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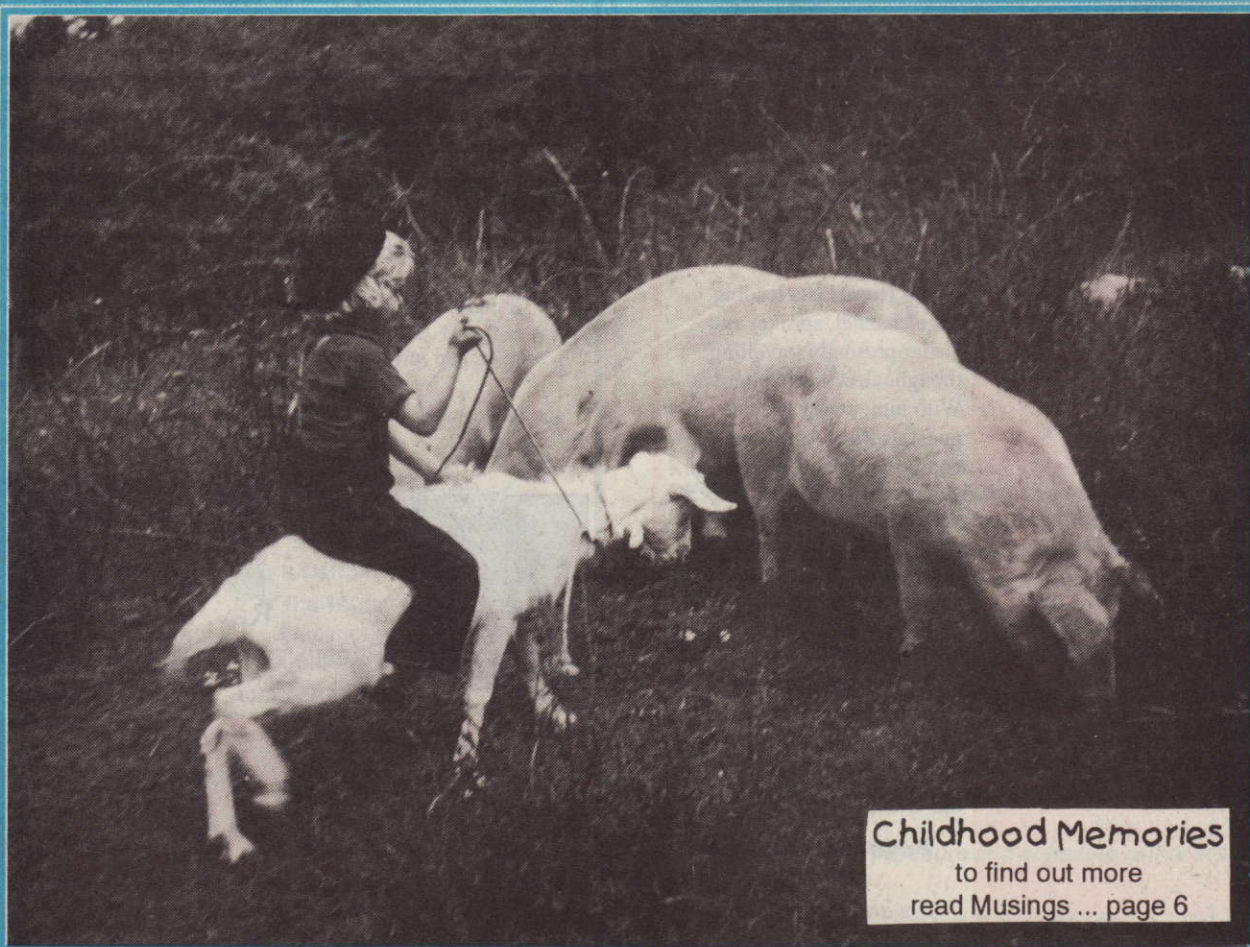
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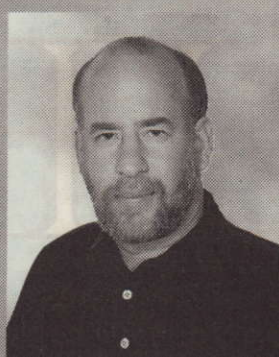
Childhood Memories
to find out more
read Musings ... page 6

March 1996

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Warriors in the Woods

by Harold Merlin Stevens, RPF

Every spring thousands of treeplanters grace our province. They travel to almost every community in B.C. from literally all parts of Canada. For me, seeing these colourful treeplanters strolling through town with their backpacks, complete with planting bags and a shovel, is a sure sign of spring.

I am a Registered Professional Forester and a former owner/manager of one of the larger treeplanting companies in B.C. I am proud to say I have spent at least twenty years of my life working with and around treeplanters. There is a real camaraderie amongst treeplanters, that I have yet to experience anywhere else.

But it is clear to me now that our old ways of doing business just won't cut it in the new millennium. Creative new approaches have to be found for many businesses to survive. It will take a lot more courage, but it's also much more exciting!

In the last few years, I've seen my role unconsciously change from a purely administrative one to more of a leadership one. The traditional manager's role, in my view, is far too narrow. This, I believe restricts or even distorts our ability to see the whole person. To these managers, workers are just the means to completing the job. And most of them use heavy-handed supervision techniques to control job quality.

According to Jack Hawley in his fantastic book *'Reawakening the Spirit in Work'* "the very basis of leadership is spiritual." To Mr. Hawley, and I wholeheartedly agree, "more management just isn't working in today's world. This doesn't mean however, that management is no longer legitimate, noble or needed. In fact, it's all of these and more - we've never been more in need of good solid management. Without good management, organizations simply don't work. However, it does mean that these two roles are quite distinct. Leadership comes from a further, more spiritual place than good management."

An elderly blind lady and a survivor of the holocaust, was once interviewed


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by an insensitive reporter and asked, "What can you imagine that would be worse than being blind?" She paused a moment, then calmly replied, "To be sighted, and yet have no vision."

During my last few years in business, I began to use my vision. I began to see that the growth of our planters as human beings, had to become at least as important to us as the trees we were planting. But my business partner couldn't see the connection. He thinks this spirituality stuff is a lot of nonsense, and has no place in the business world. In my mind though, we had to finally acknowl-

edge the spirit of the workers. As far as I was concerned, we had taken planting quality to the limit using education and training as our tools, and yet something vital was still missing.

After recognizing that I could no longer prostitute myself, I sold my shares in the business. Selling the company I began fourteen years ago was very tough for me. I agonized about this, and I was very sad to see it go. Couldn't I just reform the company, I asked? "You could," came the answer, "but it would destroy you in the process. Better to let it go now." "But," I pleaded, "this is a perfect time for

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me to get out of this crazy business altogether." "You still have unfinished business," came the reply.

Clearly I was being pulled back into treeplanting again by unseen forces. My logical, rational mind protested vehemently, citing financial concerns. It ran me through several 'what if' scenarios designed to scare the daylights out of me. But I knew in my heart that I still loved the work and the excitement that goes along with it. But it was also equally clear that I could no longer play the game by other people's rules. Rules that made

no sense to me. And so I agreed with my beautiful, supportive wife Annette, and my inner voice that I must begin again. "But it's gotta be fun this time, or I'm outta here." I could hear my mind saying.

So Tolemac Forest Care was born. Tolemac is Camelot spelled backwards. I knew that I had to incorporate the timeless values of legendary Camelot into the very foundations of Tolemac. I vowed to myself and my Creator that the people pulled by the energy of Tolemac would be loved and respected for who they are, and not only for what they do.

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First and foremost they would be treated as human BEings and not as human DOings!

Tolemac's challenge then, is to create an 'Oasis of Light in a Sea of Darkness' as Sai Baba once described our mentor company, the Hard Rock Cafe. We also proudly share the same, Love All Serve All motto. It is the highest that I can aspire to in this lifetime personally or professionally. Our growth will come through service to mankind, and the trees we plant will flourish.

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'Childhood Memories'



Photo by Steve Tomlinson

The front cover is a picture of me, a four-and-a-half year old riding my trusty steed. I enjoyed visiting Grandma's, and riding her goat was fun. I was about the right weight so Grandma allowed me to ride her, but my brothers were heavier so they had to ride the pigs, which was much harder, for they squealed as they ran and we usually ended up in the dirt. Living close to animals teaches children the basics of unconditional love.

I remember what a busy year it was for me ... I kept getting throat infections so I had my tonsils taken out, I had one eye set on fire while playing with a smouldering stick and therefore had to get glasses, I lost a few teeth and started school.

I can remember sitting in our station wagon, staring at the building with all the kids running around and wondering, "Is this what I want to do ... leave my Mom and go inside?" Mom talked to me and I got a chance to wander around checking this place out before making my final decision. Soon I was in grade one, the teacher passed out workbooks and showed us how to fill in the pages. At the end of the assignment we were told to turn the workbooks back in without our names on them and I fretted because I realized that I had done ten or twelve pages and I should have only done two or three and wondered if they would know it was me and if I would get in trouble.

I still believed in Santa Claus and didn't understand gift giving. Just before Christmas, Dad took us kids to the department store to buy gifts. I had traded names with a girl in my class. I remember Daddy lifting me high up so I could see the array of toys. I chose a ball and tacks game because that is what I would have wanted. I pleaded with Dad to buy me a set, but he said "No, Christmas is for giving." But I really wanted a ball and jack set, so as soon as Dad turned his head, I shoved a set in my pocket. When we got home I was happy to go to my room and play ... with my new jacks. Sometime later, Dad walked into my room, and since I was so engrossed in my new game I didn't hear him, but I could see the fire in his eyes, and the chase was on. I ran into the bathroom and tried to hide behind the door. I ducked fast as the clothes rack that was hung low for us kids came swinging towards me, almost taking out one of my eyes. I was spanked, and sent to my room to pray that I wouldn't go to hell for stealing. I didn't understand what praying for forgiveness meant but I tried my best. That stimulated my interest in making deals with God but he never seemed to be really listening, so I eventually figured out that he was busy with bigger problems than bothering me.

That spring one of my uncles came to baby-sit us. I didn't like him and pleaded with my Mom to go to Bonnie's, my girlfriend across the road. "He had all of my brothers to take

care of: surely he wouldn't notice me gone" I thought. After Mom left, I phoned Bonnie, who came over to my house and pushed the baby buggy under my bedroom window. I climbed out and into the buggy as she continued to push it to the end of the driveway. I then jumped out and waved good-bye to my uncle, so he wouldn't worry and start a search. We then ran to her house. I learned to figure out what was best for me and if I had a good reason, I usually didn't get punished by Mom.

That summer we had a grand time as we journeyed across the States. We visited the forty-foot statues of Paul Bunyan and Babe in Minnesota, toured the Grand Canyon, and explored some of the caves. As we continued West we got to sleep in the California Red Woods. We visited Aunt Aileen for she had money and could afford to take us Disneyland, Marineland and much more. We then swung North and checked out Canada before heading back to Michigan.

The following year Mom and Dad decided to move to BC, so they bought a school bus and converted it into a home with all of our belongings. They decided they had had enough of city life and wanted to experience roughing it. We drove for most of the summer till we got to the end of the road which was near the Nass Valley and the town of Terrace. Mom bought Betsy, the cow, Granddad wanted pigs to help him root out the weeds so we could plant a garden, and of course, no place would be home without chickens. I enjoyed being responsible for feeding the chickens, especially in the spring when some of the hens sat too long on their eggs and they hatched into baby chicks. Knowing each chicken and its personality was a delight. We brought with us several Siamese cats and Beagle dogs, and I got to help Mom sell the kittens as it was usually a full-time job keeping them in the box.

On Sundays, either Granddad or Dad would make us designer pancakes. We described how we wanted the circles joined together as they poured the batter onto the hot stove top. One cold winter afternoon, Dad took some time off to play with us kids. We got down on all fours and crawled as fast as we could through Dad's open legs as he sat on a chair. The goal was to make it through his legs without getting caught. After my third or fourth time through and having gotten squeezed everytime, I got upset and put my hands on my hips and shouted at Dad: "Don't you know how to play with kids?... You have to let kids win once in a while or we won't play with you." He was speechless as his mouth dropped open and my brother made it through unsqueezed.

Kids live in the here and now ... that is where joy is. When we are young, we haven't yet learned to censor our feelings. We feel and accept whatever comes up. Parents can help us define what we are feeling and can validate our truths. Children like to be challenged and excited about life, and they won't settle for less than one hundred percent. They get lost in whatever they are doing because time doesn't matter. Being in the flow sparks passion, creativity and pleasure and completely captures their imagination and attention. Most five-year olds I know are honest and can easily express their feelings without fear of retribution. They are in tune with their bodies: they take naps when they are tired, they eat when they are hungry, they trust everyone and they have confidence in their own intuition. There is an innocence about what they want to know, a sense of awe when they are looking at the stars, smelling the flowers, or feeling alive in a big world. They are

ISSUES

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improvise when something went wrong.
I learned to persist and to take risks, the
secret being that anything is possible. I
understand that to bring my dreams to
reality I need to put in time exploring the
many options, checking out which ones
work the best. A child's job is to play, to
experiment, to ask lots of questions, to
have spontaneous reactions amid peo-
ple and moments. Children know in-
stinctively how to take time off and relax
once they have achieved their goal so
that the next inspiration can come
through.

By February of each year, I get a
sense of a theme that the universe gives
me to be aware of. Last year, it was about
being supported ... one hundred percent
... and feeling it deep within me. This year
it is about *being five years old*. I know I
will have fun with this one as I learn to let
go of pre-conceived ideas and start re-
membering how I felt as a five-year-old.
I take my orders from the universe very
seriously, so I celebrated everyday for
the month of February. I treated myself to
two Roling sessions, instead of one, a

Polarity and a Jin Shin Do treatment,
some acupuncture, a trip to Vancouver
to have my blood tested (to see if there
are any unwanted poisons leaching from
my teeth into my bloodstream - more
about that in later ISSUES) and focusing
on continuing to improve my eyesight. I
shall continue cleansing and rebuilding
my internal organs, doing yoga for flex-
ibility and strength, and walking, just for
the joy of it. Learning to feel what my
body is saying and expressing myself is
getting easier all of the time. Barbara de
Angelis was right when she said "New
love heals old wounds." My intention is...
*to have the honesty, vitality and energy
of a five year old by the end of the year.*

The universe has given me the per-
fect playground to explore the many op-
tions. As I continue to heal and grow, I'll
keep you informed of my progress. Much
love to all my readers who share this
journey with me.



Angèle



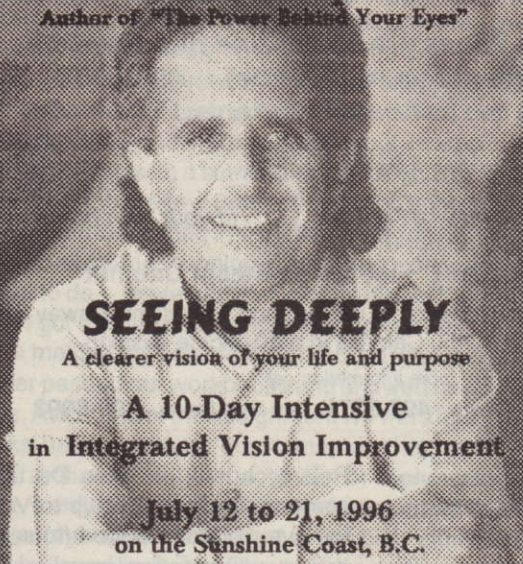
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DEVELOPING Vision

FITNESS AND HELPING YOUR EYES...NATURALLY!

by Robert-Michael Kaplan

Whenever something appears to be wrong with our eyes we usually think of getting eyeglasses, putting drops into them, or in the worse case scenario, going for surgery. This is also true for many other conditions of the body as well.

I believed in this allopathic approach until I was diagnosed as having double vision at the age of nineteen. At that time my options were-either surgery or wearing special glasses that incorporated a prism device. When I wore those glasses I no longer had double vision and was grateful for that. However, every time I took them off my double vision would return and the condition was worse than before I began wearing them. This did not make sense to me and I felt that it wasn't the right approach for me. I began to look for alternative treatments for my eye problem.


Even though I had been trained as a doctor of Optometry, I (like most other doctors) was only vaguely familiar with a branch of Behavioural Optometry known as Vision Therapy. I met a wonderful Optometrist specializing in this field who began teaching me exercises to help my eyes. I was amazed at how different I felt in just a few short weeks. I was using my prism glasses much less and my double vision was less frequent. I felt like a bird let out of a cage and remember running down the beach one day shouting with joy at my new found freedom.

Thereafter, I began scratching my head and wondered why couldn't I offer the same kind of approach to my patients? I soon found out that most of my colleagues did not support the Vision Therapy form of vision care. They were paranoid that they would sell fewer eyeglasses if they taught their patients how to improve their vision. This narrow minded myopic viewpoint is very prominent amongst mainstream vision care practitioners.

My own experience of teaching my patients to see using natural methods has been very different. They haven't all suddenly thrown away their glasses and given up conventional eye and vision care. Instead, they have begun working with their eye doctors and taking more responsibility for their own vision. While on the vision program they are acquiring a second or even third pair of eyeglasses, much to the delight of those opticians and eye doctors to whom I refer. Over time, as they relearn the correct habits of seeing, their vision fitness is restored, they become less dependent on their stronger glasses and some eventually give up wearing glasses altogether.

Other less successful patients who used the exercise approach arrived at a point in their training where the progress seemed to stop. This was quite puzzling to me at first and being associated with a university at that time it was easy for me to begin clinical research in this field. From that research I learned that there are many variables that could affect vision and eyesight. The way we eat, think and behave was related to our perceptions through the eyes.

During that same time I was not wearing glasses at all, but still lapsed into occasional periods of double vision. ➤



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I began taking personal development courses and wasn't really surprised when I found out that the perceptions I was holding onto about my childhood were affecting how I saw through my eyes. As I modified the limiting perceptions in my mind and used natural approaches to vision enhancement, my double vision lessened even further.

My work in vision therapy took on a much deeper meaning. I began to keep very careful records of what my patients told me as they went through the various levels of vision improvement. Looking at the records of these people I found a strong connection between the eyes, the brain and mind. It appears the self-talk, inner thoughts and fears control the brain, and, in turn, the mind carefully orchestrates how the eyes are to behave and function based on these perceptions. This meant that the wearing of contacts or glasses or surgical procedures on the eye was not really addressing the root cause problem. It was like putting a band aid on the eye.

As I explored this holistic approach to vision care, my patients shared that they had found the right approach for them. Instead of their glasses getting stronger, they were becoming weaker, much to the surprise of their eye doctors. This was about the time I decided to leave my profession as a professor of optometry and become a teacher of vision improvement.

In my practice, I am totally committed to helping people help themselves and believe this is the true role of a good doctor. My travels take me to many countries where I encourage others to see by sharing my knowledge and experience with them and I also facilitate vision educator trainings to allow people to learn to help themselves and train others.

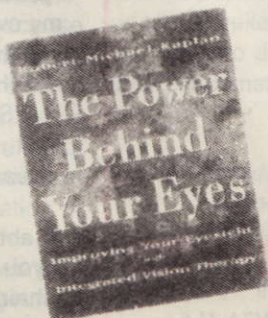
My personal vision is to have this form of integrated vision improvement made available to the public of B.C., and worldwide, as an adjunct and compliment to conventional eye and vision care. Vision training is too often labelled as an alternative and, therefore, seen as opposition by the professionals in Optometry and Ophthalmology. On the contrary, we the public and the consumers of vision care have a right to know about complimentary practices to help us be whole and receive encouraging support from our doctors.

I am committed to teaching integrated vision improvement and ask you to please share this article with your family and friends. Wouldn't it be wonderful if MSP paid for us to see clearly instead of paying for us to become addicted to eye-glasses.

Look inside and find your truth about your own eyes and sight. Let us also give our children a chance to see the truth of what this world is really about without the distorting perceptions that glasses inflict on them. Let us all learn to see from an open heart through eyes that are focused with love.

Robert-Michael Kaplan
is a photographic artist,
vision educator, author of
Seeing Without Glasses and
The Power Behind Your
Eyes, who lives on the
Sunshine Coast in B.C.

See ad to the left for his
upcoming seminar.



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7 Days to Change Your Life

The Storm Before the Calm

by Linda Mrau

A storm can take you, whip you and send you in a mad spiral downwards, down to the bottom of the sea. A ball and chain around your ankle ...you want to break free but are unable because you just don't know how. You give in, lose consciousness.

It takes a rude awakening to realize you're at ocean's bottom and must escape. Belief, with fortitude, that what binds can be loosened....What is heavy can be made weightless...Acceptance that you deserve to be liberated allows your ankle to slip out with ease. Oh, could freedom have been this simple all along?

You swim to the top and gulp fresh, life giving, bountiful air with a gluttons appetite. Treading water, fatigued, you gather strength and find a way to shore.

There are fresh wounds and old scars to examine. You study each one as they all have a story behind them. You remember how each abrasion was received....what made you hurt, angry and weep?

Forgive the giver of the wounds even if she or he was you. Release the old pain from each scar, knowing the hurt was in the past and the past is gone.

You are here now. Stand up and proclaim: "I am worthy of love, even my own." Echo across the land what it is that you want and accept that it is in the process of becoming reality.

Soon the storm is an event of the past....not condoned, but forgiven and released. Happiness surrounds your inner and outer worlds.

If abomination should arise and drag you out to sea, know better than to chain yourself to the bottom. After all it's a wonderful life!



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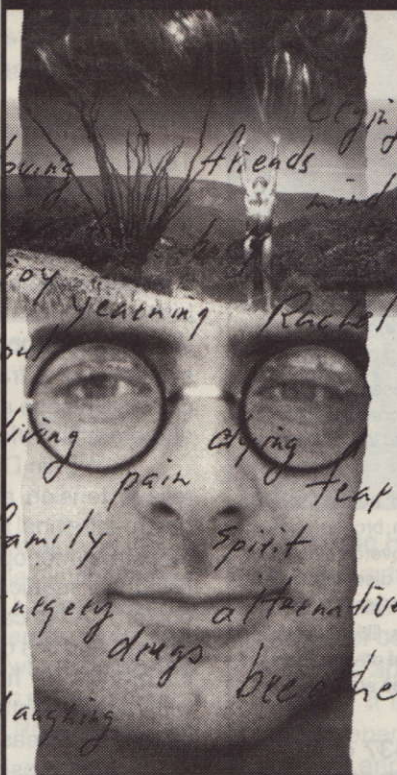
Diary of a Cancer Patient

Joseph Vismeg graduated from Toronto's Ryerson Polytechnical Institute in 1979 with a degree in Motion Pictures. Since then he has lived in Edmonton, Alberta with his wife and two children. *In My Own Time* is a one hour documentary that mixes poetry, personal journal and medical facts into a story of his overcoming a terminal cancer diagnosis. He takes the role of writer, co-producer and director in this National Film Board production. His diverse background includes: screen writing and fiction; housing and film cooperative administration; working with mentally handicapped; government sponsored video production; community cable production and alternative health and native healing ceremonies.

In 1991 Joseph Vismeg was diagnosed with a rare form of adrenal cancer that was already spreading to other organs. Doctors called him terminally ill, with perhaps a year to live. Cancer changes the way one thinks. Roughly, half the people who get cancer eventually die from it. Understandably, his priorities changed. His brief mortality became a constant presence in his mind. Joe tells of immediate denial, followed by a desperate search for 'the magic bullet' that will cure all. Regardless of the medical crisis facing him, as calmly as possible, he went about his business. Four years later, he is quite alive. Intuitively it had become apparent to him that a film about his healing journey would make a great story. *In My Own Time* is his autobiographical documentary of living with this disease. It is his testimony to the healing power of love and the gift of hope.

Remarkably, in the winter of 1994 a tenuous health returned. Did this happen because of the desperate trial of chemotherapy he underwent? Was it because of the medication, yoga, megavitamins and herbal concoctions? Could it have been the native healing ceremonies he attended on a regular basis? The mind/body seminar at the Simington Institute in California? Or was it a combination of any number of the aspects of his self styled healing plan? As Joe celebrates his health by joining a fundraising run for breast cancer research, he says, ".... there

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in my own time

Diary of a Cancer Patient

"A remarkable story of healing and power that lies within us all."

June Callwood, author

Joseph Vismeg, a filmmaker, was diagnosed with adrenal cancer which was rapidly spreading to other organs. Doctors called him terminally ill, with perhaps a year to live. Four years later he is still quite alive.

This compelling personal account of living with cancer challenges us to examine the very basics of human existence.

45 minutes

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is an order in the universe, cancer and all." As he passes through the finish line, his health is good, although the future holds no guarantees.

Looking at his life in the filmmaking process has brought him to a new understanding of what it means to live. In *My Own Time* is not a typical film about cancer. It is in many ways more of a romance. Sometimes it is funny and at other times deeply moving. A rare opportunity to experience the ever-changing reality of Joseph Vismeg; determination, gentle humour, firm courage and hope prevail. One man's remarkable story of how life challenges us to examine the very basics of human existence and the power of healing that lies within us all. He believes it is the best work he has done to date and under the most trying circumstances.

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After sessions, clients typically feel deeply relaxed, and may even feel "high." If the client is responsive, there will be significantly less tension and pain, together with an increased sense of well being, for some hours or days, and this response will tend to extend after further sessions. In the case of chronic fatigue, at first the client may feel more tired after a session, because the body is demanding rest, so it is advisable to schedule sessions planning time to rest and relax afterwards. On the other hand, Jin Shin Do can be used before athletic events to improve performance - for horses as well as for people! Over a period of 10 or more sessions, the long-term benefits are an overall deep release of physical armoring, with a corresponding release of emotional armoring.

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Bonnie will be at the Spring Festival to introduce Jin Shin Do.

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Tantrums are not 'Normal'

by Tom Anderson

According to a recent report on child development, nearly every child born in Canada throws at least one temper tantrum before the age of three, and about half start before the age of two. If this is true, then something must be terribly wrong with the way most Canadian children are treated when they're very young. Expressions of anger and rage are no more 'normal' at two years of age than at any other time in life, nor any less significant.

As we should all know by now, this type of behaviour is frequently linked to abuse or neglect earlier in life, and to violence later in life. Hence the more children in our society exhibiting such behaviour, the greater should be our concern.

Some researchers are convinced that crying in infancy and "The Terrible Twos" are a predictable and fully understandable result of pain experienced very early in life. Should we wonder why so many babies cry uncontrollably - some of them for months - when they were stabbed with incredibly painful needles just moments after taking their first breath?

Tantrums may cease as a child grows older, but does that mean the problem has gone away? Or might it only mean that the child has learned to control his behaviour? It may be a serious mistake to assume that the anger so openly expressed at the age of two is no longer raging within the child, and to deny the possibility that it could emerge, perhaps violently, in adulthood.

To ensure that a child is happy and secure right from birth, and thus to minimize the potential for anger at every stage of life, I offer these suggestions to new mothers and mothers-to-be:

- Make sure that your baby is not mishandled during or after birth - not hurt or frightened in any way, at any time, for any reason.
- Keep your baby in your own bed, feed your baby with your own milk, carry your baby in your own arms.
- Avoid the use of "substitutes" - anything designed to replace mommy: Bottles, "baby food", pacifiers, teddy bears, buggies, strollers.

Tantrums indicate that a wall has developed between parent and child. It's not children who build these walls. The unhealthy attitudes and customs of the past must be abandoned if we expect to have a healthy society; a society free of anger and violence.

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Margery Tyrrell



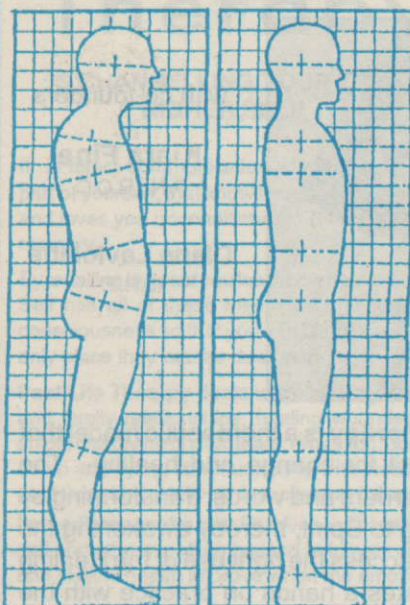
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Personally Speaking

by James Shea

I was recently browsing the Internet when I came across a site called Joe's Amazing Relationship Problem Solver or something like that. Needless to say, my curiosity would not let me pass it by without a peek (as it is with most things on the Internet). The site promised to solve any relationship problem, so I thought I would give it a try (on behalf of my friends, clients and neighbours, of course). The first question it asked, required a yes or no answer. It was to the effect - *Does this relationship problem involve another person?* I cracked up laughing ... how can you have a relationship without another person? Then it began to dawn on me how profound the question was. True it was probably intended to be tongue in cheek and funny. Yet it focused attention on what is probably the *best kept secret* about every relationship problem we face. What is this secret? It is that all of our relationship issues have more to do with *our relationship with ourselves*, than they do with our relationship with others.

This is both good and bad news. The good news is that if the heart of our relationship challenges have to do more with ourselves, then we are empowered to do something about them. We can begin right now to heal and grow and to feel good again. We can then move on to increasing happier partnerships. The bad news though is that we would need to let go of being so right (about who is wrong). This would mean letting go of finding fault with others (especially "you know who") for why things aren't working for us. We would need to take a greater level of personal responsibility/accountability for our experience. Now this

Relationships

doesn't seem like half as much fun as blaming "you know who," but it is the truth. Dealing in the truth can, once and for all, finally set us free on the road to happiness again. Well we have tried just about everything else, haven't we?

I have a client, whom I love dearly, and she is fond of saying ... "but why me? Why does it always have to be me?" You have elected to **not** disempower yourself waiting for old "you know who" to hurry up and see the mistakes he/she may have made. If the problem is "out there", and it's the other person's fault, *you disempower yourself (in relation to having the key to finding a true resolution to the issue)*. Then you have to wait until the other person can see the error of his/her way, and then change, so you can be happy. That could take a while!

The best news is that a compatible, fulfilling and loving relationship is possible and completely within your grasp. **It awaits only your decision to begin to partner more with yourself.** You can then begin to see how *this relationship with yourself* is out-pictured in your most intimate and challenging relationships with others. It's a tough job...but someone has to do it...right?

So if you have cherished a dream of finding a truly loving and compatible partner and only found your partnership coming apart at the dreams, don't despair. It is within your reach, and we would like to empower you to have better relationships, both with yourself and with others. It is our wish that this column may offer the hope, support and advice you need, as well as some downright practical stuff you can get happening in your life right away. ☛

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April 19, 20 & 21

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James F. Shea, M.A. Director of the **Institute for Transpersonal Empowerment**, is one of the Gifted Visionaries and Leaders of our time, whose work is honored as powerfully inspirational and transformative. Sharing an experience with James of his loving support and empowerment opens the door to the joy and wonder of your own Giftedness and Greatness.

Contact: **Toresa Moriz** for info. and registration: **(604) 770-1339**

I hope to share some of the good news and positive results that come out of the recent research on relationships. Some possible topics that can be explored are Compatibility, Intimacy, Stages of Relationship, Sexuality and Spirituality, Power struggle/competition, etc.

Now, here is a simple way to assess your relationship health: *First* - make a list, in order of importance, of the ten most important people in your life (five for those who have had a really "bad hair" year). *Second* - keep the list until next issue when we will explore why these relationships are ordered in this way (just joking). **Have you made your list? Do it now. When you are finished read on.**

Okay ...now check and see if your name is on the list. If you aren't on the list, you are not seeing yourself as im-

portant enough to value, nurture and love. You are not seeing yourself as worthy of partnering with. The bad news is you are probably in poor relationship health (possibly poor physical health, as well). The good news, you are definitely reading the right column. If you are on the list, but not in the top half, then this column will also have value for you. If you are on the list, but not higher than second, sorry...it still needs a bit more work. *Get it? (o.k. I hear you. It's like this ...if you aren't willing to make your relationship with yourself the most important, then you have a serious relationship health problem. And the further down the list you come, the more serious the problem).* No it is not selfish and we can say more ... Check it out!

Until next time remember - *Lighten Up ... there is no wrong way to be You!!*

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Gift from the Heavens

by Deborah Jardine

My awareness to this celestial stone came to me in unearthly circumstances. Moldavite, the star stone, from the heavens appeared to me in recurrent dreams. Each night I would dream of sitting near a riverside and covering myself with beautiful green stones. The feeling was exhilarating. I had collected stones growing up, and later opened my own jewelry business (I had no prior knowledge of Moldavite). My impression of the green stones in my dreams were emeralds or peridot. Once I had the opportunity to see and hold a piece of Moldavite I knew instantly this was the mysterious green gem in my dreams. Holding the stone in my hand I experienced a tremendous rush of energy from my finger, up my arm, to my shoulder, leaving me rather light headed. This dramatic reaction by Moldavite transformed my life and business. In realization I knew I had to use this heavenly stone to help people prepare for new insights, so they can cope with times to come. To distribute Moldavite to those who could benefit by restoring inner peace, harmony, and be one with and in the Light.

Moldavite is the gem that fell to earth from the heavens. These rare, translucent green star stones are scientifically classed with tektites that showered over the Czech Republic about 14.8 million years ago. Moldavites are said to be among the most powerful members of the mineral kingdom. They have been prized by humans for amulets as far back as 25,000 years. In the Middle Ages and even in modern times folklore has it that Moldavite would bring good luck and harmony to marriages - hence it has been a traditional betrothal gift. Legends of the Holy Grail describe the holy relic as having been carved from an 'Emerald' that fell from the sky (presumably Moldavite).

People sensitive to the energies of stones often feel a warm pulsating, tingling sensation in their hand or through their body with intensity. It has been reported that Moldavite can be especially helpful in meditation by increasing depth and visionary quality. Some people say that this natural stone has aided them to increase their psychic ability. Individuals report while wearing Moldavite or placing it under their pillow helps to attain vivid dream activity during sleep.

Moldavite's high vibration may clear and open blocks in any of the chakras. This green stone corresponds directly with the heart chakra for healing of all sorts.

Moldavite affects each person differently, some very quickly to a path of higher evolution, or a boost that makes it easier to persevere to a new level of personal or spiritual growth.

The more moldavite is worn or held, an individual may realize the potential of this magical green stone from outer space. See ad to the left.

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Polarity Therapy

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pressure point
technique.



Don McGinnis

The Power of Love

by Normand Dionne

We hear a lot of things, nowadays, about love, letting go and light. There is another dimension of love that seems to elude many of us. Love does not only mean loving someone or ourselves, or loving our fellow humans. Love has a deeper dimension to it and to love someone or something is only a manifestation of this. Love is a real, tangible force, through which we can communicate and interact with the world around us.

This force is what the alchemists called: the Language of the world. It burns through the illusions and reveals the true nature of the universe we live in. It is a process of melting and fusing ourselves with life and everything around us. The universe truly speaks to the ones who have ears. Everyday it is showing us the way to our destiny. When we truly desire something from the heart, the entire universe conspires to help us achieve it.

Alchemy is not about transmuting matter, it is about transmuting ourselves, fusing ourselves with the Soul of the world. This can truly make our lives a magical journey. It does not mean that we will never experience stress or conflict in our lives again. The universe likes to test our faith, and we might feel sometimes as though it is letting us down. But these things always have a purpose to them, a learning purpose. It is the burning fire of the alchemists which burns the impurities. When we get really close to our treasure, that is when it tests us the most, to make sure that we have learned at the level of the heart, and not merely intellectually.

Alchemy is truly a labour of love. Without a deep love for

life, we cannot survive the onslaught of its power. It is only for the pure of heart. Alchemy makes everything shine of its own light, everything vibrates and lives. There is conscience everywhere, we see objects as inanimate simply because a part of us is dead, and we do not feel the connection. The purpose of alchemy is to clear this connection, to bring us back to life. Children have not lost this connection, this is why their world is so alive. We can see it in the shine of their eyes. When someone is connected to the Soul of the world, we can see it in their eyes, they shine with the light of life and speak of infinite beauty and magic.

To understand something and to live it are very different things. We have to learn to apply ourselves in every moment of our life, no matter what we do. Each second is an eternity and is filled with magic when we learn to play the game of life. The awareness of our connection with the universe is only proportional to the degree of attention that we bring to every moment. This takes a lot of patience and courage. Courage to take life to the limit, to push the boundaries of consciousness to the confines of the universe.

Everything is one, we are one with the universe. When we can discover this in our life and truly live it, we realize that there are forces helping us along the way, that we are never alone. Pursuing our greatest dreams is worthy of all our efforts and, through their realization, we discover marvels beyond our wildest imagination and we experience the power of Love.

See ad to the left.

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March 5 to April 9 ... 6 Tuesdays 7:30 to 9:30 pm... \$100

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March 13 to April 17 ... 6 Wednesdays 7:30 to 9:30 pm... \$100

- ✿ Hands-on experience in locating the pressure points and point holding.
- ✿ Learn the meridians and how they control the energy flow through the body.

AN ULTIMATE RECYCLE

by Norm Sanderson, Jr.

It is becoming more practical these days, to recycle what we can to lessen our effect on the world we live in. Many of us have a compost pile out back, a box for cans under the sink and another for paper. But there is much more out there that is recyclable. Much bigger things. I'm talking about houses.

Lynette, my sweetheart, and I knew that our time living in our little cabin on Okanagan Lake in Vernon was finite, so four years ago we went hunting for property. We bought a 1/2 acre lot in Killiney Beach on the west side of the lake and spent the next two years paying for it. The intention was to build and move there when our time in the cabin was up. When the landlord told us of his intention to level the cabin a year before we planned, we had to act faster than intended. We saw an ad for a house that was to be moved and thought, "now there's an idea," and went out and looked at it. First glance said no way, and we didn't even go inside. But the idea had been planted.

Less than a week later Lynette noticed another ad. This one was in an older part of town, and the developer had been using it as an office for the condo unit going up on the same property. The show suite was finished, and the house was for sale and to be moved. We looked at and immediately knew that this was the one. It was built in 1941, 800 square feet, had two bedrooms, a fireplace and fir floors throughout. Yes, this definitely was the one, and after some hastily arranged financing we bought it. That was on a Wednesday. On Saturday, with the only amenity working being the toilet, we had a wine and cheese party and christened our new home. The majority of our friends present were amazed that someone would even think of embarking on such an adventure. But we were determined and I was adamant that in four months at most we would be

snuggled into our new home. Then the fun started.

First the roof came off. It needed a new one anyway, and we had to lower it to squeak under the wires on its 25 mile journey. We also had to remove the fireplace and chimney. That was cool, because I got to play with a jackhammer. The lot needed extensive excavating and when that was done, the house was delivered. (Interior Movers out of Kelowna did a fabulous job by the way) When the movers left, the house was ten feet in the air to allow construction of the basement. We poured the foundation, built the walls and set the house down. Fit like a glove.

We got the glass for the basement windows from the section of a glass shop that had all the glass that was built and never used for one reason or another, and designed the basement walls accordingly. (saved 100's)

I could write a book describing all the joy, anger and frustration that went on over the next fifteen months - yes, fifteen, not four. But I will say this, it was indeed worth it. Mind you we lived in a tipi out back from mid-August to the 28th of November, wanted to burn the place down more than once and the renovation almost cost me my sanity.

But the bottom line is how our situation compares now as to how it did a year and a half ago. Then we were renting. Now we own our own house in the country. And the bonus is that we saved about \$40,000.

This past Thanksgiving we had our "we finally finished our damned house" party and in attendance were most of our friends that were at the wine and cheese such a long, long time ago. They were impressed.

Thinking of building? Think of recycling!

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CALENDAR

March 06

Acupressure & More Certified

Wednesday nights (5 wks)

Nuthery Institute - Kelowna 766-4049

Listening Hands Therapy

Introduction Penticton, p. 9

March 6, 7, 8 & 9

Craig Russel & Paul Armitage.

channel and musician offer guided meditations
using crystal bowls. Kamloops, Vernon,
Penticton & Kelowna. Ad page 2

March 07 & 28

Listening Hands Therapy

Introduction Kelowna, p. 9

March 9 & 10

Integrated Body Therapy

Workshop, Penticton, p. 22

March 15-17

Spiritual Intensive

with Cheryl, Kelowna, p. 5

March 16

Wholebody Reflexology

Saturday Day Class (4 days total)

Nuthery Institute Kelowna 766-4049

March 18

Acupressure & More

Monday Day Class (2 days total)

Nuthery Institute Kelowna 766-4049

March 28, 29 & 30

Sacred Passion with James Shea

Intro & Wksp. Vernon & Kelowna, p. 15

March 29, 20 & 31

Listening Hands Therapy

Workshop, Kelowna, p. 9

April 11 - May 10

Listening Hands Therapy

Training Program, Nelson, page 13

April 19, 20 & 21

Sacred Passion with James Shea

Intro & Wksp. Penticton, p. 15

Healing Touch, Level 1

Penticton, p. 26

Pranic Healing

Penticton, p. 3

April 26, 27 & 28

Spring Festival of Awareness

Naramata, details last page

Healing Touch, Level 2A

Penticton, p. 26

May 17, 18, 19, 20

Basic Jin Shin Do

Kamloops or Penticton, ad on p. 12

June 2-14

Rock Lake Spring Retreats

2-one week Tai Chi Retreats, Cranbrook, p. 16

June 8 & 9

Introduction to Meditation

Cheryl Grismer, Kelowna, p. 5

June 10

Counselling Hypnotherapy

Sheldon Bilsker, Kelowna, p.02

Small ads are read

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ONGOING EVENTS

TUESDAYS

INNER GROWTH & MEANING - Victoria

7-9 pm 744-5778 - Weekly

WEDNESDAY

Meditation Instruction

on Inner Light & Sound FREE Vernon:545-3098

Drop in Meditation, Kelowna 7 pm 763-2657

Kelowna Parapsychology Assoc. presents an
evening speaker LAST Wednesday of every
month 7:30 pm..Ph. Doward for details 766-0532

THURSDAYS

Enjoy the Magic: 7 pm, 763-2657, Kelowna

Dream Group: 7 pm, Sarah 493-5598 Pent.

SUNDAY CELEBRATION

Kelowna 11 am at Crystal Vision Ctr: 763-2657

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

Personal Growth Consulting Training Centre

Penticton: 10:30 am at the Community Cen-
tre with LaRue Hayes ... ad page 2, ☎ 493-6399

Penticton: First Sunday of each month with
Don McGinnis at the Centre: 492-5371

A COURSE IN MIRACLES STUDY GROUPS

Kelowna: Sunday 7-8:30pm-1725 Dolphin Ave.
Phone Inner Directions: 763-8588 in Kelowna

Some of the Services offered

Acupuncture, Nutritional Counselling & CranioSacral Therapy

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

Body Harmony

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

The Works

Urmi Sheldon's skills have accumulated over the past twenty years. She uses a variety of energy techniques synthesized with eastern meditation, western therapies and life-in-between. This deep muscle bodywork nurtures the soul as well as the body.

Ear Candling & Reiki

Hollow candles with a spiralling wick that have been impregnated with therapeutic herbs are placed in the ear and lit. The suction draws excess wax and other impurities out of the ear canal. Reiki is a gentle balancing energy that stimulates the body in its own ability to heal and brings harmony to the mind and spirit. Michael Kruger has his second level of Reiki and has been candling for over a year.

Polarity Therapy

Polarity Therapy seeks to stimulate the body's own system of self regulation by activating the meridians and allowing the body to balance its own energy. Don McGinnis trained with Howard Kewe as a certified Polarity Therapist. He lives in Penticton and is available for sessions on Mondays

BodyMind Therapy

Discover the messages in your dreams with Sarah Wellington. Her experience with Jungian based Dreamwork assists you to tune in to insights that your inner self is trying to communicate. Her sessions can also include acupressure, voice dialogue and innerchild work.

Reflexology

Pressure-point therapy on the bottom of the feet. The various areas are linked to specific organs and the stimulation helps to loosen the tissue salts deposited in the feet and get them circulating so that they may be filtered from the body. Several practitioners available.

Rolfing

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

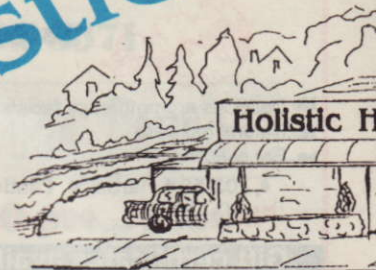
Aromatherapy and Es'scent'ual Massage

With its clear effects on mood, emotion and attitude as well as on the physical body, aromatherapy restores health to mind & body. Nywyn lives in Penticton. Her background is in Swedish Massage and Reiki.

Acupressure

An oriental type massage in which the fingers are pressed on points throughout the body massaging the various meridian lines. Marlana Mhoryss received her certification through the Healing Arts Institute in Rossland. Plus she offers Reiki, relaxation bodywork and counselling

Holistic He



254 Ellis St, Pe

☎ 492-

* * * WEEKLY EVENTS &

- Mondays** Drop in Meditation
- Tuesdays** Beginners' Afternoon Yoga with
Healthy Living Seminars with
- Wednesdays** Basic 18 Form Tai Chi & Qi G
To build inner chi (energy), to c
6:15-7:15 pm~ \$35 for 6 classes.
Acupressure Techniques with D
- Thursdays** Iyengar Style Yoga with Tom
A certified Level 1 instructor. \$
Ongoing Classes ~ beginners 6:30
- Fridays** Speaker Series
join us for a different speaker

Over 40 Holistic and Metaphysical

VIDEOS FOR RENT

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

Louise Hay, Dr. Wayne Dyer,
Alan Cohen, Dan Millman,
Dr. Bernie Siegel, Stuart Wilde,
Joseph Campbell,
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plus Herbs, Crystals
& Healing type videos.

Rolfing Centre



Victoria, BC

371

EVENING PROGRAMS * * *

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

& Angèle ~ 7:30 - 9:30 pm, \$100 for 6.

with Marlana Mhorrys.

balance and restore harmony

in \$6

Schaefer - 7:30 - 9:30 pm, \$100 for 6.

10 classes, \$45 for 5 or \$10 drop in.

10 pm ~ advanced 8:15 - 10 pm

week ... starts at 7:30 pm ~ \$5

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(Health Action Network Society)

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includes: Cancer Testimonials

Chronic Fatigue Syndrome

Mercury Amalgams & Root Canals

Natural Medicine for Children

Natural Medicine for Cancer

Natural Medicine for Women

Health Action Events with speakers

Carolyn DeMarco, MD, John Matsen, ND,

Christopher Bird, Donald Branigan, MD & more

Friday Evening Speaker Series

7:30 to 10 pm ~ \$5

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.

March 15 ... Joel Whitehead

The Oriental Connection • All pain stems from an imbalance in the flow of energy through the body. Understanding the pattern and using tried and true techniques that are over 4,000 years old can create a new sense of harmony and bring the body back into balance. The changes can be significant.

March 22 ... Simon Wellby

Research on Rolfing has proven that patterns of imbalance caused by a fall, posture and repeated work patterns force the body to compensate deep within to shift weight and causes long term distortions that make gravity a destructive force. Rolfing restructures the major segments into vertical alignment as it lengthens the body giving it more ease and energy. Chronic muscle tension improves as each segment is realigned.

March 29 ... Haley Jonstyn

Abdominal Breathing & Biofeedback

Haley Jonstyn is a registered nurse with a background in Counselling, Reiki and Therapeutic Touch. Breathing is the first place we should look when disease or other disorders of energy presents itself. Understand the nervous systems and how the fight or flight syndrome still controls our patterns of response.

JAW, BITE AND TMJ PROBLEMS

by Cassie Benell

Most people believe that the above problems are localized in the area of the jaw, but the whole body can be affected here. This mysterious term, TMJ, is short for temporomandibular joint, that joint where the cranial base of the head joins the mandible, or lower jaw. There is a disc at this joint, as between the vertebrae of the spine. When stressed, or the lower jaw is pushed or pulled, the disc with its many nerves can slip out resulting in a very painful jaw that side, as I know from unhappy personal experience.

The symptoms of TMJ can be rather amazing, given the small locality apparently involved. The following list gives you some idea as to the complexity involved. Classically, malocclusion (poor bite), bruxism (tooth grinding), difficulty opening or closing the mouth, noise on opening or closing the mouth, referred pain to the face, head and neck are recognised as TMJ symptoms. There can also be burning of the nasal and throat mucous membranes and sometimes the tongue, tinnitus (ringing in the ears), hearing loss, feeling of plugged ears, sores in the external ear canal and/or on the mouth and tongue mucous membranes, dizziness, dry mouth, problems with the eyes moving together and cranial base and pelvic imbalances.

The causes of TMJ are also varied. There can be chronic malocclusion, loss of vertical height in the molars (due to pulled teeth or dental grinding down of teeth), blows to the head, nervous habits, the TMJ disc out of place, spasms of the jaw muscles, inflammation of the joint, joint problems (such as arthritis), imbalance at the cranial base (especially of the temporal bones which house the inner ear and to which the mandible articulates), imbalance of the maxillae (upper jaws) of the hard palate, and dental trauma associated with removal of teeth (which can cause different cranial bones to be impacted or jammed).

The cranial base, when compressed, pulls internally on cranial membranes and the dural tube surrounding the spinal cord at the top of the neck and at the top of the sacrum (five fused vertebrae at the bottom of the spine) in the pelvis. Thus even pelvic discomfort can come from TMJ! Compression also pinches various nerves exiting from the head, causing chronically tight muscles of the jaw, neck and shoulder. Compression aggravates TMJ further, with tight muscles on one side able to distort the cranium more. Therefore it is advantageous to treat the whole body rather than just the jaw.

The pain caused by TMJ is considerable. There are fourteen muscles which go to the mandible from the neck and head. Any tight muscle can produce dysfunction. These muscles are necessary for our swallowing, chewing and speaking. The main muscle is the masseter, which attaches the mandible to the cheekbone. The largest muscle is the temporalis, going from the mandible up behind the temple and above the ear, covering most of the side of the head.

Using osteopathic techniques of CranioSacral Therapy and Ortho-bionomy, treatment of TMJ may take several or repeated sessions to correct, since it is imperative to release cranial base compression first. If someone has had a long-

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YOGA

with Tom King

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.. Thursdays ..

Beginners' class ... 6:30 - 8:00 pm

Advanced class ... 8:00-9:30pm

10 classes ... \$75 5 classes ... \$45



Beginners' Afternoon Yoga

with Angèle ... Tuesday 4:30 ~ 6:00pm...6 classes for \$35

Holistic Healing Centre 492-5371 ... 254 Ellis St, Penticton

Integrated Body Therapy

with Cassie Benell, Ph.D.

Registered Practitioner of Ortho-Bionomy Advanced Practitioner
and Teaching Assistant of Cranio Sacral Therapy

Learn a variety of osteopathic techniques to release the spine, the rib cage and the pelvis. **Ortho-Bionomy** is a gentle therapy which positions the body to spontaneously release tension. **CranioSacral Therapy** is an offshoot of cranial osteopathy which uses the membrane system in the central nervous system to softly address structural restrictions. **Zero Balancing** is a meeting of structure and energy to release tension. **Visceral Manipulation** is the gentle release of restriction of the inner organs with respect to each other and the body structure. The practitioner is acting as a facilitator so the the body can do its own self-healing. These gentle, non-invasive techniques complement other approaches and are well-accepted by the body.

March 9 & 10 - Penticton

Cost \$125....if you register before March 1 the fee will be \$100

For more info: Holistic Healing Centre (604) 492-5371

standing problem there, they usually get relief with each session but may not experience full relief from the TMJ problem immediately. Next a balancing of the temporal bones is required, followed by a balancing of the bones of the hard palate. It is advisable to also check the pelvis and have it balanced in case the problem came from that area.

Many people now wear splints to correct their bites. Osteopath Dr. John Upledger (founder of CranioSacral Therapy) recommends that they only be worn on the one bone of the lower jaw (rather than the upper jaw which consists of a number of bones and possibly impairs maxillary motion) and only to prevent impaction at the TMJ when there is a loss of vertical height of the molars. Some dentists have found that self-help exercises for TMJ are more beneficial than splints. With craniosacral decompression and subsequent better nutrition to the joint, over 90% of the TMJ problems can be addressed.

Cassie is the Friday evening speaker March 8 and offers her Integrated Body Workshop on Sat. & Sun.

Appointments on Thurs. & Fri. March 7 & 8. Phone: 492-5371

Grander Water Systems

Johann Grander discovered how to get natural vital energies concentrated into water, reactivating energetically ill water. He developed an appliance which is unlimitedly serviceable without needing supplementary artificial energy, permanently. Through his method, fine-material, high light-oscillations are carried over into the drinking water. Unlike straight magnetization method, Grander's activated water keeps its life-affirming vibration, even when exposed to toxins, pressure, etc.

Energies are never generated, but transformed. Through the technique of implosion, the Grander Water System re-prints natural magnetic vibrations in our drinking water, much in the same way that sound is recorded on a blank audio tape. The Grander Water System contains highly energized water that imparts information and energy to our drinking water as it passes through it. During this process the amount of dissolved oxygen is also increased.

Slowly but surely, we are becoming aware that illnesses are the result of a disorder in the body. Tiredness, rashes and allergies do not appear overnight. They quite simply signal that our bodies can no longer cope with all the unbearable impacts. Energized water is able to convert negative vibrations into positive ones. It desediments, detoxifies and flushes out metabolic poisons. Such treated water tastes fresher and softer and less soap is required. Every life form has an immunity as long as it also gets healthy water, air, and food. If animals have a choice, instinctively they will choose living water with a high energy content. Humans, plants and animals are linked to water. If we protect our water, we are protecting ourselves.

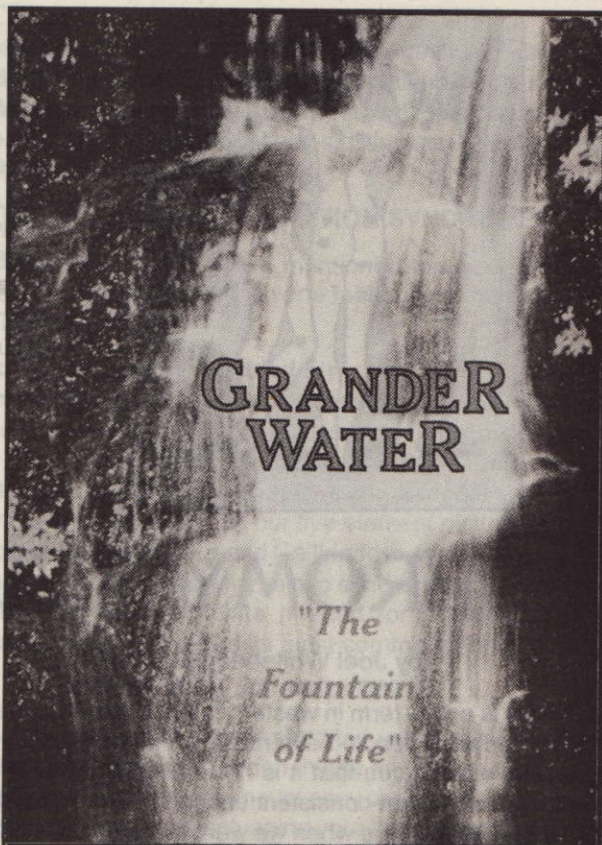
Water Revitalization has its origins in the 'magnetic motor' developed by Johann Grander over decades of research. In this motor or generator, the magnets are covered with special alloys and are switched in such a way that they continually excite one another to higher and higher pitches. In this way, the natural magnetism of the magnets is intensified so much that, with the correct coiling and switching, energy begins to flow. It is precisely this energy from the magnetic motor which restructures the different waters so that they take on permanent and special magnetic properties.

These so-called high-frequency fluids can transmit primeval and genetic information of the highest order. Nature provides this regeneration power as water flows over rocks and minerals obtaining power so that it can heal.

If you consider that it was not long ago that all wastewater from houses, hotels, trades and industries, etc. was led directly into lakes or other waters and if you consider that the water managed to cope with all of this, then you will recognize the power of self-revitalization that water originally had.

A good example for natural energy and its powers is the iron magnet. An iron magnet can be left in disuse for one hundred years; in this time its magnetic effect may weaken a little, but it is never fully lost. This magnetic power can be revitalized gradually in accordance with a natural growth. The more the magnet is exposed to iron parts over time, the more its magnetic power is strengthened, not weakened, because it reproduces.

Every Grander water device which leaves the factory has the same function and quality. The vibrations are translated into the water at the speed of light. The water plasma absorbs as much energy as it needs and then is sealed in a brass and stainless steel cylinder. It is easily installed onto your waterline with no electricity and no maintenance.



The Grander Water System

A system that does something that no one else has ever done before... It uses Nature's own energy to revitalize water.

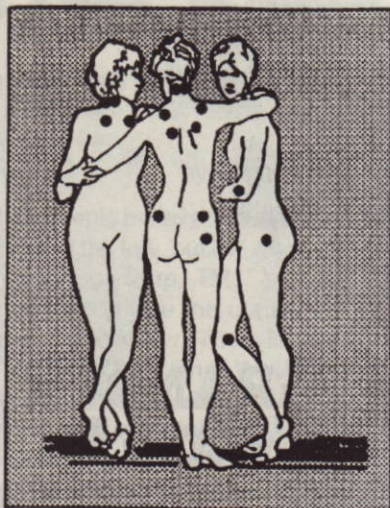
Nature cleans water using natural forces of Gravity, Planetary Energies, North-South magnetism in rocks, and water absorbs oxygen as it tumbles over rocks. All of these forces are in the Grander Water Units.

As water passes through a Grander unit, surface tension is reduced by 10%, the freezing and boiling points decrease and the polarity of the water is reversed from negative to positive. Rust and mineral deposits from your pipes and hot water tanks dissolve and are flushed back into the system, leaving you with cleaner toilets, laundry and kettles. The pH of hot tubs and pools will balance itself and increased oxygen in the water doesn't allow algae to grow.

**Money back guarantee
if not satisfied with results.**

For information please call Penticton

**Holistic Healing Centre: 492-5371
or Merida Cummings: 492-8402**



FIBROMYALGIA

by Joel Whitehead D.T.C.M.

This is a new term in western medical circles and unfortunately so many people have mistaken it for a solution. Many sufferers will tell you that it is not a solution, and to oriental thinking it isn't even consistent enough to be a syndrome.

There was a time when we went to the doctor's office with aches and pains that showed no swelling or visible deformations under x rays and the doctor, friendly enough, patted us on the back, asked us if there was another problem, "Were we lonely?" Well we could go home and take a hot bath was the suggestion, take some aspirin. Some offered something stronger. But we understood what the practitioner really thought of our complaints and we were ashamed that we were bothering them about pains that we could bear up under easily enough. Why bother the doctor about such a thing. Just getting to that age, I guess! As if aches and pains were a natural part of passage.

Now there is a name, little more, and you thank the practitioner for the name because it gives you an identity: "Gee, the doctor agrees that I have a problem. I just knew I wasn't crazy. What's more, there are lots of us..., but we're still in pain!" And that's the dilemma, because **a name is still not a solution.**

What we've always known in Chinese medicine is that these pains fall into patterns. Moreover, we've always used the patients own self determination about what that pain is and how it feels to define what that pattern really is. Through 4,000 years of empirical observation of organ/meridian related syndromes, we've seen a clear record of what series of pains have what origins. Mostly, what we are seeing today in terms of Fibromyalgia is a combination of these.

First of all it would be important to understand that among these syndromes some are excess syndromes and some are deficiency syndromes. To understand this further it would help to think of the ex in excess as meaning extra as in from the outside or more than the average. So we of average health can get excess syndromes from the outside, meaning from weather or accidents etc. Often these are carried to us through a wind (Chinese medically speaking) which results in symptoms that move around, and incidentally, an aversion to wind. We can

This chronic, debilitating condition refers to a group of non-articular rheumatic disorders characterised by pain, tenderness and stiffness of muscles and of the areas of tendon insertion and adjacent soft tissue. The muscle stiffness and soreness is characterised by focal points of more acute actual inflammation (trigger points) as shown on the diagram. The actual diagnosis is made by the presence of up to 18 pairs of these trigger points in specified places on the body. Frequently there will be poor sleep, overwhelming fatigue, irritability, anxiety, bladder and urethral irritation, irritable bowel symptoms and general malaise. This condition may be induced and intensified by physical or mental stress, chronically disturbed sleep, trauma and exposure to damp or cold.

also have normal health with paranormal or extra energy derived from within. This is harder to understand, and so the easiest thing to remember is that if it is not a deficiency, it is an excess. Excess people generally do not like to be touched and may have considerable duress to suffer through a massage.

One of the most common forms of excess is blood stagnation. Sometimes these people ache all over. It can originate with an excess such as a car accident or even just an emotional shock. Sometimes a car accident can be just that combination of physical and emotional trauma. Anyway, these people can ache almost anywhere you touch them. Often these sufferers can be extremely weak as well, which of course would be a deficiency. This can be the result of the excess cause, a lack of movement within the body leading the body to become sluggish and tired. The opposite is often also a cause, meaning that of a deficiency leading to a lack of internal movement (of energy and blood) which leads to a sluggishness that leads to a stagnation. It is not up to Chinese diagnosis to assess blame, but only to measure its present state of affairs. In turning the problem around we have to create internal movement and a new sense of harmony, so that whatever prevailed to stop the normal flow does not have the chance to predominate again.

DEFICIENCY SYNDROMES

If a person has a condition that is more purely deficient, they will like being touched, and so for these people the laying on of hands can give a real sense of amelioration of symptoms. To more permanently solve the problem, however, we must supplant the body's needs where the body is most lacking.

A Kidney Deficiency can be of two different types. The first is a yang deficiency. Yang is that energy that represents heat, light and movement and so the effect of this being deficient is that the person will be cold or even so much as to say, chilled to the bone. A yin deficient person will generally be hot or flushed, perhaps have night sweats. (night is the property of yin energy and if it is too weak it cannot control the yang forces as it should and they escape) and in the extreme feel hot to the bone, a condition we call steaming bone.

A generally kidney deficient person will be cold, aching predominates in the low back, the knees and ankles, the spine and possibly any joint, since kidney deficiency relates to the bones.

Spleen Deficiency - The Chinese spleen may actually pertain more to the pancreas in our western understanding. This

person is going to be tired when a deficiency registers. They will not have much thirst, and may have frequent and looser bowel movements. They may also be anemic and colder as the long term problem has been the inability to properly process and take nourishment from their food.

As a generally deficient person they may enjoy a total body massage, but the places that seem to bother them the most are on the left side. From the crux at the base of the neck on the left side and down around the left scapular area into the lower thoracic area (also on the left). Further aching could possibly be noticed on the outer part of the left leg and lower leg to the outside ankle and foot. In general, these are the people who complain of muscle weakness and aching.

EXCESS SYNDROMES

The Liver and Gallbladder syndromes are mainly right-sided. As Chinese medicine sees things in a cyclical fashion the vicious cycle of this syndrome area is its clearest example. Stress and anxiety cause pain, the pain in turn causes the stress and anxiety.

In the same sense this has its roots and outlets in a series of foods that exacerbate the condition. Coffee is one, and I'm sure that all of us who abuse this drug see its application here. In our jitters we drink coffee and coffee provides us with the jitters. Its innocent seeming relative, chocolate, is perhaps even more powerful in this respect, as well as being what I like to term an occlusive food. Occlusive foods obstruct movement in the body which also cause the Qi to ball up. When Qi balls up this leads to an internal implosion. This is exacerbated in coffee and chocolate by this erratic and artificial speeding up of energy; a dam waiting to burst. Cheese is a big occlusive food as are oils, almost ubiquitous elements of handy food these days. They are hard to avoid in fact, and cause the gallbladder to overwork and succumb. But we need the functioning of the gallbladder to help us dissolve these fats and oils when they come to us in amounts that exceed the normal capacity of the body. Of course, when it is hurting it causes us pain and if it is the source of pain, it is the western solution like the eye in the Bible, to tear it out. To Oriental medicine though, the gallbladder meridian pain persists as does the syndrome, which should cause the victim to be even more careful about these foods. The tannins in red wine or even white wine for that matter have also been known to play a part.

A knot in the right shoulder, neck and scapular areas or hip and sciatica also on the right side, is so common that I never hesitate to suspect it. People of this pattern are light sleepers and wake up often through the night. It is not only the source of fibromyalgia in these areas but a whole host of other problems that branch off from it.

The Stomach may be the last, but is perhaps the most predominant problem today. In terms of fibromyalgia it is left-sided. Mainly the problem is that the stomach becomes prolapsed and actually weights itself down lower than the body considers normal.

The affected areas tend to be the area inside the left scapula approaching the shoulder and the left hip. In fact it can seem so much like a hip problem that the left hip is often falsely replaced. It also, like its partner the Spleen (pancreas), may cause numbing or other problems in the outside lower left leg

as well.

These people have often got ongoing digestive problems, gas and bloating etc. They may often feel weighted down in the lower abdomen as well. Though they get filled up easily on one or two bites, they may find themselves eating more often out of a sense of queasiness.

TOTAL BODY AND COMBINATION SYNDROMES

Blood Stagnation - Though we mentioned this once before this is the primary suspect when one feels pain regardless of where they are touched.

Stomach Spleen/Liver Gallbladder - Perhaps it is a sad comment on the average state of health today, but this is a common combination for fibromyalgia sufferers and the reason for this, is of course the convenient and abundant state of our diet that makes our middles (stomachs and spleens) so weak. This invites the aggression, in our five element picture, of the bullies of the body, the Liver and Gallbladder, while they are in their weakened states. Just these two syndromes can equate to the number of sore points needed for a diagnosis of fibromyalgia and, I believe, is its most common form.

A POSTNOTE ON TREATMENT

A course of treatment is usually eight to twelve sessions, the changes can be significant. When things have gone on for so long turning our lives around is never easy or painless, but if you are looking for a new start, salvaging your life from pain can be well worth the effort.

Joel is the Friday evening speaker on March 15 at the Holistic Healing Centre. See ad below.



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Letters
to
Angèle



Dear Angele;

I write to you today regarding Karen Timpany's article "Teaching Reflexology" which according to Karen; was written completely independently of any of her colleagues.

I believe it was Karen's good intent to bring clarification to confusion that exists regarding existing credentials and qualifications of teachers and schools of reflexology. Unfortunately, by presenting misinformation and using wording that could be misinterpreted, and consequently found offensive by some of her colleagues, Karen may have created more confusion and upset than what already existed.

I hope that the following will serve to remedy this situation, especially for those of your readers who are in the process of selecting a teacher/school of reflexology.

First, membership for both the Reflexology Assn. of Canada(R.A.C.) and the Reflexology Assn. of B.C. (R.A.B.C.) is open to anyone who applies.

Second, R.A.C. has its own courses in reflexology and issues certificates to those who satisfactorily complete its course, and thus attain the status of a "certified member of R.A.C." Alternatively, a member of R.A.C. who has been a reflexology practitioner for two or more years may apply to write a "challenge exam" to attain this same status within R.A.C.

Third, the Professional Reflexology Standards Committee(P.R.S.C.) was established by the elected board of R.A.B.C. to research and propose standards for the professional practice of reflexology in B.C., and, a method of implementing these standards. Members of P.R.S. Committee are all members of R.A.B.C. including R.A.B.C.'s president, some of its board members, and, teachers representing many of the schools of reflexology in B.C., including R.A.C. The members of this committee will not become members of the board, unless elected by the membership like any other member. The findings of the P.R.S. Committee will be presented to the R.A.B.C. board, and hence, its membership for ratification and implementation.

The intent is to establish a general basic professional standard for reflexology. Most teachers and schools of reflexology are competent. I certainly endorse what I believe was Karen's intended message that prospective students of reflexology should research their prospective teacher/school well, as philosophies and methods of teaching vary considerably. It is true that at present there is no government regulation/endorsement of the practice of teaching of reflexology, and, I would not trust anyone who claims otherwise.

Sincerely, Chris Shirley

Chairperson, Professional Reflexology Standards Committee



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Finding the Sea of Tranquility

by Allan Serwa

Many years ago, I committed to not only listening to my intuition, dreams and teachers, but to actually responding to messages with action. This decision has led to several moves across the country, career shifts, lifestyle adjustments and occasional frustration. I found myself in Penticton last July, settling into my seventh residence in five years, and really wondering why I was here and what I was going to do. Certain events in my life demanded that I be in this location in the spring, but once they reached a resolution, I began looking for signs of where I might be headed next. Nothing came to me. I began to feel stagnant and unsure of myself.

Though a devout believer in holistic health practices and a follower of esoteric philosophies, I've only managed to be a body work wanna-be; forced to deal with mainstream business in order to make a living. In my pursuit of making money, I met the people who eventually opened the 'Hub of the Wheel'. I was standing with friends Nywyn and Kestrel and my wife Brenda, looking at the 'well used' space that was to become the Hub and discussing some of the options that the space might allow. Suddenly, the words 'floatation tank' came out of my mouth, with no conscious volition of my own. I was asked to repeat myself and again, those involuntary words came out, "Floatation tank, you need a floatation tank in here." At that time, I had never been in a floatation tank or actually seen one. As it turned out, circumstances made it relatively easy to find one and acquire it. Kestrel insisted that since floatation was my idea, I needed to be the one to follow through on it. After much research and a lot of renovation work, Penticton and the Hub have a new floatation chamber, I am involved finally in a business that I feel reflects more of my true nature.

Floatation tanks have several uses. The highly salted water allows your body to float, free of gravity, easing muscles and stress points that cause pain and stiffness. This is very attractive to runners, skiers, cyclists and other athletic types. From what I have read, it is excellent for people with chronic physical conditions or those who have been in accidents. People suffer from a lot of stress. The tank helps to break our cycles of stress by depriving us of sensual information. As we know, when we turn our attention inward, the experience becomes very relaxing. The deep relaxation one can reach in the tank not only relieves immediate stress but equips us with a tool for dealing with everyday stress-related occurrences. Once we have reached levels of deep relaxation, we can take ourselves back to that pleasant place with a few easily placed trigger phrases. For myself, I've found that the tank enhances my meditations. Many people have reported out of body experiences while floating. I haven't had one yet, but I'm really looking forward to it. For whatever your reason, be it curiosity, relief or enhancement, try this unique experience at least once. We're purposely facilitating that by making it very affordable.

The name of the floatation chamber at the Hub of the Wheel is 'The Sea of Tranquility.' Finding a business that assists people in a variety of ways while getting to interact with like-minded people feels like a gift I have given myself. Perhaps coming to Penticton is a move solely dedicated to the development of the self. Hopefully, I'll allow myself to stay.



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"We'll deprive you of your senses"

The Maxie with the Moxie

by Jeanne M. Lambert

What's commonly used, rarely discussed and has a greater impact on the environment than disposable diapers? What's white (or pastel pink or blue) but not at all green? What is this disposable product that has escaped mainstream criticism even though alternatives exist?

The answer: women's sanitary products.

On average, women spend two to three times more days using menstrual products in a lifetime than they or their children spend in diapers. Many of these products end up in sewage systems. Many tampon applicators litter beaches. The pads end up in landfill sites. These are fairly serious considerations and affect all of human, plant, and animal life. This information alone may provide motivation for change if one is concerned about such things.

What of the personal health questions? With deodorized, scented, chlorine-bleached tampons, mini-pads, maxi-pads, regular, thin, super ... among the many commercial options, many women have assumed that there are safety standards for products such as these.

But truthfully, there are no enforced requirements, no minimal standards for safety. With toxic-shock syndrome still a concern and the carcinogenic dioxins potentially in any bleached products, this deserves more serious research and might give the needed motivation to change current habits.

What are the alternative options?? Our grandmothers used rags and strips of cloth and would leave them behind when travelling, or soak, wash and re-use them when at home. It may seem like a step backward for women to take this approach. Who needs more laundry? More work for women?

There are several greener options available but first and foremost, a change in mindset is required -- not only to include sanitary products in our greening efforts but to change our attitudes toward our menses.

In simpler cultures, women seclude themselves during their menstruation. Rather than seeing this as a quarantine imposed by men, as it was once nega-

tively described, it would be a break from the daily routine and chores, an opportunity to be with and learn from other women.

To make the switch from disposables to reusable products requires an attitude change from being able to 'throw away the "mess" (or is it the evidence?) of our menses and perfume and deodorize at the same time, to accepting the reality of this natural part of our bodies. The menstrual cycle is a big part of being feminine - of being a woman. It is a time to be celebrated.

The Options

For those not comfortable wearing pads, there is a soft, natural rubber menstrual cup worn internally that catches and holds menstrual blood. It is easily removed and re-inserted and has no health risk. The Keeper_™ has been used for over forty years and each one lasts for over ten years. Not only does it have a positive impact on the environment, but it will save hundreds of dollars in other commercial sanitary products.

Some women use natural sponges; a more simple, yet effective, absorbent material. However, the jury is still out on the safety of this approach, considering most of these sponges grow in polluted ocean waters and essentially no testing has been done.

Many women prefer pads and for them there are many options. There are different cottage industries marketing cotton sanitary pads in every shape, size, colour and thickness possible. These flannel pads are made of 100 percent cotton -- in some cases organic and unbleached. Most of them have a covering with wings to snap around the panty or a G-string arrangement and have a folding removable liner that allows for thorough cleaning and quick drying.

There are smaller width pads available for young women. Different absorbencies of pads allow for individualizing the set of pads to suit your need. One product is available in three different colour schemes --gentle pastel prints, vibrant dark prints, or unbleached organic cotton. Some women use the cup during their heavy flow and cotton pads at other times.

I compete in a man's world but feel like a Queen using washable menstrual pads - never mind the saving of \$100 per year ...plus peace of mind and health.



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Self - help writer Ken Keyes Jr. dies at 74

Ken Keyes Jr., a pioneer in the personal growth field and author of 15 books, died of kidney failure Dec. 20, 1995 in Coos Bay, Oregon.

In 1982 he opened the Caring Rapid Healing Centre in Oregon. His most recent book, *Your Road Map to Lifelong Happiness*, was published last June. Four million copies of Keyes' books are in print in at least seven languages.

In 1989, Keyes received a peace award from Arizona State University for his contribution to world peace. He used a wheelchair as a result of polio he contracted in 1946. In his book *Discovering the Secrets of Happiness* he said his life had been enriched by his illness. "Because without it," he wrote, "I do not think I would have discovered the personal growth methods that have meant so much to me."



Maxie with the Moxie continues

What of the work involved? The key to keeping the pads from staining is soaking them. An automatic washer does a great job getting them clean and they hang dry overnight, although an automatic dryer will fluff the cotton fibres more. The menstrual cup needs only to be rinsed out. When at work, women find the menstrual cup easy to use and travel bags are available.

Says one user, "Contrary to feeling burdened or put-off by washing my pads, I feel pampered. The cotton is so nice.

Others say, "The cotton is so soft, I feel clean and comfortable throughout my cycle." "I feel ecologically virtuous."

Many women are finding comfortable and effective alternatives to conventional sanitary products. Perhaps the adage "try it, you'll like it" applies. In addition to feeling more connected with the web of all natural life, you may benefit from better health and save money, too!

Reprinted with permission of Natural Life, RR 1, St. George, Ontario, N0E 1N0. Phone (519) 448-4001. This excellent magazine offers exchanges of information and inspiration about holistic living, environmental issues, children's home education and home-based business resources.

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Phone (604) 395-3804 Fax (604) 395-2143 E-mail: ebclodge@netshop.net

Dear Towards Awareness ...

I am single and in my mid thirties. I am getting very tired of the dating scene. No matter who I meet, at first the person seems to be completely different from the type I usually go out with. But within a short period of time I realize they have the same stuff going on as the last person. I always seem to attract overbearing, controlling personalities even though they don't appear that way at first. They are all wolves in sheep's clothing! Everyone I date can't be wrong - perhaps I am putting out some sort of mixed message. Do you have any ideas for me?

Answer: This is a familiar scenario! We are often puzzled by this phenomenon and ask why it is that, across a crowded room, the only person we are attracted to turns out to be the same personality type we swore we'd never get involved with again! We learn about ourselves by participating in relationships. Our relationships with parents and siblings were our first opportunity to practice. However, since most of us weren't provided with training in relationships, mistakes happened and there are many hurts that still lay unresolved within us.

Relationships are for healing. Life gives us lots of opportunities to release the emotional pain associated with old relationship scars. If you felt controlled by a parent you will recreate this in order to confront it again in present day relationships. The experiences you are having offer you the chance to discover how to manage your personal power effectively. When we feel needy, insecure, or anxious, we either give our power away

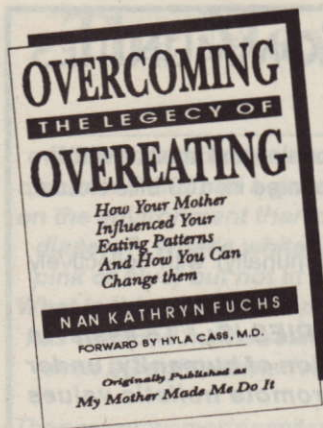
to others or we use our power to dominate the relationship to maintain control.

As difficult as it may be to believe, the control issue is yours. At first it's hard to see this because we are not aware of our unconscious emotions or the responses we have adopted to protect ourselves. Relationships are the mirror in which we see our unconscious parts reflected back to us. As you experiment with owning the reflection, find someone you trust who cares enough to honestly tell you what their experience of you is. Choose someone who will be tender with you because this is not an exercise in criticism. We often feel guilty about a part of ourselves that we have spent a long time protecting and the last thing you want to do is beat yourself up about this. Remember that as you address the fear that motivates control, you can become aware of other ways to respond. The more trust you develop, the more relaxed you will be. Before too long you will discover that the people you meet reflect this change and there will be more allowance and freedom in your interaction with them.

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.





Book Review

by Jan Stickney



Nan Kathryn Fuchs, a nutritionist, has written a very basic book about overeating and the patterns we learned in childhood that still influence the way we eat as adults. By identifying how and why we use food we can choose to make the changes necessary for a healthier lifestyle.

Some of us learned that food was love, approval, punishment, or a source of power struggle. Often people eat to stuff down uncomfortable feelings or the opposite, where food seems to nurture. Nan Fuchs uses case histories to demonstrate a variety of eating patterns and ways to work with the person's existing diet to make healthy choices. There are no good or bad foods, just "better than" options.

For those suffering from candida, there's a chapter in this book just for you!


I found tips throughout the book, but the most impactful was the section on chocolate. For years I have gone through stages of craving, sometimes as comfort and at other times chocolate seemed to help me feel better when nothing else did. Looking back I can now recognize that there were also times when I didn't eat chocolate at all and didn't miss it.

Did you know that one ounce of baking chocolate contains more than 81 milligrams of magnesium? The classic symptoms of PMS: irritability, mood swings, anxiety and depression as well as chocolate cravings can be corrected with a diet and nutritional supplements that are higher in magnesium than calcium. By eating magnesium rich foods and cutting down on foods high in calcium the imbalance is corrected and both PMS and chocolate cravings can disappear.

I know this is true for me because I have used magnesium supplements in the past and those were the periods of time when I **didn't** crave chocolate. Thank you to Nan Fuchs for bringing me this understanding.

For those wishing to evaluate their eating habits, this book may provide the answers. Getting in touch with our emotions, our bodies and understanding our eating habits allows us to make choices about the foods we eat.

AROMATHERAPY



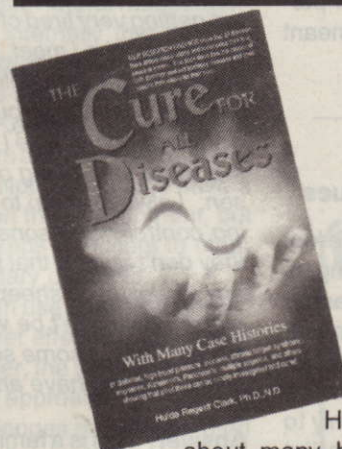
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THE CURE FOR ALL DISEASES

by
Hulda Regehr Clark,
Ph.D., N.D.

An independent research scientist and naturopath, Hulda Clark has written three books about many health issues like diabetes, high blood pressure, seizures, chronic fatigue syndrome, migraines, Alzheimer's, Parkinson's, multiple sclerosis and others. She believes that the common denominator for all is *pollutants or parasites*.

Hulda Clark discovered the effectiveness of electricity to kill viruses, bacteria and parasites. She presents her methods of diagnosis, including a new electronic device and outlines what to do once you know what you are fighting. The next step is to cleanse the organs of the body to rid it of toxins and rebuild our systems with healthy diet, possibly using herbs or special foods.

Finally, we need to identify the sources of the pollutants and eliminate them from our environment.

This book is packed with information but take what you like and leave the rest. Find out what works for your specific body.

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Coincidence, Design or Purpose

by Karen Timpany

Have you ever taken time to notice the coincidences in your life? Do you really believe them to be just a happen chance? How often have you been slowed down by traffic when you have been in a terrible hurry? You arrive at your destination mad at the situation, but you discover that; the store stayed open later, the appointments are behind schedule and you still have 15 minutes to spare, you ran into someone that you haven't seen in years, or you sit down beside someone that tells you something that really makes you think. Coincidence or design? I have heard that there are no accidents in life, that everything has a purpose. Often the purpose is not clearly defined and it takes awhile before the situation makes itself known, perhaps we never make any sense of it because we were just to be somewhere at a certain time and place for someone else. To be aware of life's wonders, whether we figure them out in relation to ourselves or not, is a divine gift to be appreciated.

We meet the love of our life, it lasts six months or sixteen years then suddenly it ends. Why? Perhaps the question is not why, but what! What lesson or message did this person bring into your life. Did this love make you stronger, more aware, kinder, gentler, did you learn more about love? What does each person and each situation give you. It is so important to be aware that this is an important intrinsic part of life and our growth. You are being strengthened, honed and prepared for eventual perfection towards our return journey home.

The parents we choose as soul, the friends and lovers, the children, pets, location to live or work all serve as a learning experience to be acknowledged and realized. Sometimes, we feel the need to move on, to change major and minor parts of our lives. We don't know why, we just do. Could it be that the lesson has been learned, or that the lesson will be given again, but in different circumstances and so we move to prepare for it either way. Relationships should not end up in anger and pain, but perhaps in time, one could look back and thank the person for the gifts and learning experiences they obtained from the union. This is the letting go aspect and a huge growth spurt for soul. Blame, accusations and anger only make lawyers rich and us emotionally drained. Try to look beyond the situation, look beyond the emotion, look into self and ask yourself ... "What was the coincidence, design or purpose in this situation?" How did it allow you to grow, what have you learned, how do you feel about yourself now? If you are feeling alone, then get to know yourself and make you your best friend, you'll be surprised how many people will want to be your second best friend then. If you are angry, then what are you so afraid of? Anger is fear manifested. If you are sad and depressed then ask yourself how this empowers you or does it? Is it a pity party or are you just lacking direction? Become aware of all that surrounds and pervades your world. Life is one big school of learning experiences, treat it just like that and you will have taken control over your life and will reap so much more from all that comes into you being a very special gift of life. Take the coincidences and designs in your life and give them purpose.



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Be free in the knowledge that you are soul and loved beyond anything you can conceive. Be strong in the knowledge that the creator doesn't give you any more than you can handle. Be aware that you are a part of the whole that is all and you are only individual in your nature, make yourself the best part of that whole you can be. Learn to love yourself because you are so very special and wonderful. God loves you, why can't you? Be kind and gentle to yourself so that you can extend those attributes to others. Be free with your smiles, there is always someone out there that could use it. At the end of every day, reflect and be thankful for the gifts you have received rather than just looking at the negative events of the day, you'll be surprised at how many gifts you've been given. At the beginning of the day arise with the anticipation of new gifts and learning experiences. This is how we were meant to live and this gives us reason to rejoice in life every day.

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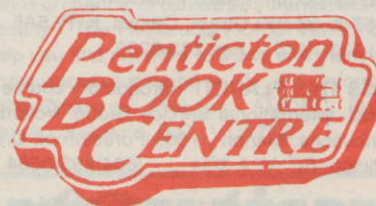
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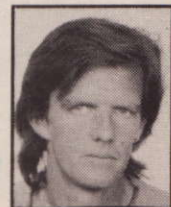
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