

ISSUES

M A G A Z I N E



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Musings ... page 6

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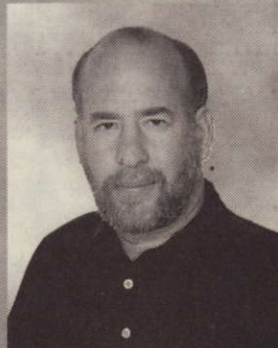
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Story page 26.

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'Supper time at the Brousseau's'



Photo by Steve Tomlinson

Dad is taking this front cover picture as Mom is busy feeding baby Donny. In the background are Granddad and Chuck with the rest of us kids circling the table. I am the one with my hand in front of my face, too busy eating to look at the camera.

Food is such a vital part of life! For me it has been a life-long puzzle and I have explored many options, trying to help my stomach to stop producing gas. I have read and experienced many diets, tried various cleanses and ways of eating and followed the guidelines of many experts. I have treated myself to the best quality food money could buy, but found that if it was eaten in a hurry, I didn't digest it. Sometimes food tasted so good I couldn't stop eating. Sometimes I couldn't tell when I was full. For a while I ate according to the clock because I didn't know when I was hungry. Gas has a way of taking up room so it felt like I was full, but in fact I was starving. I was so sure that my digestive upsets were a physical problem that it took me a long time to realize that maybe my emotions were affecting my digestion. When feelings arose in my body, I didn't know what they meant so I ignored them. They were so subtle that I didn't think they were talking to me. Delving into my feelings around food is helping me to get in touch with my inner self. I need to learn to trust my instincts or intuition around food, for I trust them with just about everything else.

When I was a child, food and love seemed to be intertwined. Desserts especially had a way of saying, "I Love You." I had to eat everything on my plate because like everyone else, I heard from my parents about the children starving somewhere else. If I didn't like the meal, I had to gag it down or starve in my room till the next meal. If I was too full to clean my plate, I certainly didn't have room for dessert, so sometimes I overate. Exploring now, the possibility of food as a love substitute is helping me to change and grow in new ways, even though it has taken me twenty years of checking out all the physical possibilities before realizing that there might be an emotional connection.

According to the Oriental method of healing, the stomach, spleen and pancreas govern bodymind nourishment. Our lives depend on a continual supply of nourishment from outside ourselves. Digestion begins the process of transformation, turning nourishment into energy. It also influences the 'digestion' of information, sensation, feelings and emotions, as well as food. The stomach is easily affected by stress and not surprisingly correlates to tension in the shoulders and neck, a major stress point for me.

I have read much on the stomach and have now come to believe that my problem may be due to a combination of many things, including the emotional stuffing and a poor diet. Much of my diet as a child consisted of peanut butter and jelly sandwiches, milk products and lots of meat and potatoes. We ate very few sweets because there was no store close by, and for that I am thankful. When I consulted with Joel Whitehead, DTCM (Doctor of Traditional Chinese Medicine) he was able to show me that my stomach is prolapsed, and hanging two to three inches lower than it should be. This puts pressure on my intestines and other organs. The stretching and extra distance might be causing the delayed reaction as to whether I am feeling full or hungry. I wonder if this delayed reaction is a mirror for me, for I have noticed the same delayed response to people and events in my life when they upset me?

Between getting rolled by Gary and Simon and having Neeshi sessions with Joel, which are intense to say the least, I booked a session of Jin Shin Do with Josey Slater because I knew I would need something a little more nurturing. Moments after she began holding points around my belly button, called the wind gates, I felt tears welling up from within. As I let them flow, I remembered a time when I confronted my Dad. Somehow, when I was a child, I knew he was about to kill some of our newborn kittens, so I pleaded with him to let them live. It did no good, and the next day they were gone. My Dad told me he had drowned them and they didn't feel a thing, but later I discovered their remains in the woods, and I was very upset. My crying didn't bother Dad, and Mom was not going to get involved, so I had to deal with my feelings in the only way I knew how and that was to stuff them. Sure, my Dad explained that the kittens weren't pure bred Siamese, so they couldn't be sold for money and would cause problems, but that lesson and a few others taught me that my feelings had no place in the everyday functioning of family life. Because my expressed sadness or grief over the killing of an animal was not taken seriously as a child, I developed a belief system that said, "Emotions are a waste of energy." As I sobbed out this memory to Josey, she said "The spirit of those kittens still lives within you." At that point, my stomach made a noise that sounded like a meow and we both roared with laughter.

When my Dad died in 1976 I never shed a tear, for I knew that was the way he would have wanted it. I was too busy raising a family and working to fly back home for his funeral. My brothers took good care of him during the last year of his life as he slowly died of liver cancer. My Dad was a very practical man and he didn't spend money on useless things. I vaguely remember the argument Mom and Dad had when she took off to Oregon to attend her Mother's funeral. It made no sense to him why anyone would spend money saying goodbye to a dead person, and I guess I listened.

As Josey finished balancing me, this question appeared in my mind. "What is the opposite of a practical, functional family, using a positive word?" She said, "A nurturing, emotional family." I yawned and breathed deeply, releasing some very stale air from deep within my lungs, for I knew I had solved another small part of my puzzle. After I got off the table I could feel my intestines move sharply and I said to my partner Jan, and Josey, "It feels like a kink in my colon just undid itself." That evening when I fell asleep, I felt so peaceful and loved.

I am starting to understand why I opened the Healing

ISSUES MAGAZINE

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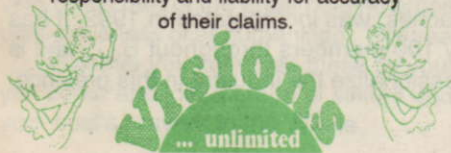
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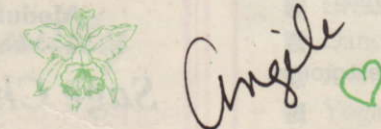
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and I give thanks daily for Jan, Marcel
and Michael, plus the many other honest
and expressive souls that bare them-
selves with me as we learn together the
new ways of being honest about our
needs.

Writing this column helps me to put
into words what I am feeling and to sort
out how my feelings have affected me.
Being a little less practical and a little
more emotional will be good for the five-
year-old in me and I intend to practice
trusting my body's sensations and figur-
ing out what they mean. Information
from books and the experts is wonderful,
but it needs to be balanced with intuition.

I know that I have learned much from
having a sensitive stomach and I am
very grateful for this knowledge, for I
know I chose it as my life-lesson, but it is
time to heal myself.

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Life Skills are problem solving behaviours used responsibly and appropriately in the management of one's life. The core lessons, as described in the Saskatchewan NewStart model of Life Skills, are effective listening, identifying and describing feelings, and giving and receiving feedback.

The Saskatchewan NewStart model of Life Skills was developed in the sixties and early seventies in Prince Albert, Saskatchewan as an initiative of the federal Department of Manpower and Immigration. The intent was to design an effective system of delivering adult basic education to disadvantaged populations. The designers, educators, psychologists and counsellors came up with an experiential approach that incorporates specific skills, a sequence of skill development and specific problem solving systems. That approach has since been adapted to make the training relevant to anyone wishing to develop and improve communication and problem solving skills.

A Life Skills Coach is a trained, caring professional who is able to facilitate groups, model and evaluate skills and support individualized learning. Coaches work from their hearts, demonstrating with their lives, their growth, and through their range of emotion and depth of experience, the effective use of the skills that they offer to their participants. Coaches put themselves on the line, human to human.

The systems and styles of Life Skills coaching have evolved through the years as Life Skills has spread across Canada and expanded to serve a great variety of participants. Systems and styles of Life Skills coach training have evolved too, so that today there are many different methods of coach training. Nonetheless, across Canada, almost all coach trainings find their theoretical base in the original Saskatchewan NewStart material.

Life Skills coaches have organized themselves in provincial, regional and national organizations for mutual support and development of the profession. The Life Skills Coaches Association of British Columbia, a relative newcomer to the field of organized coaches, was incorporated in 1992. It has grown to have nearly 100 members throughout B.C., and is working hard to professionalize the industry in this province.

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Three Linked Spiritual Festivals of Spring

by Marion van Goudoever

Every year three festivals offer humanity an inner 'open door' as it were, to invoke all the spiritual energies needed for the year, and to receive that which is needed in full abundance. A time is now beginning that all three are being celebrated throughout the world, by humanity as a whole, in full cooperation with one another, but without losing their own cultural identity.

Every one of these festivals requires a time of sober preparation, of calm, quiet reflection or prayer, and of joyful expectation. This small article invites everyone to be conscious of this beautiful gift of spiritual energies and to take part, either alone at home, or better yet in a community of people.

The Festival of Easter originates in the 'West.' This is the great Christian Festival celebrating the realities of the life, the suffering and the resurrection of the Christ --'Teacher alike of angels and of humankind.'" Poured forth is the energy of Love Divine, all-inclusive, and quickening every human heart anew. The date is always determined by the date of the first full moon of Spring. This year from April 3rd through April 8th. It is an opportunity for deepest meditation and prayer and for joyful new beginning.

The Festival of Wesak originates in the 'East.' This is the great festival of Illumination, as taught and lived by Gautama Buddha. Eventually it leads to calm understanding and to a compassion that extends itself to all living beings. The energies are called those of spiritual will and purpose. This year Wesak will be celebrated on Thursday, May 2 at 7:30pm at the Hub of the Wheel with Troy Lenard (hopefully back from Australia on that very day!) It will be celebrated again on Friday, May 3 at the Hub see advertisement.

The Festival of Goodwill is also called the festival of humanity's responsibility. The energies received at Easter and at Wesak can now begin to take form, can be put into practice on Earth.

Renewal of relations comes about: relations between nation and nation; relations between men and women. This festival is very much part of the great healing process and the growing in consciousness of all humankind. This year it comes on June 1st.

Whether you celebrate these by yourself at home or better yet, come and join a group of sisters and brothers, please add your soul's prayers to the Whole.

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Saturday	June 1

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Troy Lenard should be back from Australia to lead the May 2 & May 3 meditations, as well as the regular Monday night meditations at the Holistic Healing Centre.



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Sunday, May 5, 10am - noon & 3 - 5pm

Second Degree Reiki Class

Wed. May 1 & Friday May 3 • 9:30am - noon

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Penticton (604) 492-5371

Catherine is available for treatments Wed, May 1 & Fri, May 3.

Head Injuries, Migraine

A number of us have experienced blows to the head, while others of us may suffer from such things as migraines, balance and memory problems, and hyperactivity. Obviously a blow to the head can affect the bones, all of which are moveable. The cranial bones are joined at sutures to other cranial bones. Other problems caused by a blow to the head can include whiplash (see February Issues) and/or other chronic neck aggravations.

If you have had a head injury, the area receiving the force may have impacted or jammed sutures producing pain. The cranial heads have a natural rhythm (the cranial rhythm of 6 to 8 pulses per minute), causing subtle expansion and contraction of the cranium. Jammed sutures can impair this rhythm locally. In addition the underlying cranial membranes surrounding the brain within the brain can become twisted or stretched, resulting in more pain; small nerves and blood vessels pass between two adjacent sheets of membranes and are affected by external forces. (The falx is a vertical membrane that runs between the two cerebral hemispheres. Like an internal Mohawk, it runs from the bridge of the nose up to the top of the head and down to the top of the neck. The horizontal tentorium extends between the ears.) Cranial bones also contain holes (foramina) in them through which nerves and blood vessels pass. A distortion to the cranium can pinch these nerves and blood vessels, usually causing pain.

To better understand the head, a few key bones need to be described. The cranial base consists of the occipital bone (occiput) and the sphenoid. The occiput surrounds the top of the spinal cord at the top of the spine and comprises the back of the cranium. The sphenoid is a deep, internal butterfly shaped bone with "wings" to the sides of the eyes and forms the back of the upper mouth, just above the throat. Free movement of these two adjacent bones is critical for proper circulation of cerebrospinal fluid, blood and energy to and from the head. CranioSacral Therapy release of the cranial base is essential to good health. Some symptoms associated with a compressed base are headaches, migraines (especially due to a pinched jugular vein), hyperactivity, hyperkinesis, sacral compression and post-partum blues, sleep apnea (cessation of breathing) and chronic fatigue syndrome.

The brow bone, or frontal, extends upwards from the eyebrows, over towards the ears and up to the top of the head. A "frontal lift" is another craniosacral manoeuvre which uses only 5g of traction, the weight of a nickel; the falx is stretched and can unwind any "kinks." This technique can alleviate visual disturbances, personality changes, sinusitis, eye strain, and problems associated with smell and taste.

At the upper sides of the head are the parietal bones, which join the frontal at the coronal suture. When this suture is jammed, people can experience spasticity, as in cerebral palsy. Some believe that this is aggravated by difficult delivery. As for the frontal bone, the parietals can be lifted to vertically stretch the falx. This technique is beneficial for fluid congestion, headaches, motor problems, epilepsy, TMJ, forceps delivery, memory lapses and seizures.

Further mention needs to be made of the sphenoid. This deep internal bone has the optic nerves and large trigeminal nerves passing through it; these latter nerves branch into

and Hyperactivity

other nerves of the head and the face. Thus twisting or other dysfunction of the sphenoid can produce facial numbness and visual disturbances. Complete freeing up of the sphenoid movement can help dyslexia, tinnitus (ringing of the ears), hearing dysfunction, depression, vertigo, poor motor control of the eyes and pituitary dysfunction.

Below the parietals and to either side of the occiput are the temporal bones, which house the inner ears and semicircular canals responsible for balance. Whenever the cranial base is out, so are these bones. People can experience profound changes when these bones are brought into balance. One 70-year-old client of mine had poor balance and memory, and almost no hearing in one ear. It turned out that the temporal bone on that side was quite jammed. By working with the temporals, that side unjammed and gained some mobility. She was surprised that she could hear from that ear. Later she also found her balance and memory were much improved. Rebalancing of the temporal bone and memory were much improved. Rebalancing of the temporal bones can help dyslexia, vertigo, Menieres disease, headaches, migraines, ear problems, dizziness, TMJ, dyscalcula (misperception of numbers) and seizures.

I will describe a few experiences of my clients with head injuries. In one case, the client had a constant headache associated with whiplash from a car accident nine months previously, as well as severe gagging. Her headache was gone in one session, and her gagging dissipated markedly over time. Another client suffered a brain contusion (bruising) and pronounced tinnitus as a result of an automobile accident in which her head went through a windshield. She described her head as "a heavy bowling ball on her neck." After the release of the cranial base and the rest of the cranium, her head felt much lighter on her neck and with only slight tinnitus on one ear.

For clients having cranial problems, I use a mixture of osteopathic approaches (Craniosacral Therapy and Ortho-Bionomy). Basically the throat and neck are balanced, the cranial base released and cranial distortion addressed with very gentle techniques. I have found this approach very beneficial for my own visual disturbances, migraines, sinus problems, tinnitus and cranial pain that were caused by three concussions. Where possible, clients are taught a few simple techniques to release their own cranial bases. One ten-year-old client even successfully taught a friend of hers a technique that I had shown her to alleviate a headache!

Cassie Benell offers week-end workshops in the subtle technique of adjustment and will be at the Spring Festival of Awareness.



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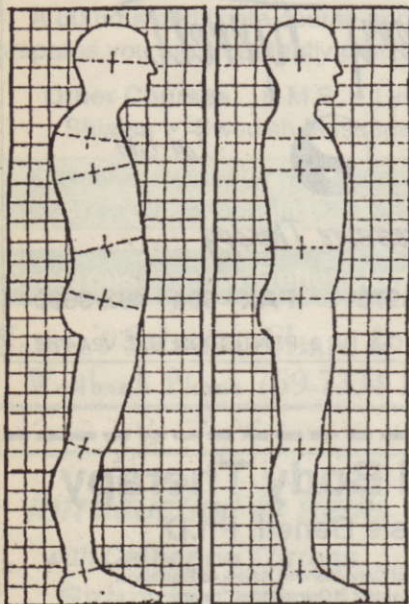
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The Role of Hellerwork in a Holistic Health Perspective

by Don St. John, M.A.

There is a growing momentum toward a holistic perspective. Values of the holistic framework emphasize prevention, client participation, lifestyle choices involving nutrition, exercise and relaxation, and a multi-discipline approach to health maintenance. The old model of "treat the symptom, ignore the person" is fading with the emergence of the viewpoint that recognizes the wholeness of the individual.

Within this holistic model is a field known as Somatic Education. Somatic Education addresses the whole person in relationship to movement, physical and psychological awareness, learning and their environment. The focus is on the body "as experienced from within the body." Hellerwork is a Somatic Education discipline that is making an enormous contribution to this emerging model of health and well-being.

In Hellerwork the entire musculo-skeletal structure of the body is considered and related to the individual's sense of well-being. Structure is viewed as relationship: relationship of the whole to the gravitational field in which it exists; relationship among parts within the whole; and relationship of structure to function. Isolated changes or symptom alleviation are not the concern of Hellerwork. Changes are perceived in relation to the whole body and whole person, and are aimed at improving the total energetic economy of the individual.

Holistic theory states that how we live is central to the health we experience -- that is, how and what we eat, exercise, relax, breathe, love and think. Perhaps most important is how we negotiate those personal psychological issues that weave through the tapestry of our lives. Even at the very best, there are periodic rough spots, occasional frustration and stress. At the other end of the continuum, there is intense frustration, chronic conflict and debilitating disease.

From the beginning of our lives, we are engaged with issues that set the foundation for our psychophysical well-being. For example, we begin to develop

a deep sense of basic trust in life as we successfully handle the terrain of infancy. If the conditions of our infancy are such that we do not develop that sense of trust, the psychophysical effects can cast dark and negative shadows over many ensuing years. There are issues to be mastered in every stage of life, and typically new stages resurrect old unresolved issues. These issues center around such themes as autonomy, competence, lovability, identity, intimacy, creativity and spirituality. Our successes or failures in these are most critical to our psychophysical well-being.

From the very beginning of our lives, we accumulate tension. Chronic tension is far more prevalent, extensive and pervasive than most people imagine. Acute tension, is readily felt -- such as stiffness in the neck or back. Chronic tension, however is typically outside of conscious awareness. Large areas of the body are simply unavailable to kinesthetic awareness.

The strains of life's frustrations, the wear and tear of navigating our personal ships in rapidly changing sociological waters, the cumulative effects of poor health habits and physical accidents, are all embodied. All can be seen by the trained eye, felt by the experienced hand. All affect the structural integrity of our bodies. All affect the responsiveness and aliveness of our human tissues. All affect the quality of our participation in life.

Relieving wear and tear, improving the structural integrity of the human body, and educating the client in developing awareness are central objectives of Hellerwork. The value of improving structural integrity is estimable and powerfully lessens the effects of aging.

Hellerwork is a multi-level educational experience. Much is communicated in the quality of touch. Learning to let go, to accept pressure, to surrender in the sense of yielding and flowing, to create higher levels of aliveness, to learn to 'feel' one's body from the inside are among the lessons taught in Hellerwork.

Healing Touch



Level 1 &
Level 2B

May 10 - 12

Grand Forks

Registration

Selkirk College 442-2704

Information and Brochure

Joyce O'Doherty 442-8658

Hellerwork continues

Physical awareness improves as clients learn to use their bodies in ways that minimize effort and tension. This heightened awareness is paralleled psychologically as clients explore how their thoughts, attitudes and feelings have an impact on and through their body.

Hellerwork works with and educates a whole person. While not interested in symptom relief, it perhaps offers one of the best adjunctive approaches to chronic muscular pain syndromes. It emphasizes prevention and educates clients in self care. It teaches the powerful relationship of the Body and Mind. With its potent range of application, Hellerwork is assuming a prominent place in the holistic health paradigm we are now in.

Don St. John is a Hellerwork Teacher and Mind-Body Therapist with over 25 years experience. He has a Master's Degree in Clinical Psychology with training in Gestalt, Reichian and Hakomi therapies. Don assisted Joseph Heller in founding the Hellerwork School and was its first director of administration. He is also trained in Hanna Somatic Education. Don produces and teaches Hellerwork trainings in the Pacific Northwest and is a senior trainer in the international school of Hellerwork.



HEALING TOUCH

by Joyce O'Doherty

Healing Touch is a philosophy, way of caring and a sacred healing art. HT is defined as an energy based therapeutic approach to healing. It uses a collection of energy based treatment modalities to assess and treat the human energy system, thus affecting physical, emotional, mental and spiritual health and healing. Healing Touch influences the energy system that is life.

The goal in Healing Touch is to restore wholeness through harmony and balance. It complements traditional approaches to health and healing. The quality and impact of the healing is influenced by the relationship between the giver and receiver of HT. Consequently, this program requires addressing the development of the person as a healer. The practitioner's self growth is important in the evolution of the healer's ability to enable healing.

First developed by the American Holistic Nurses' Association in 1980, Healing Touch has been embraced by the Canadian Holistic Nurses' Association and indeed worldwide. This four level course is open to professionals, therapists, care givers and all interested lay individuals who desire an in-depth understanding of healing work using energy-based concepts.

Comments from past participants

• *Enlightening! Touching to core depth! Delightful!*

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• *This was the beginning for a new direction in my life.*

Lorae Gaytmenn, Retired R.N., Surrey

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Relationships

"A major shift appears to be taking place in people's values."

Basically people come to see me regarding empowerment concerns they have in one or more of the following five areas: Career (status, prestige, power, success); Finances (wealth, prosperity, income, potential); Relationship (family, friends, partners, associates). The greatest frequency used to be concerns that had to do with increasing people's empowerment in the areas of Career, Financial and Physical. However, more and more people are now seeking empowerment for the themselves in development of their potential either personally or spiritually, and in improving the quality of their relationships with family, friends and partners. There is a major shift in values from the acquisition of

things (power, money, prestige) to the valuing of quality of life and people (both self and others).

"Most people would like to change the quality of their life and relationships, but they don't know how."

In my recent workshops presented around Bridging The Gap to a better life and better relationships, it is becoming increasingly obvious that the intensive pursuit of more power, money and status are not proving to have the value they originally once held. True, they do bring a certain external comfort, but down deep and within there still exists a gnawing unhappiness, sense of dissatisfaction, and lack of meaning, purpose and fulfillment. As one participant put it, "I used to think that if I was going to be unhappy, I would rather be unhappy with lots of

money and power. Then I realized I was using my money and career as a compensation for not having a good relationship with myself and others, but I didn't know what to do or how to change things. Now I realize I can have both, it's just about deciding what has greater value and importance to me at any moment in time and learning how to empower myself to make that choice."

"What would your greatest regrets be ... if your life were suddenly over?"

I often ask my clients a simple question... "If you had just died, and were all alone in some place between heaven and hell contemplating the value of the life that you had just lived, what do you think your greatest regrets would be around? *Stop here for a moment and ask yourself this question before you go on... What would your greatest regrets be if you were reviewing the value of the life you had just lived, if your life were suddenly over?*

"Most people... do have regrets... for what they could have done-but didn't do in their lives."

This is a relevant question because if you have regrets about the way you have lived your life to this point, don't you think it would be a good idea to change some of those areas of regret while you still can? Most people find that when they answer the question for themselves they do have regrets, not so much for anything that they may have done but didn't do in their life, particularly in the development and relationship areas. People's great regrets almost always have to do with what they didn't give in relation to others, especially family, friends and partners. Consider then, if you would have had regrets, that you are getting a second chance to live a life of fulfilment, satisfaction and no regrets. Wouldn't that be a great way to end every segment of our life whether it be day, week, month, year, decade or lifetime?

"Which is of greater importance and value to you...people or things?"

Now here is a simple empowerment solution that you may find helpful. In matters of importance and in areas that we value, it always has to do with *choosing consciously*, because when we are not choosing consciously we are *giving up our power to choose* to subconscious or external factors that may not reflect our true choice. Often we are unaware



Sacred Passion

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Relationships in the New Millennium

Presented by James F. Shea, M.A.

James F. Shea, M.A. Director of The Institute For Transpersonal Empowerment, in Vancouver 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!

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Personal Passion arises out of our intense desire to satisfy our own individual needs. *Sacred Passion* arises out of our *Soul's* longing to totally give itself in *love*. This is the fulfilment of our Vision, the completion of our Destiny. This is what we mean by Relationships in the New Millennium.

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because we have been so programmed by outside factors that do not reflect our true sense of values and importance. We can, for example, wind up at the end of our life discovering that we have given far more importance to our work than to the people in our life. We may have been driven by an unexamined cultural work ethic (that we have subconsciously internalized) rather than guided by our true values which may have had more to do with our family and friends. Here is another simple question. "Which is of greater importance and value to you, people or things." Just this simple clarification can make a big difference in deciding how you are going to organize and spend your time, and in guiding how you make decisions when conflicts arise. As one man put it, "I was working away on my car as I always did on the weekend and my three year old wanted Daddy's attention. Normally I would have chosen to continue work on the car because it was more urgent for me to get it fixed. I decided that my children, family and friends were much more important to the future than the condition of my car." At the risk of overstating the obvious, I would like to add one more simple question: "At the end of it all, how many of us will regret *not* having spent more time at the office."

Until next time remember: Lighten up...and enjoy the relationships you have with yourself and the ones you love...you won't regret it!

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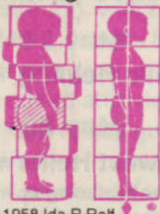


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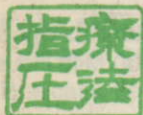
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WEDNESDAYS

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 Magick: 7 pm, 763-2657, Kelowna
Dream Group: 7 pm, Sarah 493-5598 Pent.

SUNDAY CELEBRATION

Kelowna 11 am • Crystal Vision Ctr: 763-2657
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Kamloops: Sunday 11- 12:30 372-8071
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CALENDAR

April 4, 5, 6 & 7

Soul Journey

Guided meditations with Craig and Paul
Kamloops, Vernon, Penticton & Kelowna. p. 2

April 13 & 14

Ascension Workshop

with Esther, Dale & Holly, Vernon, p. 2

April 16 - May 1

NLP Practitioner Training

Vancouver, p. 3

April 18

Wholebody Reflexology

Thursday evenings • Certified
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April 19, 20 & 21

Sacred Passion with James Shea

Intro & Wksp. Penticton, p. 14

Healing Touch, Level 1

Penticton, p. 13

Pranic Healing • Penticton, p. 3

April 20

Wholebody Reflexology

Saturday Day Class • Certified
Nuthery Institute, Kelowna 766-4049

April 15 - May 10

Listening Hands Therapy

Training Program, Nelson, page 31

April 21

Trance Dancing & Authentic

Movement • Penticton, p. 30

April 22 - May 1

Life Path Readings with Kathrine Sue

Penticton, p. 31

April 24

Nuthery Polarity • Certified

Nuthery Institute, Kelowna 766-4049

April 26, 27 & 28

Spring Festival of Awareness

Healing Touch, Level 2A

Penticton, p. 13

April 26 - May 5

Sound Treatments

Kamloops, Vernon, Penticton & Kelowna, p. 3

April 29 - May 15

Herbal Ayurvedic Bodywork

Penticton, Grand Forks & Nelson, p. 31

May 4 & 5

Integrated Body Therapy

Workshop, Kamloops, p. 11

Reiki, Level 1 • Penticton, p. 10

Naka~Ima • Penticton, p. 25

May 7

Acupressure & More

Nuthery Institute Kelowna 766-4049

May 10, 11 & 12

Healing Touch, Level 1 & 2B

Grand Forks, p. 13

Celestine Prophecy & You

Penticton, p. 4

Relationship Workshop

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desires and co-operate with others. Led by
Patti Burns. Inner Direction Consultants,
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May 11 & 12

Integrated Body Therapy

Workshop, Kelowna, p. 11

May 15

The Heart of Sex with Chuck Spezzano

Vancouver, p. 3

May 17, 18, 19, 20

Basic Jin Shin Do

Kamloops or Penticton, ad on p. 25

May 24 - 27

Pranic Healing, Kelowna, p. 3

May 20 - 31

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June 8 & 9

Intermediate Meditation

Cheryl Grismer, Kelowna, p. 5

June 10

Counselling Hypnotherapy

Sheldon Blisker, Kelowna, p.02

**Book
Reviews**

The White Rose

The Day The World Looked Up

written by Theodore Bromley reviewed by Starwalker

"...And there will be a sign in the heavens!"

A delightfully refreshing encounter with the 'wonder child' that dwells within us all, as portrayed by Stanley, a youth with a sensitive, inquisitive nature. A devout Catholic, Stanley has a strong sense of purpose. His connection to crystals teaches him of creation's wonders. Through his eyes we are shown the profound 'mysteries' of multidimensional awareness. Stanley's mystical experiences are amazing, sometimes stunning, yet somehow we know their reality in our hearts.

Stanley realizes early on that he must be silent regarding the phenomena in his life. His probing questions about reality seem to perpetually 'get him into trouble'. When confusion begins to cloud his mind, he encounters his first 'guide', Baba. Life takes a sharp turn through Baba's insightful wisdom. As he gains confidence in his innate abilities, Stanley finally understands that he has a unique role to play on the planet. With clarity of purpose and great integrity, he sets out to answer his 'calling'.

Theodore Bromley captures the essence of innocence in a touching, intimate story that delightfully rekindles our personal sense of beauty and destiny. As we rediscover the marvels that are integral to our nature, excitement and anticipation are ignited. We are encouraged to follow our guiding principle as never before. We come to know that unexpected 'miracles' are possible if we only trust our inner wisdom.

The astonishing conclusion of 'The White Rose' will remain with you long after you've put the book down. This is an invitation to rediscover the childlike 'awe and wonder' that once was ours. An uplifting, joyful and often 'downright humorous' tale for young and old alike with a glimpse of the miracle and wonder that awaits us all.

SPIRITUAL POLITICS **Changing the World from the Inside Out**

Written by Corinne McLaughlin and Gordon Davidson, reviewed by Marion van Goudoever

Reading this book was for me an enlightening and deeply encouraging experience. *Spiritual Politics* affirms the realities as they are: realities in the field of politics as we know that field in everyday life, and realities as we sometimes may experience them on the level of Soul - your Soul, my Soul, the Soul of All. This is an exceptionally well-balanced book, scholarly, clearly written, with a selected bibliography, an index, clarifying notes and a list of practical resources. From its text we become aware, in a truly new way, that it is possible to build a Bridge between two seeming opposites. We become aware too, with renewed urgency, that such a Bridge is vitally needed for the whole of this planet's life.


There is a prayer given in the chapter called Fear/Courage, a prayer that seems to sum up the required attitude in a powerful way. It helps me already and so I share it with you here: "Let reality govern my every thought, and truth be the master of my life." So let it be.

Hundreds of practical, factual examples are given in the book's 475 pages --- examples from the field of politics. Yet the reality on the level of Soul is equally well described, and in the back you will find several clearly worded techniques on how to replace a win/lose attitude with a win/win determination; how to find a way to cooperate with other human beings whose way of thinking seems opposite to ours; beautiful, brief group meditations for the purpose of creating a new unity while respecting diversity. In short, Spiritual politics is a treasure for all who serve in the field of politics, and for all who hope to serve the great transformative Life Force whose nature is love.

Step by step, blow by blow, the book reveals to its readers how things really ARE, how it HAS BEEN, and how it CAN BE in our future. The rhythm of these truths gives the book the rhythm of a dance, a dance for the sake of cooperation, a dance in harmony with the Great Dance of the Creator. So let it be!

Meet the
AUTHOR!

The White Rose



by
**Theodore
Bromley**

**A Must-Read
for Anyone Searching
for Inner Peace & Direction.**

**Theodore Bromley,
The Crystal Man,
will be available
at the following locations
to personally sign copies
of his new release,
The White Rose.**

-
- Mon Apr 1... earthRight, *Williams Lk.*
- Tue Apr 2... Brickhouse, *Enderby*
- Wed Apr 3... Books & Beyond,
Kelowna
... Vernon Library,
Reading (7-9)
- Thur Apr 4... Wholistic Living Centre,
2915-30th Ave., Vernon
- Fri Apr 5 & OK Centre for Positive
Sun Apr 7 ... Living, (1pm)
202-3315-30 Ave, Vernon
- Sat Apr 6... Reflections, *Salmon Arm*
- Tues Apr 9... The Hub of the Wheel,
Penticton
- Wed Apr 10.. Spirit Dancer, *Kamloops*
- Mon Apr 22.. Black Cat Books,
Nelson (11:30 - 2)
.... Goldrush Books,
Rossland (3:30-6:30)
- Apr 26-28 ... Spring Festival of
Awareness, Naramata
-

*Other sites may be added. Ask at
your local bookstore, or contact:*

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WEEKLY EVENTS & EVENING PROGRAMS

Mondays Drop in Meditation

Tuesdays Acupressure Techniques with Dawn Schaefer - 7:30 - 9:30 pm, \$100 for 6.

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

Basic 18 Form Tai Chi & Qi Gong with Marlana Mhoryss.

To build inner chi (energy), to calm, balance and restore harmony

May 8 to June 12 ... 7:00 - 8:30 pm ~ (new time) \$35 for 6 classes. Drop in \$7

Thursdays Iyengar Style Yoga with Tom King.

A certified Level 2 Iyengar instructor. \$75 for 10 classes, \$45 for 5 or \$10 drop in.

Ongoing Classes ~ beginners 6:30- 8:00 pm ~ advanced 8:15 - 10 pm

Fridays Speaker Series is cancelled for the month of April.

Pranic Healing happens April 19, 6-10 pm, FREE introduction, see ad page 3

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HELP, THERE'S NO POWER

by Karen Timpany

The power went off for two hours the other morning; a routine upgrade by the power company. I remembered seeing the notice and wasn't too concerned, after all it was only 6:45a.m. I got up leisurely thinking about my morning cup of tea and a wake-up shower. That's as far as I got, I couldn't have a shower because our water supply is pumped in, and the tea, well I don't happen to have a propane stove handy for such occasions. I went into the living room and pondered living without power. No television, no radio, no lights, no ironing; I could live with that; **NO TEA AND NO TOAST**, now that wasn't nice, what else? No cooking; hmmm, camp cooking is acceptable. No hot water, not so good. My mind flitted from one thing to another and I envisioned a wonderful vacation in a lovely cabin somewhere in the woods away from telephones and power. Early to bed and early to rise, I could handle that. At this wonderful fictitious cabin, it's cold outside and there is no thermostat to turn up. Well, hopefully there is some wood to split and with some kindling we'll have a roaring fire going. With fire blazing, we put on a pot of water to boil for our tea. I'm hungry by now and want my toast, too bad there wasn't any, there isn't any toaster; I settle for the tea. My mind comes back to my kitchen with all its wonderful amenities, how incredibly useless they look without power. I gaze at the beautiful sunlight streaming through the window, meditate upon its wonderful abilities and relish the heat coming from its rays. I think about all the simple things in life that Mother Earth gives us and I'm feeling grateful to be well and alive. Suddenly the roar of the furnace kicks in, the clocks start ticking and the spell is broken. Back to my reality. I give an appreciating acknowledgment to the technology that makes my morning and every day that much easier. Tea is on, toast consumed, shower over and I'm ready to get on with the day in very little time. Three cheers for electricity, and here's a cheer for being without it now and again, just so that we can appreciate it.

If You Have Given Up a Child For Adoption then the following may interest you.

Tranquil Shores is offering a weekend retreat for Birth Parents at



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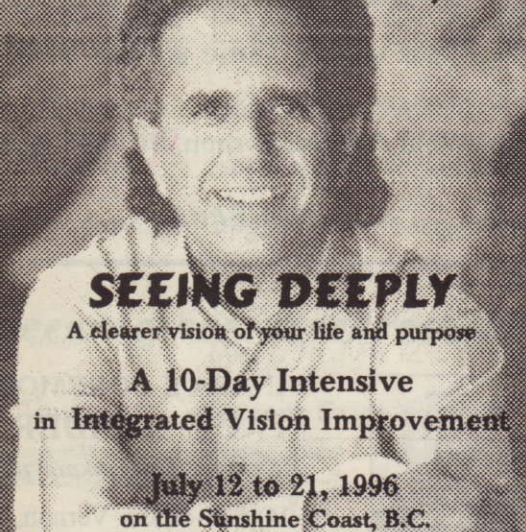
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**MESSAGES
IN MY DREAM**



by Marcel
Campbell

It's not just us metaphysical types that believe our dreams are sending us messages; medical science has also accepted this since the time of Freud and Jung. Psychiatrists and psychologists use dream therapy all the time. Over the years I have read several dream books, gone to dream workshops and tried to work with my dreams on my own. So recently when I had a very powerful dream I was anxious to try to figure out what it was trying to tell me.

Those who read my Hellerwork article in the February Issues, may remember me mentioning this dream. It starts with a man chasing a woman through the jungle. They are wearing safari clothes, he carries a rifle. Eventually she stops, turns around and confronts him. Becoming quite fiendish, with red eyes blazing she hisses at him, "So you want to kill me. Why don't you shove your hand down my throat and choke me?" Then she opens her mouth enormously wide and he sticks his hand down her throat. At this point she bites off his hand and spews it out. I then woke up and felt an extreme tension and intensity in my body for the next couple of hours.

Later when I began to ponder this dream, part of its meaning seemed quite clear. To me the man and woman represented my male (right side) and female (left side) energies. It was trying to tell me that my male side had always tried to protect my female side from the hurts of the world, but as a result this had stifled and held back her creativity and expression in life. I could see that this was the way it had been for me in the past. Always inward and a loner, never participating or being very active in the outer things of life. Recently this has changed for me by stepping out and becoming involved in the Holistic Healing Centre. My female (creative) energies have rebelled and confronted the protection of the male energy as did the woman in the dream. This was showdown time!

That seemed to be all the understanding I was able to get from this dream, although I felt that there was more to be learned. So I was most pleased when the universe gave me the opportunity to have a Dreamwork session with Sarah Wellington, a Jungian style Dream Therapist in Penticton.

As the session started and I told my dream, Sarah seemed to agree that the dream was about the male and female parts of me. The male side had turned away from the outer world and in front of the female in order to protect them both. But now realizing her own strength she was attempting to escape from the suffocation of his protection. In the past and especially as a child this protection may have seemed necessary but through the years I have done a lot of reading and studying of spiritual things. I've learned that strength, love and knowledge come from the Universe through your higher self. My need for protection no longer exists, but the old pattern of protection is still there. This is what the woman in the dream was trying to tell the man, when she stripped him of his responsibility of protection (his right hand) and also refused to accept it herself (by spewing it out.) This was all a new realization that came to me through the skilful questioning of Sarah. She also used

another technique in which I repeated the words the woman said, several times, with as much intensity and feeling as possible. During this process I realized that the woman was not so much trying to taunt and trap the man, as show him that she was strong and did not need his protection. She was coming from a place of strength and not fear. After this Sarah asked me to try to find in my body where this strength was located. I told her it seemed to be in my middle back. She did some acupressure therapy on my back to strengthen this feeling and told me it would help to know where in my body my strength was located, then I could go there when I needed to draw from it. Sarah is also an acupressure practitioner and uses this technique during her dreamwork sessions as well as in regular bodywork sessions.

Another powerful insight that presented itself to me at this time was that the man, whom you would expect to be distressed at having his right hand removed, was actually relieved at having the responsibility of protection taken from him. Now his energies could be directed into the outer world where they belong.

This entire scenario has also been evident to me in my body. What takes place on our emotional and mental levels eventually filters down and becomes evident on the physical level. Through yoga and deep breathing relaxation exercises, I have become quite sensitive to the tension and misalignments of my body. I have noticed for some time now that my right side has much more tension than the left - it is not as able to lie out flat on the floor and relax as the left side is. It almost feels to me like the right side is trying to turn in front of the left and pull it underneath in the process. During the session Sarah noticed that my left side was doing a lot of fidgeting. When she asked me about this I said, "Yes, it feels like my left side has been pulled under my body and it is now trying to wiggle out." So we did an exercise that allowed my left side to wiggle strenuously to get out from under my right side, thus strengthening this realization for me.

Through this session, some Hellerwork and other bodywork I feel I have come a long way in relieving this situation in my body. But patterns that have been set for many years do not disappear overnight - it will still take time and more work. I am very grateful for Sarah's expertise in helping me to draw more insights from my dream. Understanding the message of this dream has given me more clarification of what has been happening in my life and in my body.

Sarah is available for sessions at the Holistic Healing Centre.



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NO FEAR

We've all heard and seen the phrase 'No Fear' on T-shirts, hats and advertisements. It's meant to encourage taking risks and living life with passion, not being ruled by our fear. Fear is an emotion that can paralyse us and prevent us from moving forward in life. It can prevent us from taking the action necessary to create what we want. It can leave us feeling helpless and not in control of our lives. Pushing through our fears gives us back the feeling of being in charge of our lives and takes us out of our comfort zone so that we may grow.

As long as we continue to grow, we will feel fear. Each new experience and challenge has a certain level of fear to it. The trick is not to entirely get rid of the fear but learn to participate with it, by taking risks out of our comfort zone. Each time we move out of what feels comfortable and take risks in life we feel more powerful and confident. This helps us to build the belief in ourselves that whatever happens, we can handle it.

I am an avid skier and find that I have stepped out of my comfort zone this year and have definitely been pushing through fear. I have skied at the same level for a few years now and decided this year I wanted to challenge myself and uplevel my ability. I have been skiing more aggressively and taking more risks. A few weeks ago I participated in a Ladies Day ski lesson with a group of eight women. The instructor suggested that we ski the 'cliff' that day in eight inches of fresh powder. I

have avoided skiing the cliff for ten years but will ski anywhere else on the mountain. The first time down the run I was so afraid I was shaking, I was definitely out of my comfort zone. I knew that the only way out of my fear was to actually do it. Half way down the fear turned to excitement and by the time we were done the second run I felt great about this accomplishment. It definitely boosted my skiing confidence.

The instructor kept reminding us to breathe while we were going down the run and to positively affirm that we could do it. I thought it was great that he was using tools that I was familiar with and that I knew worked. I attribute a lot of the growth that I have had over the year to the use of the breath in breath integration sessions and to the use of positive affirmation. The breath works wonders at releasing emotion that becomes trapped inside us. It is very freeing to be able to let go of fear when it is there. I find that when the emotion is released I feel so much more passionate about life. Just as with skiing, when the fear is gone I find myself passionately participating in the thrill of the moment and feel so alive.

Patti Burns is a Breath Practitioner and Director with Inner Direction Consultants.



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

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Some Living Water Public Projects:

Scotch Creek Highways Yard, August 1994

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Hendrix Lake Micro Utility, 1993

Application: sewage treatment and waste water revitalization.

In under ten days fecal coliform count in the lagoon went from 90 to 53 and a week later the mg per litre was 2. This project uses Living Water Technology at the pretreatment, mid process and lagoon stages.

Spallumacheen Golf and Country Club in Vernon, B.C. 1995

Application: Algae bloom on a 1.5 million gallon holding pond for the lawn. Hardness, nitrate and nitrogen phosphates present.

Nitrates down to less than .003. Phosphates down to 0.143. Photos available on reduction of algae bloom.

Logan Lake High Valley Youth Camp, November 1994.

Application: Bad well water flowing into reservoir. Brown scum on water. Cleared in one month. Workers taking water home in plastic containers.

Rayleigh Regional Correction Centre, April 1995.

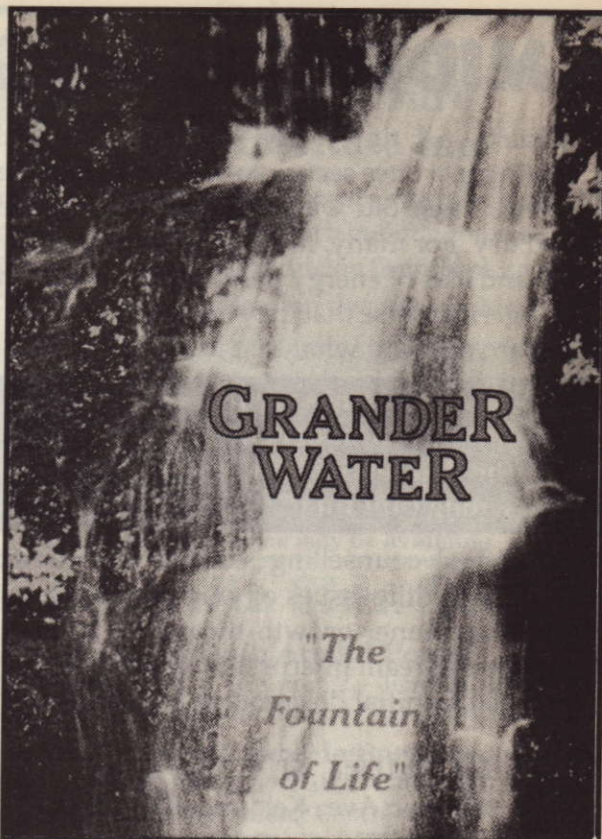
Application: Bad well water. Dishwasher scaling badly and using descaler.

Test are ongoing. Now using very little descaler.

Bear Creek Correctional Centre, Clearwater, B.C., April 1995

Application: Septic fields overloaded and being rebuilt.

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Dear Towards Awareness.....

All my life I have had a weight problem and have struggled with one diet after another. They all work for a short time but I always regain the weight and end up feeling miserable again. This is affecting my entire life. I don't go out much and if I'm not with my family, I'm at work. My life is pretty boring and I keep thinking it would get better if this weight thing wasn't such a big deal for me. I know other people have this problem, too, so what insight can you offer?

Answer: It doesn't seem to matter whether we are 5 pounds overweight or 50 pounds overweight, the effect it has on our self worth is likely to be the same. The media sell us the myth that thin is beautiful and we tend to buy the latest diet or beauty aid in the hope that we will look and feel better. Most of us will admit we like 'the quick fix' offered by cosmetics, fashion, and the diet industry. We can't help being a little vain! It is such a tempting idea to believe that if we change our body, our life will be more wonderful. If only it were true!

As you have discovered, we can change the outside but it is likely to be only a temporary change if we haven't addressed the underlying issues that propelled us towards gaining weight in the first place. We are much more than just a body, and most of our compulsive behavior is driven by emotional needs. We are unconsciously looking for something outside of ourselves to make us feel better about who we are. It is an attempt to fill a vague sense of emptiness within us.

We have all had the experience of using food to dull uncomfortable feelings. Along with all those unwanted calories, we literally stuff our unwelcome emotions into our body. Food is comforting when we feel lonely, bored, insecure, or anxious.. And if we are uncomfortable in our relationships, the excess weight can actually be a kind of armour that we wear to protect ourselves from being too close.

It is so easy to feel guilty about ourselves when our self worth is tied to how our body looks. My experience is that when we begin to gently address the feelings stuffed inside of us and find safe and healthy ways to express them, we discover that we can manage our emotions and not be controlled by them. We have choice about our behavior.

When we change inside a benefit is that we often see our bodies reflect this change. When we let go of emotional baggage and develop inner security and confidence, we look softer and younger. It is also common to see people lose weight and improve their posture.

If this is of interest to you, begin to look into the many forms of personal development available. There are many fine wholistic practitioners who have the training to help you deal with your weight problem from a perspective other than just dieting. Find someone who is able to help you discover what is going on with you at the emotional level. True healing is permanent when we address body, mind, emotion and spirit as one. Nurturing our SELF is the best diet there is!

Towards Awareness is written by Anne
Twidle a personal growth consultant. If you
have a question please write to ISSUES,
254 Ellis St., Penticton, BC, V2A 4L6.

If you would like a personal answer,
please include a SASE.



A Transformational Weekend

by Michael Welsh

In August of 1995, impelled by the invitation of some friends, and in the throes of one of the depressive crises which had characterized my adult life up to that point, I attended a Naka-Ima weekend in the Slocan Valley. Actually my decision did not come as easily as that statement would indicate. In the process of discussing the possibility of my attending the weekend with the teacher, Deborah Riverbend, my mind, practised as it was at self delusion, began to come up with many reasons for me not to attend. On the one hand, it would be impossible for me to leave my busy life for one weekend and I could not afford the cost. On the other hand, I really did need to do something so drastic as to commit myself to total honesty for several days with people I had never met before. After all my life was not really that bad. Occasional depression, not quite honest relationships and a nagging sense of not quite living up to my potential were only part of the human condition. Or were they?

Impressed by Deborah's energetic and joyful approach to life and her directness, and hungry for more of the transcendent freedom which I had on a few occasions in my life tasted, I decided to take the course. Besides, if there was total honesty I would be able to say all of the resentful little things which I was still in the habit of stuffing, in my strategy to get love by always being nice.

Fortunately, and not surprisingly, the weekend was much more than that. While part of what is taught in Naka-Ima is to be very honest about what we see in other people, the real confrontation is not with others but with ourselves. In order to be more free we have to confront our own fears and delusions. In my case I had to confront the fact that what I was suppressing in my interactions with others was really not my resentment but my joy.

After being guided through several uncomfortable moments of allowing my attachments to rule me, I discovered exactly how easy it is to let go of them. The energy which is freed up from not having to do the work of hanging on to things makes the work of creating intimacy seem child's play. When I learned to trust my intuition I realized that I could in any given moment be as clear as I wanted to be and say the things that would help someone else to be more free and happy.

By the end of the weekend I had also discovered how to regard the things that others said about me, even apparently negative things, not as criticism but as an indication of the effect I was having on the world. If I really let in what people say rather than reacting from past pain then I can choose freely whether or not I wish to modify my behaviour.

Eight months later, having attended several further workshops, both as a student and as an assistant, I remain very excited to continue to use and hone the tools of Naka-Ima in my exploration of life. *See ad to the right.*

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WILDERNESS AWAKENING

by Hazel Cruse

Last May I attended a meeting whose purpose was to brainstorm the idea of a healing centre and alternative community. Some of us in attendance had been working together in a women's healing circle for a few years already. The only man there produced a paper that he held out in his hand. He said that he had been 'guided' to bring this information that night for someone and maybe that someone could be me. The sheet started with the heading "Northern Lights Primitive Lifeskills Gathering." I read halfway through and I knew that this was the experience I needed, a link that would complete a circle in my life. I felt as though I had been struck by lightning.

My conscious journey as a 'seeker' for my own truth on this path we call life, began in earnest a number of years ago. My banner was stoicism, the colours I wore, red and black. I knew the meaning of those colours - power - a desperate attempt to project to the world what I was not. I was full of fear. Upon the advice of a friend I went to see a woman who I was told might be able to help me. She later became my 'teacher' and friend. I told her of my outward life, that I had a vision for a better life for myself and my family, and how I was trying to work towards this. I told her of my attempt to 'buy' my way out of the present life I had. I said that I felt totally dead and empty inside, and all I held on to was collapsing all around me. I never felt well. She smiled and gently told me what I needed to do was to 'get grounded,' and by this she meant literally go outside every day for at least fifteen minutes, to walk on the grass, preferably in bare feet. I was more than willing, and as I look back, my first of many surrenders began that day. In months to come I became firmly rooted to the path; I knew not where it would go, but it was mine and I was willing, as each new piece of inspiration empowered me, to look at more. I was asked if I wanted to come into the Healing Circle, a commitment to myself for my own healing and to the other women who made up this sacred circle. I made and learned the ways of the 'tools' one can use in healing: the drum, rattle, shield, mask; I learned to meditate and pray. I started to have dreams that seemed somehow familiar or prophetic. Most of all I gained a love for being outdoors. I studied the basis of the 'old religions', ancient goddesses, Wicca, native Indian traditions, to name a few. I came to believe in a common root, from which I felt they all sprang. I shifted my focus to the sameness in all things, rather than focus always on the differences. Through a book entitled "Goddesses and Gods of Ancient Europe" I experienced a sense of deep connection to the peoples who made the clay images shown there. These 8,000 BC images spoke of an earth-based worship, and the text pointed to facts too numerous for me to ignore. I could see clearly that these 'primitive' people had an independence, respect, fear and awe of this world. They saw themselves as a part of their surroundings. They venerated all aspects of the life-and death-giving forces of nature. I wanted to reconnect with this part that was still alive in me, because some part of me knew this to be my right - our right - as human beings. I felt as though I had reached a source point on the road back through time, before the worship of unseen sky gods, the written word and conceptual thought.

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Don McGinnis

I started to pay attention when I heard the phrase, "In healing ourselves, we heal the earth." I was healing myself, and my awareness of the natural world was growing. I was following the cycles of nature, noting the signs of change, to connect to the earth in my own way. I became an "urban hunter-gatherer." I was integrating as much of the natural world as I could fit into my modern city existence. I was endeavouring to walk the 'parallel paths' of existence.

I eventually realized that I had reached the place within myself to move beyond concepts. Again, I didn't know how, and could feel myself becoming a 'do-er', creating acts of beauty, yet feeling a sense of lovelessness and emptiness inside. It was at this crucial part of my life that I was given the invitation to Northern Lights Primitive Lifeskills Gathering referred to at the beginning of my story.

After an all night bus trip and an additional hour and a half by car from the highway's edge, I arrived on the Northern Lights site. It was a clear and sunny morning. The mountain peaks that half-surrounded the meadow I was standing in further enhanced the sense of freedom and readiness I felt, to begin this new chapter in my journey. As the week progressed I became witness to many transformations in the people around me. I became one of those people. I have tried to pinpoint exactly one thing that happened that started this shift in consciousness for me, and those around me. I remember a class being taught on 'Found Tools.' In listening to the instructor and looking at his array of rocks, shells and sticks I started to remember that I was resourceful and creative. I too

could make use of a rock or stick in place of a modern device, not only for survival or in case of an emergency, but I was starting to realize how freeing it was to have the choice. I realized how disconnected I had become from the natural environment, that I was afraid because I had lost the knowledge of my forefathers. By doing primitive lifeskills I was gaining knowledge, and knowledge will overcome fear. I started to get a deeper sense of my place in the natural order. I already knew that doing creative acts with our hands could help us to reconnect to the instinctual side of our psyche, and started to feel this connection. The drum circles at the medicine wheel, led by Yellow Bear, gave me the sense of hope and unity with my fellow humans I had been lacking. I could feel my place within the circle of life. The times I was able to share my strengths with others who needed support, affirmed my belief in my own spiritual destiny. I gave prayers of gratitude for bringing me to this transformational place in my life. I say 'transformation' because many of us at Northern Lights had shifted into a new paradigm, or story of our lives. We had started to move beyond conceptual thought. "In healing ourselves, we heal the earth." I felt that I finally understood and was living these words. In accepting my place in the order of the natural world, I would find the strength and courage I needed to continue to heal myself. And by being a part of this earth, I was in turn healing her. That is what we are in this life to do. Ancient man did not have to stray so far into conceptual thought to reach a place of peace in his world. He never viewed himself as separate from it. Nor should we.

MIGRAINES and other Headaches

by Joel Whitehead, D.T.C.M.

Chinese medicine is a system of energetics. As such, when we describe headaches or any other ailment we talk in terms of energies such as: hot or cold, external or internal origin, excess or deficiency, and of course yin or yang.

Basically hot energy, excess energy, and yang energy have a common thread as do cold energy, deficiency and yin energy. Whether a condition has an external or internal cause is often related to whether or not it is chronic or acute. If a condition is temporary and sudden in onset it is probably acute and external. Causes such as wind cold or wind heat or wind dampness would probably be suspected. This is usually not the headache that someone schedules appointments with their caregiver for, it is usually the chronic long term debilitating headache and that is of course an internal problem.

The actual position of the headache is our first clue to the origin or cause of the problem. If it is a headache on the vertex (top) of the head it could be either an excess course of Liver Yang rising or deficient causes of Liver Blood deficiency or just deficient Qi or blood that is not plentiful enough to reach the top. The latter could be accompanied with a vacuous feeling in the head.

If it is a headache on the side of the head, we again suspect Liver origin, especially on the right side. These syndromes would be either Liver Yang rising or Liver fire or Liver wind. If it is more of a left side condition it could be the stomach or spleen (pancreas and duodenum). If either side it could be an antagonistic relationship between the two entities.

When the effect is behind the eyes we again primarily suspect the Liver. If it is a dull pain it would be Liver blood deficiency and if sharper Liver Yang rising.

A forehead headache is most often a Yang Ming headache involving the Stomach and Large Intestine meridians. While this does not directly transfer to those two organs, stomach irregularities are often suspected. If the pain is sharp it is an excess (usually heat) of the stomach, if dull, a deficiency. If it is a heavy or tight band-like feeling this could be dampness or phlegm. In Chinese medicine this phenomenon is more endemic as a problem than just the catarrh or fluids that we might associate it with.

When it is the back of the head that is primarily affected, our first thought goes to the kidney or bladder meridians. Some people are especially prone to chills down the spine and stiff necks with this problem, which leads us to think of kidney yang deficiencies or a need for warmth in the kidney fire.

When it seems to involve the whole head with a feeling of emptiness it is usually a kidney essence deficiency and could be the result of long term loss of energy. If there is a 'pulling' sensation in the head we would suspect a headache involving Liver wind.

In order to add clarity to your understanding of your own headache problems, the following is an overview of chronic headache problems.

Liver Yang Rising - number one and most suspicious of headache problems is Liver Yang Rising. The most common causes are emotional, repressed frustration and resentment especially among those who were raised in households where

anger was not allowed to be expressed. This balled up energy vents up to the head often causing a throbbing, pulsating or bursting sensation. It seems to use as its pathway the Gall Bladder channel which runs along the side of the head temples or even behind the eyes. We also suspect a 'blocking' type diet heavy in cheese, fats and oils or stimulants such as coffee, chocolate, or strong drink. It is often accompanied by nausea or vomiting as the Liver could punish the stomach and spleen as it vents. These headaches can also result in flashing lights and/or blurred vision. Sometimes people in pressure jobs only express these headaches on the weekends, as the tension of the job masks the onset until they are free to let it loose. Some other manifestations may be dizziness and a dry throat.

Liver Fire - A liver fire headache would be the same as the one mentioned above except that it is more intense with more thirst. Sometimes this sufferer has a bitter taste in the mouth, especially upon waking. As the fire represents itself as heat, it may lead to scanty dark urine or dry stools and constipation. These headaches may happen more often or have a vertigo beyond the dizziness.

Liver Wind - A liver wind headache could be a pulling sensation involving the whole head. Sometimes we see a shaking of the head or a trembling of the limbs as a representation of the wind. Numbness sensations could also be an expression of this wind.

Liver Qi Stagnation - Less purely a liver phenomenon, it is often coupled with a weakened stomach and poor digestion. In Chinese physiology a weakened organ can sometimes invite aggression and this is its classic example. It is not a throbbing headache like that of the Liver Yang rising or Liver fire but is usually brought on more by immediate stress. It usually occurs in the forehead or temples with hypochondriac pain flatulence, distention in the abdomen and stools that may begin to look like pellets.

Cold in the Liver Channels - This is a special syndrome of the Liver meridian where the body itself feels cold as does the pain in the top of the head. The person will usually have cold limbs and possibly vomiting as a result.

Dampness - This is one of the few headache syndromes that could have started as an acute onset of wind dampness — usually occurring more in damp environs as opposed to those areas with a dry climate. Dampness usually is heavy in sensation and settles into the lower areas of the body. It can cause problems with digestion and from there be carried to the head by yang energy. This dampness prevents the clear yang from rising to the head as it should and usually presents itself as a dull more constant headache; a wobbly feeling as though the head were clogged with cotton. A person would feel heavy and usually feel this headache more in the morning.

The root of this problem can be Spleen Qi deficiency due to poor diet or could have started with external forces. Dampness is the energy of the Spleen (pancreas) which is especially susceptible to sweet and cold rich foods (including dairy).

Turbid Phlegm - This is similar to dampness but more blocking than dampness and therefore more serious in effect. We say it 'clouds the orifices.' It can lead to blurred vision and dizziness. A person will also get a feeling of oppression on the chest, with a full feeling when lying down.

Turbid Wind Phlegm - This is the same as above but the pain will move around more. It is said to precede 'wind stroke' in older people and may lead to partial paralysis.

Food Retention Headache - This is a forehead headache that is very intense and it is made worse by eating. Some other signs may be epigastric distention with sour regurgitation and belching. The person can also have foul breath.

Blood Stasis Headache - This could be caused by a long term bout of Liver Qi stagnation (a stressful life) or a blow to the head. If it is always in the same spot, this should be considered. These are stabbing headaches, like a nail, and are usually in a fixed location. Sometimes women with a history of painful periods suffer from this same syndrome.

Stomach Heat - This can be chronic or acute. Of course people usually end up at our clinic when it has become chronic and has gone on for a long time. A person with this type will find the headache mainly in the forehead and it may also be accompanied by other heat signs such as profuse sweating, fever, intense thirst for cold water with probable dry stools. The person may also have something we call morbid hunger and it may be the cause of bleeding gums. This whole syndrome may have started with a poor diet; overuse of meat, spices, fried food and/or alcohol.

DEFICIENCY TYPES

Deficiency types of headaches may take longer to cure because they depend on the building of energy and blood in a person who has been deficient for a longer period of time.

Qi Deficiency Type - This is first suspected in a person who complains of headaches that are ongoing and dull in nature. Their headaches are made worse by almost any effort and they are often accused of being lackadaisical and avoiding work. The headache is often ameliorated by rest and by lying down. It is often worse in the morning when good yang energy is most expected. The person may have a poor appetite with loose stools, occasional breathlessness and occasional palpitations.

Blood Deficiency - A vacuous headache, more often on top of the head as deficient blood fails to reach the head and nourish the brain. The onset or worsening of the headache will get worse in the late afternoon as Qi declines. In general it is accompanied by a lack of concentration or poor memory. I'm sure that as with blood deficiency this type of headache comes at the end of a period.

Kidney Deficiency - This could be kidney yin deficiency or kidney yang deficiency. While yin energy predominates at night and is the source of lubrication for the body, its deficiency is borne out by night sweats or a general feeling of heat, which escapes, in the evening or at night. The person may tend to be slight of build being consumed by the heat energy. Generally they are very thirsty. Yang energy predominates in the daytime, and is the active heat energy of the body. When a

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deficiency results in a person, they are cold and generally lacking in thirst. Both types could have low back pain or pain in the knees and ankles. The kidney yang deficient headache may have a feeling of emptiness and/or predominate in the back of the head. The kidney yin deficient headache tends to be deeper in the head. Both may be worse after sex or even brought on by too much sexual activity.

POSTNOTES:

Life changes to overcome headaches that are prolonged or chronic are never easy to master. However, Chinese and Japanese medicine as practised at the Lakelands Clinic, have proven very effective in the overcoming of most of these maladies, but never without the full effort of the patient involved.



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TRANCE DANCING AND AUTHENTIC MOVEMENT

by
Sarah Wellington

Trance dance is an ancient tradition used by shamans and others to move into altered states where visionary experiences and transformational healing can occur. It is still used in some tribal societies. Nowadays, Trance Dancing is being used by people as a means to embody Spirit, to bring it home to the body. So much of modern life is spent in our heads (thinking) that little time is spent being fully present in our bodies. I believe that at this time in our history, we are being given the opportunity to live our spiritual truths in our everyday lives, not cloistered away in a cave or convent. Part of this task then, is to fully embody Spirit, and this means bringing it Home, becoming whole in spirit and body.

Trance dancing is a wonderful vehicle for experiencing this. Using breathing techniques we fill ourselves with breath, which contains the vital life energy - prana or chi. This invigorates us and helps an altered state to arise. Then with eyes closed the music starts and gradually we let ourselves go (ego and busy mind), and allow the music to carry us where it will. By surrendering to Spirit in this way we can allow whatever needs to be healed to surface. It may be that we need to express emotions long held in our bodies, or to have ecstatic visionary experiences.

Authentic Movement is similar, but is done without music and with a partner who witnesses the other's process, which again is done with eyes closed. Witnessing is very valuable and is done in a non-judgmental way and helps validate the process. Both of these movement forms can help to move and release that which stands in the way of wholeness. They are ways to experience release through the body in a safe environment. See Sarah's ad to the right.

Protection Techniques for Everyone

by Kiara Fine, R.N., R.C.C.

A healer's journey is an interesting map to explore and as the journey becomes more and more involved, we need to acquire skills that will keep us vital, clear, protected and in our centre. In these times, people are becoming more aware of energy. The more sensitive we become the more protection we need. In my many years of teaching energy work to nurses, other health professionals, aesthetic technicians and anyone interested in helping others, I have come to realize the importance of protection.

As healers continue to study and practice, they become extremely sensitive to the 'energy fields' that surround everyone and soon are able to feel everyone's emotions, pain and perhaps even read thought forms. At first we are very excited and proud of our accomplishment but soon a fear arises around taking on other people's pain and many healers quit because they just don't know how to properly protect themselves.

Another common way to take on other's feelings is when we respond from a fixer/helper mode and send an unregulated outflow of energy towards them. We want so desperately to help them (whether it be family, friends, clients), that we actually take on their pain. Of course this style of healing makes us feel exhausted, depleted and ready to dump our healing practice as soon as we can. We quickly become 'crispy critters.'

And don't forget the shopping mall and big grocery store energy overload syndrome. In these situations we are subjected to the fear that mass consciousness carries (lack, competition, depression) and if we don't protect ourselves we end up feeling exhausted and off centre. Not a pretty picture!

There are probably other ways in which you have found yourself becoming overloaded by the energy of the situation, for example: visiting a friend in the hospital, family reunions, as a crisis line volunteer, etc.

Here are some protection techniques that I am teaching in the Listening Hands Therapy Training Programs. Students use these on a regular basis to maintain their centres and to keep themselves clear and grounded. These can help you stay unaffected in the above or similar situations.

When you are giving a healing session it is imperative to ground yourself and invoke a mantra or protection that you know. Any ancient mantra holds protection as you bring it through you and say it.

Protection against fear in mass consciousness
(mall, hospital, public places, etc)

Invoke the energy of Joy. This energy appears as a pale

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Ayurveda Healing

by Brooke McDonald

Ayurveda, a 4000 year old science of natural healing literally means 'Science of Life.' Recognizing each person as a unique individual, the body consists of three life forces (Doshas.) The Sanskrit terms used for these Doshas are Vata, Pitta and Kapha which correspond to the elements of Air, Fire and Water. Each Dosha is characteristic with a governing quality and each individual is considered to have a dominant Dosha as part of his/her physical nature.

Vata is concerned with the nervous system and is responsible for all communication, transportation and movement in the body and mind. Pitta is responsible for all digestion and absorption and metabolism that creates heat and energy. And Kapha is responsible for all stability, lubrication and storage - 'That which holds together'.

The state of health is seen as dependent on the proper balance of diet, behavior, environmental conditions, psychological and social factors and is viewed as an appropriate balance between the three Doshas. When in balance, the three Doshas function to maintain health, but if they become out of balance, they become the source of disease or disorders. Ayurveda understands how the disharmony relates to the patient's disease and prescribes a program of care to re-establish harmony and supports the patient on his or her journey back to health.

One way to establish balance is through Ayurvedic body work. Medicated herbal oils are gently massaged into the body, penetrating all seven layers of the skin, nourishing the body's organs, tissues, nerves and bones while calming the mind. See Brooke's ad to the right



golden colour (ginger ale) and contains sparkling bubbles of energy. Say to yourself: "The nature of the Soul is Joy. As the Soul, I invoke the energy of Joy." Visualize the energy coming from your source, filling the central channel and spreading into your body and your energy field.

Protection against emotional impact
(crisis situation, sadness, neediness, etc)

Visualize Silver energy coming from your source. Fill your energy centres (chakras) and your body. Now see the silver colour radiating outward from your centres filling your energy field and past your personal field. Form a belt of silver energy around the solar plexus (2" above belly button) to give added protection.

Protection against accidents, physical pain, environmental impact (clear cuts, war, city living, etc.)

Visualize Golden Light coming from your source, bring it through your energy centres and radiate it outward filling your energy field.

These protection techniques can be practiced by everybody, all you need is a source of some sort that you personally connect to and the desire to feel rejuvenated while being of help (to family, friends, clients, etc.) See ad to the right

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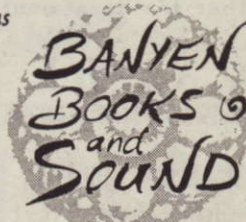
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Kelowna

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for May

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April 10th

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Registration Deadline: All registrations must be received with payment in full by May 24

Fees are fully refundable before May 24. \$25 surcharge after the closing date.

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