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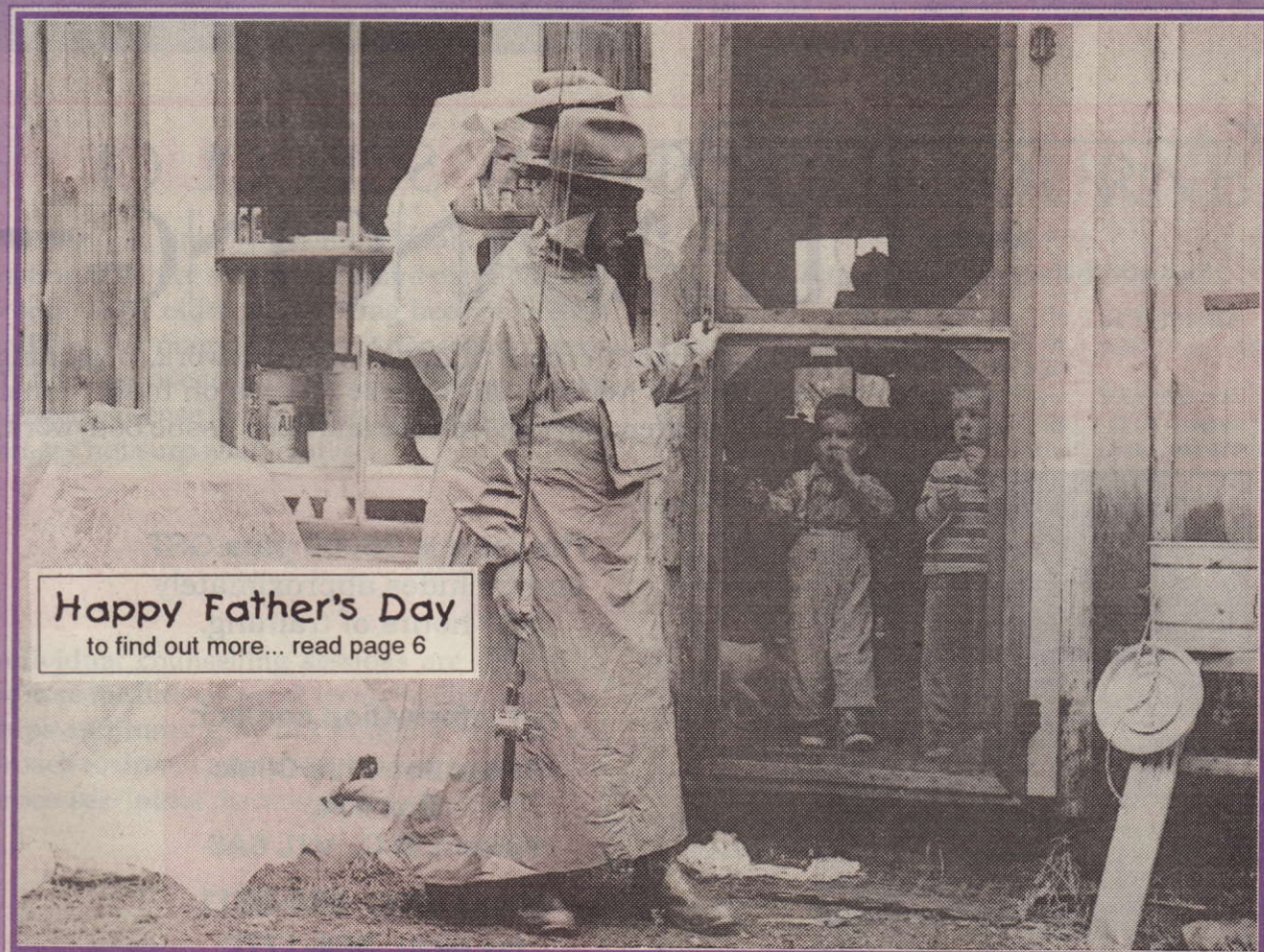
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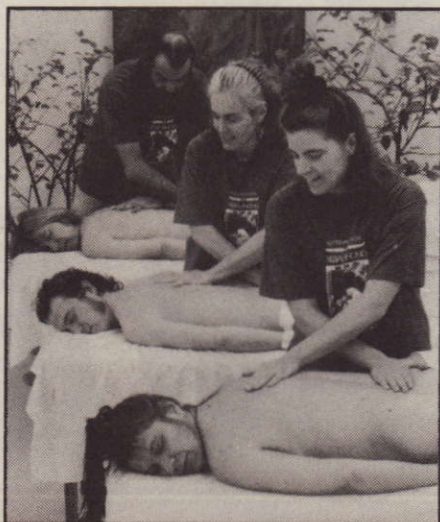
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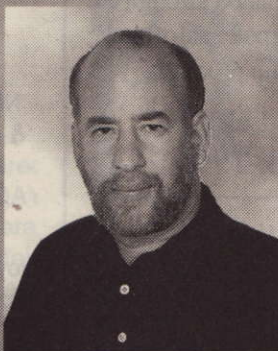
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CRAIG RUSSEL

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by Diane Koyich

Edson, Alberta's loss is B.C.'s gain! Joy & Les Braden are moving to a beautiful log home, bed and breakfast and retreat facility in Cherryville, B.C. Cherryville is just over the Monashee Mountain Pass enroute from Edgewood (Needles) on the way to Vernon. It is also just a short jaunt from Lumby. After thirteen years of living on a lovely piece of land that saw hundreds of people drive down its long driveway, they have been led to the perfect place to continue their work.

What was originally a long-term care facility is now an incredibly beautiful haven for seekers of serenity and spiritual growth alike. Comfortable, yet rustic accommodations, trees, wildlife, and an atmosphere of learning and freedom combine to inspire visitors. Available to individuals and groups, it is perfect for overnight bed & breakfast, for longer retreats, and as a place to host or attend workshops. A gem of a place, hosted by two of Alberta's jewels - truly a sight (site) for sore eyes, tired bodies, wounded hearts and flagging spirits.

Joy has worked for years with individuals, teaching about nutrition, supplementation, diet, and energy balancing; healing with her knowledge, her connection to spirit and her ability to discern, with others, their next steps to wellness. She has brought teachers and workshop leaders to their northern Alberta community to present mind, body and spirit arts long before it was trendy, and she has been teaching groups herself for the past three years.

Les has been working in local industry and has always kept and loved horses; sharing his animals for a ride or petting session was never too much to ask. Six years ago, after his own spiritual journey began in earnest, he started to study and practise the ways of native teachers, and he shares his hand built sweatlodge and down-to-earth wisdom with all who

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SUMMER SOLSTICE

WORLD PEACE PRAYER DAY

June 21, 1996 has been declared WORLD PEACE AND PRAYER DAY by Arvol Looking Horse, 19th Generation Keeper of the Sacred White Buffalo Calf Pipe for the Lakota, Dakota and Nakota Nations. According to ancient prophecies, it is time to begin mending the Sacred Hoop and to work toward global healing, world peace and harmony.

To this end, on June 21st there will be an all-day gathering on the Penticton Indian Reserve, starting with a 6 am Sunrise Ceremony near the Community Hall. People of all faiths are invited to come and pray in their own way. You are welcome to come for as little or as long a time as you wish during this day. Prayers here will be synchronized with those of others throughout the world. Okanagan Nation Unity Riders will be riding to Grey Buffalo Horn, Butte, Wyoming, where they will pray with Arvol Looking Horse, starting at 10 am S. Dakota Mountain time (8 am local time.)

If you are unable to come to the Penticton Indian Reserve, you may still participate wherever you are by praying in your own way for world peace and harmony.



are interested.

At their new home, there will still be horses for hire, sleigh and wagon rides, a sweatlodge, teepee, pyramid, healing opportunities, nature appreciation and sharing amongst the like-minded. With their vast network of friends and contacts, good natured and friendly personalities, admirable organizational skills and the blessings of spirit, this new venture promises to be a success of the finest kind.

Do plan to rest and rejuvenate your spirit with them soon.

*See the NYPages under B & B for more info.



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'Happy Father's Day'



Photo by Steve Tomlinson

On the cover is a photo of my Dad preparing to leave on a fishing trip as brothers Michael and Billy look at him longingly. Family fishing trips happened on sunny days when the lake was calm and it didn't really matter if we caught anything. With seven kids in a canoe, fish knew we were trying to catch them. My father was a good provider and we always had lots to eat. When Dad or Grandad left without us, we knew they were serious about bringing home some food. Dad enjoyed the wildness of the country and once in a while he took time off to hike in the hills and show their grandeur to our relatives or guests.

I remember one special weekend when the whole family was going to hike Mount Goaty... a two or three day adventure, that excited all of us. Our guests arrived and the jeep was packed, for it was quicker to drive to the timberline and hike up from there. At the last minute there was a change in plans: someone said I was too slow and that I should stay home and help Grandad look after the animals. Reluctantly I agreed. They were right, I would slow them down. To hide my disappointment I decided that being physical was boy's stuff, so why try?

It has taken me many years of doing yoga to build up my strength and stamina, and recently I felt ready to give aerobic exercises another try. Jogging gives me a side ache, so I thought I would try the dynamic meditation with Urmi. It was very physical and the heavy breathing bothered the back of my throat, but I kept visualizing the mountain I never climbed and kept moving my arms and legs. It was great fun and helped me move some more emotions up to the surface.

That was good because I had just finished doing the Naka Ima weekend with Deborah Riverbend, sponsored by Michael Welsh and that brought up a few more emotions around my father. She helped me to see a little more clearly why *I am the way I am*. My need for his love and approval still drives me but I did say 'No' to authority-like figures several times over the weekend and that felt good. I got a chance to feel my attachment to needing to be a good girl. Being honest about what I am feeling and thinking is getting easier, for I, like many, was not raised knowing it was okay to express anger or frustration.

I remember when I was nine or ten correcting some detail of a story my Dad was telling a friend. Suddenly the backside of his hand whopped me across the face as he said, "Don't ever contradict me again." I remember thinking to myself, "The next time he tries that, I'm going to bite him." He never did it again and the incident was forgotten, or so I thought. During the Naka Ima weekend, I was asked why I do what I do. My reply was, "I am seeking approval and needing love," for I have read

enough books to know that is the core issue for all human beings, including me. As Deborah questioned me further, the tears came and this incident with my Dad came to mind. Releasing emotion around an old memory frees up the energy that has been holding the emotion in place. Musing about it helps me to grow lighter and lighter.

Jan keeps her humour about me being an angel, including putting up a sign near my office door that says *Angels at Play*. I had a dream recently that Jan and I had leapt out of the belly of a plane. As we fall towards the ground, we take turns reading out loud the instruction manual that appears to be a children's picture book. We are trying to figure out how to fly before we hit the ground. This seems like a perfect metaphor for what we are going through here at the Centre. So much has happened since I wrote the last column that it seems like several months.

Easter Monday my body decided it was time to flush out the winter toxins so I threw out my lunch thinking I would eat later. The cleanse ended up lasting two weeks. My body was serious and it wanted a rest from the continuous onslaught of food, so I obliged by drinking water and tea for six days. Talking with nutripath, Cecile Begin, I decided to continue with a de-worming program and colonics. During my third colonic I was rewarded when gobs of mucus, a ten-inch round worm and three smaller ones got washed out of me. The cleansing program worked well but left me a little tired as we got the May ISSUES ready for print and finalized the last minute details of the Spring Festival of Awareness. The event itself was magical and everything flowed smoothly. I feel very grateful to be living and working in such a supportive environment.

Afterwards, I got rolfed. Gary Schneider is determined to help me unlock my sacrum. Emotions keep surfacing and I feel very unstable as my pelvis keeps shifting. I am rewarded with back bends that are deeper and easier but I do feel strange. I will continue, for I know it is important to have flexibility with strength and endurance.

Life is full of paradoxes and I am delighted that I am aware of them. I would like to say thanks to my three sons, Dale, Keith and Gordon, who all phoned me today to wish me a Happy Mother's Day as I write about my father. Many years ago, when I asked them if it was okay with them if I went public with my holistic/metaphysical viewpoint, their reply was, "Everybody already knows you are nuts, so go ahead." Sometimes I wonder how all this affects them... never knowing what I'll be up to next, or if the changes in me will affect my relationship with them. I send hugs and kisses to my boys.

Great news... Jan and I recently purchased the office building beside the Holistic Healing Centre. I feel guided in my vision to create a holistic community that can sustain people wishing to make a living doing healing work and I feel the need for a holistic school each time I am asked, "Where do I have to go to get training?" The first thing that needs to happen is to pay off the \$100,000 mortgage on the Holistic Healing Centre, so over the next two years, I intend to get good at fund raising. Then I hope to arrange for a low-interest loan and tear down and rebuild the Holistic Centre. The new centre will include a Yoga / Tai Chi / Meditation Studio, a Vegetarian Restaurant with evening talks, cooking classes and video nights, a Book & Gift Store, plus the reception area on the main floor. The second floor would have practitioners' offices, office space including ISSUES, and an apartment for me that overlooks the creek. ■

ISSUES MAGAZINE

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between, plus Vancouver Island and Alberta
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what's happening here.
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ISSUES welcomes articles by local writers.
Please keep them to approx. 500-800 words

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The third floor will be used for a school.
My intention is to create a facility that
is owned collectively and run as a not-
for-profit business. Or, if enough money
is given to me, I will set the centre up as
a trust once it is operational. I am asking
for support and cash to make this hap-
pen. I am so grateful to be allowed to
manifest my vision, by being in the mo-
ment, that I know I will be guided as to

what is best for all concerned. If you
would like to co-create with Jan, Marcel,
Mike, Urmi and me, please write, phone
or drop by. If you have cash and would
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them with us.

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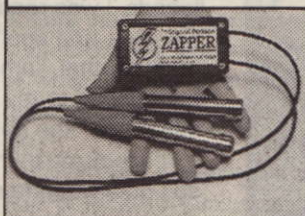


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Lessons to Remember

by Peter Morris

Physical disease does not have to be a negative experience. We as human beings are so attuned to behaviour patterns, anything not fitting that pattern is not normal to us.

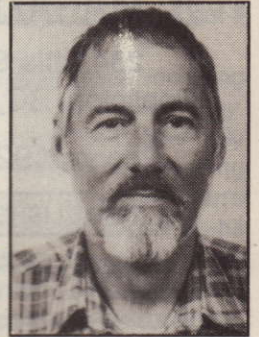
For over fifty years I have been interested in metaphysics, since seeing my first ghost. It was during the second world war in London. I was on my way to school and passing a house that had been bombed a few hours earlier. Two air raid wardens were carrying a stretcher with an obviously very deceased lady on it. As I watched, she sat up, turned to me with a lovely smile and a wave and moved slowly over my head. That was the start to a lifetime of research into the 'other' forms of life that we share this planet with, a form such as I believe we will become sooner or later!

Spiritual healing is something to which I was introduced fifteen years later. Having just moved from the south coast of England to the Midlands, new home, new employment, new friends, I was reading the local newspaper to get a feeling for the area and spotted a small advertisement for a spiritualist meeting that same night in a nearby town. Jumping up, I announced to my wife at the time of my intention: not being interested, she declined my offer to join me.

It took me a while to find the place. Things were under way so I quietly made my way inside the large hall. A young man greeted me and asked if he could help me; I told him I had seen the advertisement and was interested in watching the clairvoyance. That was on the following night, he informed me, tonight was a healing session. I thanked him and turned to leave. "Tell that man to come here" a voice boomed across the hall pointing to me. "Who the heck is that?" I asked of the young man. "That's Elizabeth, come on, we had better go over!"

As he led me across the room, I saw that there were three tables with a person lying on each and a group of three or four people surrounding them. I didn't actually get introduced to Elizabeth, but there was no mistaking her! Tall, elegant lady in her late sixties. "Stand there," she said, pointing to the 'patient's head'. I took position as ordered, glancing at the three ladies that were already standing there. I'm not sure how long I'd been standing there, perhaps five minutes, when the lady receiving the healing suddenly sat up with a yell. "What have you got in your hands, show me your hands!" There was, of course, nothing in my hands, but whatever energy had been there was certainly effective. I am told that five years before she had been operated on for a neck injury. Since then she had been unable to move her head without turning her body. She now had full movement. I asked Elizabeth, who was grinning like a Cheshire cat, why she had called me over. "Your aura showed your healing energy; it was radiant blue, and I knew it would help."

This was my introduction then, to healing and a long association with Elizabeth, her group and later the National Federation of Spiritual Healers, a strong active organization





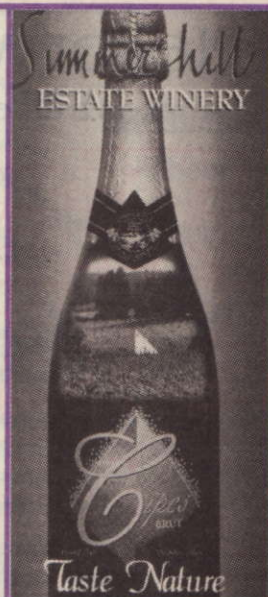
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created by a celebrated healer, Mr. Harry Edwards in 1955. Members regularly visit hospitals in England to assist in the healing process, with the blessing of most of the medical staff and doctors. Some remarkable recoveries and cures have been documented. So what happens to someone who has not responded to the 'normal' treatment?

Science finds it difficult to respond. It has certainly been proven that an individual may control their own heart rate, self hypnosis has been around for a long time, so why is it that many people have the ability to direct healing to another person, or themselves and achieve success? Hypnosis is a practise accepted almost everywhere, psychoanalysis, a form of treatment based on Freud's theory of the divisibility of mind into conscious and unconscious elements -- and of their interaction -- and how little is known about that interaction! Since one can not measure the energy of a healer or as yet, put this energy into a pill box or medicine bottle, it makes it difficult for society as a whole to accept it into the 'norm'. This individual, notwithstanding their record and/or their membership in an official organization, will often find themselves at loggerheads with the medical professional even though they are both after the same results! Since healing and things 'spiritual' are all in the mind, how can you make it logical? The very definition of the mind is enough to do away with logic; i.e. the thinking and willing and perceiving faculties as dis-

tinguished from the body, the intellectual faculties as distinguished from will and emotion, memory, opinion, taste, intention, attention, etc, etc. The Oxford dictionary has a lot more to say on the subject of mind, but this gives some idea of what it is like trying to describe the mind-generated energy known as 'healing.'

With age, it is easy to accept the pills and potions to cure our ills, and who knows a medical person who will suggest to go home and meditate three times a day? And yet that can be the start of the individual taking responsibility for their OWN BODY! Perhaps the thought of actually 'enjoying' our aches and pains is going a bit far, but if a possibility, even a remote possibility exists of being able to take charge of our dis-ease, surely there's a good enough reason to try, and trying to discover the cause of the dis-ease may in itself provide the answer to that dis-ease.

"In my experience, the older we get, the more ability we have to take care of ourselves. The closer to death, the ability to relate to loved ones that have already passed over becomes a reality. I have witnessed many people nearing the death experience, talking freely with a dead friend or relation. The acceptance of life after death is a tough one for a skeptic to deal with even when evidence of survival is presented.

So what does all this have to do with healing? Let's assume you know how to reach up and scratch your ear? How to move your eyes? To interpret these

letters into words? Then you have the ability to apply healing energy to yourself. Even if you are on medication, use it positively, don't surrender yourself to it but use it with the intention of it being an aid to you in your battle with your disease. Do not allow the ailment to be your boss, YOU are boss and positive thinking can go a long way to help you move through the challenge, and save your doctor a lot of time.

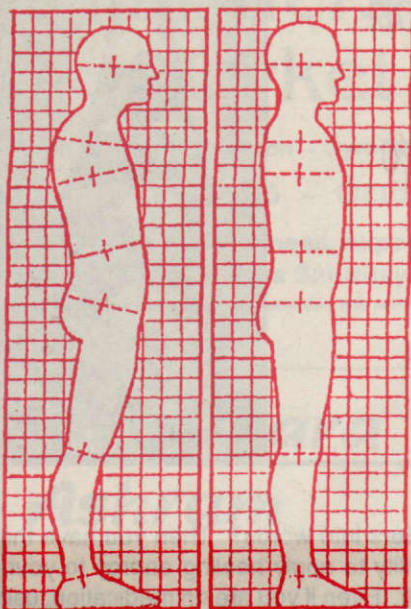
Take some time every day to get in tune with yourself. It's called 'meditation' and of course it comes in many forms, from lying out on the snow to sleeping on a bed of nails but I am talking of a more moderate form! Put aside the newspaper, book or television and just sit and 'think' yourself through your body, start at your head and travel slowly through the brain, bones, skin, organs. Get right inside them. Imagine you are in your mind's eye, travelling right through the heart; do you have a problem with it and are taking medication? Then help the medication to do its work and meditate IT to do its job more efficiently and focus on the heart send healing energy to it and feel the energy working!

It makes no difference if you have never meditated before, there is no right or wrong way, the act of doing and thinking it is achieving that state. It doesn't matter if you are fit or not, this form of attunement is beneficial to your total lifestyle. Try it, you'll like it!

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THE JOURNEY TO GOD

IS A JOURNEY WITHOUT DISTANCE

by Anne Twidle

A Course In Miracles states that "the journey to God is merely the reawakening of the knowledge of where you are always, and what you are forever. It is a journey without distance to a goal that has never changed." For as long as I can remember I have been on a quest, seeking an ever increasing awareness of who I am in relationship to the world I am experiencing. Long ago in 1982, a friend introduced me to a Course In Miracles and suggested that it would change my perception of life.

At that time I had little sense of how prophetic his words were. As many people have experienced, there was an interval of time during which the Course continued to come to my attention, but for many reasons, it was not until 1987 that I actually bought the book and then it was still another year before I began to study it. When I did, my friend's words became true. As I slowly put the principles into action my life began to change.

The subtle power of the ideas changed my perceptions and I began to see life very differently. More than anything, I began to discover the truth of who I am - a spiritual being having a physical experience. More than anything, my relationship with God began to be deeply personal, mystical and emotional where before it had always been intellectual and theoretical.

In addition to our relationship with God, the Course focuses on our relationships with each other, teaching us that guilt and anger are illusions of our humanness which become unreal as we practice forgiveness, seeing mistakes as a call for correction rather than punishment. As the years have passed I have had many opportunities for practice and I have discovered that forgiveness for others has always been about forgiving myself.

In 1994 I had the opportunity to study the Course at the Foundation for Inner Peace in New York. The high calibre of teaching offered during my 2-week stay clarified Course principles for me and I knew with certainty that the curriculum of spiritual development presented by the Course was the journey I would continue for the rest of my life. As I apply the Workbook lessons in all areas of my life, I am continuously overwhelmed by the love, peace, and abundance that God blesses me with. My biggest gratitude is that I am doing work that allows me to share Course concepts and provide a teaching/learning opportunity so that others may receive the gifts of Spirit that flow so abundantly for each of us. The journey to God is truly a journey without distance. See Anne's ad below.

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Table Talk with Johann Grander

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I can understand that. Such questions may emerge, because today there's a general tendency of being cautious. For me, personally, this question does not arise because I know where the energies come from. It was not me, who made this discovery, I received it from God. I have observed nature for a long time, and I exclusively work with natural energy. And nature only knows positive processes. The energy-water-concentrate is living, highly vibrating spring water, a pure product of nature. I bear the responsibility that these energies are administered to the benefit of all.

You have a special attitude towards the so-called 'coincidence'?

As I see it, not a single event in our lives is based on coincidence. This is why I believe that being aware of the fact that everything God allows to happen, has its sense and its importance, could help many people to cope with their daily problems, even if they don't immediately see the sense.

So the discovery of the Living Water is not a coincidence either?

No, I was virtually guided towards the water. So, of course, it was not a coincidence, and therefore I am very grateful that I was allowed to succeed in discovering the Living Water. And it isn't a coincidence either that we were allowed to acquire this mine, more or less opposite our house, in which we found a water of extraordinary quality, which is the basis for the whole discovery.


Many people admire you because, after all, you have still continued to be a modest and reserved man.

I am simply grateful that I was allowed to acquire this knowledge to the benefit of the entire creation. Above all, however, I consider it to be a grace that I was allowed to come to this state of humility, which I want to preserve by all means. Because only by this humility, the divine guidance and the divine protection will be maintained. I'd like to advise everyone to reflect on himself and to ask himself the questions where he has come from, why he is here and where he will go one day. Everybody who tries to find the way to humility - and this is certainly not an easy one - will recognize that there are many helps accompanying him.

So you let yourself be guided?

I, for myself, have recognized how important it is to let oneself be guided instead of always trying to succeed with one's obstinacy. All of us humans should listen more to the positive information inside ourselves. The more we learn to differentiate these pieces of information and recognize the right ones, the easier we will find it to do the right thing. Thoughts and feelings in the sense of charity are always the right ones.

Excerpt from Living Water Magazine.



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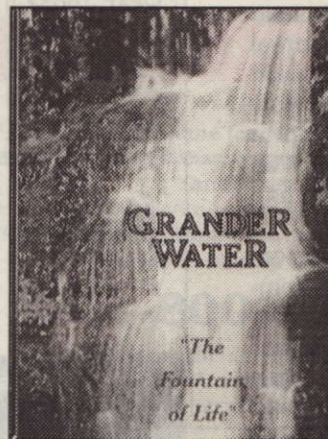
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Recipe for Community

by Urmi Sheldon

After the search for individuality and cultivation of the ego, one finally discovers the shortfalls of the "I am, me first" way of being. Then comes the novel concept of community. I use the term concept because except on rare occasions the majority of successes in community have occurred in theory only. Still, many nurture ideas that it must be possible to improve on what is. So what would it take? My personal experiences with community vary from running a collective restaurant in India as part of the first experimental Osho commune to working as recreation director for the village of Naramata. From this I have gathered the understanding that the needs, hopes, fears and desires of humans are quite simple. We want to feel secure yet free. We want to be intimate yet independent. We want to speak our truth yet avoid confrontation. The paradox goes on and on but the basic human needs remain the same. We want to feel love, we want to be accepted, we want to express our gifts and our talents. How then could a community be set up to provide this emotional base as well as the practical measures of survival and sustenance?

As our economy and environment become overloaded the need to compound resources and better utilize our energies becomes apparent. It is well known that together we are stronger than when we try to do it "All" by ourselves.

It is essential for each human being to feel that they are a part of something greater than themselves. This attitude opens the door for expansion. The idea that life is a mystery unfolding is a necessary element of community. In a practical sense honesty and willingness to really look at oneself is a challenge. Our hidden agendas are mirrored directly through the everyday process of living and working together and it can take some time before the unveiling of one's true self occurs.

My idea of community is very home based. As a single mother my desire is to provide my children with an environ-

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ment that is warm and encompassing. A home that they can be immersed in, surrounded and protected by as they go through the arduous journey of growing up. With community a variety of mirrors would be available for them to draw from, helping them to understand themselves from many perspectives. On a grander scale I see communities with shared gardens, entertainment centers, domed hydroponic gardens- a virtual Eden- self sufficient, supportive and fun.

What is your idea of community? How do we get there from here? Issues magazine offers you an opportunity to speak out about your visions on community and communal living.

Dare to dream!

Send us your Recipe for Community to:
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S.O.M.E. MEN

by David Tauzer

One time each month, a small gathering of men come together for an evening. While the number varies between 10 and 30 on these nights, and the focus changes from month to month, our purpose is clear, our goals are stated and we have agreed to speak honestly from our hearts.

We are the South Okanagan Men's Evolverment (SOME) which may sound intimidating in its name but is in reality nothing more than local men coming together and finding support, wisdom, love and friendship among each other. We have organized to establish and maintain a support network for the men of our region.

Our goal is to challenge our own vision of what it means to be male. Our hope is to break down the barriers to real communication between men. We seek to identify and question our internalized patterns that separate us from other men, women and even our own hearts.

It has been several years that we have been meeting together. The faces sometimes change but our numbers and interest continue to grow. The momentum is here to keep this important movement happening and with so many of us enthused and committed to coming together, I have been able to let go some of the organizational and leadership demands of the past years and look inward.

And now, as I contemplate our fledgling organization and my own needs at this time, I am alternately encouraged and frustrated with our directions. I am determined to sharpen my own focus and to pay closer attention to my reasons for being here and doing this. The greatest of these challenges is for me to continually be on the lookout for the rigid patterns in my own make-up that keep me more isolated than I would like. My Busy-ness, the demands of family, work and worry fatigue, and the struggling to let go of my ego demands are some of the ever-surfacing, insidious yet often subtle internal blocks that need to be looked at carefully. Are they just more excuses that maintain my own isolation?

And then I question whether we, as men, are unconsciously undermining our own goals that we have set out. But, hey, I just need to remember that with SOME Men I do have the place, the format and

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the support I need to work this through, too. All I ask is that there be men who are willing to come together to speak their truths and listen to others. And with just that, some of the old male patterns of maintaining our separateness are disappearing and together with joy in our hearts we are charting new ground.

We invite all men to join us in celebrating the solstice on Sunday, June 23. Call us (David at 496-5435 or Glen at 493-2584) for more information.

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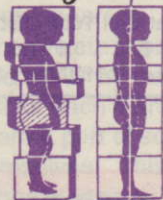
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Conflict arises when we approach a project with different expectations, assumptions, and methods. We often don't take the time to communicate. Then we wonder why we don't get what we want from our partner. A lot of conflict can be defused if you take the time to share how you are feeling and deal with the anxiety and insecurity that moving inevitably activates. Acknowledging and communicating about your feelings establishes more closeness and helps both of you cope. The more you express yourselves, the less your frustration will result in pushing each other away in anger.

The second most important thing you can do is organize your move. Start by assessing the work involved and then develop agreements with your husband to divide labour. We are all different when it comes to moving. Some of us like to be prepared well ahead of time. Others leave everything to moving day which makes the more organized types crazy. If this is what is going on for you, make agreements with your husband about what each of you will be responsible for and then trust that each of you will meet your agreements by moving day. When we try to be too much in control it's hard to cooperate with someone whose style is different from ours. If you can let go and trust your husband to uphold his agreements there will be less struggle between you during your move.

The time it takes to share thoughts and feelings and make solid agreements benefits us in all of our relationships regardless of what we are doing. Synergy comes from aligning mentally and emotionally with agreements that work for everyone. When this is accomplished, projects are completed with ease. (And usually no one gets killed!!) Enjoy your new home!

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



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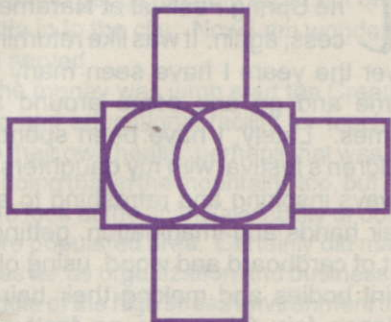
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Off-Centred in the Tao

'Returning to the Source.....Playfully'

by Hajime Harold Naka.....a legend out of his mind.

The Spring Festival at Naramata was a great success, again. It was like returning for a yearly reunion. Over the years I have seen many new (old) age trends come and go and come around again under different names. Lately, I have been spending more time at the children's festival with my daughters Tsuki and Desta. It is always inspiring and refreshing to see the children using their hands and imagination, getting dirty, making things out of cardboard and wood, using old hand tools, painting spirit bodies and making their hair stand on end at the science fair. Of course no festival would be complete without clowns clowning around and magicians making magic. Yes, creative chaos is still alive and well. I take my hat off to the adults who still have the childlike joy of play. It is quite a contrast to some adult workshops which are so serious and controlled with uptight, tightassed people. I say "A healthy body is a playful body."

Sometimes students come to me after a QiGong or Tai Chi class and say "I can't remember anything we did." Quite often I reply, "Neither can I." Trying to remember (memorize) in the head is the problem, listen to the body, quiet the mind. Try softer, observe children and nature, learn to flow with the current, don't push the river. Tai Chi, QiGong and Pa Qua can lead one back to a healthy, harmonious and balanced state, free of restrictive tension.

Another way of reconnecting to the source is to go to a retreat (a treat for yourself). The one that I have been visiting for many years, both as a student and guest instructor is Rex Eastman's Tai Chi Camp in Nelson. If anybody is interested in discovering the Joy of Movement for health, martial art or spiritual growth, I would recommend checking it out. This will be Rex's 20th Anniversary of Tai Chi surfing. I will be catching the wave, hopefully the 'Wu Wei' way. See you at camp.

I have made many friends at the Spring Festival. One who comes to mind is Peter Morris, who was not there in person, but his essence was. May your spirit soar, free. Laughing, Playing.



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Back to the Mountains

by Dave Goulet

Well, after having a very busy year in Victoria must admit it is nice to get back to the mountains. It took the lure of a \$25,000 government grant to get us to come down out of our retreat and actually settle in to the city. Now I am wondering slightly what purpose it served.

What we did with the money was jump start the Creative Health Institute, a clinic and educational facility for teaching people how to re-create their own health; perhaps that was the purpose. We had been doing that in the mountains too, but this commitment forced us to look at the financial viability of doing it full time in a much more populated area. Certainly did make us get our act together as far as organization and business. It also placed us in the middle of the high stress environment that may be causing many of the health problems of the modern age. In fact we were so busy and going so fast that I forgot to confirm my time and space at the festival this year. In spite of the stress factor we did have a successful year and made a good impact on the alternative health community there. We had, and still have, a great combination of yoga therapies, techniques and Jin Shin Do acupressure.

Now, having left our clientele back there, things seem a little slow to start up again here. Yet it is so peaceful here. Tucked in to this natural forest with our land partners, Linda and Yellow Bear and Patricia, we are looking again at the longer term vision. What we see, and what we are working on presently, is setting up a yoga camp in amongst the trees. It may be radically different from the clinic we were operating in the city but I think on the long term much more effective, and certainly a lot more economical. For minimal camping fees people will be able to stay and practice the yoga lifestyle. Taking instruction makes much more sense to have this healing centre in a healing environment.

We still have our intensive retreats during the summer, but have added the campground feature so that those who want may linger and digest what has been learned. This sort of takes things back to where they were when I studied in India in the early 70's when spiritual living was not as expensive as it has become in today's marketplace. We shall see how it all works out..... See Dave's ad to the right.



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Book Reviews

Don't Water the Stick: The Path of the Psyche

by Bernard Willemssen with Penny Margolis

Book review by Anna Olson

Expect the unexpected in *Don't Water the Stick* by Winnipeg lecturer, teacher and counsellor Bernard Willemssen. Starting with his out-of-body experience of flying through space to encounter "a bright orange sphere", Willemssen expounds on the knowledge he has gained through his extensive psychic and counselling work.

Throughout the book, Willemssen comes out strongly in favour of healers and clients recognizing the role of the mind and emotions in health and illness. In the earlier days of medicine, the doctors or lay healers knew they were only facilitators and that it was important to get people talking about their lives in connection with their illness. Now, "our primary concern is to repair the body as quickly as possible, so that we can get on with our lives," Willemssen states. "The repair part often involves suppressing the symptoms, and hoping that the problem goes away. We often resort to extreme measures - sometimes going so far as to remove the part of the body that is misbehaving - believing those measures to be necessary for our survival."

Willemssen raises an interesting point about operations. He suggests that in some cases where "the operation was successful but the patient died," this could be due to loss of energy on the patient's part. Through nervousness before the operation, the patient may have depleted the body's reserves and thus could not withstand the shock of the operation. Willemssen recommends "energy transfer" from a healer or the laying on of hands from friends both before and after the operation to comfort the patient and provide a boost of energy.

Acceptance is another topic Willemssen covers well. "Only from a foundation of acceptance can we make a thoughtful evaluation of what steps we can take to bring about change," he writes. He says we are in a state of acceptance when we accept our total self, without excuses or regrets. Some people say they have problems because of traumatic past lives, but Willemssen says this is no better than saying they are this way because of what their parents did.

Willemssen recommends personal growth as part of a spiritual path, "although it's important to realize that not all (spiritual) paths lead to personal growth." Willemssen doesn't recommend any one spiritual path, but instead tries to stimulate the reader to think about definition, purpose and results of spiritual pursuits.

It's in the chapter on spirituality that we learn the meaning of the book's title, *Don't Water the Stick*. "The farmer would not tend to a dead tree, nor would the woman water a stick,"

Harmonic Farming: a love style

by Brigette & Werner Gysi

The book *Harmonic Farming: a love style* has been out for a bit more than half a year and more than 500 books have been sold in B.C. so far. It addresses a wholistic approach to farming and at the same time gives the practical skills to work the land to become independent. The latter triggered reviews such as "...has written one of the best 'how to' books yet seen for the small farmer/acreage dweller" (BeesCene, Jan.96) or "Probably one of the best organic 'how to' books ever written, this one is full of 'why' and 'how' to incorporate human needs and activities into nature's cycles" (BC Agri Digest, Dec. 95.) It covers more than just the gardening aspect, explaining such things as how to relate to plants and how to meditate and heal yourself while growing your healthy food. The book is structured in a seasonal fashion and with that easy to apply.

Brigette and Werner are owners of the Gooly Mooly Art Farm near Enderby, B.C. where they facilitate organic farming workshops and ongoing site tours. They can be contacted at 604-838-0350



In his first book in a series on *Human Energy Dynamics*—the study of the human psyche and spirit, Canadian author **Bernard Willemssen** focuses on the relationship of the psyche to our physical health, healing, and spirituality.

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Willemssen writes, pointing out that often we misplace our energies by putting other's needs before our own. "Many of us have been brought up to view selfishness as a negative trait," he says. Earlier in the book, he described the difference between selfishness (good because you are looking after your needs) and self-centeredness (bad because you are acting in service of your "ego-defence" which is covering up your basic need). For a full understanding of the ego-defence concept, you will have to read his book!

I gained a lot from reading *Don't Water the Stick* and can recommend it to anyone who is struggling to sort out the physical, emotional and spiritual issues of life.

Reprinted from *The Aquarian*, Winnipeg, summer edition 1996.

THE ABCs OF HEALING

by Leo Roy, MD, ND

Disease is not an accident. It's the result of a body deprived of the essentials to well-being, a body full of toxins and wastes and lifestyle, emotional, structural, mechanical, biochemical and/or hormonal imbalances. Each disease is as personal and individual as your fingerprints. It is these specifics of your particular condition the have to be normalized and/or eliminated.

A Accept that you will not be well until you do something about your life. Accept the responsibility for your own healing and provide your body and life with everything that is required to restore your well-being. Accept and appreciate that you need help. You can't cure yourself without a clear understanding of the full nature of your disease or without guidance, support and the right remedies.

B Believe that all disease is curable. You have to believe that to be cured! But first you have to learn what curing is, not what your doctor is doing for you. It is not taking out organs as if they were spare parts of little value. Nor is it taking drugs. Drugs are only intended to make you feel better - not be better.

Curing, then, is restoring the wholeness and perfection of your body. It is the detoxification of toxins, the replenishment of all nutrients and bodily needs and the accepting of help.

Caring means getting to the core and nature of the cause of disease. That means finding out everything about what makes you tick and then doing whatever is needed to keep the mind alert, positive, strong and at peace. It means learning to love the wonderful person you are. Caring means caring for your whole being - right down to your cell needs.

C Cleansing is the first step you take on this steep road to health. Body toxicity is a major part of all serious illness. Every single drug that is prescribed for you by a doctor is a poison. There is no such thing as a man-made tablet or pill that does not have some harmful effect on the body. Every processed, man-made chemical is toxic. And these toxins are part of every chronic degenerative disease.

With all this poison going into our bodies very few of us take any measures to ever get it out. We use almost no detoxifying herbs, remedies, laxatives or enemas. Most of us don't have frequent enough bowel movements to get rid of our ordinary daily body and food wastes and debris of dying cells, much less our pollutants. Just like we need to change the oil in our cars we need to clean ourselves out at least once, and better yet, several times a year if we expect to cure ourselves of disease.

Changing means foregoing stresses and excesses. It means changing habits, lifestyle, diet, attitude and likes and dislikes. Even the best cleansing is useless unless we stop putting back toxins into our bodies.

Changing means getting away from everything that weakens health and immunity - everything that has denaturalized our body chemicals and damaged our cells and organs - and putting a stop to all the junk and pollutants we casually allow into our lives and bodies.

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Start looking for good in all the processes the body uses for curing you. Take a second look at your symptoms and your body experiences and distresses. They are not evils. They are red flags. They are not something to be suppressed and done away with. You need those indicators to guide you into knowing what is not right or is not functioning in your body, and what to do to correct the wrongs. Cells are where your disease attacks and gains a first foothold. We need to change our thinking from focusing on symptoms and body distresses to what is going on inside our bodies.

Curing means consistently changing. Change slowly. Change what ever needs to be changed as your body evolves and your body balance improves. This requires that you change the balance of everything you are doing and taking.

We need to listen to and be aware of changes in our bodies when treating them. We need to stop guessing - to change from guessing to accurate tuning. During a good therapy changes occur. They may be experienced as improved well-being. Sometimes periods of discomfort precede this wellness. But every discomfort does not mean something is wrong. An unpleasant feeling or reaction that comes to you when you are doing everything right means that a wrong is coming out of your body. The fight between your body and the exit of the wrong is experienced as unpleasantness.

Guesswork, by yourself or by your physician, is like playing Russian roulette with your life. You want your life and your health to change? You change. You change whatever it takes. Without changes all curing can be hampered or blocked.

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Some Reflections on Receiving Bodywork

by Don McGinnis

We are rapidly moving past the phase of our evolution where we can afford to look outside ourselves for answers, for fixing, for someone else to lead, or do it for us. We can't afford it; we will be left empty and bewildered, grasping at straws. At the same time, we can't afford not to reach out and trust as the foundation of what we knew to be our security collapses. We can't afford to maintain the barriers in our hearts that keep us separate. As we shut out one person from our hearts, so we shut everyone out.

Bodywork, all kinds of bodywork, becomes increasingly important to our evolution as ancient patterns and pains emerge and manifest as physical aches and pains, neurological disorders and emotional or psychic distress.

We must open, not only to alternative treatments but to our very own hearts and the rich gifts within. The bodywork experience is a communion, a joining and a recognition of the divinity, sacredness and equality of the practitioner and the client. Ask anyone who has received bodywork and they will tell you of the beautiful bond and love sensed during the session. If this is completely absent, then other expectations, a difficulty of trust, a desire to keep the conditions or an absence of personal responsibility exists.

After depriving myself of bodywork for a long time, I bolstered up the courage to ask Michael Kruger for help to move through some of my fears around intimacy with men. As a man I sensed a deep longing for male nurturing and nourishment. I remember - before my father and I pulled away from each other, before I learned "independence", before I learned not to trust men, a deep and beautiful soul connection with my father.

Michael gave me three reiki sessions. My role during the sessions was to allow myself to open up to him, not necessarily in words; that too, but to his essence and his love. My intention in receiving was to allow myself to fully experience unworthiness, shame, embarrassment, fear and yes, sexual feelings. Michael's clear intention to love and serve supported me. We worked together, we connected, we got close and uncomfortable.

I am homophobic. I want to heal this. I have distilled my homophobia down to this: I fear being fully alive and connected with other men. I fear being in my body around men. I fear male support and nurturing. I have shut myself off from half of humanity and demanded that the "other half" take care of what I shut out.

I shut down my sexuality around men. Or, I displaced my sexual feelings onto women. I am not talking about sex acts, but about the rich visceral aliveness of sexuality as spirituality, as deep appreciation and reverence, as connectedness.

I was aware too, in working with Michael, of a desire to use him to fix me. I was aware of a desire to compete and compare. But deeper and more enduring was the desire to fully receive his love in my heart, to allow my armour and walls and rightness to evaporate. When I see Michael now, I feel a deep kinship, a recognition, a mutual caring and a growing trust and respect. I am not so afraid of being fully alive with him and therefore, more fully alive with all men. I see all healing in this light. I risk, I open, I trust, I move out of my comfort zone and allow the support in, and discover in this communion that I am giving, too, what I receive. Thank you, Michael for being there.

Non-violence in therapy

by Donna Martin, M.A.

It is no coincidence that men and women who were abused physically or emotionally as children are frequently drawn into abusive relationships as adults. These can include personal relationships, work relationships, relationships with abusive substances such as drugs or alcohol, and even "therapeutic" relationships. It is not so much the use of any particular method that makes therapy abusive, but rather the way it is practised. The therapist who disrespects or violates a client's boundaries, even in the name of healing, can cause as much suffering as a parent who abuses in the name of love.

It seems that an intuitive healing instinct may draw us into a potentially painful scenario which is a repetition of our early history. This offers us the opportunity to respond creatively and to be empowered rather than victimized as a child would have been. Part of the result of childhood abuse at the hands of parents is that decisions are made unconsciously - decisions like, "It's all my fault," "I can't do anything right," "I'm not good enough," "I'm not loveable (or I'm not loveable unless...)," "There's something wrong with me," or "It's not safe for me to express my feelings or ask for what I need." It is these decisions that continue to affect our lives as adults.

Unfortunately, a history of unresolved abuse can program a person for continued abuse as an adult, due to an expectation of abuse in relationships, an increased tolerance level, inappropriate boundaries, difficulty recognizing what constitutes abuse, and an unconscious association of abuse with love.

Violence, or abuse, in therapy may be quite subtle, as Ron Kurtz points out in his **Hakomi Method of Body-centered Psychotherapy**. My training in both Hakomi and yoga has given me an appreciation of the need for **non-violent** therapy to break the cycle of abuse for many clients and reestablish the healthy boundaries that go along with healthy self-esteem. (The yoga principle of non-violence is called "ahimsa" in Sanskrit.)

Let's agree that the obvious forms of abuse in therapy (including verbal and sexual abuse) are totally unacceptable. Now we can address the less obvious ways that therapy can be abusive, including when: the therapist tells the client how he/she feels; the therapist continually contradicts or interrupts the client; the therapist presumes to know what's best for the client; the therapist tells the client what probably happened to him/her as a child; the therapist ignores what the client says; the therapist puts words in the client's mouth; the therapist touches the client in any way without permission; the therapist claims that his/her words, impressions etc. "come from God;" the therapist presumes to be more ... than the client... more powerful, wise, spiritual, capable...anything. (I have heard actual reports of all of these behaviors over the years.)

Non-violence in therapy honours the inner wisdom of each client and respects the person as the ultimate authority on his/her healing process. "Non-violence is born of an attitude of acceptance and an active attention to the way events naturally unfold." (Ron Kurtz) Without this attitude, emotions may well be brought up to the surface and expressed with only, at best,

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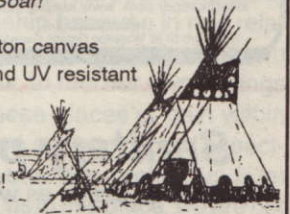
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a temporary feeling of relief. Physical or emotional release is of limited value without the true healing that is based on personal empowerment, release from limiting beliefs, and healthy self-esteem. I often quote Richard Bach from his book, ***Illusion***: "Learning is finding out what you already know, doing is demonstrating that you know it, and teaching is reminding others that they know just as well as you." It is only when teachers, parents, therapists, and other helpers and healers really accept that all healing comes from within, and that the most we can really do is be present for others, as for ourselves, with a quality of non-judgemental awareness, only then will boundary violations, abuse, and even neglect and abandonment shift to let something else (loving presence... compassion) enter into the relationship. *See Donna's ad above.*

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June 24 - 30

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Lifeskills, Kootenays, p. 26

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Martin, 5-weekend program in Kamloops, p.21

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Personally Speaking

by James Shea



Whether we agree with the outcome or not, the O.J. Simpson murder trial is over. One of the compelling arguments against O.J. was the disempowering relationship that existed between him and Nicole. This much we know for certain, the dynamics of their relationship created a volatile, abusive and sometimes explosive interaction. To the extent that O.J. blamed Nicole for how he felt about himself, or even how he was feeling, to that same degree he felt helpless and painfully disempowered. This is not a statement of his guilt or innocence only that this precondition is often all that is necessary for abuse and violence to occur.

I recently witnessed the eruption of this painful style of relating in a relationship which held great promise and hope. At first it seemed like a relationship made in heaven. They seemed truly well matched and enjoyed being with each other. In fact, they were rarely apart and lavished each other with adoring attention and affection. It came as a bit of a shock and surprise to discover that things had changed so much. They were speaking to each other in derogatory ways and saying things which I knew neither really meant but which really hit at the heart of the relationship. It was heartbreaking to see two people, who loved each other so much, hurting each other this way. They had embarked upon the path of what I term "unrelationship," which seems to characterize most relationships simply because what is going on between the couple is more an avoidance of real true honest relationship than it is anything else. Every relationship (if it is to achieve true relationship status) and even every creative process must go through this dangerous and often deadly territory. It is what I have come to call the *Disillusionment Phase*. While it expresses itself with varying degrees of intensity depending on the couple, every unrelationship is prone to the devastating storms and powerful emotional currents that arise during this period.

This disillusionment phase can occur as early as within the first few weeks of a relationship, or it can be delayed as long as eighteen to twenty-four months, depending on how many unrelationships each individual has had. It is marked by

the onset of conflict, power struggle, arguments, fighting, and in the worst cases even abuse and violence. It is really the second major phase of unrelationship, and follows the first phase which I call the *Idealism Phase*.

This first stage of unrelationship is usually marked by starry-eyed romance, excitement, and for some, even periods of ecstasy. In this phase the partner can do no wrong and is seen as the perfect mate. What is most marked about this first phase, aside from the romance and excitement, is the almost exclusive externalized focus on the other person and how he/she makes us feel.

This is where partners in the unrelationship begin to get off course...when the other person no longer makes us feel good, or heaven forbid makes us feel bad by letting us down or hurting us in some way. It is at this point where the unrelationship is

1. Terminated (the most popular choice),
2. Troubled and a power struggle ensues over who is going to be more independent, who is going to get their needs met most often, and who is going to take the greater risk by caring the most, or
3. Trapped and the feelings and experiences are stuffed (repressed). It is really #2 gone underground and a passive aggressive guerilla style of conflict is carried on (used to be the most popular).

If an unrelationship continues, by choosing #2 or #3, the conflict and struggle can only continue for a limited period of time before: a) exploding in some form of attack and abuse or b) ending in unresolved conflict and impasse. Bear in mind I have been describing only various forms and phases of unrelationship. If it sounds a lot like the kind you have been having, then listen up. It could be you are facing a choice about whether or not you want a real relationship.

In an unrelationship, we are expecting the other person to make us feel better, to make us feel secure, to make us feel special, to make us feel happy, etc. This can never really work even if the other person wants to give that to us. We are human beings and sooner or later we are going to do something that hurts the other person. That is not part of the contract in an unrelationship, and it is

at this point where the hurt party begins to explore their unrelationship choices (examples given).

This is all unrelationship because it has nothing to do with being real, or truly being in a real relationship. Real relationship only begins at the point we truly make a commitment to each other and real commitment only begins at the point when the hurt begins. Prior to that commitment is just words and an aspiration. It takes real courage to be in a real relationship because in real relationship we are willing to do our own emotional work, to feel our own feelings and to heal these places of pain within ourselves. If we are hoping and expecting that someone can protect us from this, or rescue us in this place, we are not being true to ourselves or to our relationship. Real relationship only begins at this *Empowerment Phase* when two people are willing to recognize and take responsibility for the projections they are perceiving as the other person's failings.

Most people are reluctant to take this more real approach to relationship because it is hard work and a bit of a lonely proposition. To these people, I would encourage them to see that this *Idealism Phase* which we all love so much, is bound to end sooner or later. But this is just the bad news! The good news is that for those courageous couples willing to commit to each other in a conscious way, and to support each other's responsible growth in empowerment, a new and more creative form of partnering emerges. In this "Co-creative Phase", the romance returns, the uplifting joy of the other person's presence is restored and all the wonder of love that was thought gone forever emerges again ... and this time it stays.

James F. Shea, BA, MA. Vancouver
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Tiredness

by Joel Whitehead

Part One

Recently a patient came in called Linda, who had been suffering for over five years with what was finally diagnosed as Chronic Fatigue Syndrome. They also found her positive for the Epstein Barr virus, anemia, and depending on the diagnosing physician just about every syndrome attributed to tiredness, one could imagine. She was in her early twenties when it started, reaching for the moon and stars and all that life offered. She was doing a double major in University, working two jobs and for over a year and a half worked out in a gym three hours per day. Of course it all came crashing down one day and now we have her taking a slow and guided progression back to feeling her energy states return.

There is a lot about that whole picture which called me back to my younger days. At that time lots of people I knew had hypoglycemia, and it was quite the fashion. It seemed like every party I went to had a hypoglycemia corner where those people with the same diagnosis actively commiserated over their plight. It was real tiredness and what's more it had an identifiable name.

I generally don't hear about hypoglycemia much these days as everyone seems to have advanced to Chronic Fatigue Syndrome (often complicated with fibromyalgia, irritable bowel, etc.). What it all boils down to is tiredness and a lot of people trying to fight their way out of this paper bag kind of fog.

Linda, had good reason to be tired. First of all, she had a genuine **will** to get someplace in life. Just thinking about her life would make many of us tired. However, her will far exceeded her health and she burned out. Will is energy that we consider to be part of the Liver-Gallbladder meridian and when over used, demands retribution from the rest of the body. Consequently, part of the early stage of her condition was ongoing insomnia. Then, of course, there were mood swings and depression. It is ironic that when we are played out, the liver, which is usually the controller of the body's energy and blood, demands to get paid, despite the body's lack of funds. Even a healthy body will experience the stress, frustration, or will eat foods that are offensive to its partner the gallbladder. It can really make the body pay for this total lack of support. Thus the insomnia, depression and mood swings. Eventually, the plague of liver retribution subsides and, like a spoiled child in a state of utter depletion, resigns itself to the state the body has found itself in and becomes part of the malaise.

In 1987 it was estimated that more than 21% of the population of the United States suffered from some level and



type of chronic tiredness. The list of possible scapegoats for tiredness is long: hypoglycemia, allergies and allergic responses, viruses, reduced immune function due to reduced liver function due to loss of critical enzymes (possibly the result of chemical or environmental poisoning), stress, psychological stressors and related disorders and of course diet. Since Hypoglycemia the names have also piled up: Post Viral Fatigue Syndrome, Myalgic Encephalomyelitis (ME), Epstein-Barr Virus (the virus identified for mononucleosis) or even just plain Chronic Fatigue Syndrome. Anyway, chronic sickness or tiredness may be given different labels but they are really all the same.

The real maddening thing about the whole hodgepodge is that they all could be correct diagnoses at different times. The chicken or egg of it all is, what precludes what? Of course if someone lived on a poor diet for a long time they could become hypoglycemic which would lead to a compromised immune response which could open the door to chronic colds etc. in which the compromised state could lead to autoimmune or allergic reactions

taking place which could damage the liver's effectiveness over time etc. Of course the whole list of events could just as well have started with overwork followed by exposure to a virus at a vulnerable time and we could have ended up with hypoglycemia.

Chinese medicine or physiology are not the same as our more clinical sense of exactness in the west, it is appropriate to the solutions that we find. In terms of tiredness and sickness we tend to think of three organ paradigms. The first would be the lungs which we think of as an umbrella at the top of the body. It is supposed to protect us from exterior elements as an umbrella would repel rain, and on its inner side force naturally rising energy to curl back down to cycle through the body. We think of most exterior pathogens (evils such as germs and viruses) entering through the upper back, neck, nose and mouth when the lungs are not strongly supported by defensive Yang energy. We say it enters via a wind of cold, heat or damp origin. Still most of the time we enter into battle once our defenses are caught sleeping (or we forget to cover up) and fevers arise, we surround them with phlegm etc. But if we don't have the force to battle back even when discovered it may strike deeper and attack the stomach and spleen (for all intents and purposes the pancreas) which renders our ability for mustering more troops compromised and goes further to ruin any chance of using energy which we take in, to create a viable force for providing for the machinery, much less put up a defense.

Ultimately, it was the general in charge who was respon-

sible. In this case it would be the kidney yang. It would have done the job if it could have but it was either overwhelmed by the enemy when the gates were left inadvertently open (we were not properly dressed at a time when we were tired or depleted) or the tax payers didn't pay enough to raise an adequate amount in the event of attack (we didn't pay attention to adequate nutrition or exercise to build against weaknesses) or they raised the army but wore them out on public works projects (we used up all the good energy on too much sex or something) so that they were no good for fighting when the time came.

As fascinated as I am by diagnosis in Chinese medicine I could go on with the analogy forever, but I'm not quite sure you'd understand the point I had to get at, so, I'll just tell you. In all my cases of chronic problems involving weaknesses and being subjected to attack, we find ourselves backing up and starting the recuperative process at the level of the kidneys.

When we are tired and deficient we are cold all day long and hot at night (if the kidney yin is also depleted.) Our joints might ache as well as cold or heat in the bones themselves. We are attacked by everything and depressed. The number of things we become allergic to rises in number, darkness may develop around our eyes, our ears may ring, we may have to urinate often, our interest in sex wanes and our hair may become dry.

Starting the recovery process of a deficient disease takes time and is hard work. It is difficult because the patient has to make changes in their life style. The hardest and most challenging part for me is to get the patient to realize that every day is another brick in rebuilding the structure of their health. It takes time, money and determination to reprogram life long habits. Too often the patient is so eager to be through the process that when a little extra energy is gained it is spent quickly in unnecessary ways. They also undermine themselves by eating foods that erode their health and get into a vascillative state of short term gain and relapse.

Linda is doing a good job of recovering and the people around her are supportive. Each day is a step not a leap. Her will is returning as is her faith that there is a light at the end of the tunnel. She doesn't expect her life to return as fast as it seemed to disappear, but neither is her depression and despair as deep. I wish I could say that all cases progressed as well as Linda's. Chinese medicine has answers if you are willing to trust that you can get well but *you* need to do the work. I can only help you to understand what must be done to retrieve and maintain a more normal state of health. See Joel's ad below



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WHY WILDERNESS?

by Glenn Charbonneau

A century ago the native inhabitants of the continent saw their way of life changed forever. As the primitive lifestyle of these people gave way to the industrialized world, men of vision like Chief Seattle lamented its passing. Seattle warned that the **Modern Way** lacked heart and that its disconnection with the earth would inevitably lead to disaster. Few moderns at that time understood this statement "The earth does not belong to us. We belong to the earth."

The quest for value and meaning in our lives has sent many of us searching for our roots. No matter what our culture, traditions or heritage may be, we almost intuitively know that our ancestors possessed some connection that we have lost. Probably more than anything else what we are missing is the everyday experience of a direct connection to nature. The simpler technology of *The Old Ways* provided a direct link with the earth through the actual experience of primitive skills. Our modern technology insulates us from such an intimate relationship. As organic beings almost all of what is necessary for our survival and well being comes from the earth.

Primitive skills will be the tools for you to open the doorway to a direct experience of nature and personal connection to the source of Earth Knowledge. Eventually, primitive skills become life skills as we awaken to the realization that Earth Wisdom is not a destination but a path.

Two questions most often considered about primitive skills are: Do these skills really work? The answer would have to be a resounding Yes, since if they hadn't worked well for our ancestors, we wouldn't be here now! The second question is: Why bother learning? Hasn't modern technology made all these skills and systems obsolete? Well, to answer that question in a roundabout way: unfortunately, modern technology may very well make mankind obsolete if we do not remember our ultimate dependence upon the earth. Presently, we are too caught up in our identification with and dependence upon technology, machines and computers. Most modern people have absolutely no skills that would enable them to survive a wilderness environment. This disconnection from our ancestral legacy leaves us unable to grasp the true importance of our dependence upon nature. Therefore, to create an environment in which we can function, we use technology to change and ultimately destroy nature. Even the father of the Nuclear Age, Albert Einstein, warned, "It is appallingly clear that mankind's technology has finally surpassed his humanity." So, as to whether these primitive skill are obsolete, the answer would have to be No, since by practising wilderness skills in a natural environment we enhance our understanding and appreciation of nature on its own terms. Therefore, we gain a better reference point or perspective from which to determine just how much modern technology is necessary, safe, healthy and sustainable for us to use, depend on and enjoy.

Northern Lights Primitive Lifeskills Gathering, sponsored by Wilderness Awakening Primitive Lifeskills School, was created to establish a fertile environment for those who wish to move beyond concepts into the practical application of primitive life skills and earth knowledge. See ad to the left.

Mother Nature's Music

by Karen Timpany

I was out walking with our new puppy this morning, taking the opportunity to enjoy a little sunshine before the next rainfall. We had the back road to ourselves and I was watching Toby enjoying all the great smells from the other dogs, wild animals, flowers and clumps of grass. Anything that came into his path was worthy of a good sniffing session. He was scampering here and there experiencing absolute delight as each few feet offered up a brand new bouquet of exciting new experiences. Often he would stop and listen to a new sound as a bird or animal made its presence known. Suddenly my thoughts were interrupted by the sound of birds singing, three different tunes playing in harmony with the wind blowing through the trees in the background. The sound was so beautiful, I stopped dead in my tracks for some time just to listen to this incredible melody.

I realized upon resuming our walk that I couldn't remember the last time I stopped and listened to nature. The hustle and bustle of daily life, tasks and duties so easily fill up our days. How easily I had forgotten that which I love the most about the outdoors, the sounds of nature at play and work. Hesitant to leave this haven of symphonic earthly music, I placed one foot in front of the other and made my way home.

Throughout the whole day, the sounds I had heard haunted me, I felt drawn to return to hear the music again, even though I knew it wouldn't be the same musical score. Perhaps the lonely mallard duck we often see would join in with a few quacks, or the Canada geese that play on the green grass would honk appropriately, the owl that I hear but can't find in the trees may hoot, or the quail would fill the air with their song. Frogs from the creek and the crickets may add their versions too. I've noticed that the sounds of evening differ from the morning chorus welcoming the day. Like magic when the sun sinks behind the mountains, the cue for a new musical score is given and mood music to lull and pacify, moving into a rhythm of a single beat, echoes far out into the night air playing alongside the vocals of the crickets reminding everyone that it is time to rest.

Morning brings the up tempo, wake-up, get up and get with it musical movements with chirping and twittering highlighting each musical bar. The dawn is brought into being with a crescendo of harmony and resonance, a new tune for each day.

Hearing and experiencing this wonderful explosion of sounds has brought a new sense of oneness with Mother Nature and I intend to enjoy her concerts more often. By taking a few minutes each day to listen to just one of the Creator's great gifts, I know I'll find greater peace of mind and harmony within my own life. See Karen's ad to the right.

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SPRAINED RIBS, PLEURISY AND SHORTNESS OF BREATH

by Cassie Benell, Ph.D.

The key to dealing with an illness or structural problem is understanding the anatomy of that area. Chest (or thorax) discomfort from sprained ribs, pleurisy and shortness of breath can be the result of structural imbalance. There are over 150 articulations within the rib cage where bone meets cartilage. The thorax contains the vital heart and lung organs. These organs are protected by the rib cage. The twelve ribs are attached to twelve thoracic vertebrae at the back of the body. The upper seven ribs are attached to the sternum (breastbone) in the front and are therefore called true ribs. Ribs 11 and 12 (floating ribs) are very short and exist at the back of the body. They are covered in the upper back by the scapulae (shoulder blades) and in the upper front by the clavicles (collarbones).

The three uppermost thoracic vertebrae are in the area of the thoracic inlet (also called the thoracic outlet). Free movement of this area is crucial, especially around the clavicles which overlie the first rib. The subclavius muscle attaches to the underside of the clavicle, and when tight, becomes bigger in diameter. This can pinch underlying structures, such as the brachial plexus (nerves going to the arms) and the carotid and brachiocephalic arteries (going to the head and arms). Releasing a depressed clavicle can restore proper circulation to the arms and head and eliminate nerve pain to the arms and hands. Commonly the clavicular area can become tight after whiplash, due to other pinched nerves (see my whiplash article in the February copy of Issues). A depressed clavicle can also aggravate rotator cuff problems.

When your ribs move freely, you may breathe fully and without pain. Broken or cracked ribs are extremely painful and take up to three months to heal. There can be subsequent problems with their free movement. Trauma or illness can cause a rib to dislocate. Sprained ribs are also very painful. A rib may be raised in front (painful by the sternum) or depressed (more painful in the back). Women with ribs 3-6 depressed and/or raised may have problems with their ovaries (affected by a depressed third rib) or cystic lumps in their breasts (ribs 4-6). The circulation to the overlying tissues, such as breasts, is impaired when the ribs are displaced.

In the 1920's osteopath Frank Chapman developed a system later called Chapman's Lymphatic Reflexes, in which specific points relate to various target organs and/or tissues. When these points are tender, the corresponding organ will have congested lymphatic tissue. (The lymphatics provide passive circulation for the immune system within the body.) In the rib cage, especially between the ribs at the sternum and at the thoracic vertebrae, there are many Chapman points for the organs, glands, and muscles of the head, neck, thorax, and abdomen. When the rib cage moves freely, the lymphatic circulation to these areas of the body also moves efficiently. A depressed third rib related to

the ovary is a Chapman's point. While releasing a depressed third rib for a client, she felt something happening in her ovary.

The suspensory ligament of the lung goes to the first rib, often out in many people. Thus when the first rib is out, the lung is affected. When someone has pleurisy (inflammation of the pleura, or the tissues which enclose the lung), a portion of the lung adheres to the pleura and causes pain. The moist pleura and lungs are supposed to move easily. Areas of broken or sprained ribs are more prone to pleurisy, as I have experienced several times. Release of the adhesions is possible through Visceral Manipulation and allows one to breathe freely.

It is also possible that the lung itself (three lobes on the right and two on the left) can cause pain. Often this may have been caused by a blow to the rib cage or by respiratory illness. Sometimes the fissures between the various lobes do not move easily past each other, causing discomfort. Relief through Visceral Manipulation allows a person to breathe more fully and without pain. An older client who had broken her sternum years ago came for a painful rib cage and shortness of breath. After correcting some displaced ribs and some rib cage torsion, she was able to breathe easily and without pain.

People may develop a torqued or twisted rib cage either from accidents or repetitive physical work. In such cases, exaggeration of the torque in the rib cage can release the distortion. I once worked with a dentist who had a pain in the rib cage. He constantly twisted his body as he worked on his patients. As I worked with him, he became aware of how his pain had developed. His rib cage torque released, along with his pain. He then moved more conscientiously in his chair while at work. This problem is also seen frequently in people with scoliosis and is addressed in the same way.

Sprained ribs may be comfortably released with Ortho-Bionomy and/or Visceral Manipulation. Mobilising the rib cage gently can promote free movement of individual ribs and release a torqued rib cage. Working with the clavicles can free up shoulders, arms and necks, and enhance blood and nerve circulation to the arms and head. Release of the visceral tissues, especially the pleura and lungs, allows people to breath painlessly and more fully.

As a very young child, I had a broken clavicle and ribs. This caused pain in my shoulder and sternum, as well as discomfort in my breast. Releasing my rib cage has increased the circulation to my arms and head (giving me more colour in my face) and made my breathing and breasts more comfortable. This has improved my general well being. And that helps me to feel that much better in general. May we all breathe life in more fully! See Cassie's ad below.

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Grassroots Tao

Reclaiming its inner life...

by Mary Weber

Dissolving spiritual and cultural forms have created an abyss, and a wonderful opening for us. "Truth", living spiritual experience, once was breathed into us through the words of ritual and "magic." Too often today both words and our Selves have been divested of their inherent power.

Loving, selfless wisdom, flowing through our body, subtle vibration field, and soul empowers our growth. Reclaiming the living wisdom, increasing the flow and enhancing the structures that channel it can enrich our communion.

The Dalai Lama, Rudolf Steiner, founder of the Waldorf schools and clairvoyant spiritual teacher, and Taoist Master Mantak Chia are prominent modern teachers who have addressed this issue. They have released formerly secret practices and inner knowledge that give us means to bring about fulfilling resolutions.

For six years I have explored these means in artistic development, self-directed "bodywork", and meditative contexts at Silent Ground in the Gulf Islands. Incredibly prolific artistic inspiration is a highlight amongst several outstanding effects generated through the process. It has inspired many people very deeply. Some have said that the "Muse" comes alive in singing, movement or poetry that flows through my body and soul.

My love of the arts fuelled intense practice which fostered sophisticated skills and talents. The methods work with the structure of the auric field, chi-life force, physical body and the voice. This creates universally applicable and highly effective tools. Inner sound flows in a great, void-like space that seems to interpenetrate and support this reality. I have learned to enter and merge my body and consciousness with it, striving to let the creative flow emanate from the depths and clarity of this inner Void.

I like to call these art forms the creative, outer expression of the Taoist inner, mind-body work. Spontaneous "Unwinding" type of movement practices, Feldenkrais-like floorwork, and integrating breathing training coupled with the Taoist practices have created a great sensitivity to my body, chi and



astral forms. It has lent an ability to transmute these essences through my "instrument" in a refined way, both in meditative inner work, the arts and life.

A keen eye has developed. Dynamic relationships of our subtle aspects, and the forces that move my life and others have become apparent, sometimes painfully.

What friends call a "Popeye power" lets me bounce out of morasses with agile, astonishing speed. Fluidity and suppleness the practices create lends the means for deep, effective, and light-

ning-like changes. These are benefits I truly enjoy in my art.

Clarity, the emerging maturity of our spiritual presence, grows in some way, just like our body, from embryo to adult.

The ability to "carry through" our decisions in life improves through the healing and developing energetic linkups that integrate head, heart and will.

Barbara Coffman, consultant with the Dialogue Project shares, "I love the work for the place in consciousness that stays open, and it is the saving grace for me physically. I notice a marked deterioration without it."

Master Mantak Chia has attempted to bring Taoism back to the basics, making it accessible through his Healing Tao system. He has removed the cultural gods, obscure alchemical metaphor, and guruism. I like an image of the process a friend shared, "A fir tree is very different from a cedar tree, but a tree is a tree, and trees show themselves in many forms. The Tree remains." Master Chia is trying to show us the inner "biology" of our tree that empowers growth and opening.

Christer Ekstrom and Minke de Vos, two Healing Tao instructors who co-facilitate and share their life at Silent Ground, have a rather unique relationship to the system. Extensive meditative retreat had opened many "Taoist" transformation processes prior to meeting Master Chia and the Healing Tao. These events unfolded in a year long retreat focused on Zen style practices and breath work. The kundalini arousals elucidated the inner core of the Tao, and were similar in magnitude to Hildegard von Bingen, and Gopi Krishna. ♣

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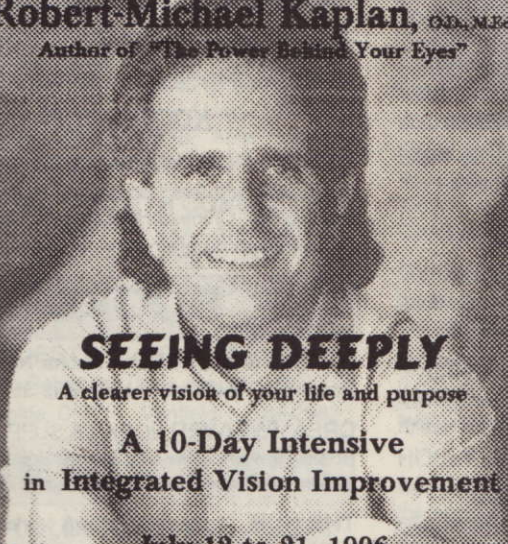
I am writing to express my profound thanks to yourself and staff for accepting and presenting the ad and testimonial from Ocean and the Hoffman Quadrinity Process in the January 1996 Issue.

I made the decision to take the Process in May 96. I knew that I would experience a profound shift in my life and that I would become 'unstuck.' I followed my inner truth and I am now free of those chains that bound me for 45 years.

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Penny Trade Vernon, B.C.

Robert-Michael Kaplan, O.D., M.Ed.
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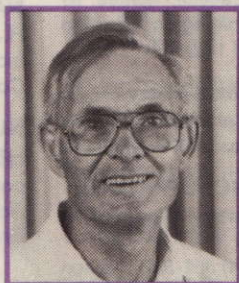
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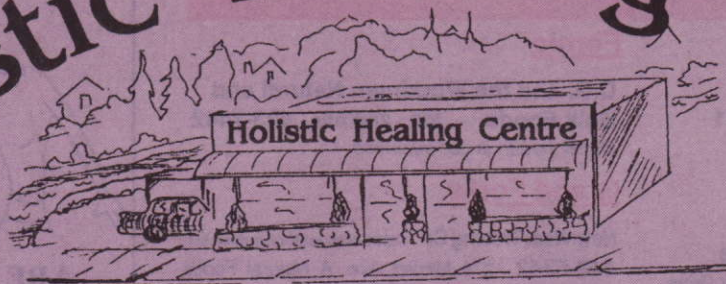
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