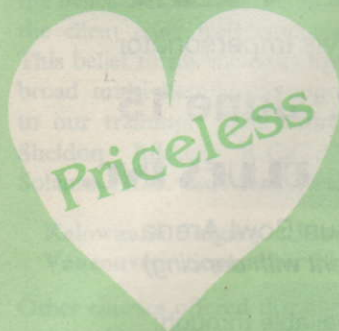


ISSUES

MAGAZINE



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Happy Mother's Day

to find out more read
Musings ... page 6

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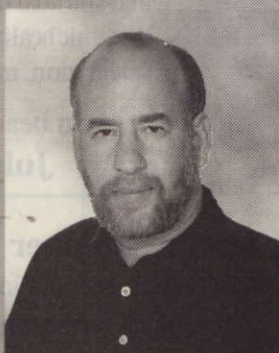
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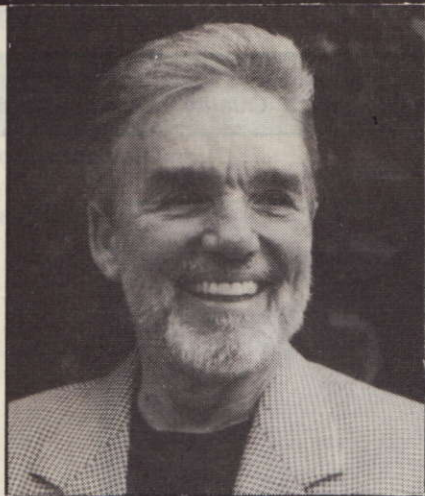
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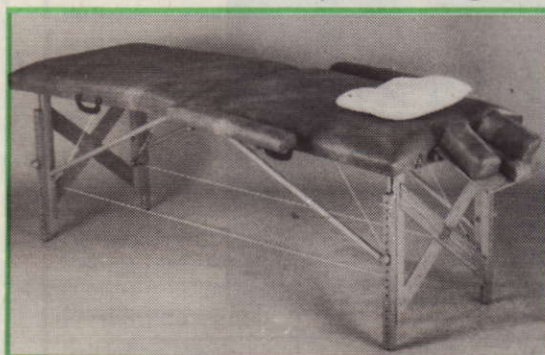
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The Quest

Donna Martin

You ask: Who am I?

The Wise One says:
Everyone and no one.

You ask: What should I do?

The Wise One says: Live fully.

You ask: How shall I live?

The Wise One says: Love.

You ask: When?

The Wise One says:
The only when is now.

You ask: Where?

The Wise One says:
The only where is here.

You ask: What do I need?

The Wise One says:
Courage, faith, and gratitude.

You ask: What shall I say?

The Wise One says:
Say "yes" to Life
say "I don't know" to the Mystery;
say "Thank you" to the All.

You ask: For what shall I be thankful?

The Wise One says:
For being who you are.

You ask: Who am I?

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Instruction starts on September 20th at 7:00 pm at 2153A Georgia Street, Rossland, BC. Facilitators are Sid Tayal, Michel D'Estimauville and Dr. Gail Gill. For more information please phone Sid Tayal (604) 362-9481 or write Centre for Awareness, Box 300, Rossland, BC V0G 1Y0.

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Dr. Gail Gill

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'Happy Mother's Day'



Photo by Steve Tomlinson

Mother's Day is a timeless tradition so I chose a photograph of my mother for the front cover, taken some sixty years ago in Hudson Bay Junction, Saskatchewan. My mom and her brother, Jerry are posing for my great aunt, a professional photographer. I am grateful to have a supportive and unique Mom, who was way ahead of her time. Her love, guidance and impatience have taught me a lot about getting along in life. Her many photographs of our family help me to focus and remember *why I am the way I am*.

Processing deeply each month helps me to see more clearly the patterns of my own childhood. Unexpressed or unfinished emotional dramas repeat themselves in my dealings with work, play, food, friends, business partners and even strangers. People and events are mirrors for me, reflecting back so that I may see the many different parts of myself and heal them. Sometimes I would rather not be faced with the reality, especially if it is negative, but once I get past my comfort zone, I discover amazing connections that I hadn't thought about before. I know I am guided unconsciously into situations or events that help me to see more clearly the bigger overall picture. For example....

My mother always had interesting friends because as she put it "I don't like boring people." That must have made an impression on me, though I didn't realize it at the time. As I look at my friends today, I see the reflection, for we seldom talk of mundane topics.

My mom was always busy, she never worked a normal job, and she seldom worked just for the money. Her mother was the same, putting all her energy into horses and politics. Grandma Kost was the only white woman living in the Arctic in the 1930's, and her will power, vision and determination brought many changes to her surroundings. The women in my family have all spent time educating people in non-traditional ways and supporting grass roots dedicated towards greater awareness of self and health. My brothers, like their dad and granddad, all became roofers and carpenters.

My mother can create and spend money faster than anybody I know. She has a slightly different style than me, based on her programming. Watching her as a teenager taught me that anything is possible. She still amazes me with her creative thinking and colourful ideas that make an impression on people. She taught me to believe in the abundance of the universe and that it would support me as long as I am doing what I love.

My mother is totally her own person; I give her bouquets of orchids and blessings for not getting trapped into the system

and showing me by example that this is possible. My mother is not without flaws and when I point them out in my Musings, it is with love, for a whole generation of people were raised with beliefs that we now need to let go of. I learn more easily when information is taught to me by example. I love listening to or reading stories of people who have changed themselves and made the world a better place for all of us to live in.

I believe we choose our parents for many reasons. My journey is to balance the practical, hard-working aspects of my father's personality with the fun-loving, creative and emotional aspects of my mother's personality. I believe Barbara De Angelis when she says, "Your unconscious mind seeks to complete its unfinished emotional business from childhood by getting you to 'choose' people who will help you to recreate your childhood dramas, as if you were reincarnating mom or dad in someone else." Our emotions get triggered by our relationships, and our definition of love, so that we may look at the past and heal it. It just may not feel like it at the time. I know my Mom and Dad loved each other when they got married, so why did they argue so much? Barbara says, that happens once a level of trust is great enough that we let down our defenses and trust once again. Children trust everybody till they are hurt, and if the hurt is deep enough or repeated often, they develop defensive patterns to protect themselves from being hurt again. Relationships bring up the old emotional hurts and as adults we get confused, thinking it is our partner's fault, when all that person did was trigger an emotional flashback so that we could work through it and heal. We would not have reacted if those feelings weren't buried deep inside of us.

Joel and Gary have done great work with me in the past month helping me to reconnect my emotional and physical bodies. I know both my parents loved me, especially if I did what they wanted. But I wasn't always loved in the way I wanted to be. Usually I got my father's love and attention when I was hurt. At age five, I remember being thrown off our mule. My Dad saw it happen and came running over to see if I was okay. It was one of the few times I *felt* his love and concern for me. While I was having one of my Nesshi sessions with Joel Whitehead, DCTM, his two-year-old daughter was crying so Vicki, his wife, brought her to the window to assure her that daddy was still around and hadn't left without saying good-bye. Her tears were acknowledged and with a big hug she scampered off to play. As a child I needed to be picked up, held, and praised for being good, but it seemed like I only got attention when I was hurt or had bitten my brothers. After that session, I parked beside the lake and screamed out my anger and frustration; then the tears came, followed by sadness and grief, and finally an understanding and a deeper love for my Dad as I let go of some very old baggage.

After my last rolf session, done at the Holistic Centre, I went outside to cry as I could feel tears welling up from old grief. I wanted to be alone to process my thoughts as they came up. Just feeling my feelings brought up delightful tears of joy. After a long while, Jan and Mike got concerned for me and offered me Reiki. I didn't know what I wanted, and I knew they were concerned, so I said yes. Half an hour later as I lay on the table, I started fidgeting and getting frustrated. The session was not relaxing and it puzzled me, so I tried getting some work done but I was too tired to do much of anything. That night as I lay awake with a scratchy throat, I asked myself, "What is it that

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I can't say, what do I really want?" I knew
it was stuck emotional energy for it felt
heavy. I thought about the day and real-
ized that I had wanted to be left alone to
process and cry, I just couldn't say "no"
to my friends. That night a few more
pieces of the puzzle came together as I
remembered a time when I said "no" to
my Dad and got whipped with a willow.
That incident and a few others taught me
that love means doing or giving and
seldom taking or asking for what I really
want. So I married a man who helped me
repeat my emotional programming. It

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was very difficult for me to say "no" to his
needs and I didn't understand why. When
I got frustrated and angry, we would have
power struggles. I remembered how I
hated it when my parents argued and
with a great deal of will power, I changed.
I buried my feeling even deeper and lost
touch with my stomach. My liver stored
my anger and I became very good at
rationalizing my frustration. Soon I lost
my joy for being in the relationship, so I
busied myself in my work: for I had three
boys to raise and I wanted them to have
a Dad. Rae was wonderful with the boys
and that gave me great pleasure. Rae
taught me much, once I let go of my need
to control. With time I learned to appreci-
ate his strengths and developed some of
these characteristics in myself. One of
my affirmations that helped me to change
was, "He is my teacher and I intend to
learn my lessons well."

Unless both people are committed
to making changes, relationships can't
grow. In the past our parents suffered in
silence, wondering where the joy and
intimacy went. Today the times are a-
changing, and so are our relationships.
We no longer have to stay together just
to survive.

At the age of forty-four I am starting
to realize that I have repeated many
times the same patterns of love that my
parents taught me so many years ago. It
is getting easier to say "no," but doing so
still brings up feelings of anxiety in my

stomach. I have learned to ask for sup-
port and I am getting better at asking for
what I want. I now realize I can choose to
be busy but that I don't have to be busy
to be loved! Taking time for myself is still
difficult because I love what I do, and I
love to cram as much into one day as
possible.

Stifling my emotions as a child was
a survival technique that is no longer
serving me. Opening up my heart and
learning to feel my feelings is wonderful.
I am enjoying the experience of under-
standing the past and the complex con-
nections of my mind, body and spirit.
Bringing that knowledge into my working
relationships with my business partners
is going to help me grow younger and
younger, as I come to understand and let
go of my unconscious programming ...
and that my friends... is going to allow
me to be all that I came here to be!



Angèle ♥

PS. There are many great books,
audio tapes and videos available if you
are ready to embrace being more of who
you are. Right now I am reading *The Joy
of Feeling, Bodymind Acupressure* by
Iona Marsaa Teeguarden and listening
to audio tapes of Barbara De Angelis
called *Making Love Work*.

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S.O.M.E. MEN

by Jack Killough

One evening some five years ago, I arrived with some curiosity and incredulity, at the doorstep of a friend and colleague who had invited me to an evening which changed my life. I can't recall too much of the evening's discussion other than that the topics touched on men's issues, and that three of us left that evening with a resolve to further explore the issues discussed there.

The three of us met at my place the following week and under the tutelage of David Tauzer, who had experience with men's groups in California, the South Okanagan 'Men's Group' began.

We soon expanded to six members and within a year there were four groups meeting regularly in the Penticton-Summerland area. Our group decided to try a monthly 'networking' where all four groups could meet and exchange ideas and update our progress. David suggested the acronym 'S.O.M.E. Men' (South Okanagan Men's Evolvment) and we had our first gathering in the Naramata Anglican Church hall. After three or so such attempts, the success of this venture proved somewhat discouraging. Other signs of discouragement included the eventual dissolution of one or two of the smaller groups. Our own group shrank and grew several times, but a hardy core of us have hung together.

For a year now, under David's loving guidance, men from Vernon to Osoyoos look forward to meeting at Leir House every second Thursday of the month. S.O.M.E Men has finally evolved.

'What is this 'Men's Thing' all about?' I am frequently asked. It is not, as the media has pictured it, a bunch of guys crawling around in their gaunches bellowing moose calls; it is not a bunch of guys firing salvos at women and women's groups. Occasionally a newcomer thinks it is, but when he discovers that we support women in their struggles, he soon falls silent and often is not seen again. Nor does the men's movement focus on political debate or debate of any kind, though they are supportive of those who wish to form such groups.

We explore such issues as: anger, abuse, fear, initiation, ritual, homophobia, trust, men's need to express their feelings, what it means to be a man (contrary to the image created by alcohol and cigarette commercials), and the list goes on. Many men find, after years of being involved in a close family, that the kids are gone to college, that they have few men friends, and that the woman at the breakfast table is suddenly a stranger. Men find that when they are in an atmosphere of trust, support, and understanding they can explore these issues more easily than they can in the office of a professional, or in the pub, or with their spouses.

I often find it amusing when a new group is meeting for the first time; there is often the loud macho facade initially but by the end of the evening they find that they can toss the masks away and be themselves. Almost all of us who have been in a group for some time find that we are more at ease with ourselves and with others, and that the relationship with our spouses improves.

The longer I work with men in these groups the more enthusiastic I become. I can no longer think about the Okanagan without thinking of S.O.M.E. Men, and if I were ever to move away this organization would be sorely missed.



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by Patrick Yesh

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You are the observer and the creator of your realities. Trust, have faith in created images of your new soul-self. Empower your art with spiritual purpose. Ask the creator for these pictures and frame them. If we are made in the image of God, then let us make images for God; healing images, holy images, images of joy and transcendence. Fashion masks of your eternal self, angels and spiritual guides.

Dive deep into the colors and shapes of your superconscious, look into your future-mind. Trust in your own inherent creative nature to lead you to the divine center of your being. Play in the sensuous colors and textures of peace, forgiveness, mercy and unconditional love.

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Summerhill Winery's 'Natural' Magic

by Dave Gamble

One of the main events of the British Columbia wine year will be the spring opening of the new 15,000 square foot Summerhill Estate Winery building overlooking Okanagan Lake and the city of Kelowna. While the new building is exciting, Proprietor Steve Cipes explains that it is only part of a much larger plan that will make Summerhill unique in Canada.

The concept that has been developed is to personify the slogan 'Super Natural B.C.' with the emphasis on 'Natural.' Summerhill is already officially designated as a certified organic winery and since the winery's inception the purity of its wines including the minimal addition of sulphite has been emphasized.

In effect, this 'natural' theme has been adopted throughout the new building, grounds and even beyond. For example, natural landscaping will be used around the parking area which will feature wild flower; trees will be transplanted to make a new forest on the grounds including a particularly large tree to block a power pole from sight; the new building will have natural cedar siding, fieldstone pillars, and ceilings featuring painted clouds against a sky-blue background.

Summerhill has made application to include a 'J' license for a restaurant and wine by the glass, and here too the natural theme will continue. This facility, if approved, is to be operated by Bavarian master baker Hans Schroth of the Wood Fire Bakery and will feature his organic breads and deli foods.

Steve points out that this is only the beginning. The new winery is located adjacent to a natural wooded area that features year-round spring water. The intention is to make this eight acre area a nature preserve and bird sanctuary complete



with pathways for a nature walk in the woods. Bear, coyotes and deer have frequented the bush and over 100 species of birds are reported to be in the area each year. There is still more. Between the wooded area and the new winery is a pioneer log cabin. Summerhill has secured the support of the Historical Societies in an effort to restore the cabin for its historical value and they are offering it as a Museum for tourist use.

Now here is what visitors to the new winery building will enjoy this year.

Arriving at the spacious parking area, a pathway leads onto a balcony bordered by the fieldstone pillars. Outside is the beautiful view of the vineyards and Okanagan Lake and overhead are the painted sky and its clouds. The entrance, a dramatic oak door carved by Peter Scehn and Sons features a grapevine theme. Inside the winery, an indoor gallery looks down on the main factory floor. In the open centre space are the polished stainless steel wine tanks and new and old oak casks. To the right is the bottling line, all within sight, so that visitors can enjoy a birds-eye view of virtually all of the winery operations. We move along the gallery to the Wine Shop and Boutique. Here again we find natural earth-tone walls and wide board pine floors. Further along is the restaurant area which includes the wide balcony with its panoramic view of the lake.

Visitors will be offered mini-tours lasting 15 minutes or major tours which will last one hour.

The new facilities are expected to be open for visitors in early April with Grand Opening celebrations planned throughout May. As readers will appreciate, the new Summerhill Estate Winery is something you really must see to appreciate.



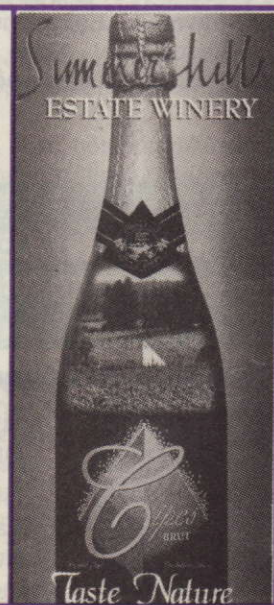
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COVER UP

by Karen Timpany

Every now and again when I get the rare chance to watch some television, I watch the advertisements. We've all heard how Aspirin, Tylenol and Advil cure all your headaches and make everything better. Now that we have the irritating pain removed from our physical body, the body in back in perfect health! Oh, really? Do you buy that?

The following came from a teacher I had in Toronto. I don't know of it's origin, but I think you will find it interesting to say the least.

The American Death Ceremony

The death ceremony started as a crude ritual back in the days of witchcraft. In recent years it has been developed into a science. It usually takes 10 to 15 years; however, modern scientific advancements are shortening this period of time. It starts with one simple aspirin for a simple headache. When one aspirin will no longer cover up the headache, take two. After a few months, when two aspirin will no longer cover up the headache, you take one of the stronger compounds. By this time it becomes necessary to take something for the ulcers that have been caused by the aspirin. Now that you are taking two medicines, you have a good start. After a few months, these medications will disrupt your liver functions. If a good infection develops, you can take some penicillin. Of course, the penicillin will damage your red blood corpuscles and spleen so that you develop anemia. By this time all these medications will put such a strain on your kidneys, they should break down. It is now time to take some antibiotics. When these destroy your natural resistance to disease, you can expect a general flare-up of all your symptoms. The next step is to cover up all your symptoms with sulfa drugs. When the kidneys finally plug up, you can have them drained. Some poisons will build up in your system, but you can keep going quite a while this way. By now the medications will be so confused they won't know what they are supposed to be doing, but this doesn't really matter. If you have followed every step as directed, you can now make an appointment with your undertaker. This game is played by practically all Americans, except for the few ignorant souls who follow nature.

The solution to end this ritual is so simple and it is astounding that only a few will take the time to solve it. The solution is in determining the source of your headaches or pain. Start with your Doctor. If you're not getting any answers there, try a nutritionist, acupuncturist, massage therapist, whatever it takes. Maybe it really is as simple as giving up certain foods or beverages, cleansing out your colon, liver and/or kidneys. Cover ups were never meant to be permanent, only a temporary solution to a greater problem. Remember without your health, you have nothing!

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**ONE WITH SHOES,
ONE WITHOUT**

By Glenn Grigg

I had left a Buddhist Monastery in Sri Lanka and was making my way through southern India to Bombay to listen to Sri Nisargadatta Maharaj. I had already indirectly met Maharaj through another person's experience months before, where on a rooftop, my spiritual ego blew its cover. I knew I wanted to meet the man.

Being a newcomer in his presence, he asked me a few questions and proceeded to say that I may as well sit in the back and listen (I said this is why I had come), because I knew nothing about spirituality anyway. I looked up to see his eyes focused directly on me for any reaction. All he saw, though, was me being open and willing, for I had seen my spiritual ego for what it was. Our relationship was free to grow and evolve over the next six weeks.

How willing are you to value relationship? In this weekend workshop, *Creating Relationship*, you will have an opportunity to go beyond the point where you are no longer willing and you lose sight of how life could be. This does not mean sacrifice, compromise, or submission, but rather an empowering process of self healing through joining. But often we have questions. What do I do when my love is not wanted? How do I experience love midst a seemingly unloving environment? How is it I always withdraw when someone I love is in pain? How is it that the more I want relationship, the harder it is to obtain? Whatever questions you have about relationship is where the workshop starts for you and is where our relationship begins. We meet in the immediate where we are free to be ourselves and are willing to give.

My walking meditation to Maharaj's home was to walk down the street he lived on for the first time every day. One of those times I asked myself why the people around me would not let me love them. My inner reply was, "What is stopping you?" There was nothing stopping me but my expectations of love and my own fear of feeling the connection and what India might ask me to look at.

Relationships are going to make us feel. Rather than fearing our feelings we can offer them to the relationship. Communication will be one of the concrete steps you will have the chance to practise this weekend, as well as other practical skills and steps that have worked for me and my partner in creating the relationship we want. We will have the opportunity to consciously live out relationship while experiencing our willingness to value connection. It is through the expression of love that our dreams are realized.

India can be very hot with an oppressive sun. I grew sensitive to the most subtle breeze while my parched mouth resisted the dust. Brick walls can reek of baked urine, while one day lepers lined a laneway with outstretched bandages. I was afraid to look. Looking up, I saw two young boys striding in front of me in laughter. As they stopped, one removed his oversized shoes and stepped aside, allowing the other to slide into them. Then, without hesitation, they continued, one with shoes, one without, and I followed. See Glenn's ad to the left.

Feeling

by
Donna
Martin

Feeling is perhaps the most amazing capacity we have as human beings. To feel is to experience fully and requires both body (senses) and mind. It is a function of our "bodymind."

We tend to use the word "feeling" to describe various ways of experiencing. We say, "I feel tired" or "I feel nauseous" to describe body experiences. "I feel like going to a movie" or "I feel like popcorn" use "feel" to mean "desire" or "want." "I feel like screaming" describes an impulse. "I feel sad" describes an emotion, while "I feel so lonely" implies a whole story about what or who is missing. Sometimes we use "I am..." when we actually mean to express "I feel..." (i.e. "I'm nervous" ... or "I'm shy.")

When feeling is experienced with the body alone, it could more accurately be called "sensation" ... or "sensing." More often, what we feel has a lot to do with a story we tell ourselves about life. This produces an "emotion." Sometimes the emotion is a result of a meaning or label we have placed on a sensation. How we interpret the sensation/feeling creates a certain story that we then tell ourselves, believing it to be true... Confusing? Here's an example:

John begins to experience his heart rate increasing, his breath becoming shallow, and his upper body tensing. He worries about a heart attack (naming it) and begins to tell himself the story "I'm going to die soon." This creates intense emotional suffering that is then given its own name: "anxiety". When medical tests show that his heart is okay, yet the experiences continue, a new name is given: "anxiety attacks." John now tells himself this story: "There's something wrong with me... but what?" The anxiety soon moves to the level of fear, then panic.

Another example: Mary is walking along with her boyfriend. She begins to feel a strong contraction in the area of her upper abdomen (solar plexus) and her breathing becomes tight. She "knows" this is a sensation that goes with fear... or danger... and begins to tell herself a story about something she's afraid of - that is, that her boyfriend doesn't love her any more... that he's found someone else. Now she's experiencing "jealousy" (if she doesn't recognize it as such, he will!)

Whether she names the feeling or simply creates a story to go with it, she is now likely to deal with it differently than if she had experienced just a tightness in her abdomen... a sensation. She may repress it (put it out of her consciousness) or suppress it (say nothing.) She may turn it into another feeling (hurt or anger perhaps.) She may express it through questions instead of statements ("Why don't you ever look at me the way you look at other women?") ... or through accusations ("You never...") She may go into a pleasing or seductive mode to regain what she fears losing. In short, she'll deal with "jealousy" in a habitual way, bringing her past (both what happened and her subsequent reactions) into the present. We all do this. It is totally natural for us to interpret our feeling experiences and try to give them meaning. However, we can only do this by referring to our past. In this way, we often recreate our painful past over and over and in so doing we contaminate the present moment.

When our gut level response to a feeling experience is to

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not feel something just as it is, to change it or repress it or alter it in any way, we tend to move into habitual and addictive behaviors. A habitual behavior with life-damaging or life-limiting consequences is called an "addiction." Use of substances (alcohol, drugs, food) becomes **addictive** when we routinely use them to alter our feelings. Other behaviors, such as gambling, shopping, working, raging, vomiting, sex, taking care of others, risk-taking, jogging, can all function as an addictive avoidance of feelings.

In Buddhism it is taught that attachment is the root of all suffering. Buddhists speak of attachment and aversion as two sides of the same coin. Whether I hold onto something or push it away, I'm stuck to it. There's a saying that what we resist will persist. Attachment (hanging on) or aversion (rejecting) are ways we keep ourselves from being in the present. To be in the present is to experience fully (**feel** with the 'bodymind') whatever is happening right now.

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by Ken Walter

Body Electronics is a unique system of self-healing combining nutrient saturation, a revolutionary form of sustained acupressure, and the understanding of the basic laws governing the body and mind. The system far exceeds the effectiveness of any other known technique used traditionally today. Body Electronics is a 'New' therapy that has swept across Australia and the South Pacific Islands. This therapy offers total healing and regeneration. Pioneered by Dr. John Whitman Ray over the last 40 years, this method has helped thousands to achieve tremendous results through their own efforts.

Now available in Canada, Body Electronics is here for you to experience complete healing. Many methods of body-work offer 'rebalancing' however Body Electronics offers regeneration by direct proof through changes in your iris colour and structure. This is not a therapy that puts you in a state of wellness then leaves you to figure out how to stay there without continually visiting your therapist. It offers 'eyes-on' proof that changes are taking place. If the individual is serious about health and a happier frame of mind and lifestyle, then this is it!

Body Electronics takes the individual through 'healing crisis' as the body regenerates, transmuting old conditions into new vibrant patterns. Whether physical, emotional or mental, healing will occur in the reverse order chronologically of how the symptoms have appeared, tempered by the intensity of the trauma, from least to most. This allows the individual to reexperience each trauma, both physiological and psychological, beginning with the trauma of least severity. The key to regeneration as stated by Dr. Ray is.... "until man can experience on the mental level that which exists on the physical level, he will be bound to the physical."

The process starts with an examination of the eyes and a follow-up nutritional program conducted over about 2 weeks. The eye examination, Iris-Sclera Integrated Diagnosis, and the 'nutritional saturation' is necessary before Body Electronics technology can be put

Green Party of Canada Leadership Race

Prominent author, environmental publisher, micro-business and alternative education activist Wendy Priesnitz has announced her candidacy for the leadership of the Green Party of Canada.

This will be the first formal leadership race for the Green Party of Canada, which was founded in 1983. The new leader will be chosen at a convention to be held in Castlegar, B.C. from Aug. 9 to 11.

In announcing her intention to contest the leadership of the Greens, Priesnitz said she feels the party is ready to take its place on the national political stage as a voice for economic, environmental and social sustainability.

"For many years I assumed that running a country was something for aging white men, something other people did in some other place, I saw my role as an outsider - protesting, arguing, writing letters and trying to change 'them.' Recently, I've begun to see signs that my view of the world may, just maybe, be catching on. I believe the Green Party can become a mainstream political party because it provides practical solutions for the mess we're in," she said.

In addition to being editor of Natural Life Magazine since 1976, Priesnitz is the author of eight books, founder of The Home Business Network, founder of The Canadian Alliance of Home Schoolers, a self-employment trainer and a well known speaker in community economic development issues.

Further information about her candidacy and the Green Party of Canada can be found on her Website at: <<http://www.metroute.net/wendy/leader.html>>. or contact: Wendy Priesnitz (519) 448-4001 or wendy@netriute.net

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into action. The nutritional saturation involves eating raw foods and a supplement of vegetarian derived enzymes and coenzymes. Once the person is nutritionally prepared the sequence of a series of sustained acupressure, or 'pointholdings' will begin and that's when we experience the 'Body Electronics.' The state of the body and mind will determine the outcome.

Dr. Ray explains it: "In the human body there are various formations of crystals in various acupressure points or reflex points, along the spine or elsewhere in the physical body. These crystallizations or calcifications are also found within the joints, injury sites within the body and the cranial sutures. As each crystal is compressed using specific Body Electronics principles, the crystals

slowly dissolve and release an energy which can be experienced by the pointholder as well as the pointholdee."

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Ken is a Body Electronics practitioner and certified instructor in Calgary. See his ad below.

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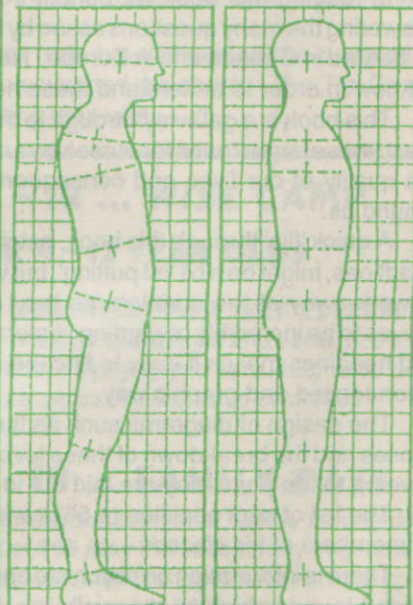
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THE MYSTERIES REVEALED

A Handbook of Esoteric Psychology, Philosophy and Spirituality
by Andrew Schneider
Reviewed by F.C. Outerbridge

As most people do, I started trying to figure things out when my life was falling apart. I began to read everything I could lay my hands on. There is plenty to read out there!

I noticed after a while, that there were many books with one or two important ideas in them and lots of 'filler' in between. I would read slowly and relish these special ideas, make notes even and then rush through the rest of the pages to see if there was more deep stuff to think about.

Then I discovered the books of A.A. Bailey and H.P. Blavatsky which embody the ancient understanding of the early wisdom schools lying at the foundation of all religious, philosophical and scientific traditions. This writing is so dense with core ideas that it is often almost impossible to read more than one page at a time.

It is for this reason that I appreciate *The Mysteries Revealed* so much. Andrew Schneider's handbook makes this essential information accessible in a most commonsense, useful and pristinely clear way.

In reading this book we benefit from Andrew's years of answering the many questions asked by his students in classes he has led in Canada and in Europe. He knows what we need to know in order to understand these heavier concepts.

This book is a gateway through to the place where we can grasp these larger truths for ourselves and use them to improve the quality of our lives and consequently, the lives of those around us.

A quick 'flip' through this book, catching the diagrams and headlines, might be a bit 'off putting', but when one settles down to work away at the chapters as they are set out, the effort proves to be incredibly rewarding. Later, returning to diagrams and headings makes it easy to find the information needed in a condensed and graphic way.

The design of diagrams such as the various levels of the senses and the breakdown of these levels have taken years to develop to the point they are laid out in the book.

The list of soul qualities (p.56) came from the work done by members of his classes.

There is information on psychism and channelling (chap.9) which I found valuable, especially too, the differentiation between higher and lower psychisms (p.113).

The answers to many questions, useful tips on successful, healthy living as well as insight about where we are, where we are going and why, are covered by the tremendous scope and depth of this book. The ideas are delineated in a disarmingly simple way to bring together many complex and divergent ideas into a simpler more inclusive form that one can begin to grasp.

I use the word "begin" because I suspect that this is a handbook I will never be finished with. Every time I pick it up, there is something new for me to think about and work into my life.

For instance, recently, I've been thinking how those who rely solely on 'the flow' and 'experience' and 'being in the now' need mental development and knowledge just as much as the

THE MYSTERIES REVEALED

*A Handbook of Esoteric Psychology,
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theory nerd/bookworm type needs to work at allowing the insights gained from intellectual explorations into the life as 'experience'. This work must be done by both types in order to get to the place of Wisdom. However, it is an easier job for the mental type to become detached and objective and see the job to be done than for the emotional/experiential type. They are subjectively involved in the life just by nature of being an emotional/experiential type and might not understand the need.

Andrew has given us a bounty of useful information in this handbook. It is a book which presents esotericism, or study of the inner aspects of life, as a fascinating pursuit for anyone to take on. He begins his book: "The word 'esoteric' simply means that which is inner, contrasted with that which is outer or 'exoteric.' Esotericism is therefore the body of knowledge or wisdom about all aspects of life which are within, behind or beyond the outer appearance, form or expression of life's many aspects."

From here he progresses through ray theory (which qualifies the 'energy' we work with), the constitution or bodies of the human being (which includes a wonderful chapter on the soul). In a final section of this book he presents initiation, meditation, discipleship, universal laws and methods of assisting in the expansion of consciousness.

In conclusion, it is unnecessary for me to say that this would be the book to take with you if you had the misfortune to be stranded on a desert island for the rest of your life. It would keep you very busy.

This handbook will become your trusted friend.



THE TIPI CAMP

ON KOOTENAY LAKE

by Susan Hulland



The Tipi Camp nestles inconspicuously into its secluded wilderness location near Gray Creek, B.C., at one with the ancient rocks, the towering trees, and the ageless waters of Kootenay Lake.

But looks can be deceiving. This special place has nourished many hundreds of visitors over the past decade - people who have come to rest and relax, to spend special time with those they love, to learn about themselves and others, and to appreciate the natural world around them.

The Tipi Camp is a unique and beautiful place able to provide a nurturing setting for many types of activities from group sharing and physical challenges to personal solitude and major relaxation.

Several groups have already made reservations to use our lakeside facility from July through September this year. Some will come with their own plans and facilitators, others will ask us to custom design their Tipi Camp experience. Several public events and workshops are planned too, including a special camp for youth.

Wilderness Immersion for Self Esteem (W.I.S.E.) youth camps offer a unique balance of activities which follow a progression to encourage connecting with Nature, self, and others to enhance each participant's feelings of capability and willingness to contribute.

Physical challenges such as hiking, canoeing, and rock climbing are balanced with opportunities to accept emotional and social challenges, to develop the self, and open new connective relationships in Nature. The sequence of program activities merges self-esteem theories, group process and Native Indian perspectives.

W.I.S.E. program facilitators have many years of collective experience in providing safe and meaningful programs. We accept only 18 participants for each camp so your child can receive personal attention and unfold their unique potential.

W.I.S.E. is for teens, adults and seniors, too. The goals of learning and caring can be woven into activities appropriate for each age level. Call us to arrange a special program suited to your group.

Families that want to holiday together can attend Family Days, a special time when the Tipi Camp provides expert staff and special activities for guests with children.

Perfect for families, single parents and extended families, Family Days is a real holiday for everyone. (If our scheduled dates don't suit you, get together your own group of 15 people, come for a minimum of two days and we will organize a Family Days event especially for you!)

In the same way that Mother Nature surrounds and supports the Tipi Camp, nature is at the heart of the Reconnecting with Nature program. Developed by Dr. Michael Cohen, one hundred activities in nature awaken more than fifty senses and ease people into a deeper relationship with the natural world. Peter Duryea, co-founder of our society, hosts this weekend of discovery in the seclusion and beauty of this natural setting.

Snow and winter rain have cleansed the rugged land, countless waves have washed the shore. The Tipi Camp is refreshed and awaiting your visit.

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WHAT ARE THE NEEDS OF FIVE YEAR OLDS?

by Joan Almon *President of the Waldorf Kindergarten Assoc. of North America*

One of the major changes in public school education in the past 15 years has been the transformation of the kindergarten room from a 'children's garden' full of toys and playlike activity into a pre-first grade, full of work sheets and learning stations. There has been the assumption that all of this is appropriate for the five-year-old and will help the child in its academic work and in its growth and development in general. More and more, that assumption is now being challenged.

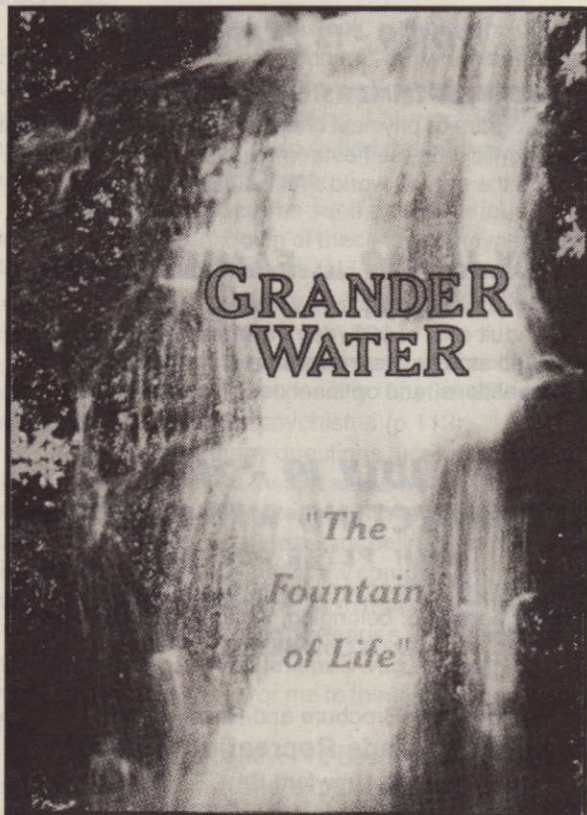
In his book, *The Hurried Child*, David Elkind, child psychologist and professor at Tufts University, discusses the problems of stress that he finds in children who come to him for treatment. He points out that, in the great rush to bring children into academic work, we have ceased to ask if children are inwardly ready for such concentrated, intellectually-oriented work.

There is a growing body of research that supports the position of Waldorf schools that children should remain in a play-oriented preschool until the age of six. The clearest example of such research which has come to our attention is a major study undertaken in Germany comparing 100 public school classes for five-year-olds. Fifty of them had only play in their program and the other 50 had academics and play together. The children entered first grade when they were six, and the study surveyed their progress until they were 10. The first year there was little difference to be seen. By the time the children were 10, however, those who had been allowed to play when they were five surpassed their schoolmates in every area measured. One

can imagine how startling these results were to the state educators. They considered the results so conclusive that within months they had converted all of the academic programs back into play programs. They also recognized the advantages of mixed age kindergartens in which, through play, the children help one another to grow and learn.

What is living in the five-year-old that makes play such an important aspect of their growth and development? To answer this question, one needs to look at the progression of play throughout early childhood up to the age of six. For the two-year-old, play consists of doing what the adult does. Fantasy has not yet entered, and if one offers a two-year-old a cake made of sand, he is very likely to eat it. By the time the children turn three, this is no longer the case, for they are generally full of fantasy and imagination. This is a time of great fluidity in their play. They are inspired by whatever comes into their hand, and a single object will change its meaning for them several times during a single play session. For the parent this can be a frustrating stage, for the child generally leaves a stream of toys behind him as he moves about. It's quite hopeless to tell him to put away a thing when he is finished, for he is never really finished. His play is always in the process of changing and becoming.

In the four-year-olds, one sees more constancy entering. They will build a house and stay in it for much longer periods of time than will the three-year-olds. Yet the inspiration for the



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house comes very much out of what catches their eye in the moment. This is no longer the case with the five-year-olds. They will often enter the classroom and tell you exactly what they are going to build. They carry an image within themselves, but they still need the physical materials for carrying the image into play. This image may now last for weeks at a time, and thus one will have five-year-olds in a kindergarten building boats or 'hide outs' day after day for a month or more.

Around the age of six, yet another change enters. It is one of the changes which we look for as a sign of readiness for first grade. Now the child's image is so strong that toys or props are almost unnecessary. One Waldorf teacher described her own transition into this stage as follows. As a young child she loved to play with little toys and would set up scenes on a large window seat and play by the hour. One day, as she was turning six, she set a scene as usual, but then closed her eyes and 'played it all in her mind'. I have seen six-year-olds in my kindergarten classes go through this same transition when they build their houses but cease to take any toys into them. They are now able to create everything they need in their mind's eye, so to speak. It is quite a contrast to the four and five-year-olds, who take as much as they can into their houses, leaving barely enough room in which to move. When such a stage has been reached, one feels the child is ready for studying the academic subjects which demand a capacity to hold an image of a letter or a number and call it up at will. Such a feat of memory is simply not possible for the younger child. He may compensate by developing little aids to jog his memory, but this is not the same as having a true readiness for the activity.

When we interfere with this process of development by starting the children on their academic subjects too soon, the imagination does not seem to develop fully. A certain dryness can enter into the intellectual process, and academic learning becomes less interesting as time goes on. What may first seem to be a gain soon disappears and, as the German study indicated, can turn into a liability.

Here at Acorn Hill, we have been offering a program for five-year-olds for the past seven years. At first we separated the kindergarteners from the younger children, but after two years we mixed the ages, primarily fours and fives, with a few three-year-olds, and were very happy with the results. The younger children brought their fluidity into the play situations, the older ones brought their inner direction, and the two complemented one another very well.

It is interesting to note that all the published studies which look into the question of early academics show disadvantages for children who begin academic work under the age of six. We have yet to find a study which reveals a long-term advantage to those starting early. More and more books are being published about the problems children encounter when rushed into academic work before true readiness has taken place. This can be a very confusing time for parents who see that their five-year-olds would like to learn their letters and numbers, and assume that their child is ready for academic work before a true form of inner academic readiness has actually taken place. In addition, one must contend with a great deal of social pressure from neighbors, friends and family as to why one does not want to rush one's child. Parents should feel free to discuss this question of school readiness with their child's teacher. It is one of the most crucial questions affecting the lives of young children today. *See ad to the right.*



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THE CRYSTAL HEALING

by Urmi Sheldon

I entered the healing room, eager for my crystal healing appointment. In the centre, a massage table stood among an impressive collection of crystals. I almost felt intimidated by the size, number and variety on display. Fascination overruled my reluctance and I found myself wanting to touch and admire the various gemstones. Unsure of whether this was appropriate, I replaced the large dark globe I had picked up on impulse.

Under the table lay three large lumps of rock crystal, each about six to ten inches long. There was a purple amethyst, a yellowish carnelian and the third, which I couldn't identify, was a dark root beer colour. They all pointed end to end toward the head of the table. Merlin, the facilitator for this session, welcomed me. She is an ex-school teacher, living in Vernon where she delights in her new life in the world of crystals. She looks very practical and down to earth but also seems playful and a bit mystical.

Before I got on the table I made a few more observations. Along the wall were more large crystals and several globes varying in colour from clear quartz to black. These were very intriguing, as I had never seen crystal balls this size before. On a side table was a tray of small flat stones, beside these were three clear quartz crystal icicles, each about six inches long. I jokingly asked if these were for back surgery, but Merlin said we didn't have enough time for that. I would have liked to spend more time "meeting the crystals" as she put it, but my session was only 45 minutes long.

I lay on the table as she proceeded with her craft. She walked around the table ringing a brass bowl bell from the Tibetans, "just to clear the energy," she said. The sound of the bell provoked me to follow its path with eyes and ears as she rounded the table; the vibration seemed to penetrate my body. A few waves of an eagle feather and she was ready to begin.

Determined to be as open to the healing as possible, I deepened my breathing and began to relax. Merlin began choosing the crystals. "We'll talk later," she said, as she busied herself. Moving back and forth from the crystals to the table, she rapidly placed crystals on and around my body. I continued to breathe and relax, curious about her choice of stones. I was aware of subtle shifts. As she added stone after stone, my body felt first heavy then a floating sensation took over. She dropped three crystals onto my chest and turned to make another selection. At this point two stones she had put on either side of my lower abdomen, simultaneously fell off on to the table. "If stones fall off, that's perfectly okay," sang Merlin over her shoulder. She finished with a crystal at my throat and one on my forehead. I was aware of a deepening of my relaxation; I had shifted gears; a subtle sense of calm; a floating sensation.

Then Merlin began to speak. She talked about a need for grounding. So she placed the large dark globe I had admired earlier at my feet. She explained that she had placed stones on my energy centres or chakras, because my energy was close to my body for an 'outgoing' person, and this would help to expand my aura. Next she spoke about my heart. "Big energy here," she said. I peered down at my chest, trying not to move, as she placed more stones; a large amethyst, a carnelian and another stone I had never seen before.

Book Review

by Jan Stickney



The Power Behind your Eyes

written by Dr. Robert-Michael Kaplan

Thanks to the accidental breaking of my glasses two years ago, I found that I was actually able to read close-up without blurriness. I have continued to read with 'naked' eyes for short periods since then. My lenses have been reduced twice, proof that my nearsightedness is improving.

When the opportunity arose for me to review Robert-Michael Kaplan's new book, I thought it would help me understand the changes and give me new ways to enhance my vision.

The Power Behind your Eyes is much more than I could have imagined. Eye exercises are only part of the program. Diet and physical exercise are important, but are you aware that the influences of how you talk to yourself, feel your emotions, how you 'see' the world and your place in it, all affect your eyesight?

I appreciated the many examples in the book demonstrating the variety of techniques used for vision improvement.

Dr. Kaplan says "Nearsightedness is a practiced form of looking; it disengages our feelings and our connection to what is happening outside. The more we project inward, the more unresolved fear builds up inside us. Through nearsighted vision and compensatory prescription lenses, we create a zone of comfort and define this as our life.

This is a reminder that the power behind your eyes is more than what is measured by your lens prescription. Your total being is the power behind your eyes."

At that point, I noticed a deep pain on my left side where the other stones had fallen off. Merlin explained that the second chakra in women is often in the ovaries and not under the navel. She then chose another stone and placed it on the left side. After a few moments the recently placed stone jumped right off, landing on the carpeted floor. Hmm...this was puzzling to Merlin and astounding to me. "I'll have to do some 'journeying' for this one, but we haven't enough time right now," she said, holding a surgical crystal icicle over my abdomen. After a few moments, "Aha, next time we meet, remind me we have to do an extraction." "An extraction!" I raised my eyebrows as she removed the crystal from my forehead and continued until all the stones were gone.

I felt as if a blanket were being removed from my body. I would liked to have stayed there entombed by the gentle weight of the stones but we were already late for dinner. I sat up, showering praises about the session and requesting to be apprenticed into this marvellous art. Merlin laughed, stating she couldn't be much more than an apprentice herself, but I was welcome to anything she knew.



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Tapestry

by Yannick McCarthy

Many of my women clients have been diagnosed as depressed, but the medication and the counselling have not been very beneficial. They feel awful and helpless; although they look good and are high achievers. They search for answers that would justify their pain: pre-menopause, mid-life crisis, forgotten abuse. Often they have been told to "snap out of it" or "to empower themselves." And they try, how they try! They try 'it all' and yet, day after day, they feel somehow more and more out of step with the Universe.

When they come to see me -- after I have ensured that no major trauma is causing the grief -- I ask them to revisit their lives very, very carefully; very, very respectfully; a little at a time. Metaphorically speaking, from birth to death, we weave a tapestry of many colours looking at the overall design only in time of crisis.

We know cognitively where we really made a mistake: the rushed decision, the time we did not stay, the train we did not take. These are the mistakes we heal from, the mistakes we treasure, our history, the tales we tell our grandchildren.

The depressed women I see carry a toxic cache of unexamined sorrows as if they had travelled into some Shadowland of the soul. They are bright, caring, giving, loving and yet sad -- so very sad.

As they study, week after week, the immense tapestry of their lives, they soon see that they were handed skeins of grey coloured wool with which they could never weave anything but grey skies and rainy days.

The love they received as little children was narrow and restricted; they had 'to do' to be loved. They mothered the other children or parented parents who hid at the office, in the kitchen or in a bottle. They learned to keep secrets: their birthright, their names, their dead siblings, the family money problems, the misery. They did not rage when the neighbour or an uncle leered at them or touched them. It would not have been 'right' to weave a screaming red thread in the grey dullness of the family's tapestry.

Always, they did 'right' by the Adults, the Church, the School, Society. First they became loyal, then they became silent. Everybody's name was in capital letters; theirs never was.

They loved transparent men who had mothers just like them, but who did not know how to be men. Together they worked at love, they worked at life, they worked at making IT work. They expected rewards -- for when one works very hard, one gets a promotion.

In order to tolerate the silence, the loyalty-at-any-cost, the greyness, the work, they developed the magical formula: "Absence of pain equals happiness." Moving from the formula to living by rules was easy; rules to get up by, rules to eat by, rules to hold a child by, rules to weave by. The only rules they did not have were the rules about singing or laughing or making friends. Their souls shrank. They looked much better than they felt. They got colitis, eczema, headaches. They cried over

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nothing; over everything. Food tasted flat, yet they put on weight. Their men became more and more transparent and their children drifted away.

Soon they worked at being depressed and creating new rules: take little pills, tell the life tale with loyalty, with good taste, but as quietly as possible. They rummaged through their wounds, going back deeper and deeper into Shadowland. They suffered.

The first lesson in therapy that these women must learn is that on Earth, which is a Planet, there is pain. Only compassion and respect will alleviate this pain -- compassion and respect for the self and for others. They must learn to distinguish between control and power, between pain and suffering.

I have found that working successfully with women who are depressed requires the use of a variety of pragmatic therapies: metaphors, fairy tales, art, narrative, some good old-fashioned social work.

As a therapist, I follow several pragmatic strategies: I take their pain seriously indeed and I am very alert to their stressors; I promise that I will not silence them. The creativity they have displayed in designing maladaptive strategies in order to survive is rechannelled into new ways of handling life so they can move from surviving to thriving.

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Personally Speaking

by James F. Shea

"Intimacy is a bit of a paradox....while it is one of the most desirable aspects of a relationship, it is also one of the most feared."

In the last article, it was mentioned that all of our desire to be together, to connect physically or emotionally or on any other level arises out of our desire for intimacy. It is the ultimate end of all relationship, and the fuel that fires us to move towards each other. It can express at a number of levels and in a number of ways. For example, when the word intimacy is mentioned it can mean being physically intimate to some (more often than not, men), or it can mean sharing a deeply personal and private emotional experience (more often than not, women), or it can mean sharing some profoundly private and sensitive experience. What is clear is that intimacy is a bit of a paradox while it is one of the most desirable aspects of a relationship, it is also one of the most feared.

"A relationship of any real significance is almost certain to awaken our desire for and our aversion to intimacy."

The Merriam-Webster dictionary defines intimacy as characterizing what is deepest, most intrinsic and most essential about us. So depending on what we see as most intrinsic, essential, and deepest about ourselves, we see as having to do with our intimacy.. While that may vary from person to person, one thing we can say for sure is that a relationship of any real significance is almost certain to awaken our desire for and our aversion to intimacy. This is one of the great things about relationships, they are guaranteed to draw to our attention the places (intimate) where we are most in need of love, acceptance and healing. Interestingly enough these would also be the places (intimate) which we would least want to risk exposing and sharing with our partner.

"Secretly, we wish for such a deep level of intimacy that it would completely set us free."

As Dylan put it 'complete evaporation to the core'.....not having to protect or defend or hide anything, any longer. So each relationship calls us to move towards the other person, our partner, until it starts to become painful. Then we know we have reached the limits of our capacity for intimacy with that person. It is really, at its highest level, a desire for Communion, and Oneness, a desire to connect and join so fully and completely with another, that all sense of separation and aloneness is lost in the ecstasy of our union. It is precisely this 'altered state of consciousness' which triggers one of our great intimacy fears; our fear of losing our self in another.

"The most deadly form of sabotage, to avoid intimacy, is to end the relationship."

Under normal circumstances, this deeper level of intimacy fear is hidden by a *secondary* fear of being vulnerable, or a fear of sharing too much or exposing too much about ourself. So we develop all kinds of neat ways to sabotage the very thing that could set us free; our relationship. For example, if our intimacy fears are emotionally based, perhaps we would (subconsciously) try and make the relationship a very physical and sexually oriented kind of relationship, thus keeping in control and away from getting more involved at a level that is

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more emotionally intimate. Still the most deadly form of sabotage, to avoid intimacy, is to end the relationship (and have it be because of the other person). Ultimately, this secondary level turns out to be sabotage designed to keep us away from our deepest intimacy fear which is about surrendering completely to our love for another.

"Intimacy is about surrendering to our love for another not surrendering our love to another."

True intimacy always arises out of our love and our willingness to surrender to the spirit and essence of this love. That, after all, is who we are most deeply, most intrinsically, and most essentially. As human beings we are only ever saying one of two things to each other. Either we are saying I love you, or we are saying I need you to love me (and what strange and bizarre ways we have of communicating the latter). However, when we can truly surrender to this simple truth, our relationships start to become much more vital, vibrant, healthy and alive. In truth, relationships start to become much more intimate, which after all is secretly what we had been searching for all along, but were afraid to find or felt the need to push away.

"Work with this principle, it can change your life and relationships."

Here is a simple way to ground this timeless principle. In every interaction you have for the next twenty-four hour period, ask yourself (1) Which statement is this person communicating to me: "I love you" or "I need you to love and accept me?" If you really want to put your life on the fast track to intimacy, you can ask yourself a second question (2) Which statement am I secretly communicating to this person: "I love you" or "I need you to love and accept me?" If you are really willing to explore and work with this principle, it can change your life and relationships. Remember there is no wrong way to be you!



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PRIMITIVE LIFE SKILLS

by Hazel Cruse

We live in a time of chaos. As many of us struggle for awareness and balance within our own lives, we can be thrown further off course in our own development by all of the choices that are now being offered to us. We can all spend a lot of time, energy, and money seeking the knowledge we hope will enlighten us. Many of us are drawn back to nature, as much is written and spoken of that points to the return to this source as a place to start. "In healing ourselves we heal the earth" remains a concept for many seekers who live in urban centres. As we strive to find some way to reconnect, we walk in the parks and the abundance of wilderness areas this country of ours still offers. There can be growth and comfort found within this experience. I found personally that I needed something more than words, books, walks and rituals. I felt as many of us do, the need to go beyond concepts.

As we wander further from urban centres armed with the tools our civilization has devised to aid us in our forays back to mother nature, do we stop and ask ourselves why we need all of this 'stuff'? Of course the answer is clear. To aid in our survival in hostile surroundings, we have become unknowingly fearful of nature and natural forces. Even if we are experienced in the wilderness, could we go out into a remote area without techno-gear and not only survive but enjoy ourselves? The fact is, that we no longer have the knowledge that it takes to live in harmony with nature. Therefore we are afraid, and our primal urge to reconnect is left unfulfilled.

All human beings were indigenous people somewhere on this earth. All had their primitive technologies. Had these ancients been unable to find ways to continue, by utilizing what was natural in their surroundings, we as human animals would not be here now.

Northern Lights offers to those who participate an opportunity to come into a natural environment and learn, as our ancestors did; the creation of useful tools and traditional crafts necessary to our survival, from what we find in nature. Through this process we can begin to build the bridge to our own personal transformation. There are few today who possess knowledge of the 'old ways' and it is these people that Northern Lights draws upon to come and teach those who seek this connection. From learning the names of the trees under which we walk, to how to use in a sacred way all parts of a deer, we can begin to feel empowered while in nature, no longer alienated as we have become. Our ancient roots come alive through us in the moment of doing primitive skills. Through this reconnection in the moment of doing, our awareness is raised and we are in fact healing ourselves. In healing ourselves we are healing the earth.

Primitive lifeskills will connect us to the natural world. We as humans are a part of this world, yet today it seems that there is no part of it we use that comes to us unprocessed. Nature is packaged first then given back to us in forms we have learned to identify. Those of us with the best of intentions are unfortunately still as astronauts were on the moon, strangers

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on our own planet. By relearning how to be in a natural environment we could walk in a sacred way upon this mother earth, as she provides all we need. This does not imply that we should toss aside all that has been created for outdoor survival and take up what could become yet another struggle within ourselves to become natural. Yet, knowledge overcomes fear and we have to remember that as our ancestors were afraid and in awe of the natural forces, we are still that way today. It is our primal selves we address in primitive skills. The combination of awe and fear inspired the ancients to create tools from what was available to them to live within their natural environment. They did not seek to tame or conquer it. The natural world was to them the place where they lived as one of the species of living things. We as humans were not always top of the food chain.

It has been said that when using the whole deer, that the deer is being brought back to life by the things that are made from it. That is because nothing is wasted. At Northern Lights these



life skills can be learned by us, now, at this important time on our planet. These skills are our legacy that have been passed down through the millennia by those indigenous peoples the world over. This knowledge, gained through the practice of primitive skills is to be treasured, for in a deep sense they have kept our souls alive through time. This is the nature of the yearning we feel when we have the urge to reconnect. Despite the efforts of the modern world to assimilate or obliterate these peoples and with them, our heritage, practising primitive lifeskills keeps this connection alive. We can reclaim this rich heritage and take our place in the family of men by passing this ancient knowledge and wisdom to our own children.

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Sacroiliac Pain

by Cassie Benell, Ph.D.

Pelvic discomfort is usually associated with structural pelvic imbalance. To understand why the pelvis can cause so much pain, a description of its bony structure is necessary. The bones which comprise the pelvis are the inverted triangle-shaped sacrum (five fused vertebrae at the base of the spine), the coccyx (the tailbone of three to five very small vertebrae at the tip of the sacrum), the ilia (the bony wings at either side of the sacrum, forming the points of the 'hipbones' at the front of the pelvis and extending to the hip sockets, or acetabulum), the ischial tuberosities ('sitzbones', at the base of each ilium, and the pubic symphysis (where the pubic bones of the ilia meet at the center lower front of the pelvis). Between each pair of vertebrae two nerves exit; so ten nerves exit from the sacrum alone. Any imbalance between any of these bones can cause pain and dysfunction.

The naming of the sacrum is rather interesting. The parts of the body were named mainly from Latin terms used in the Middle Ages, and even today some European countries, such as Hungary, have medical training in Latin. For a while the sacrum was called the innominate bone, i.e. "unnamed". More recently, the sacrum (meaning 'sacred') became the more accepted term for this important bone. It was so named because it was formerly used in sacrifices.

The sacrum is more than the base of the spine. It also produces and pumps cerebrospinal fluid, which bathes the whole of the brain and the spinal nerves, so that every nerve cell therein receives proper nutrients. (10% of all energy used by the body goes to the eyes. This gives you some idea of the importance of our nervous system.) So having the sacrum free allows for a better functioning nervous system.

Sacroiliac (SI) restrictions occur between the sacrum and the ilium, and can be debilitating. There can be a multitude of reasons for pain here, from an injury such as a fall onto the hip, to visceral restrictions. One visceral restriction causing SI pain is the mesenteric root; here at the back of the abdominal wall this 12cm root attaches to and holds about 13m of small and large intestines between two sheets of thin, transparent mesentery arranged in a fan-like manner. When twisted, this root can cause SI pain. In women a twisted uterus can do the same, because uterosacral ligaments pass between the uterus and sacrum.

Another possible reason for SI pain is a torqued or twisted ilium. Usually a blow to the hip may cause the top or bottom aspect to be pushed in and torqued. Then none of the muscles, ligaments and tendons attach properly; the torque means every attachment is compromised somehow, producing considerable pain. A torqued ilium is a common complaint.

A further aggravation of the SI joint (V-shaped at the center low pelvis) is a jamming anywhere along either side. The sacrum is a tilt plate that responds to injury and/or imbalance by tilting, usually away from the area of pain. There is a major ligament between the sacrum and ischial tuberosity called sacrotuberous ligament. If tight on one side, imbalance and pain result.

Sciatica & Infertility

Sciatica is named after the sciatic nerve, the major nerve running from the pelvis to the leg. When aggravated, pain down the back or front of the leg results. This nerve runs through the piriformis muscle, which goes between the lower part of the sacrum and the head of the femur, or thigh bone. Being central in position, it is easily pinched, causing much pain. While pregnant with my second son, he elbowed me in the sciatic nerve, which felt like a painful electric shock down my leg.

The major suspensory ligaments for the uterus include the broad ligament (which cradles the uterus and ovaries and is suspended between the two hip bones) and the uterosacral ligaments (already mentioned). Any pelvic imbalance, especially where one ovary is much higher in relation to the other, irritates them and the fallopian tubes which connect to the uterus. Then their blood and nerve supplies become pinched, causing such problems as menstrual cramps, infertility, PMS and cystic ovaries. Thus a balanced pelvis allows proper circulation and nutrition to the area, as well as relief from discomfort.

Another area of considerable importance that is often neglected is the coccyx, which is located below the sacrum. Many people have fallen hard on their bums, frequently jamming the bones badly. When a woman delivers a baby vaginally, the coccyx must be able to move. When this area is restricted, she can undergo extra unnecessary pain. Some people feel discomfort in the upper inner thighs as well as malaise in the whole pelvic floor when this area is restricted. Others experience constipation, especially when the coccyx is jammed towards the rectum.

To address any of the above problems, I initially check leg length which may indicate a contracted psoas muscle (a large, deep muscle running between the bottom rib and the head of the femur). This can be easily corrected once the client is shown a simple exercise. Next I check balance of the pelvis in general, accentuating whatever I find, until the body corrects the imbalance. Rotation and torque of each ilium is corrected. Release of tension from the lumbar (ribless) vertebrae of the lower back is done next, followed by checking the tilt and/or twist of the sacrum. Lastly the coccyx is released, if necessary. Any visceral restrictions contributing to the imbalance are also addressed. All this is done in a soft and comfortable manner, so that the body does not have to defend itself from invasive techniques.

Years ago I had one female client come to me who could hardly walk. It turned out that her coccyx was bent to one side about 30 degrees. After three sessions she felt the new movement in her body, wiggling her hips with joy and saying how she felt like dancing. That evening she and a friend did go out dancing!

Another elderly client came because of sciatica. She could hardly lift her leg to go up stairs. At the end of her first session she had no trouble with stairs. But that evening she and her husband went out dancing on a concrete floor (beware of them!), and the following day her sciatica had

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returned. Usually it is best to rest for two or three days before rigorous activity.

The same woman's daughter also came for pelvic discomfort. She wanted to have a child and had been unsuccessful up to that time. After one session, I recommended that her husband learn the release techniques she needed, which he did. A year later they had a beautiful daughter. This work may have helped her. Other practitioners also mention that female clients can become pregnant after pelvic work, so it is a possibility.

I became interested in bodywork as a result of my own severe pelvic pain. I'm still working on it, although I have had a number of restrictions released, due to falls and accidents. I suffered for years from a jammed coccyx and torqued ilium, SI pain and occasional sciatica, so I know what a wonderful relief it is to have this area of the body moving freely. May we all walk forward in comfort and with ease!

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Here I Am. There I Go. I'm Back.

by Linda Mrau

I grew up in an Italian family consisting of two loving, over protective parents and two older, musically talented brothers. They, along with some enthusiastic, inspiring teachers, influenced my passion for music, drama and writing. During those twelve years of school, I made dreams reality.

After graduation, life commanded prioritization in different areas. Work, college courses and sharing life with a young man had me realize that a performing arts career may not be what I wanted any more. Moments of self doubt and criticism, perhaps, prevented me going further.

Pursuing new interests with vigour and belief in eventual success, I became an energetic, motivational fitness instructor and body-builder. My life was spent teaching aerobics, weight training and preparing my physique for body building competitions.

A lower back injury forced me to give up what I loved for a length of time. Parting ways with the boyfriend of my youth and not being capable of employment all added to feelings of self doubt and criticism.

Eventually, after recovery, fitness dominated my existence once more. The essence of soul was represented through work which fed and nurtured my core being. This did not earn me a great deal of money, but spiritual wealth was overflowing. I then met my mate for life, who brings me immense joy. But after eight years in the fitness industry, teaching became a chore. Taking on more than was manageable, placed me in a creative drought. It was time to change jobs and make more money. Life commanded me to prioritize in different areas.

A job was offered to me but it did not fit the realm of my persona. However, I was thankful and pleased to have caught on and tackled it in spite of this. Math had never been my idea of a good time, yet here I was working at a place where numerical accuracy counts! Not expressing or being recognized for my talents left a void. I learned the job but never 'became' the job. The job was not me.

I allowed it to gnaw at my inner creature, steal my life force, fuel and fire. For years I blamed 'IT' for all that was missing. I made 'IT' responsible for losing the 'real me' who used to be driven to dream, reach for excellence and great accomplishment. Negative thought processes whipped me into the eye of a storm far from solid ground. The feeling was like falling deep within a black hole of despair and being chained to the bottom of the unlit sea. Occasionally, I would rise up, do well, achieve, then surrender and sink back down. An even stronger current whirled me down into a mad spiral when the initial stages of cancer were diagnosed in my body. I felt 'stuck' in an unfulfilling job and helpless against disease. Was this a punishment, a sentence to be served? Let me out of here! I can't breathe!

There were moments of darkness and others of light. I searched for answers. There were several paths, beginning with a visit from my niece, guiding me to books of great inner wisdom. I discovered power within me that had been in my

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possession all along. Author Clarissa Pinkola Estes, through her book *Women Who Run With the Wolves*, taught me to re-examine my instincts and to live by them and trust them. Living life as others think we should rather than living it as our hearts know we should "pinches off the nerve to life's vitality." "Women who try to make their deepest feelings invisible are deadening themselves."

"If you are connected to the instinctual self, you always have choices. If you are not vested in the intuitive, you may think you have only one choice, and often that is an undesirable one. And you feel that you should suffer about it. And submit. And force yourself to do it. No, there's a better way: listen to the inner hearing, the inner seeing, the inner being. Follow it. It knows what to do next." Clarissa's words struck a chord in me and reignited a spark in me to 'burn with desire for whatever it is I truly love."

Author, Louise Hay, taught me the power of thought can either work against you or for you. You limit your potential through self criticism and hanging on to negative events or words from the past. "Whatever we believe becomes true for us," states Louise. Her method for self-healing and change includes affirmations that you write and say everyday. It seems so simple, yet it worked so well for me. I found it interesting that most ailments have a thought pattern which could be responsible for creating them and an opposite thought pattern to alleviate the condition.

Dr. Bernie Siegel, author of *Love, Medicine and Miracles* also believes in the power of thought and he has witnessed it

in his work with cancer patients. He uses quotes from several authors which resound a theme of being true to yourself, accepting yourself thus directing your energies towards happiness and health. Bernie says, "When the outer choices match the inner desires, energy formerly tied up in contradictions becomes available for healing."

All three authors I have mentioned also believe that examining your dreams provides analytical information. The subconscious, through the symbolism of dreams, reveals what is going on in our conscious life. I keep a dream journal and periodically attempt to analyse my dreams. Together the dreams tell a story and I understand myself and my life a bit better. I use the metaphors of my dreams to inspire my writing.

The teachings of these books were beams of colourful light that broke through the dark waters of my troubled soul. I broke free, breathed life-giving air and resuscitated my spirit. I found my way back to shore and am working toward getting better every day. Wounds are not beyond repair. Surgery and a dazzling desire for all to be well in my world cured me of illness and dis-ease. My doctor does not expect another recurrence in my lifetime. I knew that!

I now validate my own existence; having a fulfilling life to live, I discard what hinders me. A drive for life, dreams with foresight, balance and control mean I don't give up myself, I give of myself. No one is really lost. We all have our place. My advice is to go back to that place, retrieve precious belongings but leave behind the tiresome excess baggage. Acting upon instinctual nature reclaims vital necessities for synchronized living.

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Classes on the spirit & therapeutic use of herbs. Register January to March, starts in April.

INNER DIRECTION CONSULTANTS
1725 Dolphin Ave., Kelowna, BC 763-8588
Six month Personal Empowerment Program. Eight month Practitioner Training. Breath Integration Sessions, One Day Workshops and "A Course in Miracles" study group.

KOOTENAY SCHOOL OF REBALANCING
Box 914, Nelson, BC, V1L 6A5
A six month course in deep tissue bodywork with many facets for Career and/or Self Transformation. Please phone ... 354-3811

NORTHWEST HELLERWORK is offering an 18month **certificate training program** beginning **January 1997**. This gentle, powerful, hands-on system includes structural bodywork, somatic counselling, personal dialogue and movement education. **Lonny Fox #40-1120 Summit Ave., Victoria BC V8T 2P7 (800)604-4449**

NUTHERAPY INSTITUTE Kelowna:766-4049 Reflexology, Acupressure, Ear candling, Reiki. & Nutheraapist of Light Program

PACIFIC INSTITUTE OF REFLEXOLOGY
Certificate basic & advanced classes. Instructional video. Sponsor a local workshop! Info:1-800-688-9748 or 875-8818 #535 West 10th Ave., Vanc. V5Z 1K9

PERSONAL BEST SEMINARS Kelowna offers a phenomenal program in Personal & Professional Development for healthy, successful people who want more!! Kelowna: 763-Best(2378)

PERSONAL GROWTH CONSULTING TRAINING CENTRE ... (604)372-8071
#5A - 319 Victoria Ave., Kamloops, BC, V2C2A3
Breath Integration Counselling, Self-development Workshops, Six-month Personal Empowerment Programs. Training for Breath Integration Practitioners, Sunday Celebration, CIM Study Group and quarterly Newsletter.

STUDY SHIATSU - Learn 2000 yr. old secrets of the Orient. Weekend country retreats now being offered. **FREE INFORMATION** phone or write: Zen Shiatsu School, Ste. 212 - 11523 - 100 Ave., Edmonton, AB T5K 0J8 (403)482-5607

THE CENTER ~ Salmon Arm..... 832-8483
Growth & Awareness Workshops, Meditation, Retreats, Summer programs, Metaphysical Bookstore & more.... **Program catalogue free.**

TRUE ESSENCE AROMATHERAPY
Inquire about Home Study and Certification Programs. Calgary ... 403-283-5653

WOMEN'S SECTION

HOLISTIC BIRTH CONTROL "LENS"
Revolutionary fertility tester microscope "lens". Viewing ferning patterns of mucus pinpoints fertile days. 97% effectiveness rating. \$58 + \$2 S&H. Royal Health Therapies, Box 262, Christina Lake, BC V0H 1E0 ... (604)447-9090

WORKSHOPS

ART: HEART & SOUL - Journey artistically from your creative child to your awakening soul. Spiritual Art clarifies your values and helps set life goals. Open spiritual communication channels. Training in art symbol interpretations. Seminars, workshops, consulting - phone/fax 428-2882 "Art from the Heart" Patrick Yesh - Creston

YOGA

KELOWNA ~ IYENGAR METHOD
Now offering a variety of classes with a variety of teachers to meet a variety of needs. Margaret:861-9518. 14 yrs teaching experience.

SOUTH OKANAGAN YOGA ASSOC. (SOYA) for class/workshop/teacher training info call Dariel at 497-6565 or Marion at 492-2587

YOGA with LISA, an exploration of BODY, MIND & BREATH. Kelowna 765-7432

CHELATION THERAPY

and other i/v treatments

Dr. A.A. Neil
Preventive Medicine

#216 - 3121 Hill Rd.,
Winfield BC V4V 1G1

Phone (604)766-0732 Fax: (604)766-0712

JENNIFER WILLINGS, MSW

Individual Therapy
Couple Therapy
Hypnotherapy



354-4899



HEALTH Food Stores

Kelowna

Sangster's Health Centre
Orchard Park North Mall : 762-9711
Vitamins, Cosmetics, Herbs & Books
"Helping you to change your lifestyle"
Open Sundays for your convenience.

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

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

Penticton

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

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

Sangster's Health Centre ~ 490-9552
Cherry Lane Vitamins, herbs & sports nutrition.

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

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

Summerland

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

Keremeos

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

Nelson

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

Fernie

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

Grand Forks

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

Kamloops

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

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

Osoyoos

Bonnie Doon Health Supplies
8511 B Main Street; 495-6313 Vitamins, Herbs, Athletic Supplements, Reflexology - Self Help Information *Caring and Knowledgeable Staff* "Let us help you to better Health"

Vernon

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

Chase

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

ANNOUNCING !

A NEW

METAPHYSICAL CHURCH

IN KELOWNA

UNITY CENTRE OF LIGHT

SUNDAY SERVICES 10:00 A.M

4398 Hobson Road (at Sarsons)

Call Dr. Mary Fourchalk
(604) 861-3366

The Holistic Networker

Shaw Cable 11 • Air Times

Penticton & Summerland

Friday	7:30 pm
Saturday	9:30 am & 9:30 pm
Sunday	6:30 pm
Monday	9:30 am

Kelowna

Wednesday	7:00 pm
Thursday	9:30 am

DEADLINE

for June

Advertising and/or Articles

May 10th

492-0987 (Penticton)

Holistic Healing Centre



254 Ellis St, Penticton, BC

☎ 492-5371

WEEKLY EVENTS & EVENING PROGRAMS

- Mondays** Drop in Meditation with Troy Lenard just back from Australia - \$5
- Tuesdays** Active Meditation with Urmi Sheldon - 7 am \$5
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** Active Meditation with Urmi Sheldon - 7:30 pm \$5 (no speaker series this month)
- Saturday** Vegetarian Cooking Class - May 11 - \$15
- Sunday** Sunday Celebration with Don McGinnis ... May 12 - Donation

ACUPRESSURE TECHNIQUES WITH DAWN SCHAEFER

May 7 to June 11 ... 6 Tuesdays 7:30 to 9:30 pm... \$100

- ✿ Hands-on experience in locating the pressure points and point holding.
- ✿ Learn the meridians and organ systems and how they control the energy flow through the body.
- ✿ Certification available plus a reading list.

Dawn is a licensed acupuncturist and nutritional counsellor in the Chinese Five Element Theory with ten years of experience.

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, Wallace Black Elk,
Rolling Thunder, Peter Russell, Lazaris
plus Herbs, Crystals & Healing type videos.