sun through the clouds. "Shit or get off the pot." How to tap into the power within and find the answers to stay happy. Self-hypnosis and visualization exercises. Wksp. Saturday.

February 16 ... Anne Twidle

Astrology • Understand the potential for transformation symbolized by the cycles of planets. Intense periods of growth can be triggered by the transiting planets. Understand the gifts and their meaning can help us to relax a little during the critical periods of self examination.

February 23 ... Michael Pelsner

Hellerwork • Inhibited range of motion, physical deterioration and problems associated with aging may be due to old injuries or unconscious inefficient movement habits. Chronic pain may be due to structural imbalances. Demonstration with time for questions.

March 1 ... **No Speaker** we are on the road doing distribution.

March 8 ... Cassie Benell

Integrated Body Therapy • A demonstration of osteopathic techniques to release the spine, rib cage and the pelvis. Gentle therapy to softly address structural restrictions. These gentle non-invasive techniques complement other approaches.

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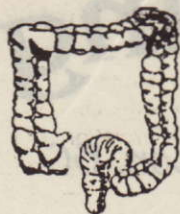
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FREEING YOUR HEART TO LOVE

by Dane Purschke

Love is the life force of the Creator and the Consciousness of GOD. Each of us is a piece of God, a spark of God, and we each carry within us the same life force as does God. At the center of our Being is the energy we all know as LOVE. The heart chakra is the spiritual center of this love energy in our body.

Though each of us was created as a Spiritual or Light Being, we have chosen to be born into humanity in order to have a human experience, and while we are in our physical bodies we know and experience what it means to live when love is entirely lacking. Even in the womb the unborn can experience rejection by its parents. After being born, babies and young children experience physical and emotional abuse. This begins the denial of the Self as being lovable. Instead, the child learns to live with shame and judges itself to be worthless, even bad, or as a burden to others. As the abuse continues the child learns to live with fear, with guilt and sadness, with loneliness and anger. All of these judgments about itself are a form of denial of the goodness that God has made. Many people know themselves as only a miserable human rather than a child of God whose essence and nature is Love.

While working with clients I have found that everyone has a wounded child inside that has been abused in some way. It manifests as repressed feelings of hatred for and anger at the parents for their mistreatment. It manifests as a lack of self-worth so that the person feels unworthy and undeserving, both of which prevent the person from either receiving or giving love. We have hit bottom when we believe that we are unlovable. It can also manifest as fear of abandonment or that one's sexuality is a cause for shame and for fear. It can manifest as innocent victim energy that sees life as fearful, unfair and overpowering. These are only a few of the negative judgments about life that effectively shut down one's heart center.

Freeing the heart to love is all about facing the ways that we have learned to deny ourselves. This can be done by recalling the incidents of our upbringing when we began to doubt our innate goodness. If painful memories spontaneously come to the surface, it is because they are longing to be dealt with and to be let go. The negativity associated with these memories needs to be released and they should not be ignored or repressed again into the subconscious. As each memory is dealt with and released the person is freed to forgive themselves and others. Most important of all, the person is freed to begin to truly love themselves and others. We all have need to clear our emotional bodies of what prevents the heart center from living and expressing unconditional love. But first we must give ourselves the dignity of our own self-love.

The greatest gift we can ever give ourselves is to free our hearts to love. What ever help we need to do this and whatever therapy we choose, know that we deserve every effort we make and are worth whatever the cost. Others have training to help us but we are the only ones who can open the dams that block the flow of love in our daily experience. The same love that beats in the heart of the Creator longs to be given the freedom to express in our own.

Dear Towards Awareness:

It is the beginning of a new year and I feel unhappy and discouraged as I confront the circumstances of my life. Other people seem to be welcoming the chance to begin again but I simply don't have the energy for it. There is nothing really wrong with my life, it could be a lot worse, but I dread the effort it would take to really change the things I am upset about. How do other people maintain their enthusiasm when it's easy for me to see that their lives are really no better than mine?

Answer: The Christmas holiday season is a difficult one for many persons. We confront the disparity between what the advertising media would convince us is the ideal - the happy vision of family, friends and home along with material success - with the reality of our lives. Sometimes it's tough coping with the feelings this brings up. Most people do not have ideal lives. Once we become a certain age, our life includes a fair measure of disappointments and regrets. Whether or not we face a new beginning with optimism largely depends on how we view our experiences. We either place them in perspective where we receive the learning they provided, or we become attached to guilt and resentment. Nothing sabotages our capacity for happiness better than unresolved disappointment. It destroys our enthusiasm for life.

Depression is common at this time of year. Discouragement arises from the part of our mind that harbours death thoughts. For the most part we remain unaware of these thoughts because we do a good job of suppressing them. We all have them even if they remain largely unconscious. Having death thoughts does not mean planning to act on them. Often death thoughts come in disguise and are experienced as thinking life is overwhelming, too difficult, or impossible to change. Death thoughts come up for us when we feel like quitting or giving up or when we feel like time is running out.

We can not undo the past but there is great forgiveness possible as we allow ourselves to recognize the blessings in our life. It is possible to receive the perfection of what our lives hold so we can move on. Louise Hay states that our power is in the present. As you say, there is nothing really wrong in your life. Gently redirect your mind. Write down all the ways in which your life works. Spend some time thinking about what you want this year and make reasonable goals. Remember that what we focus on expands. Let your New Year resolution be that you will embrace your life with gratitude. Practise

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Towards Awareness... is written by Anne Twidle a personal growth consultant. If you have a question you would like answered please write to ISSUES Magazine, 254 Ellis St., Penticton, BC, V2A 4L6. If you would like a personal answer, please include a self addressed stamped envelope.



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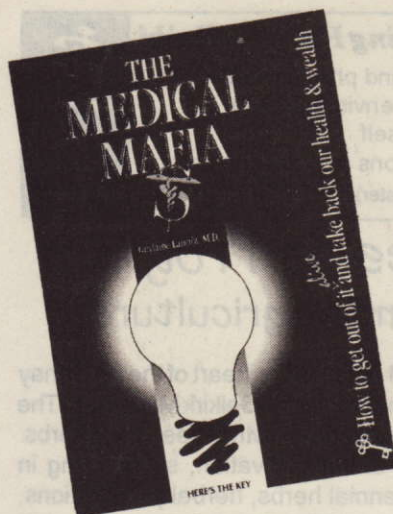


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Book Review

by Jan Stickney



Dr. Lanctôt's knowledge of the medical system comes from practising in the field of phlebology (treatment of vein disorders) for almost 20 years in Canada, France and the United States. To better understand why certain illnesses are untreatable, why some people recovered and others did not, Dr. Lanctôt listened to her patients, then studied alternative therapies. She *"discovered a whole other parallel world medicine, which gives results that are often incredibly positive."* She also discovered *"the existence and importance of that which we cannot see. We are vibrant bodies of energy and the frequency of these vibrations determines the state of our health."*

We are spiritual beings, souls with visible (physical) and invisible (ethereal, emotional, mental and spiritual) bodies. To treat physical symptoms only with drugs or surgery does not give us a chance to investigate the source of the illness. Drugs have side effects requiring more drugs to alleviate the symptoms while making huge profits for the pharmaceutical companies at the expense of patients' health. Our medical system does not promote preventative health care but limits our coverage to medical doctors, hospital services and drugs. It does not support the alternative therapies even though they are less intrusive and have few if any side effects. Doctors encouraging the use of alternatives are harassed, penalized or have their licenses revoked. Dr. Lanctôt is currently defending herself in Quebec where the Quebec College of Physicians and Surgeons has initiated disciplinary hearings.

I felt rage as I read Dr. Lanctôt's chapter on vaccinations and the complications she has learned of over the years. Everything from allergies, fever, infections, autism and mental problems to the long term effects such as weakening the immune system, leukaemia, cancer, AIDS, lupus and the list goes on. I did not know that vaccines were harmful nor did I question the use of them when my children were small.

As a general rule, trauma, emergencies, and acute illnesses require treatment by doctors. Once the crisis has passed, aggressive treatments should be stopped. Scientific medicine and technology will always have its place. At the same time, however, we must realize it has its limits. Surgery and drugs should only be used when it is not possible to treat patients by other methods. We can encourage our doctors to learn about alternative therapies by sharing our success stories and encouraging them to support us as we continue our search for healing, be it emotional, spiritual, or physical.

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Swami Sivananda Radha



One of the world's most respected spiritual teachers died peacefully at her home on November 30 at age 84. Well known for spreading knowledge of Yoga across the western world, she had taught and lectured widely for over 40 years, publishing books and establishing teaching centres in Canada, the United States, Mexico and Europe.

Swami Radha was among the first Western women to become a swami - a pioneer in the work of bringing yoga into the mainstream of North American life. She was initiated into the sacred order of Sanyas in Rishikesh, India, in 1956. In that same year she returned to the West and dedicated herself to fulfilling her guru's request to interpret and update the ancient teachings of Yoga for the Western mind. Over the next 40 years she became widely known through her writing, lectured, teaching and workshops. In 1963 she established the teaching centre for her work, Yasodhara Ashram at Kootenay Bay, BC. The Ashram is one of the longest established yoga reaching communities in North America.

In addition to the Ashram, Swami Radha established the Association for the Development of Human Potential [ADHP] in the United States, and a network of centres called Radha Houses in various cities throughout North America, Mexico and England.

In response to the continuing demand for her teachings, her Ashram is currently completing a beautiful new teaching complex called Mandala House. The building is part of the planning for the future that has characterized so much of Swami Radha's work. The Ashram's Temple of Divine Light overlooking beautiful Kootenay Lake, was officially opened in 1992. Swami Radha's vision for the temple first came to her in a childhood dream. She had always seen it as a special place where people of all faiths could come and celebrate the Light common to all religions. With her passing it is very likely that many more will want to do the same.

For more information phone the Yasodhara Ashram at Kootenay Bay, BC, 604-277-9224 Fax: 604-227-9494



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Penticton's Holistic Healing Centre
254 Ellis Street
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with

Dawn Schaefer & Angèle Rowe



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 - ✓ Learn to sprout grains and make juices and their benefits.

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Dawn is a licensed acupuncturist and nutritional counsellor in the Chinese Five Element Theory. Ten years of experience working in clinic conditions in California.

Angèle has been involved for many years in understanding alternative ways to get well. Publisher of Issues and partner in the Holistic Healing Centre.

Together they will teach you everything you wanted to know about wellness and didn't know if it really worked.



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THE ROLE OF CANADA'S PEOPLE

all-inclusive, in the process of humanity's spiritual awakening

by Marion VanGodoever

Last summer a paper came from Dr. Norma J. Milanovich in Albuquerque, NM, likening Canada to a child at rest, a child who knows not its power and potential. Pointed out was that this country harbours some of the most pristine land on the globe and is home to both old souls and young -- a combination with the potential of perfect balance; old and new, left and right, yin and yang. This is rare.

The joyful news is that a subtle shift in consciousness took place last year in the hearts, minds and wills of many people in Canada. The resulting surge of energy, which we might call energy of the spiritual 'will-to-good', 'jumped' via the North Pole to Russia to begin in the other half of the world once again the process of 'goodwill amongst women and men.'

"Canada's role is key for the success of the world plan." And "As Canada's old souls work to balance their inner

worlds now, so shall the world and mass consciousness benefit from this process.... This process will take until approximately July 18, '96, when the new form of life that is being created will be formed. The world shall see the results of this process in many ways and forms." Some of the practical results shall be: "each will gaze upon Earth's sacred land from a higher perspective." Mutual interdependence shall be recognized as real. Answers will come destined to assist many people on "how to shed the differences and align with similarities." New patterns for teamwork, planning, sharing and worshipping.

Therefore "Stay centered! Stay silent! Be still! See through the illusions around and know that, in doing so, you shall carry the higher thought forms of the Divine in a manner befitting the mission, the task."

THE SEVEN DAYS THAT CHANGED MY LIFE

The Hoffman Quadrinity Process

by Ocean

After five years of extensive personal work including rebirthing, affirmations, past lives, body work, meditation, yoga, innerchild healing, psychotherapy and marriage counselling, I still felt fragmented. Some parts of my life were great; I felt open, expansive, loving and in my power. But there were other areas of my life that were shallow, empty and fraught with pain. Even though I was aware of my patterns and self-defeating behaviours, I couldn't transcend them. My awareness and intellect were not enough to create the changes I needed.

I was drawn to the Hoffman Quadrinity Process because it was recommended by John Bradshaw. The Process addressed and worked with the four aspects of self-- the body, intellect, emotions and spirit. The aim of the process is for your emotional child to heal and grow up into a loving adult; for your intellect to become your ally rather than your critic and to align your emotions and intellect to the service of your spiritual self. The integrated trinity is then housed in the physical body. It sounded great, I was hoping the Hoffman Quadrinity Process would take me to the next level of healing and growth I yearned for.

The Process was more than I ever imagined. It was an intense week of removing the barriers around my heart. It was a week of surrendering to the joy and pain of love. I have never laughed and cried so much in my life!

At times, it was very hard work. The journey to wholeness began with my unresolved grief, anger and pain. Through a series of exercises I was able to get in touch with these suppressed emotions and release them. It was a thorough purge of the emotional baggage I had carried in my body and psyche for years.

From this point of emptying, the next step was to whole heartedly forgive and have compassion for my mother and father. Before the Process, forgiveness

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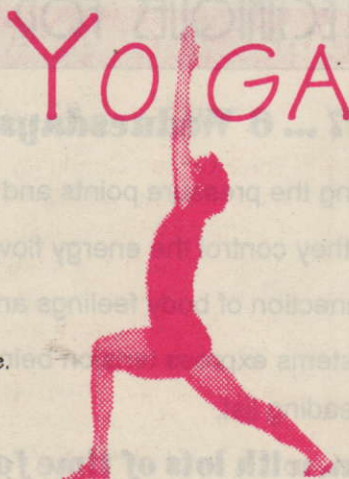
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was only an intellectual concept because I was still an angry emotional child. With the help of some brilliant techniques, I experienced deep in my heart, that my parents were innocent and merely victims of victims. I was able to reach a new level of forgiveness and compassion for them.

The implications of this first stage of healing were staggering. I had freed myself from unresolved anger, experienced deep forgiveness and compassion and more importantly I put an end to the emotional pain that had been handed down from generation to generation. My children would not be victims of a victim. I felt emancipated!! It was only day four - what was to come?

Quite naturally, the Process began to focus on who I really was - a unique spark of divinity. I journeyed to deepen my connection to my spiritual self; the part of me that is whole, complete, intuitive, creative and in harmony with the universe. As I listened to my awakened heart new levels of joy, laughter, excitement and innocence emerged. I experienced deep love, compassion and forgiveness for myself.

From this space of infinite love, time was spent visioning; what would life look like if it were an expression of my heart and soul? If I could have life any way I wanted it, what would that be? I directed the energies of my new-found self to fuel my vision.

I left the process completely exhilarated and literally a new person.

Within six months of completing the Process my relations with my children, spouse and parents improved dramatically. I created a job that I loved and my finances increased substantially. I discovered a part of me that is fundamental to who I am and that is to dance. I was able to manage life's ups and downs using the tools I learned from the Process. I felt more alive and accepting.

Two and one half years later. The Process is still alive for me. The visioning I did during that week is manifesting in my life!! Some of my deepest dreams are coming true. I am experiencing life as a vast and mysterious process and loving it. I learn my lessons more quickly and my growth continues.

During those seven days I reclaimed my life. I am forever grateful for the Hoffman Quadrinity Process.

see ad to the right



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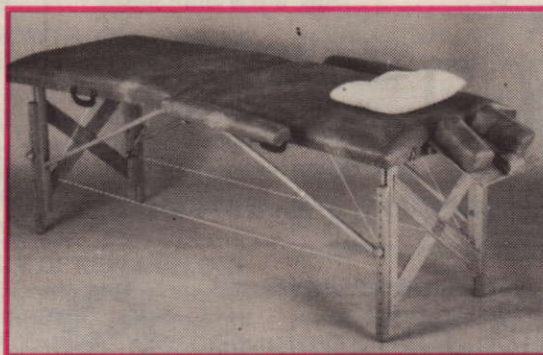
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THE DINNER BOX

by Don McGinnis

I learned at an early age to lie and hide. I sacrificed my integrity in order to be loved, believing also that lying and hiding were loving. At times, this pattern of self-annihilation seems so integral, so sedative and comfortable, that I wonder if I will ever overcome the desire to retreat and wear a mask. I became for my parents the perfect son, the son who could do no wrong, their golden boy, the gifted one. Their hopes rested on me, and rested heavily. In me, everything unlike the perfect son went into hiding. Mistakes were denied or not seen or seen as a sign of my inventiveness or creativity. I could do no wrong. I was, also, for my parents the counsellor, the listener, the wise and knowing one. I wanted to end my life at twelve years old. What could possibly be wrong with me? Why did I hate my parents so much when they thought so much of me? I retreated into an imaginary, occult world and fantasized about deified, glorified death. I grew up to know what people wanted me to be, do and say. Whenever the impulse came to look at my own wants, I felt guilty.

One of the strangest, saddest and perhaps most telling incidents of my life occurred a few days prior to a suicide attempt 15 years ago. The suicide attempt dramatically changed my life, however, this is another story.

I was living in a tiny, one room apartment in a beautiful old house in East Vancouver. Cramped into the room were my bedroom, living room and art studio. I was a starving artist and at that time my artwork was becoming very dark and strange and therefore not terribly saleable. Besides, I had trouble wanting anything of mine visible, which made it extremely difficult to be successful. My room was full of macabre images, amongst which was a very heavy green and black wooden mask that I had placed over the head of a life-sized human figure, fashioned from paper maché and chickenwire. I had dressed the figure in my own "perfect son" clothes. The paper maché had not adhered to the chicken mesh well, the figure was painted garishly. It was crumbling, the mask made it top heavy, it could not stand on its own and stood leaning in the corner.

I usually had numerous wine bottles scattered about, My choice of wine: Retsina. Its bitter taste suited me. I hid my drinking to the extent that I seldom took the empties to the trash. Someone might see. My cupboards were overflowing with empty bottles.

I had invited my parents over for dinner. My motives were mixed. I wanted them to see my pain. I wanted to make up for the terrible son I really was. I wanted to confess and confess and accept my punishment which I was sure would result in loss of financial support and loss of love. I wanted to try even harder to make up for my sins, be the good son, to make amends.

As I had no dining room table, I went down to the basement and found an old crate and a large sheet of plywood and brought them upstairs. Before covering the box, I placed inside the paper maché figure and the heavy mask, several "evil" drawings I had made and several empty wine bottles. I used a bedsheet for a tablecloth and pulled together a near matching collection of cutlery. I made, I recall, Veal Parmesan

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é Linguine. It was passably good. We had a good dinner, I was complimented on my cooking. I was complimented on the decor and upon my wonderfulness. Each compliment was like a nail in the coffin-like crate we perched over. My corpse was inside. I was dead. I wanted to confess that I was hateful, enraged, ugly, cruel, monstrous. I felt sinister with the weight of the secret set between us.

I tried to tell them how horrible I was. Of course, they would not hear of it. I saw the fear register on their faces. It was death to tell, and death not to tell. I swallowed my confession, swallowed my pain, swallowed again, my rage and hate and hurt. Ten days later, I cut my throat.

As I write, now, I am filled with deep compassion and forgiveness for myself and for my parents. Together, we created this strange, beautiful masked monster and put it in the box and then dined, as if oblivious.

I am still healing. Through this and within this is a powerful love and desire to serve. My giving comes through uncovering my pain, shame, embarrassment and deception from where it hides, crated between us. My power sits precisely where my wound, my secret is.

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Listening Hands Therapy

by Joan Webb

I came to the Phase I Listening Hands Therapy weekend workshop because I needed Help. I had Wolf Parkinson White syndrome, a heart condition involving arrhythmia, and a life-style that I wanted to change. I was being guided by my Higher Power, and something clicked when I heard about the workshop.

Imagine *healing energy* that can heal, soothe, nurture and transform. That's what I expected, and, four years later I have received that, and so much more! I took two L.H.T. weekend workshops, discovered an affinity for the work, and chose to

practice with others who had taken the workshops in Nelson. We worked with what we had learned, practising the L.H.T. method and I led a guided meditation for grounding.

Kiara Fine moved to Nelson at that time, joined by Diane Laviolette, a gifted healer and teacher. I say the word, *healer* not in any medical sense of the word, but rather as one human being facilitating a process of integrating Higher Mind or Higher Power into the everyday life of our physical reality. This involves a process of surrendering control to *Spirit* and sometimes admitting to the illusions a *personality* type can play games with,

in order to avoid his or her life's work, or life purpose.

After taking the apprenticeship training, which was nine months duration (part time), I staffed at workshops. Last year, the *healing energy* accelerated in my life and I discovered I was blocked from further growth and development by eating disorders. I'm a tough nut to crack. I thank Spirit for L.H.T. guidance from my teachers, and an uncanny series of events leading to my moving to Kelowna where I'm working at *Walking My Talk* through a 12 step program of recovery.

I missed the L.H.T. group, though, but once committed to the work, it has a gentle and pervasive effect in one's life - I stopped being *in my head* - I now have a body-mind, inner child *feelings*, and an earth connection. I believe in Angels. I became more tender and quiet. I want to be connected to other human beings.

To assist my heart disorder, I received a 4 1/2 hour laser treatment 2 years ago at U.B.C. hospital. My heart is normal, thanks to the heart specialists and modern technology. I really believe though, that thanks to the L.H.T. work, I changed my attitude of heartbreak and sadness into one of joy and hope.

There is an upcoming seminar happening in Kelowna, and I hope you can attend. I'll be there, on staff. I'd love to welcome you. To further clarify Kiara and Diane's work, L.H.T. is a therapeutic model that is a powerful catalyst for change and healing. The model transcends barriers and words transforming by means of connecting to Spirit - thereby awakening the student's abilities to access the right use of the Healing Forces. It incorporates a hands-on practice with the human energy field, the chakra system, spiritual development and the experience of personal healing in a safe and gentle environment.

See display ad to the left and on page 11.

Shiatsu: the gentle healing art

by Harold C. Siebert, CST

I moved to Edmonton in the summer of 1993 and received a warm reception. So many people wanted to learn this centuries old healing art that a decision was made to open a Shiatsu school. On September 11 the Zen Shiatsu School was officially opened.

The origins of Shiatsu lie within the roots of Traditional Oriental Medicine, and can be traced to China around 530 B.C. when a Chinese priest introduced a series of exercises for health and sensory control known as Tao-Yinn. These incorporated a system of both self massage and rejuvenation. By the tenth century A.D., Chinese medicine had been introduced into Japan. At this time a variety of massage types known collectively as Anma and Tao-Yinn would combine to loosely resemble present day Shiatsu. Traditionally Anma was reduced to treating simple muscular tension. However there existed many Anma therapists who based their work on the original theory and who coined the name Shiatsu. This took place in the early part of this century and in the mid 1950's the Japanese government recognized Shiatsu as a legitimate form of therapy.

Shiatsu technique involves pressure being applied through the hands, thumbs, fingers, forearms, knees and feet. There is also stretching, holding and leaning of body weight onto the recipient's body to improve energy flow, blood circulation and flexibility. Treatment is focused along specific pathways of bodily energy called meridians. This energy is known as Ki and is the life force which sustains the activity of the body, mind and spirit. The word Shiatsu means finger pressure and to be effective as a treatment, needs to be applied with sensitivity in order to feel and influence in a positive way the quality of vitality within the recipient. Shiatsu, then, which is both caring and supportive, acts to tonify and correct the flow of Ki, thereby helping to restore vitality and prevent disease. Truly accurate Shiatsu therapy depends on the practitioner's understanding of Traditional Oriental Medicine and diagnostic skills. This gives the therapist confidence and sensitivity to deal with chronic and acute disorders.

Harold Siebert owns the Zen Shiatsu Clinic and School in Edmonton and his phone number is in the NYPages under Education.

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S.A.D.

by
Heather Cahill

Animals react to the changing seasons with changes in mood and behaviour. Human beings are no exception. Most people find that they eat and sleep slightly more in winter and dislike dark mornings and short days. For some, however, symptoms are severe enough to disrupt their lives and cause considerable distress. These people are suffering from S.A.D.

Seasonal Affective Disorder affects those who live in regions deprived of light, and women more than men. The problem stems from the lack of bright light in the brain chemistry. It is not a psychosomatic or imaginary illness and it is now recognised as a legitimate illness.

Natural methods of treatment include being in a bright climate where there is sunshine or snow. Artificial means include light boxes and indoor tanning facilities.

As an aromatherapist I have experimented with various essential oils and have found them to be beneficial. In general, the SAD sufferer should take time for themselves, get adequate exercise and take a holistic approach to dealing with the symptoms. Not a lot is known about SAD so your G.P. may not be knowledgeable about the illness. It is advisable to consult your doctor to rule out clinical depression which has similar symptoms. If you think you have SAD, you are not alone, and there is hope. Talk to someone who suffers because it is easy to think that you are the only person who could be feeling this way. It took me years of misery each winter to find out what my problem was. Now that I am familiar with the symptoms, I know I am not going crazy but just lacking sunlight, and I head to the tanning studio and give myself an Aromatherapy treatment. It is amazing how quickly my spirits pick up.

Heather's ad is on page 31... call her for an informational package.

RACE RELATIONS

by Henry Michel, En'owkin Race Relations Coordinator

At best race relations programming is often an appeal to the public to be more tolerant of the people of color or those of a less economic status than ourselves. It's the time of year when we take the few hours from our busy schedules to acknowledge those (usually ethnics) who have not climbed to the same social rung as we the general public. Race relations programs are seen in the narrow two-dimensional perspective of "us and them"

The challenge of the concept of race relations is the challenge to understand the human dynamic. It is the challenge to break from the two-dimensional view of living for convenience into the complexity of discovering the human spirit to survive. It is the challenge to look deeply inside the self. To look beyond the anger, the fear, the shame, the guilt, or the abandonment and to see the person sitting across from you as a free human spirit. A challenge for two equal gifts of creation, you and the person across from you, to see the self and the other in their human dynamic with a living past, a living present, and a living future. Race relations is the challenge for truth and understanding in human interaction. It requires a journey inside to enable the human spirit to emerge. It is the challenge of commitment to all that is living for the sake of real living.

For aboriginal people race relations in its real sense is difficult. Racism is an ugly pest experienced since childhood. For me, I remember the beatings from the angry teacher as she screamed "dirty Indian," "filthy savage," and "lousy pagan." I remember the rock fight we had walking home after school with white public school students whose bus broke down while driving through the "Res." I remember fighting a teammate naked in the shower room after a horrible basketball game. All these memories well up inside me as rage, shame, and guilt daily. These memories plagued my ambitions, my career, my relationships until I decided to do something about them. Now it is easy for me to understand how difficult it is for aboriginal people to buy into the concept of race relations. Yet it is as necessary to our survival as it is necessary for the survival of all living things. After all what exactly do we wish that our children will inherit. Certainly not the legacy of pain of this racist and oppressive society.

What I find out when I am able to uncloak the shroud of oppression is that oppression and racism has no ethical or ethnic boundaries. Poor are poor, oppressed are oppressed regardless of color or creed. Racism and oppression reach deeply into every level of society for the selfish convenience of power and control. We are all victims of the great lie that consumption as opposed to conservation is the only solution to self-preservation. Consume now, we are told in this lie, because if you don't consume someone else will consume instead of you. The result of living this great lie is boundaries and barriers. Color, class, age, sex have all become barriers to basic human interaction. However, perhaps we the oppressed should at least feel comfort in the fact that even though we are the down trodden, at least we have been considered. For what consideration has been given to all those species of forest life and water life that have been so severely victimized by the onslaught of the great lie. Generations of forest land, whole species of fur bearing, tusk bearing, flesh bearing species have been wiped off the face of the earth for the sake of the great lie. Oceans of air and water have also fallen victim. So destructive is the thinking that drives this corporate lie that the very existence of every living creature on this earth hangs precariously on the



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
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margin of decision. The decision of human interaction. Is it thinkable that our children's children should enjoy a drink of fresh cold spring water? The thinking of today's consumptive society will certainly deny them that pleasure that we can still take for granted today.

I feel that the age of racism -- as is the age of sexism, classism, and all other 'isms -- is over. There is no other choice if we are to survive. If our children's children are to have any promise of the earth's wonderful gifts. All these 'isms have been exposed as the tools of the selfish, tools of the power hungry, tools of the oppressive. We only now have to face the commitment to make the necessary value changes. And it is the economics of environmental disaster and resource depletion that is quickly levelling the playing field. We are past the stage where some technological fix can be touted as a pie in the sky solution for the environmental disaster we exist in. Basic human survival is what we have to look forward to, and the real challenge is what level of human interaction that we approach this reality with. If we continue to face this age of resource exhaustion and environmental instability with the same convenient selfish oppressive power grab, our human existence will be short-lived.

The challenge for survival is understanding. It is the challenge to relate to all that is living for the very essential elements of life. It is the challenge to shift away from the values of the individual intellect and embrace the values of the human spirit for living. Freedom and strength is not encrusted in economic and political power as we have been led to believe. Human strength has no dollar value. Freedom and strength are gifts of creation, they are gifts of life that emerge from our human interaction and seeking of truth. Race relations is the dynamic of understanding the essence of the human spirit. 

HELLERWORK

an 'in the body' experience

by Marcel Campbell



Some days are better than others. In fact some days are terrific - opportunities are dropped in your lap. Like the day I was offered some Hellerwork sessions in return for writing about my experience. Soon after, I was on the phone making my first appointment with the friendly voice of Michael Pelser, a Hellerwork practitioner in Penticton.

Upon arriving for my first session, I was greeted by a gentle, caring man who made me feel very comfortable with his sincere and easy manner. We began with a questionnaire; a starting point from which we could evaluate progress through the sessions. Then Michael scanned my body with a trained eye to determine where it was out of alignment. This can be done in underwear or a two piece bathing suit, which is left on during massage. By observing all the ways that I hold my body in unnatural positions, he can determine how to work on my muscles, during a deep tissue massage, to allow my body to fall back into the proper alignment.

The first session had the theme of "Inspiration" and the related process of breathing, so the massage was on the chest and back to open the breathing and align the rib cage. During this time we discussed Inspiration [drawing in spirit] and how it is directly affected by breathing and drawing in Life Force. After the massage we talked about the proper way to walk, sit and stand and he gave me a walking exercise to practice. I was also given a booklet; information about what was being dealt with in each session, and I was asked to make notes on any dreams I might have before the next session.

"Standing on your own two feet" was the theme of the second session and after a brief scan of my body we got right down to business with a deep tissue massage of my feet and legs. Some areas of this massage were a little painful but it felt good because it seemed like deep tensions that had been there for years were being stirred up and released. During the next couple of days I was really tired because of the toxins that had been released into my system and I needed extra rest while they were being eliminated. In this session we talked

about issues of standing on your own two feet, security and self support. Also some more discussion and instruction for standing, sitting, walking and proper posture.

During recent years I have been doing a breathing relaxation exercise with my spine flat on the floor. This has made me quite aware of twists and warps in my body. After this session I was able to notice some relaxation of the tight spots that keep my body from falling into good alignment. I also had some dreams to discuss with Michael next time.

***It felt good
because it seemed
like deep tensions that had
been there for years were
being stirred up and
released.***

Session three was very unique for me. I have had several massages in the past but none of the therapists have ever massaged the sides of my body. In this session, which dealt with issues of "Reaching out," I received a deep massage of each side of my body including legs and shoulders. I knew something was shifting when it was necessary to spend quite a lot of time to release my right hip. A childhood memory came into my mind at this time, in which I had been teased and humiliated. It seemed natural to restructure the memory right there and then into one in which I stood my ground and held my power. I discussed this with Michael and felt more understanding and release of the issue. I had a better understanding too of how emotional trauma can be held in the body and keep repeating its patterns until it is acknowledged, forgiven and repatterned.

I have another reason for feeling that this session was very powerful for me. I had a nightmare that night - the first I have remembered for many years. It started quite vague and fuzzy then suddenly became very clear. A man was chasing a woman through the jungle. They were in safari clothes, he carried a rifle. He finally caught her. Then she

turned the tables on him. She became quite fiendish and with her eyes blazing red she hissed at him, "So you want to kill me."

Why don't you stick your hand down my throat and choke me?" Then she opened her mouth enormously wide and he stuck his hand down her throat. She immediately bit his hand off and spewed it out. At this point I guess things got a little too frightening for me because I woke up with that scared, horrible feeling one has after a nightmare. When that passed I was left with an extremely intense feeling in my body, kind of like a silent scream. I was able to breath into it and eventually after a couple of hours I felt it release and I was allowed to get a little more sleep. To me a dream like this indicates progress in taking more power in my life which is what I have been working on lately. Michael seems to feel that dreams can be a good indication as to the kinds of shifts that are taking place in your body and in your life due to the release brought about by Hellerwork. It appears that Hellerwork is helping to release some of my patterns of insecurity and dependance.

It seems to me that after only three sessions a lot of progress and realizations have been made so I am eager to continue with this work. I feel everyone could benefit from Hellerwork. When your muscles and fascia (connective tissue) are tension free your body is allowed to release back to its natural alignment. Then your internal organs are no longer squeezed and pushed out of shape and can regain their normal function. Your body's energy and vitality can flow freely because it is no longer being constricted and blocked. I would especially like to encourage athletes to do Hellerwork. When an athlete does physical training with a body that is out of alignment, added stress is put on these areas and pain and injury can result. We make sure the wheels of our cars are properly aligned to avoid unnecessary wear and tear on the tires. Please have the same consideration for your body.

Michael will be at the Holistic Healing Centre as our Friday evening speaker February 23.

See page 19 for details.

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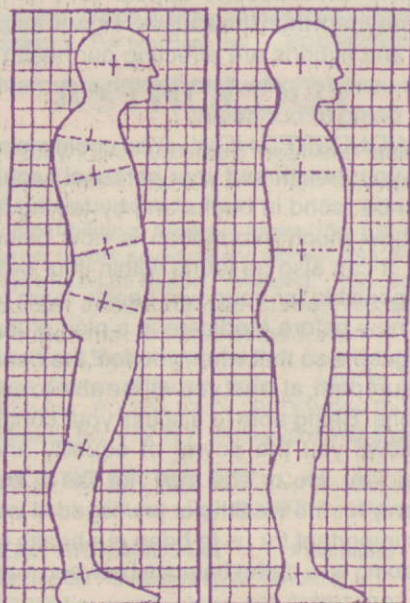
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All this is happening on Saturday, March 2nd, at the Penticton Trade and Convention Centre from 10am - 5pm. The Penticton and Area Women's Centre will be hosting the fourth annual International Women's Day Festival, the largest celebration of it's kind in Canada!

Applications are now available for women wishing to sell crafts, promote their businesses and organizations, or to provide bodywork, alternative therapies or card reading in the very popular *Pamper Yourself Salon*. Community groups and nonprofit organizations are also encouraged to participate. Women clothing designers are also being sought to participate in the Fashion Show.

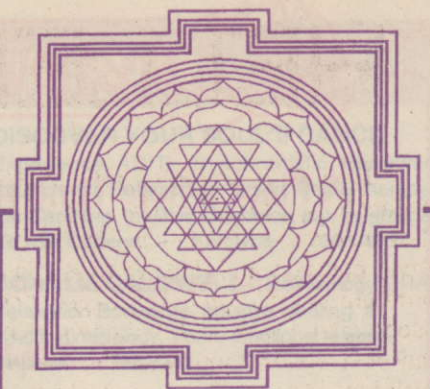
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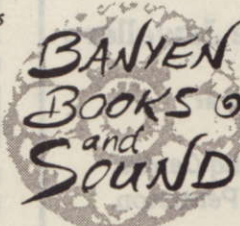
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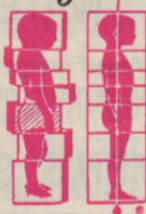
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