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A Gift of Nature
to find out more... read page 6

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**Saturday
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Seventh Fire & the Rising Phoenix ~ Bruce Martin
A seminar and workshop making use of Intention, Intuition, Sound and Breath for personal and planetary transformation. 9am - 5pm \$50 sliding scale. Bring a lunch.

Evening

Spirit Songs ~ Bruce Martin & Leonard (Eagle Cloud) Howell

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**Sunday
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Medicine Wheel Gathering ~ at Gaia Uranos Ranch
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The Hub **490-8837**

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A Conclave for Ascending Hearts

Vernon, B.C. Sept. 20,21,22 SOUL JOURNEYS

The Autumn equinox of 1996 marks a special celebration of our efforts, our evolution and our determination to awaken to all that we are. At this time, we are asked to join together and hold a focus in the Okanagan Valley, for the Ascended Masters and Celestial Energies, to pour forth their Treasury of Light for personal and planetary ascension. Craig Russel, Channel and Founder of Soul Journey and Paul Armitage, music channel for the Celestial Heavens under the guidance of Lord Metatron, Sananda, Lady Akasha and the Cosmic Council of Twelve, send forth a call to Lightworkers everywhere to join us in a spiritual pilgrimage to the Okanagan Valley for the Fall Equinox.

Friday: 7 - 10pm,

Saturday: 10 - 2, 7 - 10pm,

Sunday: 10 - 1, 2:30 - 5pm

Cost of Conclave: \$125 before August 1, 1996;
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This event is "first come, first serve" and 250 people will be gathering to celebrate, so register as soon as possible to reserve your space!!

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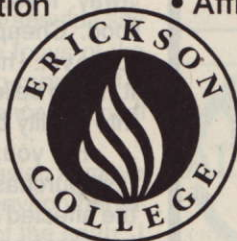
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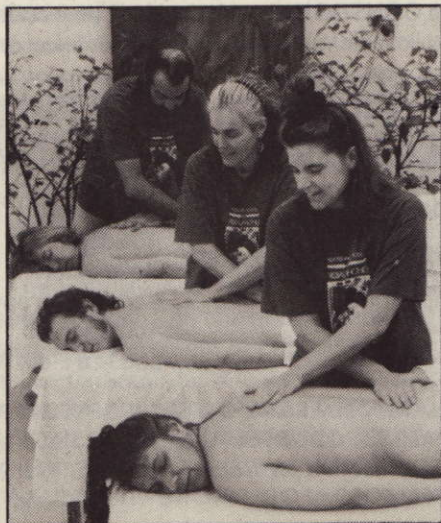
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DID YOU KNOW ?

by Karen Timpany

The following is information to have fun with over the summer months and will at the same time offer you a variety of healing techniques for plants, animals, you, friends and family members.

For your garden: To rid yourself of the pesky pests on roses, fruit bearing bushes or trees before fruit is ripe, etc., boil up 4 to 6 good sized rhubarb leaves in 2 gallons of water. Discard the leaves, cool the water and spray on your bushes, follow up with hot soapy water and the pests will disappear. Another trick is to soak tobacco fresh or from nasty old butts in water for two days and spray the resulting product on your bushes.

For your pets: Add garlic capsules (deodorized if you like) to their food, it will boost their immune system and keep fleas away. If your pet has dry skin, (dandruff), add Olive oil to their food. Cheap pet foods are full of fillers and only promote trips to the vet. I have a great recipe for dog food should anyone want it. I also believe that pets deserve the best you can afford; look into quality brand foods.

For you, friends and family: To clear up facial blemishes fast, purchase Frankincense essential oil and apply directly to the affected area. It's a marvellous beauty treatment. If you're in an area besieged with mosquitoes, bathe in a warm bath with Orange or Lemon essential oils, mosquitoes don't like citrus, or add to witch hazel for a refreshing skin lotion that won't be sticky. The lemon essential oil also helps to clear up growths on your skin that look similar to warts. They'll disappear quickly, if applied every night. Flat beer makes a wonderful hair conditioner. Adding a little cayenne to your shampoo will stimulate the scalp and help to open the hair follicles, promoting better growth of your hair. Also, while on the subject of hair, if you want to grow your hair faster, cut or trim it only during a full moon, you'll be amazed at the results. Remember to take time out for you this summer, sun tan, meditate, walk, sing, pick out shapes from fluffy clouds, or camp out in your back yard under a full moon and count the stars. Deep breathe whenever you feel tired or depressed and do something totally out of the ordinary. This will expand your sense of fun and awareness.

Have a wonderful Summer, remember that Life is what you make it, so take CONTROL of your life, don't let it control you. Have fun!

Please see her ad below and on page 38



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Solutions to Enhance Our Local and Global Economy

by Shellene Patience

It never fails. Every time I come over the crest of highway 97 which makes its descent into Kelowna, just before the bridge, I am filled with a deep sense of gratitude. For the beauty of the land, for the abundance of life-giving water and for the opportunity to be a part of the community with my business - I am truly thankful.

Merely a skip away from the lakeshore on Water Street I have had the good fortune to become associated with the Canadian EarthCare Society whose assistance has been immeasurable and whose building I am now co-located in.

When doing the research for Alter-Eco Earth Goods it became considerably apparent that people are aware of the importance and delicacy of their environment - they do care but simply feel at a loss as far as what difference, or should I say expression they alone could make. That is the focus of the store. Every item has been carefully chosen to represent a solution in one form or another and serve to enhance our local and global ecology.

For myself, it was an entirely natural progression to move from ten years in horticulture to running an environmental products store. Both are operating shepherds of the earth. I look forward to meeting you. *see ad to the right.*

A 'Goddess Connection' Up-date

by Sandy Jackson

Everything is set for a Magical weekend. The workshop leaders are planning activities which include Intuitive Art, Inner Child 'play,' Mind/Body/Spirit exercises and more! The entertainers, including six singers, are preparing an exciting variety of music and skits. The healers are busy getting their schedules organized. And my daughter, Didget, and myself are enthusiastically looking after registrations.

The hotel staff at the Apex Mountain Holiday Inn are going to great lengths in preparing an extensive vegetarian menu consisting of tasty treats as simple and wonderful as an abundance of fresh fruits and veggies to wild exotic dishes with intriguing names like 'Lion's Head Casserole,' 'Buddha's Delight', and 'Toffee Bananas.'

The main entrance of the hotel is a beautiful and inviting gathering place complete with sofas and a huge stone fireplace. The exercise room leads to the circular hot tubs and two large steam baths. The chalet-style rooms are luxurious and spacious, allowing plenty of privacy, and lofts which offer a spectacular mountain view and overlook fields of wild flowers.

This magical weekend will be happening September 20-22. We would love to have you join all of us for another wonder-filled weekend of "The Goddess Connection - A Celebration of Sisterhood!"

See the back page for details.

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'A Gift of Nature'



Photo by Steve Tomlinson

Summer ... a late one this year with lots of flooding, which happens every so often. On the front cover is a photograph of a similar time many years ago when the Beaver River washed out several bridges. My brothers and I (the one with the pony tail) thought it was great fun loading ourselves into the trailer that was being pulled by our farm tractor so that we could go to school. Crossing the river from the other direction were our neighbours Vicki and Mel, who were using the Cat to move some of the gravel and let the creek get centred once again. They lived on the riverbank and had their home washed away.

As I sat by Penticton Creek last week, watching it rush by, I connected to my thoughts about water and how it represents emotions symbolically. Tears that were never cried... Emotions rising to the surface... Have I dealt with mine? I have figured out that pain is a good indicator of buried emotions, so I took some time to tune into my body and some more pieces of my puzzle came together. I am grateful that the pain below my ears has lessened, that I can now type without my shoulders burning up and that I can press into my belly without feeling like I am going to burst. With the help of acupuncture, herbs and rest, my body is renewing itself and my energy is increasing. I almost burned out several years ago, so a much needed lesson for me has been to slow down. For as *Paul Pitchford* says in his book *Healing with Whole Foods*, "If awareness is neglected, an emotional cripple can find a way to pervert even a sound diet so that it supports his or her current disturbances." I know it is important to balance emotional work with nutritional education: each gives me energy, so that I may grow stronger physically, emotionally and spiritually. Letting go of fear and breathing through the pain starts with being honest with myself.

During my last four Roling sessions, Gary has been loosening my sacrum and pelvic area. When he pushed deep into my hip near my ileocecal valve my hands flew to my neck, for it felt like he was ripping the skin from my throat. He said, "Connective tissue." I breathed and breathed but the pain was intense, and I was grateful when he backed off just a touch. During the week following the Rolf, I was very aware of my walking pattern and my sway back. As I flattened it I could feel my shoulders roll back, but I had to concentrate to keep breathing. As I did, a song from the seventies came into my mind, called the *Wedding Bell Blues*. I trust my inner voice and appreciate my insights for I know they are there to help me heal, so I realized that perhaps this song was a clue pointing to the next doorway that could help me go further into process and release some more unfinished emotional dramas.

As I practised walking and being aware of my straighter

lower back, I started humming the words ... "Won't you Marry me Bill, I always will.... etc." went the song, and that got me into my feelings, but I was busy so I told myself that I would spend time with them in the morning. Sure enough, when I awoke and checked into my body those weird feelings were still in my stomach, so I asked it, "What would you like to say to me?" I started humming the *Wedding Bell Blues* song again. Was my body trying to remind me of something that happened to me? I decided to play along and relived being seventeen years old, asking Mom if I could get married. The emotions surfaced as if it were yesterday.

I remembered how scared I felt when my period hadn't come and how much I didn't want to go to a doctor for 'the Test,' at the same time knowing deep down that I had to have an answer. I remembered the strangeness of his phone call 'congratulating' me on my pregnancy as my stomach quivered. I remembered my weak knees as I walked across the street to meet Rae at the coffee shop to tell him the news. He was delighted and I was relieved that he wanted to be a Dad. Somehow in my teenage wisdom, I knew I had to do the right thing for this child of ours. No abortion and no adoption.

My Mom refused to support my decision to marry Rae. Instead of understanding me she gave me the cold shoulder, which was her way of dealing with pain. As she dictated her rules of conduct to me, I spaced out, for I knew what I needed to do. My mind was already made up and so was hers. She wanted me to finish high school and go to college and she wasn't about to help me ruin my life. There was no middle ground for either of us to talk. I can still remember how white her face became as she left the room, probably as weak-kneed as I felt. She had taught me to be strong and to trust my decision-making abilities but she couldn't let go and trust me, when it came this close to home.

What I have been learning lately is to process, to relive emotions so as to feel and express them so that they can be let go. So I asked my seventeen-year-old self, "What is it that I want from Mom?" Tears came and screams of old grief released themselves as I asked for her emotional support. I wanted my Mom to come to my wedding. I wanted her love and her guidance. I wanted her to be happy for me. But instead of feeling all this at the time, I got real busy making plans to leave home so that I didn't have to experience my heart break. My attitude became, "It's your loss, not mine." Looking back, I can see the gift she gave me. She taught me to be strong and stand on my own two feet, for I learned to make decisions and follow through, without having her support.

My body has always been a good talker, or maybe I am a good listener, for as Jan puts it, "At least you didn't have to lie on the floor for two years recuperating from back surgery like I did to get the message." I knew the pain in my shoulders and the gas in my stomach had some deeper meaning for me but the only information I could find at the time had to do with nutrition and proper food combining, etc. I tried the nutrition route for twenty years, getting more and more sensitive as the pain increased. But I was determined to heal my imbalances without drugs or surgery, for deep down inside, I knew they weren't the answer. Roling helped me immediately, and I started reading books about structural integration and discovered how emotions that aren't expressed get stuffed... usually somewhere in the connective tissue. Pain is a message that an energy meridian is blocked and running low on fuel. I am

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are getting enjoyment from reading about
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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learning to be in my body and feel my
feelings, which is different from being in
my head and thinking about them. The
Rolfing sessions are intense but cer-
tainly no more painful than giving birth
and I feel lighter afterwards. I have also
learned that repressing emotions, like
anger, also suppresses others, like joy.
Feelings are feelings and they all need to
be acknowledged. There is no good or
bad, no right or wrong.

I find that getting a massage is a
good way for me to get in touch with my
body and feel where I store my pain. At

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the same time it helps me to relax. After-
wards I keep rubbing the sore spots and
stretching the ligaments and muscles.
Yoga helps me work through the stiff-
ness and meditation reconnects me to
the Creator.

Expressing my feelings honestly
helps me to stay in my body and is very
empowering. To clarify an emotional
reaction, I take a few moments to locate
where the feeling is: my stomach, my
solar plexus or my heart. Then I ask
myself, "What is it that I want or don't
want ... something that would make this
feeling go away?" Usually I have a
reaction if I am not asking for what I want.
Once I figure that out, I ask myself if I
have felt this feeling before. I can usually
remember a time when I did ask and got
hurt, rejected, ridiculed or ignored. I stay
with my feelings, going into the pain by
remembering the details. Sometimes I
imagine the person in front of me as I
speak my truth ... from my heart, feeling
the energy as it releases. Reliving the
past helps me to let go of my attachment
to getting what I wanted, which was usu-
ally to feel special and loved. As the
energy releases from my body, I become
a little more aware of my programming
and *why I am the way I am*. Then I take
the time to get clear on how I can create
change in my life and start reprogram-
ming myself.

From Ida Rolf's book entitled *Rolfing:
The Integration of Human Structure*, I
have learned that the key to well-being is

aligning the pelvis to the gravitational
field of the earth. As my sacrum shifts
into alignment, I feel more connected to
the earth, and I no longer need to col-
lapse into myself to protect my heart. As
my body straightens, the meridians open
and my throat muscles loosen, allowing
me to be more honest and speak my
truth, which allows my body to straighten
and lets my shoulders release. At some
point the circle will be complete. Till then
I feel like I am in a spiral. Each month
takes me deeper into my core as I ex-
pand further outward.

Learning to speak my truth in the
moment and trusting that I can do it
without attachment helps me to love
myself and feel connected to my angels
and nature. Speaking my truth is taking
on a whole new dimension as I become
aware of words that people use to com-
municate with. It is getting easier for me
to see the repeated patterns of childhood
experiences. Events and people are
mirrors for me, so that I may see the
reflection. I help them heal themselves
and in so doing I heal myself and the
planet. I appreciate my intelligence and
wish to balance the mind with express-
ing my emotions. As my heart opens
and expands, I am given energy and
insight to do what it is I came here to do...
to help create community for holistic
minded individuals.



Angèle

Personally Speaking...

by James F. Shea, B.A., M.A.



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In last month's article, the five phases of a relationship were discussed. The focus was primarily on the first three phases, which really had more to do with "unrelationship" and how we go about unconsciously trying to avoid or sabotage "real relationship." These first three phases

- 1) the idealism phase
- 2) the disillusionment phase
- 3) the commit or quit phase,

typically represent the creative challenge that awaits anyone wanting more than a parade of "beginnings without end." This month, for those brave souls yearning for something more in a relationship, let's look a little closer at what awaits, on the other side, in a real relationship.

The fourth phase 4) the empowerment phase, is actually the first phase of a real relationship. It is open to those individuals who are willing to make a choice to commit rather than quit in phase three. How you know is, if you are making any other choice than to consciously commit to your life or relationship, then the choice that is made at a hidden level is to quit, and it is just a matter of time before this manifests. The irony is that people think there is some kind of safety in holding back, not really committing... like it is a protection against what they fear. In reality, they are saying "I am afraid that things probably won't work, so I won't give all that I have to give." When we are afraid of getting hurt, we hesitate and pull back, and guess what happens. Imagine a Karate student trying to break a block with that approach.

Whether you consciously choose to

commit or quit is not the issue. Conscious choice is. In not choosing consciously to commit, you accept the default which subconsciously is to quit. Life and relationships are a little like computers, if you do not choose clearly and consciously what you would like, then you get the default, which means the choice is taken out of your hands and made for you. This is really what empowerment and the fourth phase is all about. It is about experiencing your power and permission to choose. It is being clear and conscious rather than allowing the decisions which matter in your life and your relationship to be made outside of the level of conscious choice and intent (i.e. subconscious or unconscious fear and sabotage patterns, external pressures and expectations, not feeling worthy, confident or good enough to choose, etc.)

So you can begin to see how a relationship, if it is going to be real, requires that you make a choice for just that outcome. The good news is that it banishes uncertainty and doubt, builds clarity and confidence, and draws all sorts of wonderful things to you that support that choice. It moves you beyond the creative limitations that held you back previously. The bad news is that it means you can no longer turn the choice over to another person, or blame/credit for the results, or the biochemical workings of romance, or some kind of mysteriously hidden luck. This doesn't mean the end of romance, it means the end of being disempowered and giving up your responsibility to choose what you want for yourself.

Once this step of owning the respon-

*Carole Ann
Glockling*

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sibility for your choices, and being more accountable for the results of those choices, is substantially present in your life and relationships, things begin to change for the better. You can begin to see more clearly the cause-effect interactions, and you can begin to participate more creatively in your relationship and in your life. In effect you have entered the fifth 5) the co-creative phase. If you and your partner are in the co-creative phase together, it will be because the two of you held that as a Vision for yourself, your relationship, and your life. You were willing to stop judging and blaming and keep stepping through the pain and fear towards each other and life, no matter what.

It is at this level where true intimacy begins, and a new and more subtle ecstasy emerges. It is at this level that the highest and deepest experiences of rich

ness and joy begin to return. The experiences are similar to the earlier idealism and romance phase, only this time they will last because you are real and in a real relationship with your partner and your life. New vistas of innocence open to your passion and creativity, and new dimensions of love open up for your discovery and expression. In the process of setting your partner free of your judgments and blame, you have liberated yourself. In the process of setting your life free of guilt and fear you have released your spirit to grace the world with the gift of your wondrous presence. The ultimate end of all relationship is Communion, Oneness, Intimacy. All of our desire to be with each other, to be together, to connect physically, or emotionally, or on any other level arises out of our desire for intimacy.

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LIFE SHIFT INTENSIVE

an interview with Blanche and Harreson Tanner by Lorne Robin

If I were to come to one of your workshops, what would you do for me?

BLANCHE: First of all, I would want you to recognize that we all have personal choice, and what we receive from any experience is what we choose to receive. There is an opportunity in a workshop situation to reflect on the parts of our life that are not working. A light is shed on the aspects of our being that are not feeling fulfilled. By becoming aware and going through the process of dissolving resistance, you can then choose another way to be.

HARRESON: We don't focus on working through dysfunctional "stuff". Our focus is on light, on self-acceptance. There is a source of clarity within each of us. An important element in our workshops is sacredness, the sacredness of life and the sacredness of breath. When we begin to see the perfection within, we find it easier to move into new situations. Our intention becomes clearer as we see what steps we can take to create what we want in our lives; we see what would really serve our Self.

BLANCHE: We have been taught by society to expect something outside of us to make us happy. The truth is, this is impossible. What we do is help people remember to focus inside, learning to love and accept themselves. Emotional work cannot be bypassed, but the focus needs to be on where we really want to go. *What particular tools do you use in your workshops?*

BLANCHE: The power behind breath. Meditation, visualization. We draw from the personal experience of the people in the workshop, and work with our higher guidance and the angelic realms. We work from the guidance we are given from within, and hold the space to be open channels for healing to occur. And healing occurs, on both emotional and physical levels.

As you are reading this, become aware of your breath. Are you breathing fully and deeply, expanding openly to life, or is your breathing shallow and suppressed? This is how you are living your life. Breath integration is one way to

acknowledge and heal ourselves, including parts of our mind/body we are disconnected from or have disowned.

HARRESON: We listen. We listen with our feeling selves, with our eyes; we listen to words, but also to tonation, body language, breathing, and gestures.

It sounds like each workshop is different.

HARRESON: People bring the workshop with them. Our focus is always the same, but the group always comes together to learn something together. There is a theme or element to each workshop that is determined by the participants.

It really is a process of self-discovery, which is totally natural. There is an unfolding that is unique to each individual. And there is a ripple effect, that whatever we heal within ourselves, heals us all. The ripple effect then carries on from the workshop, into our families and communities.

Can you give any specific examples of how your work helps people?

BLANCHE: One client was a woman who had been given up at birth and adopted into a family where her adoptive mother had died, leaving her feeling abandoned, alone, and very unloved. By experiencing the feelings of how unlovable she thought she was, and then seeing that she was indeed very lovable, she now had the choice to change and to love herself. She is now experiencing deeper relationships as she allows others to love her.

Any final words for our readers?

BLANCHE: Consider if your choices derive from the movement of Spirit or from the constriction of unconscious beliefs and limiting thoughts. Do you sometimes feel that you have been locked into a prison of density and forgetfulness? Have you felt betrayed, abandoned, or separate without knowing why? These feelings may be part of the apparent separation that occurred during birth.

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S.O.M.E.N.

by Michael Welsh

I have seen the men's movement in the South Okanagan come a very long way. Nine years ago Dave Cursons, Daryl O'Neill and myself founded the Penticton Men's Support Group. In those days a big publicity campaign would result in two or three men showing up to a meeting if we were lucky.

Today thanks to the dedicated work of David Tauzer and many others, the South Okanagan Men's Evolvement Network is a thriving and growing community of about fifty men. Many thousands of hours of group work have been contributed by the members of the individual men's groups.

My involvement in several of these groups has given me an opportunity to get to know some of my fellow men in all their diversity of lifestyle, religious and philosophical viewpoint, socio-economic status, etc. I am sure that without this regular intimate interaction with the guys in my group I would never have transcended the web of prejudice, insecurity and competition by which I, like so many of my fellow men, have kept myself isolated and alone.

Besides developing some lifelong friendships I have discovered to my great joy the solidarity which can exist among men when we learn how to open our hearts to each other. By revealing ourselves and honestly telling each other what we see in each other, we have created a sanctuary where we can support and nurture in ways that are not always available in our families or workplace situations and certainly not in many of the neo-traditional men's refuges such as the sports bars.

As well as facilitating and mentoring the formation of these regular men's groups S.O.M.E.N. organizes monthly gatherings open to all men in the community. This monthly meeting is usually structured around a particular theme (recent topics have included homophobia, self love, violence and sexuality). It is a chance for men who may not wish to be in a regular group to connect with some of the other men in the community and to explore some of the powerful issues in our lives.

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S.O.M.E.N. announces the First Annual Wilderness Gathering of Men will take place September 20 - 22, 1996. The gathering will provide an opportunity for men to come together in the pristine setting of the Kettle Garden Sanctuary in the Christian Valley. There will be workshops, campfires, fellowship, drumming and music, all organized by the participants.

Any men interested in attending the Wilderness Gathering of Men or in any of the other activities of S.O.M.E.N. should call Don at (604)490-9850 or David at (604)496-5435.

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Recipe for Community

"It takes a whole village to raise a child."

-Kenyan Proverb

"If it takes a whole village to raise a child, then where's my village?"

-Modern Question

WHY COMMUNITY? by Laurel Burnham

I want to live in community. I already live in Penticton, and by the normally accepted definition, this is a community, with its streets and hospital, library and schools. I have useful work to do, a wonderful family life, a beautiful place to live, and a lively, loving circle of friends. But something is missing, and that missing ingredient is what could be defined as "intentional community".

I have gone through periods of my life exploring/fantasizing/ visualizing what an ideal existence would be. Wandering back through the pages of my journals, interestingly enough, I find that I have had most of my wishes fulfilled... right down to the child(ren) I never thought I could have. I've got the wonderful, sensitive, caring, romantic mate, the well paid, exciting job. Needless to say, I believe in the power of creative visualization.

The next part of my fantasy involves other people, a wider circle than my dear family. Gentle reader, it might even involve you. It is hard work, making life a long dream, a very great and tender wish fit on paper. (If you want a challenge, try writing one of these "Recipes for Community.") It came to me to write about community as if it were already a reality. So I want to tell you a story.....

This is about Benjamin. Benjamin is four days old, and he is doing what very new people do most of the time, sleeping. He is lying next to his mother, Maria. Benjamin is the newest member of our community, the very first baby born here, on this land, into this circle. I was present at his birth.

Benjamin is a very lucky baby. Maria gave birth to him here, in the bed where he was conceived. He was ushered into the world by his daddy, attended by the community's midwife, Josie. I was lucky enough to be here, along with his maternal grandma and Maria's best friend, Helen. His mommy will get to spend as many days as she needs curled up next to him, until she feels like getting up. She won't have to cook a meal, wash a diaper, or lift a finger other than to caress his sweet baby cheek, because she and Benjamin and his dad live here, with us, in community.

Benjamin will always have somebody there for him, because the people who designed the place where he lives understand that the happiness and wellbeing of children is at the core of a successful community. Benjamin will be able to creep and crawl and eventually toddle and stretch his way into a safe, supportive and loving environment. He'll even get to go to school here.

Benjamin's family has their own house, built by Maria and Dan. It's a cozy, passive solar affair, with three bedrooms, a living room, bathroom and kitchen. There's a composting toilet, & gray water recycling system. It has a special room just for

massage, because both Maria and Dan are massage therapists. It's a short walk away from the 2 acre community organic garden, and the big greenhouse.

Daryl and I and the boys live on the other side of the garden from here. It's easy to forget that over 20 families live in the immediate vicinity, there is so much peace and privacy. But there's no opportunity to be bored or lonely. That's one of the special advantages, not to mention the healing house, the hot tub, the orchard, the library, the community kitchen, or the sanctuary where we have our full moon circles.

Next to the greenhouse is the community dining hall. Maria has just had lunch (borscht, cornbread, salad and rhubarb crisp for dessert). It's Dan's turn to be a part of the crew that cooks supper tonight, and everybody is anticipating another batch of his superlative lasagna.

Right now Dan is in the community woodworking shop, finishing off the rocking chair that is his gift to Maria. My boys are there with him, finishing their latest projects. Galen has built a special table for his gerbil cage, and Clancy has designed another book shelf for the library.

I've just delivered Maria her lunch, and am here to tidy up. There are three of us who have agreed to be Maria's "Doulas" (mother's helpers) for the next month or so, and Linda Kay and Ruth have gone over to the hot tub for a soak, after spending the morning in the garden. They'll be here soon, back with the laundry. It was a clever idea, to put the community laundry and the hot tub together. Another distinct advantage to thoughtful design.

The phone rings, it's Daryl, calling from the music studio. He and I have a date to go into town and pick out a few new fruit trees to put out in front of our place. I also need a few more formatted discs for the computer. I make another call, to the garage, to book a vehicle for the day. Let me see, we'll need the small truck, to carry the fruit trees home.

I tap into Maria's computer, linked to mine. Great, there are no scheduling conflicts. My stint at our community school is the day after. We'll be getting ready to send a package off to our sister community in Guatemala. We'll be in time for the presentation that Galen is going to make to the Elder's Circle. It will be his coming of age ceremonies, soon, a very special event for the entire community.

I see Angèle & Jan from the window. They've just returned from another book signing, this time in Calgary. Just in time to take in the next retreat. I wave, they wave and smile in return. I turn back to Maria and Benjamin. Life is very sweet.

If you would like to be part of this fantasy, you can help make one of my wildest and sweetest dreams come true. We believe we have the energy and the ability to make this fantasy a reality. If you would like more information about forming an intentional community here in the South Okanagan, please phone Issues magazine or come to the meeting.

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Craig Russel, Channel and Founder of Soul Journey, and Paul Armitage, music channel for the Celestial Heavens under the guidance of Lord Metatron, Sananda, Lady Akasha and the Cosmic Council of Twelve, send forth a call to Lightworkers everywhere to join us in a spiritual pilgrimage to the Okanagan Valley for the Fall Equinox.

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Cost of Conclave: \$125 before August 1, 1996; \$175 after August 1, 1996

*This event is "first come, first serve" and 250 people will be gathering to celebrate, so register as soon as possible to reserve your space!!
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All questions should be directed to event organizers James Todd at (604) 558-5387 or Deanna Grace (604) 558-5455. Tickets may be purchased at Soul Journey seminars or by mailing your cheque payable to Craig Russel, 701-1050 Chilco Street, Vancouver, BC V6G 2R8

For more information, please contact the following area representatives: Vancouver, Tascha, 986-4875, Craig, 688-1078; White Rock, Pam, 536-0575; Victoria, Hélène, 385-1196; Kamloops, Roxanne, 376-2618; Kelowna, Ronald, 763-2657; Penticton, Toresa, 770-1339; Seattle, WA., Devon, (206)670-2806.

The Okanagan Valley Ascension Celebration

A Message from Akasha

Join Akasha and Soul Journey for the Fall Equinox Celebration

Beloved friends of Third Dimension Earth, Greetings and celestial Blessings to each. A time has come now; an opportunity to reap the harvest of your great work. You who have eyes to see and ears to hear, you are the Architects of Truth your world depends upon. Today in your world there are many who are opening their hearts to love and peace. The journey has been a long one. But now beloved children of the earth, you have done so much to heal yourselves and your planet. Never before has there been such a wonderful response from earth people to awaken and return to love. There is a grand opportunity now in these last five years that close this century, to fully awaken and experience, yes, and recreate the wondrous Lighted Beings that you truly are.

Oh Beloved friends, you must know that the very life that beats your human hearts, that life, that lifestream that gives life to your human expression, comes from the very heart of your heavenly creators. That lifestream, unseen to human eyes, yet flows through the crown of your head and beats the human heart, contains all the infinite qualities, and expressions of our glorious Source. Come forward now. Let go of all that is not real and embrace the magic presence that is within each one of you. It is your divine Self, this lifestream that flows through you. Love your divine Self. It is the greatest gift in the omniverse. It is the water of life, your own Divine inner Self. It is the Holy Grail. Let now the living Buddha, the Christ within you, let it come forward now. Let all attachments fall away and become once again the Christed Beings you truly are. Let the rivers of joy and the infinite eternal waters of life that are within you, let them come alive within your humanness.

Choose now the victory of life. We will help you to experience your eternal peace. Awaken, heart of hearts. Your heavenly hosts are aware of each of you, as you turn from fear and embrace life. You who are responding now to the impulses of your own Divine selves, you are known to each of us. Friends of the Light, use the power of your life now, to choose the highest the greatest and the grandest for yourselves. Be not concerned about the opinions or paths of others. Walk the highest path of love you can.

Choose, and never stop choosing, the grandest peace and the greatest joy to be experienced by you now. You are the individuation of Source in expression; you are love. Let now oceans upon oceans of unbridled love flow through you, flow from you. Beloved Earth Beings you have experienced the luxury of limitation long enough now. What else can you possibly learn from suffering?

You have nothing further to learn from suffering. Allow now the lessons, the learning, the Karma to be forever behind you. It is time now to recreate the truly enlightened fully awakened being that you are, in the human experience. Make peace with your history. Invoke the Law of Forgiveness in your lives. You are interstellar masters of grace. You signed up for being here at this time on your planet. You chose to be of service. You chose to forget for a while who you were and enter the veils of darkness and fear upon the earth. You chose to live and experience the earth human life, knowing you would awaken from the deep sleep and hypnosis that grips humanity, yes, awaken and recreate yourselves, and serve and help humanity move into the 21st century. You responded to a clarion call sent forth from Source, to be here at this time. Humanity depends upon you.

Your earth mother depends upon you, the Ascended Masters depend upon you. Make of yourselves clear channels, clear vessels, for your own highest Self and the Celestial Host to pour through you their love, their radiance. Open to the Universal Storehouse now and let the Treasury of Light flow through you. Beloved Earth people, may we remind you that spirituality is not about theology, not about religion, spirituality is not about the New Age or any particular human potential movement. Spirituality is about you.

Spirituality is a constant state of becoming, of allowing yourself to deliciously recreate all that you are without judgement. Spirituality is not about right or wrong, not about laws, not about denial. It is about giving yourself permission to experience the greatest and grandest choices you can make for yourselves. Spirituality is a state of unfolding, blossoming, experiencing and then reaching out for more. It is pure love in unbridled expression.

Reach up, extend yourselves, reach for the stars, for they love you. Honor yourselves and each other. Let each one choose.

I am the Lady Akasha, Ascended Master of the 11th Ray, The Rose Pink Ray. On September 20, 21 and 22 the 1996 fall equinox under the guidance of archangel Metatron, and through the focus held by Soul Journey's Okanagan Valley Ascension Celebration, the Ascended and Celestial Host will pour forth their Treasury of Light for personal and planetary Ascension. May this tremendous outpouring of universal light and love provide for you, your personal path to Victory in the Light.

Channeled by Craig Russel on June 11, 1996

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UNDERSTANDING THE VACCINE CONTROVERSY

by Roger R. Gervais, B.Sc., D.C., N.D.

THE CASE AGAINST VACCINATION IS MOUNTING.
COULD THE WIDESPREAD USE OF VACCINES BE CONTRIBUTING TO THE TREND OF DETERIORATING HEALTH AMONG NORTH AMERICAN CHILDREN?

Dr. Harold Buttram, M.D. writes in the Townsend Letter for Doctors about vaccines. He states that there is a serious trend of deteriorating health among North American children. Allergic disorders, such as asthma, are rapidly increasing both in frequency and severity. There is a pattern of sickness among today's children that was unknown several generations ago. A majority of children are on antibiotics frequently or in some instances continually. With each passing year there appears to be a pattern of increasing crippling of the immune systems of our children. Surveys among teachers tend to confirm this ominous trend of ill-health.

If this adverse trend is in fact taking place, what are the causes? As yet no one knows why this is happening, but there is sufficient scientific evidence now available to suspect that current childhood vaccinations may be one of the underlying causes. In a survey conducted by Dr. Michel Odent, it was found that children receiving the Pertussis (whooping cough) vaccine were six times more likely to develop asthma than children not receiving this vaccine.

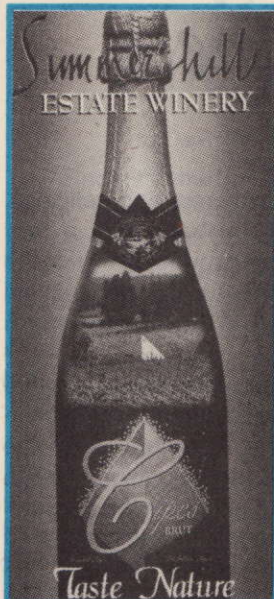
One consequence of childhood vaccinations may be that of the chronic fatigue syndrome (CFS) now estimated to afflict some five million young adults, predominantly women. In CFS patients, the reservoir of uncommitted immune cells, essential for new infectious challenges, has been found to be decreased.

These changes are precisely those which could be predicted from multiple vaccines on the highly immature systems of infants and children. This is as yet mere theory, but one would expect that even remote dangers of this nature would be thoroughly researched before promotion of vaccination programs. Such testing would be relatively simple by means of blood tests for immune levels before and at varying intervals following vaccinations. Have such studies been done? As far as I am aware they have not been done, nor are they being considered.

Live virus vaccines require incubation in animal tissues. The oral polio vaccine is incubated in monkey kidney tissue, and the MMR vaccine (measles, mumps, rubella) in chick embryo. Incubation of live viruses in animal tissue brings two formidable risks. The first is the danger of foreign viral contamination.

In 1985 a simian immunodeficiency virus (SIV) very similar to the HIV virus was discovered in African monkeys. This, together with the fact that the earliest known cases of AIDS were near in time and location to polio vaccine campaigns in Africa, raises the question as to whether some mutation of SIV, for which the oral polio vaccine was the vehicle, could have been the original source of the AIDS epidemic. Articles have appeared reviewing this matter and appealing for further research into this vital question.

Such research is more than academic. New SIVs continue to be discovered raising the possibility that there is a continuing



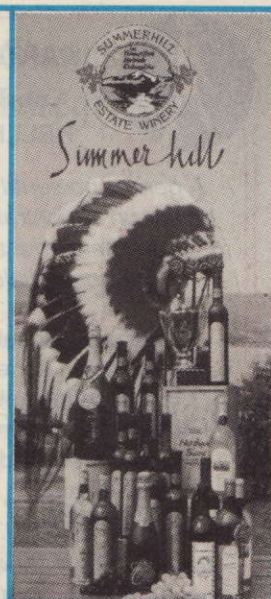
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danger of viral contaminants finding their way into present oral polio vaccines. The second danger is that viruses are notoriously prone to the process of jumping genes, whereby the viruses may incorporate genetic material from the animal tissues in which they are incubated and subsequently introduce this animal genetic material into the child receiving vaccine. In theory, this could set the stage for later immune disorders including autoimmune diseases.

Finally there is understandable concern among public health officials and parents alike as to what would happen without the vaccines. In the case of at least one, (the Pertussis vaccine) the vaccine, which is known or suspected of causing infantile encephalitis and sudden infant death syndrome, would appear to be worse than the disease. It has also been implicated in bacterial infections including meningitis.

Many years ago Sweden banned the Pertussis vaccine because of these dangers. For similar reasons Japan delays the vaccine until after two years of age, whereas in North America, it is usually administered at two months of age. Both Sweden and Japan are credited with having the lowest infant mortality rates in the world. This fact would tend to discredit claims that the Pertussis vaccine is necessary to prevent an escalation of infant mortality in North America.

Vaccination does not constitute immunity. Children vaccinated with MMR can still get measles and mumps. In October/November 1990, clinical mumps developed in 54 students, 53 out of those 54 were fully vaccinated! The Chicago Department of Health noted that of 186 Pertussis cases in Chicago in the fall of 1993, "74 percent were as up to date as possible on their immunizations". A large number of children are found to be sero-negative (which means they show no evidence of immunity in blood tests) four to five years after receiving the rubella vaccination.

Vaccines contain carcinogenic toxins (Formaldehyde & Thimersol) and are being injected into two/four/six months old infants whose immune systems are not fully developed. Each vaccine has its preservative, neutralizer and carrying agent, none of which are indigenous to the body.

The triple antigen, DPT, which is the Diphtheria, Pertussis, Tetanus vaccine, contains the following poisons: formaldehyde,

mercury, and aluminium phosphate, and that's from the 1980 Physicians Desk Reference. The packet insert accompanying the vaccine lists the following poisons: aluminium potassium sulphate, a mercury derivative called Thimersol and sodium phosphate. The packet insert for the polio vaccine lists monkey kidney cell culture, lactalbumin hydrozylate, antibiotics and calf serum. The packet insert for the MMR vaccine produced by Merck Sharp and Dohm for measles, mumps and rubella lists chick embryo and neomycin, which is a mixture of antibiotics. Chick embryo, monkey kidney cells and calf serum are all foreign proteins that are biological substances composed of animal cells which, because they enter directly into our bloodstream, can become part of our genetic material.

These foreign proteins, as well as other carriers and reaction products of a vaccine, are potential allergens and can produce anaphylactic shock. (Signs and symptoms: in one to 15 minutes, the patient feels uneasy, becomes agitated and flushed, and complains of palpitations, paresthesias, pruritus, throbbing in the ears, coughing, sneezing, urticaria-angioedema, and difficulty breathing. The manifestations of shock may develop within another one or two minutes, and the patient may become incontinent, convulse, become unresponsive, and die - Merck Manual 16th edition).

RESOURCES:

Vaccines: Are They Really Safe and Effective? A Parents' Guide to Childhood Shots. Neil Z. Miller, New Atlantean Press.

Vaccination; 100 Years of Orthodox Research Shows that Vaccines Represent a Medical Assault of the Immune System Viera Scheibner, Ph.D., 1993, New Atlantean Press.

Pertussis vaccination and asthma: is there a link? Michel R. Odent, M.D., JAMA, vol. 272, no.8, Aug. '94.

Consumer organization calls for independent testing of polio vaccine for link to AIDS. National Vaccine Information Center news release, Jun. '94.

CONTACT: Natural Immunity Research and Education Organization
Box 166, Station NDG, Montreal PQ H4A 3P5

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Journey to Wellness

by Yvonne Davidson

Colours, colours everywhere, they glow in my consulting room like jewels from a pirate's chest. All the paths I've taken, the turnings that have come up serendipitously, the seeming coincidental meetings with people, the books that fell off the shelves at my feet and the inner yearning for that mysterious 'something', have finally brought me here to Aura Soma, the beautiful balance oils from England. What an honour and a gift to be able to help people look into the glorious rainbow of their lives and see the beauty and potential of their soul. To be able to offer them the vision of their paths and possibilities with a 'light' touch. Thank you.

I grew up in Penticton, on an orchard. The advantage was the ability to use my imagination to create the dreams and wonders of a child in total freedom. Riding imaginary horses, climbing trees and hiding in asparagus 'bushes' to my heart's delight. Listening to birds, watching the sun move across the sky, and seeing shadows playing on the grass. To get up very early, creep down and sit on the front porch to watch the world come alive. To savour the smell of the violets, the honeysuckle, the wallflowers as the sun warmed the stucco on the wall behind them. Little red 'maple bugs' would saunter across the porch, the flickers would call and crows would chatter as life began for another day. I was lonely and sad a lot, but I learned to write, to sing, and to hide bad experiences inside. Teen years came and went, I worked, got married and had a son, the light of my life. In a small town, the disadvantage was that I had missed the opportunity to be with people who had experienced life differently, and had interacted with other

backgrounds, cultures and religions. Fortunately my husband was a "city boy", and so began my initiation into the world of "differences." Small town girl marries city boy! What a culture shock that was.

After our son was born I needed help and was introduced to a Psychiatrist in Vancouver, who launched me on my "spirit quest", and taught me how to empower myself without heavy duty digging. My husband's mill work dictated we move to Merritt, then to the coast and I was finally thrown into the big city life.

Ours souls led us to the Unitarian Church, then to Unity of Vancouver, where I studied New Thought principles and did peer counselling. In 1984, we found the Religious Science Centre (Science of Mind) and I began my five year Ministerial studies. I earned my Practitioner's License, and became Associate Director of the Art of Living Centre in Vancouver. Finally I was able to concentrate on my life goals and focus my energies. In 1988 I developed and facilitated the "Results Plus Career Seminar", the "Honouring the Feminine Workshop", and "Secrets of a Happy Life Workshop", along with doing consulting and weekly support groups.

Along the way I worked on "my stuff" as this, in my opinion, is a prerequisite to living a happy life. The benefit of this inner work was to be able to move back to the Okanagan with all my past pain reconciled, and be given the opportunity to train as a certified Aura Soma Consultant.

And so, although I'm too big to hide in asparagus bushes anymore, I've come full circle and the scent of violets, wallflowers and honeysuckle is sweeter than ever before. *See Yvonne's ad to the left.*

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Rolfing

by Dawn Renée Roy

Recently I had my first Rolfing treatment. I wasn't really prepared for what was going to take place but in some way my body must have been ready for the process. Sometimes it seems that if you go into an experience without knowing a lot about it you tend to see the results with more of an objective eye. This is what happened to me. Simon Wellby, my therapist, didn't say anything about emotional connections, expectations, processing or the usual things you start a healing or therapy session with. I even tried pulling out of him some hidden, mysterious, wonderful thing that might happen. No luck. He was just there in truth and simplicity and "Let's get on with the work."

It was painful, but my body kept thanking Simon for opening the channels and tissues that had been long tightened and stagnating in a wood-like feeling. There were two main openings or releases that occurred during this 1½ hour session. The first was around my left clavicle area. When Simon started to work there - I literally stopped breathing. While I was gasping for air in sheer panic, he kept working, reminding me to breathe; he kept repeating, "Breathe, that's it, breathe." My memory was of sexual assault on a beach in Mexico at sixteen years of age. The man had his hands on my throat - not choking me but warning me. At the time of the assault my focus was on everything at once; all consuming fear and pain. For years and years after when I thought of the experience or talked about it with a friend or counsellor, I was always thinking about the guilt, shame, anger and disgust. I projected it onto many boyfriends and others. But here in the midst of the Rolfing session I sensed an overwhelming 'fear of death,' fear of being choked to death. That was the most important impression this session gave to me, and one I had never consciously realized until that moment. This fear of death may never have been released without Simon's treatment of this area of my body. As we worked through it together I was finally able to breathe, relive that primal fear, then release and see it with clarity.

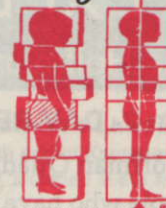
My second experience came when

Simon was working down my middle spine. At one particular vertebra, I jumped, screamed and almost flew off the table. Simon was also shocked because it came so suddenly and he asked, "What was that?" We both laughed, and I said unknowingly, at the time, "Funny, I have no idea but it felt like a bullet." Later that evening the memory returned. I had been stalked by a man in Vancouver who threatened to shoot me if I didn't get into his car. I pretended to get in and then at the last minute I fled for my life. I ran with my back arched, expecting him to shoot me in the back. He took off and I jumped on the hood of a passing car. Again the terror was about primal fear of death. I had never thought about this deep rooted fear, only the obvious things like, "What if I had entered that car? What would have happened? Would I have been found? etc." During the hours that followed there was the usual panic and police investigation. Never was the question addressed, by me or any one else. "How did you feel?" What did you fear the most? Consequently, again I stuffed the deepest emotion of my experience and lived on the surface. This new release was very deep and freeing. I had three days of processing a lot of anger after my first session. I was drained and needed sleep, good food and understanding from those around me. I am grateful to be on a path with a partner who supports me in this recovery.

During my second session, Simon worked mostly on my legs, where I carry most of my repressed anger. Once again he worked on the connective tissue and began to open the channels. My body kept thanking him even amidst the pain. I felt energized after this session, my legs woke up and were carrying themselves for the first time since my young teen years. I had a lot of frustration and anger in my teens and these emotions bubbled up like a boiling pot. That evening I felt the need to go for a walk in the woods; to ground and let Mother Nature aid me in the healing process. My partner and I found a beautiful pine grove. We watched the pink sunset on one side and the near full moon through the trees on the other. As I walked in my fairly big hiking boots I was in total awe of the sensations in my feet - I could literally feel the pine needles beneath them. I could feel the grass and the moss and the rocks. It was as if

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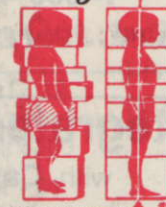
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Contact: Michael Kruger 492-5371 Penticton

Contact: Cassie Benell 372-1663 Kamloops

RELIEF FROM Tennis Elbow, Knee Pain & Carpal Tunnel Syndrome

by Cassie Benell, Ph.D.

A number of us suffer from or have suffered from tennis elbow, carpal tunnel syndrome and knee pain, or from a stubbed toe or finger at some time in our lives. We use our extremities extensively, our arms, hands, legs and feet. To fully appreciate why ailments occur here, it is important to describe some anatomy.

The structure of the upper limb (with shoulder, elbow and wrist joints) is analogous to that of the lower limb (with hip, knee and ankle joints). Both upper and lower limbs consist of a ball-and-socket joint. From these joints each limb has a single large bone (the humerus in the upper arm, and the femur in the thigh), below which extend two long bones (the radius and ulna of the lower arm, and the tibia and fibula of the calf). At the end of each limb are many small bones (the eight carpals of the wrist, and the seven tarsals of the ankle), which then attach to the five metacarpal bones of the palm and to the metatarsal bones of the foot. The front of the knee joint is protected by the kneecap.

The shoulder, elbow, hip and knee joints all have a fluid-filled membrane (synovial membrane) allowing free movement. Ligaments reinforce these joints, and tendons stabilise them. The shoulder joint should be the most freely moving joint of the body. Due to the arrangement of the tendons, it is easy to overstretch them, causing injury. Then it is possible to dislocate the shoulder. I have used Ortho-Bionomy on a client who had dislocated her shoulder several times, had just done so again in a skiing accident and put it back in place herself. She saw me several days later, and we found the most comfortable position for her to hold her shoulder. She later reported that her rehabilitation had been very speedy and painfree. In the May copy of Issues I referred to problems of the collarbones, which also affect the shoulder.

At the elbow the humerus articulates with the ulna at a hinge joint. Beyond this extends the 'funny bone', the end of the ulna, which stops the arm from overextending. The smaller radius connects to the side of the humerus at a pivot joint, right beside the hinge joint. Thus the elbow is two joints side by side and prone to injury. The classic tennis elbow is very painful to move, with a restricted range of motion. The osteopathic approach of Ortho-Bionomy (OB) for this joint problem is comfortable and alleviates the above symptoms.

Carpal tunnel syndrome is a symptom commonly found in the wrists of people doing repetitive work. It is caused by irritation of the nerve to the hand which passes through the interosseous (between bone) membrane between the radius and ulna. Misuse of the wrist in any strenuous repetitive motion can produce this syndrome. I have worked with a massage therapist who was using one hand very strongly, causing her to have carpal tunnel syndrome. Her radius and ulna were moving apart from each other. She had tried massage and chiropractic unsuccessfully, but did get relief with OB.

Other complaints of the wrist or hand may involve the radius and ulna. A client had a sore thumb after a trip; she had to carry a heavy suitcase for a distance. It turned out that her radius had

been pulled down towards her thumb, making it impossible for her to use her hand without pain. Exaggeration of this imbalance allowed her hand and lower arm to come back to the proper and comfortable position, and her pain to alleviate. Likewise a stubbing of a thumb or finger will cause similar symptoms; the radius -- or ulna -- is jammed towards the elbow joint. Again exaggeration of the imbalance allows the body to self correct. Even fingers (and toes) which are twisted or stubbed can be helped. This approach can also help with arthritis.

The hip joint normally has a good range of motion. Due to the snug fit of the head of the femur (thighbone) into the acetabulum (socket of the ilium, or wing of the hip bone) dislocations here are more rare. A number of people do have problems with the head of the femur fitting properly in the acetabulum, which over time can lead to overuse of the joint and arthritis. This can be corrected easily with Ortho-Bionomy and/or Mechanical Link (an osteopathically-based way of working with the bony skeleton). Maintenance of pelvic balance is needed to stabilize this correction. A cowboy came to see me after having a hip dislocated some years before. He walked with that leg turning in about 45 degrees. After one session his body had self corrected so that his leg turned in only slightly, and his severe pain was almost gone.

Hard blows to the limbs can cause the long bones to torque or twist. Then neither the muscles to that bone, nor the tendons and ligaments will be attaching properly. The person will then have pain in that area, which will not be identifiable on an x-ray, nor correctable with massage, chiropractic or physiotherapy. The pain will continue until the bone releases its torque. By means of OB, Zero Balancing and/or Mechanical Link, a hand at either end of the bone and engaging the tension along the bone can release the torque. After having had a near spiral break of a leg skiing, I had suffered with pain for years in my right hip and leg. This resulted in torques in my ilium, femur, tibia and fibula. Releasing the torques removed much of my long-standing pain.

The knee joint, the body's largest joint, is a very complex hinge joint. It really is three joints in one: between the femur and patella, and between the two ends (condyles) of the femur above and the cartilages (menisci) of the tibia below. Only a portion of this joint is enclosed by the synovial capsule. This joint takes tremendous strain (all the weight of the body) with the femur directly over the lower tibia. The smaller fibula is not weight-bearing. The joint is reinforced by the patella in front (stopping movement forward), with ligaments and tendons around the whole area.

Some common knee injuries include sprains (stretched or torn ligaments), cartilage injury (tearing of the knee menisci), dislocation (often of the patella), bursitis (inflammation of the synovial membranes), tendonitis (inflammation of the tendons) and arthritis (inflammation or degeneration of the joint). One common knee injury seen in people who play court sports is femur override. Here the body's momentum has carried the body forward, while the rubber of the court shoe has stopped the lower leg abruptly. The result is that the femur has continued to move forward, while the lower leg has stopped. OB successfully addresses this ailment, as well as other knee ailments.

The ankle is addressed using either OB or Mechanical Link. Ailments of the foot usually involve a number of bones. Dancers or people on their toes a lot often have dropped metatarsals, which can be painlessly addressed. I have belonged to several

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dance groups, and at one workshop worked on a number of feet before we went off to dance for the day. Twisted ankles and the like can be approached with good results. OB also has a simple way of addressing bunion problems; a self correcting exercise, used persistently, can eliminate the problem. The foot also has a number of reflexes on it that relate to the rest of the body; this is where reflexology comes in. Thus addressing ailments of the foot can help the whole body and feels wonderful.

It is possible to use our limbs, with all their joints, without pain. May we all handle things with comfort and ease, and may we walk forward with joy! See Cassie's ad to the left

Karuna Reiki

by Catherine Torrens

Karuna is a Sanskrit word meaning compassionate action. On our journey of self responsibility, compassion is a quality we can all use, towards our self and others.

Attuning oneself to this quality through the Reiki energy enhances our ability to go ever deeper into our emotional bodies, healing and balancing.

This is not for the faint-hearted. After my attunement to Karuna Reiki I had six intense weeks of my "stuff" coming up and staring me in the face. Fortunately with the compassion came a sense of humor as well.

With the Karuna Reiki I received nine new symbols to focus this energy through. Each symbol has its own purpose. They direct the energy towards planetary healing, to Karmic and past life issues, to addictions and abuse, and to the shadow self within us all.

It's this shadow self that often has us acting out of old patterns and belief systems. As we connect with and start healing this aspect of ourselves we get closer to our true essence, we recognize the mirrors in our lives and the mirroring we do for others.

Accepting responsibility for all my Self is an incredible challenge and receiving tools to aid me in this hastens my growth into wholeness and joy.



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Come and Enjoy

The Penticton & Area Women's Centre is sponsoring two special events this summer. In cooperation with the George Ryga Society they are presenting Woman Alive, at the George Ryga Centre in Summerland.

Woman Alive is written and co-directed by Dorian Kohl. Dorian will be remembered by local audiences for her one-woman show, "Portrait of a Lady - Tribute to Margaret Laurence".

Woman Alive features Dorian as a performer, with special guest artist Frances Hatfield, and an exciting company of young performers from throughout the Okanagan Valley. There will be a special exhibition of Hatfield's artwork to complement her appearance in the production.

Woman Alive is a constructive, positive example of bringing community together. In this very special production, all ages work creatively together to restore harmony between humans (male & female) and the Mother Earth. The natural gardens of the George Ryga Centre are an ideal setting for this environmental work.

Please bring a blanket or lawn chair for the performance

Want to Dance?...

To the featured band, Neck of the Woods, an eight piece Marimba band from the Kootenays. The band plays mostly traditional Shona music from Zimbabwe and some contemporary works. Much of the music they play has been transposed from the mbira, the traditional African thumb piano by the Dumisani Mariaire from Zimbabwe who brought this music to North America. This joyful vibrant music, played on all wooden instruments made by the musicians themselves (men and women) brings out the dancer in every body. Everyone who has attended the last two Spring Festivals at Naramata can tell you just how wonderful they are! This is a family event, everyone is welcome! Come prepared to dance!

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For more information: 493-6822

REMEMBERING WHOLENESS

by Donna Martin

Healing can be thought of as the process of our innate wholeness unfolding. There is wholeness and perfection in every moment of that unfolding, just as there is perfection and wholeness in the seed, the bud, the blossom, and the death of the flower. To be truly healthy is to have an acceptance and appreciation for Life.

The Chinese yin yang is one symbol of wholeness. The circle of wholeness encompasses and embraces both dark and light - duality. In the light is a spot of dark, in the black a spot of white - nothing is completely black or white. Duality is not separate from wholeness, just as death is a part of life and destruction is an inevitable part of every creation.

Wholeness is not an end point. It is a process. Therefore, change is an integral part of wholeness. With change, we move from the familiar (status quo) through an experience of separation and loss and often into discomfort or pain. Stress is defined as our response to change. Resistance to change creates distress.

Buddhism teaches that attachment is the root of all suffering. Aversion is another form of attachment. Both our attachments and aversions result from our resistance to change...to Life.

The Sanskrit word "yoga" implies both the concept of wholeness, or oneness, and the process of connecting (which implies separateness). In the practice of yoga we are intentionally remembering the interconnectedness of body and mind, bodymind and soul, ourself with another, the individual and the collective, humanity and divinity. Similarly, the word "religion" comes from a Latin root meaning to link, or re-link, to connect.

Bodymind approaches to therapy, such as the Hakomi Method, are based on this belief in intrinsic wholeness. Hakomi identifies this as the "unity principle". Healing is built-in. The inner wisdom within each of us is what Hakomi calls "organicity". A bodymind approach to therapy pays attention to the many ways that both the body and the mind signal what is needed for the person's healing. With a certain quality of attention, called mindfulness, a state of presence is created that is nonjudgemental, aware, non-violent, and spacious.

Tibetan teacher, Chogyam Trungpa, said that "the basic work of health professionals in general...is to become full human beings and to inspire full human beingness in other people". How do we become full human beings who have the kind of energy, attitude, and presence that inspires healing?

The practice of mindfulness is one that embraces and supports healing, as wholeness unfolding, in a way which is nourishing to the soul. Remembering wholeness heals the soul.

see Donna's ad to the right

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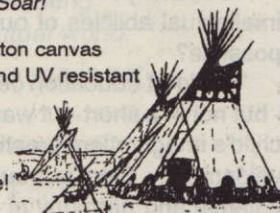
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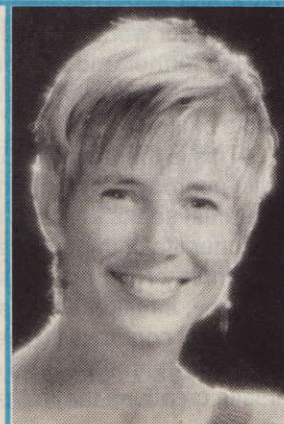
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WALDORF SCHOOLS AND

Our culture in today's scientific-technological age rests heavily on the use of the intellect. Accordingly, public school education is almost exclusively concerned - more or less successfully - with the development of the cognitive faculties of the child, with some educators advocating a very early start, preferably already at age two or three. Computers are introduced at an early age as well. When a child learns to use a computer, he is channelled all too soon to think in a specific, logical way, thus repressing the childlike modes of thinking proper to that age.

Some of you may ponder: why not foster the intellectual abilities of our children as much as possible?

Waldorf education certainly has this aim too - but not in a short-cut way at the expense of the child's imagination, creativity and emotional development. One is bound to upset the inner balance and harmony of a young person if one faculty of his or her personality is fostered more than others and when the different developmental stages of growing up are inadequately considered.

Our view of the world is shaped by modern science whether we like it or not. Naively we tend to believe that science reveals the truth by applying logical thinking in scientific research. We usually do not realize that the truth revealed is only a partial truth. It gives us an incomplete picture of the world because scientific research views the world from one specific perspective only. It focuses on the details and not on a comprehension of the whole of life. This objective belongs to the realm of philosophy and does not lend itself to scientific investigation, though the distant utopian goal of scientific research is certainly to comprehend the whole one day when the secrets of the particular have been successfully unlocked. For the present, we accumulate more and more detailed information on all aspects of our world, but we get lost in the details, moving further and further away from recognizing the essence of things and losing sight of the whole of life.

This is the opposite of the way in which the artist approaches the world that surrounds him. The artist seeks to reach the essence, the soul, the inner life of things. He seeks to encompass the whole of life not by logical thinking but by empathy, intuition and insight. He is in intense emotional contact with the world. He feels with his whole personality and expresses through his artistic creations the truth he has experienced.



The artistic approach is the absolutely necessary complement to the dissecting and analyzing scientific approach. The scientist has to disengage himself from his emotions and use his thinking powers as objectively as possible in order to be true to his method of seeking the truth; in contrast, the artist has to engage all his emotional powers in order to gain the insights he seeks. This does not negate the fact that scientific research is also a creative process requiring, besides thinking power, intuitive associations. Nor does it negate the fact that artistic creations require thinking.

The education of children should develop not only their intellectual faculties but also their artistic faculties. Therefore, they should never learn a subject abstractly with their intellects only, but by engaging their feelings and imaginations as well. This is achieved in Waldorf schools by providing creative expression through movements, painting or drama. The child's whole being must be involved. In these ways Waldorf education succeeds in developing the whole child and the learning process never becomes boring for the child.

What do we try to promote in the children by increasing their knowledge about the world?

It is quite obvious that one has to have a certain basic knowledge of facts in order to live in modern society and to carry on cultural tradition. This is the first objective of all school curricula. But in addition to this fundamental requirement, the learning of subject matter should nurture and enrich the child's mind and inner life. This aim can only be attained if the subject matter is incorporated by and becomes a living part of the child, not just a store of memorized facts bound to be very soon forgotten. Learning should lead to personal growth. It should widen the horizon, deepen understanding and insight, let one recognize interdependencies, sharpen awareness, increase sensitivity, draw up from banality, raise moral standards and the level of thinking. This can happen only when the subject matter becomes a living part of the student.

Art within the context of Waldorf education is never an end in itself but a means to reach the whole child. Art pervades all learning. This means that feeling, imagination and creative expression are always involved in the learning process. Even in mathematics, which at first does not seem to lend itself to an artistic approach, geometry gains a new dimension when figures and lines are coloured. Then they are experienced in their artistic potential.

THE ART OF EDUCATION



The advent of Waldorf Schools was, in my opinion, the greatest contribution to world peace and understanding of the century."

Willy Brandt - Nobel Peace Prize Winner,
Former Chancellor of W. Germany

We must eradicate from the soul all fear and terror of what comes out of the future.

We must acquire serenity in all feelings and sensations about the future.

We must look forward with absolute equanimity to everything that may comeand

We must think only that whatever comes is given to us by world direction full of wisdom.

It is part of what we must learn in this age, namely to live out of pure trust....

Without any security in existence, trusting in the ever present help of the spiritual world.

Truly nothing else will do, if our courage is not to fail; let us discipline our will...

And let us seek the awakening from within ourselves, every morning and every evening.

by Rudolf Steiner, founder of Waldorf Education

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One becomes aware of the beauty of regularity, symmetry, proportions and the swing of different figures and lines. I am reminded here of the great astronomer Kepler who said: "Geometry is the archetype of the beauty of the world" and of an eminent philosopher of our own time who once remarked that the beauty of things lies in their hidden mathematics.

In Waldorf Schools, art with young children involves the use of wax crayons and water colours. The child's mood and feeling can be well expressed by combining different colours and letting them flow into each other - they take over and lead the hand of the child. This is quite in contrast to what happens in line drawing. In this manner every child can paint creatively, independent of artistic talent, and learns to express himself freely through art at a very early age. The same applies to expression through movements and acting.

Thus art accompanies all learning in the Waldorf School to assure that always the whole child is involved, that he develops all his faculties, and that the subject matter is incorporated by and becomes a living part of the young person.

Exerpts from 'WHY GIVE ART SUCH A PROMINENT PLACE IN WALDORF EDUCATION?'
by Dr. Aurikel von Haimberger

Holistic Healing Centre



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Using breath, sound
& silence
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Drop-in \$5

Tuesdays

Active Meditation
with Urmi Sheldon
7:00 - 8:30 AM

Reiki Circle
with Mary Ferguson
7-9:30 pm ... donation
Last Tuesday of each month
is a Snack Potluck & Social.

Wednesdays

Summer Yoga
with Angèle
2:30 - 4:00pm
4:30 - 6 pm

July 10 - Aug 28
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Drop in \$7

Tai Chi & Qi Gong
with Marlana Mhoryss
July 17 - August 21
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7 - 8:30 pm
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Creative Chaos
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7 - 9:30 pm ... \$45
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various ways to get in
touch with our core
essence.
Tools to empower You

Fridays

Active Meditation
with Urmi Sheldon
7:30 - 9:00pm
Drop-in \$5

see page 34 for details

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CREATIVE CHAOS

by Angèle

Urmi Sheldon and I will be offering a class in self-empowerment at the Holistic Healing Centre in Penticton this summer. We will explore the world of feelings and delve into how our unconscious programming works. The evenings will be mainly experimental and will include breathwork, meditation, movement, dialoguing and nutritional information. As facilitators, Urmi and I will create the structure for each class and then allow creativity and knowingness to guide us in the moment.

To be whole, we each need to integrate our inner and outer selves. Our inner self reacts with feelings to events and people. Our outer self is our social conditioning: like a mask, it hides our true feelings. The bigger the gap between the way we feel on the inside and how we act on the outside, the more we are likely to experience pain, tension, hopelessness, or illness. To be whole, each of us must integrate our physical, emotional, spiritual and mental selves.

As the program unfolds, Urmi and I will offer you a variety of tools for reprogramming and loving yourself, your family and your friends, and we will share techniques for expressing your emotions honestly. You will learn new ways to interact with others from a heartfelt place rather than reacting based on conditioning. Also, we will have fun exploring together the power to manifest. Money and time, for example, are just forms of energy, limited only by our ingrained beliefs systems.

Urmi and I believe that healing is a process, and we are willing to share our insights. If you can feel, you can heal, so join us on July 18 for a six-week journey to begin getting in touch with your core essence.

First evening is FREE
Thursday, July 18, 7 - 9:30 pm

*Please see ad on the
opposite page for details.*

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Publisher of ISSUES Magazine, hostess of the Holistic Networker TV show and organizer of Spring Festival of Awareness, Angèle has explored a wide variety of self healing and empowerment techniques. A certified graphologist, she is the founding director of the Holistic Healing Centre in Penticton and an engaging public speaker who comes from the heart. Customized presentations, sliding scale, Trade Dollars accepted.

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Meditation

Sitting silently doing nothing

Spring comes and the grass grows by itself

In our western culture the idea of doing nothing seems dull and boring. Repressed emotions bubble to the surface making inactivity almost unbearable. So we keep ourselves busy, occupied and running on a treadmill that is part of some great machine over which we seem to have no control. Meditation is a break from the constant physical, emotional, and mental activity to which we have been conditioned. A much needed break from the exhaustion and over-stimulation of modern life, active meditation is designed to integrate the body mind process to allow silence to happen. The active stages speed up the physical and mental processes so the still stages are accentuated. Strengthening and tuning the body allows for finer energies to surface. Witnessing the mind's activity gives rise to the realization that there is more than thought. Who is the witness? Relaxation gives rise to new space within. Since meditation is not doing, you cannot fail at it. However with practice you can deepen your experience of Silence, Beauty and Benediction.



Join us for one of the many meditation available. Please don't be shy, drop by and give it a try! *see ad below*

Urmi offers Active Meditation
at the HHC in Penticton: 492-5371
Tues at 7 am and Fri. at 7 pm.
Approx 1 hour. \$5 also
Still Meditation on Mon. at 7 pm \$2
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Osho Active Meditation

The Active Meditations are designed to stimulate the body and release emotional blocks. The active stages awaken the sexual energy trapped at the base of the spine. This energy is traditionally known in Eastern cultures as the Kundalini.

When the Kundalini energy is activated greater vitality is experienced in the body. The mind is reduced from controller to observer and the experience of meditation is a natural effortless occurrence. These techniques were developed in India by the enlightened mystic Osho.

Dynamic Meditation ~ Tuesdays - 7:00am

- 10 min. Deep chaotic breathing through nose, pelvic crunch.
- 10 min. Catharsis. Allow whatever you feel. Use sound and movement.
- 10 min. Hoo. Deep in belly, opens the energy.
- 15 min. Stop, completely still, listen, hold your position, watch your mind. Eyes closed.
- 15 min. Dance, celebrate, allow total movement.

Kundalini Meditation ~ July 4 & Aug 1-7:30 pm

- 15 min. Shaking, hands loose, feet firm. Shake pelvic area, head, total effort.
- 15 min. Dancing. Allow yourself total freedom - play, move however you feel.
- 15 min. Stand or sit silently. Witness your thoughts. Use the music to remain present.
- 15 min. Lie down, completely relax.

Nadabrama Meditation - Tibetan July 11 & August 8 - 7:30 pm

- 30 min. Humming
- 7 min. Empty out to Universe
- 7 min. Draw in from Universe
- 15 min. Relax

No Dimensions Meditation July 18 & August 15 - 7:30 pm

- 30 min. Sufi asana.
- 20 min. Whirling.
- 10 min. Lying down.

Integrates left and right brain with body movements.

Chakra Breathing Meditation July 25 & August 22 - 7:30 pm

Breathing into the seven chakras to clear and open the energy in a playful way.

Book Review

by Jan



Healing with Whole Foods by Paul Pitchford

Paul Pitchford combines the best of the west and the best of the east in *Healing with Whole Foods*. At first it was almost overwhelming to comprehend, but as I began relating it to my health issues, it started to make sense. Those seemingly unrelated symptoms were all trying to make me aware of an imbalance in my body.

The Oriental system of medicine seems so complex with terms like ying/yang, heat/cold, damp/dry, excess/deficiency and wind to describe conditions in the body.

When explained in terms of the Five Element and Organ Systems, spring is the season associated with the liver and gall bladder. According to Pitchford *"one of the first signs of liver disharmony is emotional difficulty related to anger: impatience, frustration, resentment, violence, belligerence, rudeness, edginess, arrogance, stubbornness, aggression and an impulsive and/or explosive personality. When these emotions are repressed without an opportunity for transformation, they cause depression. Mood swings as well as emotional excesses in general are liver-related."*

On a physical level the liver can be stagnant from too much rich or greasy food, and symptoms may vary from skin eruptions, inflamed tendons to irritated eyes. Long-standing liver stagnancy wears down the system and it may affect the kidneys, the heart, or gall bladder.

The kidneys, associated with the winter season, represent the roots of the body, and are the foundation of all *yin* and *yang* qualities in the body. They also store *jing*, a deeper essence which determines one's vitality, resistance to disease and longevity. The kidney energy can be depleted by liver excess, as well as deficiencies in *yang*, *yin*, *qi* or *jing* energy. Imbalances manifest as bone problems, especially those of the knees, lower back and teeth; hearing loss, ear infections and diseases, hair loss, premature graying, urinary, sexual and reproductive imbalances. The emotion associated with the kidneys is fear and insecurity. Like the kidneys, fear is deeply rooted, and often we are not conscious of the source.

We are so interconnected: emotions affect the physical body; each organ relies on the flow of energy throughout the entire system to function properly and our thoughts can be a powerful boost or deterrent to our health and well-being.

The good news is that Pitchford thoroughly explains the subtle symptoms to watch for and what foods, herbs or spices help to bring the organs into balance, detoxify, rebuild or rejuvenate. The next step is up to me to put some of his wisdom into action!

This is one of the most frequently used books in my household. As well as all the information on diet, nutrition, supplements and food combining there's a section on common diseases and their dietary treatments. At least one third of the book is about individual foods, their healing properties and best of all, recipes! In the past I avoided eating a variety of foods simply because I didn't know how to prepare them; Pitchford's instructions are easy to follow.

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The Holistic Healing Centre has some info: 492-5371

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REACHING OUT.....

by Diane Laviolette, H.C., co-founder and teacher of L.H.T.

My father's death was the hardest experience that I have been through (and am still going through) in my life. During this difficult period, I was thankful for the support I received. Two major questions came forward for me: What is really important in my life and where is the support for healers/teachers in crisis?

Being a healer and choosing L.H.T. as a way of practising this path, is a conscious choice I have made. It has been and still is the most fulfilling and the most rewarding choice of my life. But, where do I go when I need support?

As I was feeling all of the devastation of losing my father, there was a split inside of me. One side was feeling hurt, sad, alone, angry, devastated, guilty; in other words "A MESS." The other side was saying; "look at you now... a healer should be able to take care of her own problems... should know how to get out of this place... get yourself together and move on... what kind of healer are you if you can't take care of your own life!!! SOUND FAMILIAR? I realized that being a healer doesn't mean not being a human being.

As a human healer, I do need friends who can help and support me in times of crisis. When I can't pick up the phone and say, "Can you listen to me for a few minutes?" I need people to reach out to me and say,... "Hey, I understand... let's go out for tea... I care about you... I know it is really painful right now, but it will lessen... talk to me... I will listen... I will listen... I WILL LISTEN... I AM LISTENING." CAN YOU RELATE?

So... where is the support for the healers?... With other healers, of course. We as healers are always available for our clients, but... are we there for ourselves and each other? Needing help and support from other human beings from time to time is the HUMAN part of being a healer. We teach people to reach out, to get help in times of need... but are we doing it? Can we trust each other enough to be vulnerable with one another? Can we reach out when we know that another healer is in crisis or do we take for granted that we/they are fine because they/we are healers?

Here are some of the things I have been thinking of for the past six weeks, as I sat by myself unable to reach out... I do believe in being responsible for my life and asking for what I need... which I do most of the time, and I know now, that we are all human and sometimes unable to reach out ourselves.

So, let's not take each other for granted and let's reach out to one another. Let's not assume that someone else is doing it, because if we all assume, who will be there? *see ads to the left*

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AYURVEDA HEALING

by Brooke McDonald

Ayurveda, meaning Science of Life, is an ancient healing system of India which was established by the great sages over 4000 years ago. Ayurveda recognizes each person as a unique individual with three primary life forces in the body having a predominance or strength toward one or more. These life forces which correspond to the elements of air, fire and water, are called body types or doshas, namely Vata, Pitta and Kapha and each is characteristic with a governing quality. Ayurveda believes that in order to create harmony in the body or keep the doshas balanced, one should focus on a pure lifestyle consisting of a balanced diet according to specific seasons, tastes, climate, time of day, exercise and meditation. As we are now approaching late spring and summer, the heat of these months (June, July, August) increases the heat in Pitta due to its characteristics of being hot, moist, oily and light. This encourages Pitta disorders such as skin irritations, burning feet, sunburn and summer diarrhea. In order to remain healthy, the maintenance of a sound diet has a major influence on the level of doshas, either increasing, decreasing or balancing the doshas. For example, Ayurveda sees foods made up of six tastes and requires all six tastes to balance the doshas as well as having specific effects on the doshas. Pitta predominant constitutions should choose a diet consisting of cool, raw foods, slightly dry which are Pitta pacifying, and avoiding aggravating foods such as spicy or hot, fried or overcooked. Pitta's specific tastes are sweet, bitter and astringent and decrease Pitta, whereas sour, salty and pungent tastes increase Pitta due to their heating and acidic properties.

The uses of spices and herbs are an excellent way of nourishing and balancing the doshas in proper amounts and combinations. Pitta balancing herbs or spices are coriander, fennel and cilantro which can be used in foods or teas.

Just as diet needs attention, so do exercise routines. Due to the hot fiery quality of Pitta types, recommended exercise would be cooling exercise like swimming or walking during the cooler periods of the day.

Brooke is an Ayurvedic practitioner from Vancouver



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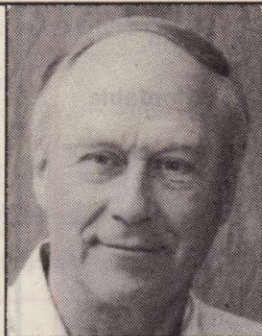
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The Power of Love to Heal

by Dane Purschke

Is there a direct connection between love of self and perfect health? And what is this love that can heal and how does its lack cause illness? Let me share with you some of my understanding in this regard.

Unconditional LOVE is the LIFE FORCE of the Universe and is the consciousness of the CREATOR. There is only one LIFE FORCE, only one CREATOR GOD. The CREATOR individuated its LIFE FORCE, thus sharing it, by creating Lesser Gods. Every human being is a Lesser God and an individual expression of the LIFE FORCE we call GOD. Our freedom to direct the LIFE FORCE in its expression gives each of us our individuality. And one way we give individual expression to the LIFE FORCE is to incarnate and to be born into humanity. We have chosen to incarnate in order to have a human experience.

We each were created on the Higher Self level of consciousness, where our Higher Self and GOD are eternal lovers. Everyone's birthright is a relationship of unconditional LOVE with the CREATOR and this LOVE relationship is permanent and cannot be broken.

But upon being born into a physical body there is a forgetfulness of our oneness with our Higher Self and with the CREATOR. While out of touch with the unconditional love of ourselves and with GOD the influences of living in the world teach us to deny the goodness that GOD has made. We all learn to live with fear, with guilt and anger, with self-judgement and lack of self worth. When we deny and judge ourselves we have stopped loving ourselves. And if we feel that we are unlovable we have really hit bottom. And the manner in which we do not love ourselves manifests as physical, mental, and emotional illness. In this regard you can read Louise Hay's book, "You Can Heal Your Life" in which she describes the emotional cause for disease.

But what is the unconditional love that the CREATOR has for each of us? I will now attempt to describe from my own understanding how such love expresses. As you read my definition ask yourself if you believe that GOD loves you in this way.

Unconditional love: (GOD'S LOVE)

- is freely given
- is entirely spontaneous and unending
- has no purpose or intention other than to love
- has no attachment to outcome as to how it is received, whether accepted or rejected
- seeks no rewards or reciprocity
- is never offended and therefore has no need to forgive
- does not judge you, but honours and accepts what you are experiencing in life without interfering with or trying to save or change you
- journeys along with you
- enjoys and appreciates you
- loves you and everyone else impartially
- increases only when we in turn give it away
- sees no division or separation between itself and the person loved.

Lover and beloved are as one. Unconditional love is the Christ Consciousness in everyone and is our Divine birthright.

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People who totally and unconditionally love themselves are completely immune to disease of any kind. And conversely, the manner in which we do not love ourselves will manifest in some form of illness as the following quote suggests.

"In this time we come to know beyond a doubt that we create our own realities. This is the natural law many of us resist above all others, since waking up to it means taking responsibility for everything we do. For example, if you have created a horrifying disease for yourself, what could be more enraging than considering it as a sign that you do not love yourself? When you can remember when you did love yourself, perhaps in some other lifetime or dimension, then you can remember how to love your self again."

Barbara Hand Clow SIGNET OF ATLANTIS pg 52-53.

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The only person who can heal us is ourselves, and total love of self is the most powerful healing force in the Universe. This healing power is already inside everyone. Our Higher Self knows everything about us, has never, ever judged us and loves us unconditionally. In my work as a past-life therapist I help people to connect with their Higher Consciousness where they begin to experience compassion for, and forgiveness of themselves. They heal their own woundedness by letting go of the memories and experiences in which they began to deny their self-worth and began to live with fear, guilt and anger.

There are other therapies and therapists who can help us along the path of healing. Discern which one is right for you and treat yourself. Others can help you to totally love yourself again. Aren't you worth it?

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Kootenay Music Festival p.9

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Andrew & Bonnie Schneider, Salmon Arm p.02

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July 25 - August 7

Erickson College Courses, p. 03

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A Modern Day Rite of Passage

The Journey, Lytton, BC p. 09

August 3 & 4

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August 7 - 18

Hellerwork, participants needed, p.18

August 9 - 11

Cherryville Festival of the Arts, p.38

August 10 & 11

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2 Day Workshop, Nuthery Inst. 766-4049

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Lake with Harreson & Blanche, p. 10

August 17

Recreational Reflexology - 1 day wksp.

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Seventh Fire & The Rising Phoenix, Hub p. 02

August 4 - 18

Tantra Yoga Retreat

Creative Health Institute, Winlaw, B.C. p.13

Medicine Wheel Gathering

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August 24

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Nuthery Institute - Kelowna p. 38

Integrated Body Therapy, Penticton p.20

Kootenay School of Rebalancing

begins 6-month training course, p.02

Remembering Wholeness, Donna

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

September 19 - 22

Union of Heart & Spirit, Vancouver p. 2

Ascension Celebration, Vernon p.14

Goddess Week-end Retreat, back page

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HOW SPIRITUAL

1. Guidance never lets you off the hook. It keeps you responsible in many ways: responsible to who you are, to not betraying yourself, and to keep your commitments. If your commitments need to be changed, guidance will never let you change them without responsibility. In other words, if you make a commitment that later is not healthy for you, that commitment is changeable but not irresponsibly.

2. Guidance does not absolve your karma. Rather, it gives you a tool to handle it, even possibly for enjoying its clearing. You must go through the balancing of the karmic scales. Balancing your karmic scales does not mean karmic punishment. It means learning what you did not learn in life experiences of the past that still affect your life in a negative way now. Usually this learning is done through life situations that you experience according to how clear you are from images and misconceptions.

3. Following guidance brings you life experiences that you need in order to develop your life task or your healership.

4. Living a spiritual life and finding your life task requires a willingness to follow guidance and live by the truth, no matter what the price appears to be when you get the guidance.

5. Guidance gets personally harder and the apparent price increases as you follow it.

6. Guidance and faith go together. You have to have a lot of faith to follow your guidance, and in turn, following guidance builds your faith. Guidance is designed to take you through areas of your personal psyche where you have previously refused to go but must go in order to unfold. It takes you through your deepest fears into your deepest faith.

7. Faith is a state of being that sets, balances, and charges the auric field into a healing state. It connects the small ego part of you to the greater you, the God within. It is a process of holographically connecting to all that there is - you to the universe.

8. Your separated ego will doesn't have a lot of chance to interfere with systematic guidance because many times you don't know why you are doing what it tells you to do.

9. As you surrender or let go of your separated ego will and follow divine will as communicated to you through your guidance, others trust you more.

10. Guidance automatically and systematically builds both physical and spiritual endurance for your life task.

11. The more endurance you build, the more love, power, and support you will get and the greater and more effective on a broader scale will be the unfoldment of your life task. As you solve problems, you will proceed to more responsible and difficult ones.

12. The act of following your guidance builds your healing vessel for the healing life energies. It builds your vessel for

GUIDANCE WORKS

the divine task you have chosen to come in with. Guidance releases the involuntary creative principle into a safe vessel. Only by the surrender to guidance, the surrender of the ego to the greater holy spirit, or God within, can your involuntary life-force be released into a safe vessel. The involuntary life-force is everything that comes out of you automatically when you don't block your energy flow. Sometimes it is positive; sometimes it is negative. Guidance systematically clears your negativity so that more and more of the positive life-force can be released. It releases this powerful flow of life-force into your vessel in exact proportion to its ability to handle it. Therefore your vessel is safe.

13. The powerful flow of life-force that comes with the involuntary divine creative principle cannot be commanded by the ego. Another way to say this is that the goodness within you flows of its own accord; it reaches out in wisdom, love, and caring of its own accord. It does not flow on the command of the ego. The only thing the ego can do is stop it from flowing or get out of its way.

14. Guidance takes you by the hand and walks with you into a state of surrender to your true human fragility and vulnerability, which is centered in the little ego. When following it, you immediately face the fact that you do not have life in your hands, that your ego does not control your life, and that guidance will not help it to do so. That is it - you simply can't. To me, that is what is meant by surrender of the ego. To what do you surrender? You surrender to a deeper power within you. Following guidance is a systematic letting-go of an outer ego that may try to make you safe but cannot. Guidance reconnects you to your original power. You become a child of God. In this surrender, you find another power - the power of God within. You become an instrument of God. You find all the power, wisdom, and love of God within you.

15. There is no punishment if you don't follow guidance. You have all the time in the world, since time is an illusion. If you get guidance and you don't follow it for three months or two years, that's all right. But to the degree that you do follow your guidance, to that very degree, you gain spiritual power within because following guidance automatically helps you surrender to the greater divinity within you. This spiritual power helps you complete your life task.

16. Following guidance allows the holy spirit to combine with your core essence to give you power. This power is not accumulated in your ego. Rather, it works to connect your inner core essence or divine individual spark with the universal God.

17. Guidance builds freedom and independence by shifting life's focus to reliance on the reality of inner divinity rather than on outer values.

18. The best things in life are free.

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Tiredness

by Joel Whitehead Part 2

In the last article we surveyed the modern categories of tiredness, the Chronic Fatigue Syndrome etc. and the probable state that, by the time a person comes to us, reflects a weakness to the deepest levels of the body. Some of you who read that article may not have understood this completely and so it is the aim of this article to clear up these misconceptions. In so doing it is important to establish that the Chinese Medicine organ systems described are not the same as those of western physiology but may be considered a functional analogy.

Original life energy begins with the kidneys. We call it essence or "jing" and without it there is no life. From this wellspring emanate the two sources of all life, yin and yang energy. How much energy, beyond the basic jing level, that we are given at birth determines our relative robustness and the probable disposition of our health. If we are in complete health, these forces of yin and yang should be in relative balance. The yang energy is one of movement, light and heat, having its strongest presence in the morning and through the day. If it is strong we will be active, energetic and warm throughout that time. The yin energy, in contrast, represents stillness, darkness and coolness, having its strongest effect in the evening and through the night. If the yin force is strong we will be cool and rest well at this time. Of course, to be exceptionally warm or cold at either time without adequate provocation, would be abnormal and weighed in consideration of these two forces.

If for reasons of genetics or accident a person is born with a frail disposition of health, the lack of kidney energy is automatically suspected to be the cause. Being the foundation energy, if it is unable to support the other organs, the whole body will necessarily suffer from lack of support. Although this is certainly to be evaluated for each case of tiredness, it is only part of the picture and most often not the cause of most of the tiredness complaints that come to us. More often the total lack of energy that disables us comes to rob the kidney energy after it has begun someplace else. Let us look at some of these organ related scenarios.

The Spleen and Stomach

First of all let us make clear the fact that the "Spleen" term used in Traditional Chinese Medicine is more akin to the Pancreas in western physiology. When we eat food, it is normally taken by the Stomach and ground up in order to be sent to the Spleen. We picture the Spleen as something like a boiling kettle that gets its heat from the energy of the kidney yang. When it performs its duties we see it as sending food energy up in a vapor to the Lungs, the master of Qi, and the Heart, the governor of blood. The Heart converts the food energy to blood and the energy of the Lungs, taken mostly from the breath, pushes it through the body where it does its many duties. It might be important to understand that the blood is a substrate of yin fluids of which the body must be adequately endowed. We say that the Stomach needs to be damp, like a grinding machine needs to be oiled, but that the Spleen needs to be dry, like a pot that is not so full of water that it takes a lot of energy to come to a boil. In our modern day, first world state

of nutrition, herein lies the problem. Ironically enough, though we have always thought of lack of nutrition as a lack of food, as in the starving in the third world, it is the richness of our diet and its plentitude that has caused most of the problems in the west. When we are burping and hiccupping a lot, both being signs of the Stomach being overheated, we use sweet herbs such as licorice to lubricate it. If we overdo this we are in danger of adding dampness to the Spleen. Other foods like those that are fried and oily or high in dairy content also contribute a great deal to dampness. So we much too commonly find that our pots are over filled with water and not able to steam up nutrients.

More practically we eat too frequently for the pancreas to work at all. We think of the pancreas usually in respect to its ability to secrete insulin for the absorption of sugar, but this is only one small facet of what it does. It secretes the lion's share of enzymes that break down food for absorption in the gut. When we eat too frequently the pancreas does not get a chance to rest and so its enzymes are not built up to adequate levels and it functions less well. Some signs to look for would be looser bowels or a complete lack of thirst (since our pot is so full of water already). We would get subtly colder and show a profusion of clear liquids: clear urine, nasal discharge, profuse saliva, looser stools and/or frothy and clear sputum as it becomes a force that obstructs. The occasional indulgence may not be a problem now and then, but too many people snack and coffee break their way through the day. Worst of all, it may halt the ability of the body to nourish itself adequately and throw the body out of even relative harmonic balance.

The Liver and Gallbladder

Who among us today lives a life devoid of stress? "Stress" as Hans Selye would be quick to point out is not necessarily bad. We never generate anything or fulfill ourselves or even experience happy emotions such as love or success without some element of stress. But even too much of a good thing like love or success can become too much stress, and this is where it takes its toll. Recently I pointed out some clear Liver signs in a person and warned her that she was doing too much. The person retorted that she loved every bit of what she did in her life. Then I rattled off the long list of what little I knew of her busy schedule and despite her ardent defense of the joys involved, it wasn't long before she had to agree that it was a bit much and could be a factor.

When stress adds up it becomes an emotional force. We say that it causes the Liver to lose its Qi or energy is balled up. When it reaches that critical level, which is different for different people at different times, it will come out in ways such as a short fuse or the inability to sleep soundly. If these phenomena are ignored, like anything that gets balled up, it becomes a stagnation that grows and may even obstruct the flow of energy, blood or even yin fluids. Before this finally happens most of us will have gone through a lot of anger such as PMS or fits of yelling, insomnia and physical pain such as migraines or extreme muscular soreness. This is all yang energy that is not allowed to freely flow, building pressure behind the blockage.

In spite of all the pain we can survive this stage, but the stagnation that stops interior movement and disturbs sleep patterns will eventually lead to tiredness as well. Many people who come to my office complaining of pain and tiredness have gotten to this state by being overachievers.

Some food is more occlusive than others and strangely enough it would be foods with a high yang quality consumed

to excess. These would include meat, cheese and oily or greasy food. Most of these foods cause stagnation directly by overloading the Liver's partner, the Gallbladder, or force us into high levels of stress by falsely overstimulating the adrenals through abuse of coffee and chocolate.

The Heart and Lungs

The Heart has a couple of main functions. It takes the food essence steamed up by the Spleen and converts it to blood and secondly it is the spiritual center. Much like situations in the world, spiritual leaders cannot function if our political leaders are in no mood to allow them to. The Liver is like that political leader. It assures the proper movement and flow of both the energy and blood. When this free flow is disrupted it takes it out on the Heart, the Lungs and the Spleen. When this disturbance happens, the Heart begins to disfunction. One of the first notable signs of this is a dream-disturbed sleep. Unfortunately this also means that if the Liver stagnates it is the Heart that begins to suffer. As the Heart has to work harder to send out blood, our internal energies become committed to work harder doing autonomic tasks.

The Heart and Lungs also suffer if the Spleen does not send nutrients up to support them. As we touched on in the previous article, our Lungs are our first line of immunity and if it is compromised to almost any degree, we may be left open to attack by outside forces. Once attacked, if our bodily forces lack the power to push the antigen back out, any reasonable time frame of recovery may be extremely compromised. Therefore, not only could the Heart and Lung become completely weakened by a lack of nutrition, but the rest of the body could degrade rapidly through the inability to supply it or defend it. Furthermore, as anyone with any kind of Lung problem (even a cold) will tell you, nothing zaps your energy faster than being robbed of the ability to inhale proper amounts of air.

Some Conclusions

In all that I read on Chronic Fatigue and associated illnesses, it seems there are two camps. The first one is looking for solutions in a disease like way, trying to tie the syndrome to an honest victimization by outside forces such as viruses or bacteria. The second would say that it is the result of aberrant directions the individual and society at large have moved. Truly one may precede the other.

It is not the property of Chinese Medicine to waste a lot of time looking for the cause. It is never clearly one single cause and all forces are intertwined in a complicated cycle. We must try to locate the present station in that cycle, return the body to harmonic balance and stimulate the entire system to greater functioning.



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NATURE'S INTENT - A Wholistic Newsletter for Women. Herbal medicine, nutrition, aromatherapy, natural childbirth, etc. Sample \$3 Write to WestCoast Wholistic Resources 3792 West 1st, Vancouver, BC V6R 1H4

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DEADLINE

for September

Advertising and/or Articles

August 10th

492-0987 (Penticton)



Facilitators and Workshops



Joan Casorso: Inner Rhythms

Dorian Kohl: Womb-an's Medicine

Urmi Sheldon: Kundalini Meditation

Caren Miller: Chanting to Awaken the Soul

Jeannette Dunagan: Painting from the Source

Zabbe Smyth: Taking Your Inner Child Out to Play

Nadine Konkin: Integrating Synergies of Divine Light

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For registration information call Didget Mastin: 490-0687

Hotel Information/Directions: 292-8121

Arrival Time: After 2 pm on Friday, September 20
Friday Dinner at 6:30 pm

Closing Ceremonies: 2-4 pm Sunday, September 22.

Suggestions for Things to Bring: Comfy shoes, warm clothing (for mountain climate), flashlight, bathing suit, towels and toiletries, exercise mat, floor cushion/blankets for circles, any sacred objects (crystals etc.), drums, rattles and other musical instruments.

For more information please feel free to contact:

Armstrong	Barb Mohnke	546-9029
Kelowna	Jeanette Dunagan	762-2399
Vernon	Caren Miller	558-3944
Salmon Arm	Christine Klepper	832-6659
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or Sandy Jackson (905) 985-3688 Ontario		