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September 1996

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1996
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Denis Hiestand from New Zealand - Dean of Vibrational
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Author, healer and teacher.

Matisha from Hawaii and Mt. Shasta.
New Age comedian, singer, songwriter. Vibrational bodywork.

Dr. Paul Ron McIntyre, PH.D, MSD
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Rhoyalle Tayler Ryane, Reiki Master and teacher.

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HAZARDS OF HAIRCARE PRODUCTS

by Carla Carlos

Growing up in Kelowna, where his father was born and his grandfather pioneered, Brian Currelle would never have guessed that one day he would become a world leader in safe haircare products. From picking fruit as a teenager, to working in Vancouver's largest advertising agency, there have always been two passions, sports and health. He has won top awards for his competitive running and has had to learn a lot about internal health to be successful. This led him to learn of the external hazards of haircare ingredients.

Six years ago he came across shocking information with regard to the health hazards of thousands of ingredients used in haircare products. Perhaps it's the down to earth, healthy lifestyle of growing up in the Okanagan that got his 'fire burning' to research further. The more research he did, the more upset he got at manufacturers who were typically misleading consumers. Brian decided to do something about this and formulate safe haircare products. There were times that it seemed an impossible task, but persistence in searching the world for new ingredients that did not contain toxins finally paid off.

Today he is revolutionizing haircare products and has become a world leader in safe formulas. You will find Currelle products in health stores across Canada. The health and environmental benefits of his products have been featured on CBS and CBC Television and acknowledged by such medical and environmental authorities as Cornell University, The Good Housekeeping Institute, Federal Drug Administration, Environment Canada, and the states of New York and California.

So just what is it that haircare labels don't reveal that set Currelle on this spiritual journey? In the world of haircare, the more 'natural' a manufacturer can make a product look, the more likely it will succeed. Unfortunately, this has resulted in widespread claims that typically mislead consumers. Beautiful graphics of forests, plants or fruits, along with descriptive wording such as 'natural', 'organic', 'botanical' and 'plant based' splash across packaging creating the image that these products contain no toxins or petrochemicals and are safe to use. While all these products work well, toxins are another story.

For example, many cleansing agents now claim to be 'sourced' or 'derived' from plants such as coconut or wheat. What a shampoo label doesn't reveal is that toxic chemicals are then combined with these plant extracts during the synthesis process that result in a new ingredient, a cleansing agent.

The vast majority of cleansing agents are synthesized with ethylene oxide, a petroleum derived chemical. Ethylene oxide is a carcinogen. Typically present in ethylene oxide is dioxane, an internationally recognized carcinogen that is readily absorbed by the skin, as is ethylene oxide, building up in the body over time. As well, cleansing agents synthesized with ethylene oxide are now being linked to breast cancer and are estrogen 'mimicking' chemicals that world medical authorities have shown have the ability to disrupt parts of the human endocrine system. Evidence also suggests that estrogen mimicking chemicals can affect the cognitive development of babies. Cleansing agents synthesized by solvents such as ethylene oxide can be hazardous to consumers' health and burden wastewater systems.

In addition, in the book *Cure For All Cancers* by Hulda Clark, Ph.D., she states that the solvent 'propyl alcohol' found in many cosmetics, including shampoos, should be avoided because it is present in 100% of her cancer patients. She states that when parasites are eliminated, the cancer remains until 'propyl alcohol' is also eliminated.

CURRELLE shampoos are the world's first that do not contain carcinogens (cancer causing) such as dioxane, ethylene oxide, formaldehyde or nitrates. He has done this by incorporating a new generation of cleansing agents that are free of toxic solvents. The lather is rich and creamy, rather than the instant 'bubbly' foam of traditional shampoos.

Hairspray has a different hazard which consumers are totally unaware of. SDalcohol typically comprises about ninety percent of a pump's formula and seventy percent of an aerosol's. This is also known as 'ethanol' or 'grain alcohol' and is 190 to 200 proof. This dries the hair and fades colour. It also dries the scalp and causes dandruff, itching, stinging and can worsen psoriasis and eczema. In addition, the vapours can trigger asthma attacks and respiratory illness. Symptoms include coughing, wheezing, nausea, shortness of breath and mucus buildup.

In response, Currelle has introduced the world's first alcohol-free aerosol hairspray. It does not contain any ozone depleting propellants and with short bursts just a little further away, it dries quickly to hold as well as leading alcohol based hairsprays. It washes out easily because it is water based and the lacquer used is a vegetable derived gelatin. It's the world's only hairspray approved for certification by Environment Canada's Environmental Choice Program.

Brian Currelle believes that a person should follow his dream, and that growing up in the Okanagan gave him the basics necessary to realize what is important in life, people's health and happiness.

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November 2nd & 3rd 1996

- 7) The Stomach and Digestion
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Musing

with
Angèle

publisher of ISSUES

'Summer time'



Photo by Steve Tomlinson

Summer, a wonderful time of the year with many warm memories. My family photograph on the front cover reminds me what it is like to be a child enjoying nature. In the inner tube are my brothers David and Phillip, three and four years old, and myself, one and a half years old. This summer, I took time off and visited family. I also travelled to Alberta to see what is happening there, did a nutritional workshop with Paul Pitchford in Kaslo and enjoyed a wild water raft trip down the Thompson River near Lytton with my three sons. The weather cooperated, and laughter was shared by all. The best part was screaming as the rafts lurched over the rapids or whenever a water fight happened. Screaming is an excellent way to release frustration and fear so that it doesn't get stuck in the muscles and connective tissue.

With all the work I am doing on myself it feels like I am re-learning to breath, walk, play and eat all over again. That seems fitting since my resolution for the year was to practice being five years old. I am also having fun screaming, for that is what kids do so well. When I feel fear rising in my belly, I notice that my breathing becomes shallow as the panic sets in. So now when someone cuts me off in traffic or almost hits me, I breathe deep and let out a yell. If I get into a situation that I would rather not deal with and feel the fear shutting down my energy circuits, I have a little talk with myself, so that it understands the fear, and then I breathe deeply and deal with the situation. The fear usually fades and is replaced with a deep sense of satisfaction as a truer sense of power emerges. Each time it gets a little easier, as I get a little more confident at expressing my true feelings and intentions.

A good way to deal with frozen fear from long ago is doing active meditation with Urmi Sheldon, the shaking and chaotic breathing followed by screaming for fifteen minutes helps to get little bits of the old stuck energy moving on a regular basis. After years of practicing silent meditations I am enjoying this new way to clear the mind of its endless chatter. The dance portion of the meditation is physically challenging and the aerobic exercise is a good way to start the day.

When Gary Schneider, the Rolfer from Kamloops, worked deep in my sacrum this month, the muscles and joints moved much easier; it felt like he was kneading taffy instead of peanut brittle. My screams seemed to come from an emotional level of frustration and not so much from physical pain. As he finished, my body jerked involuntarily for a minute or so and then a deep sense of peace came over me that stayed for several days.

With all this shifting of body parts, I hear a lot of popping in all of my joints, mostly up and down my spine, in my shoulders, ribs, ankles and wrists. As the sacrum moves into place, I remind myself to flatten my back and breathe. I notice my shoulders widen as they roll backwards expanding my chest and allowing me to breathe deeper than I have ever been able to.

I believe the yogis when they say, "The amount of breath you have is in direct proportion to the amount of life essence the soul has." Years ago I thought I was breathing in fully, for I swam, danced and hiked regularly. I didn't realize that I was only breathing into part of my lungs. The rest of the space was taken up by unexpressed emotions of sadness, grief or anger.

The changes that are happening to my body structure are my incentive to keep making time to have bodywork done. Most days I have the energy of a five-year-old and the flexibility to go with it. Stretching deep into the yoga poses is a guide to how much I have already let go of, for I can almost put my nose to my knees. My strength has increased as I can now do a handstand for at least a minute, and I love sitting in the lotus or any other pose that is on the floor.

My having the intention to heal myself gives the universe permission to manifest events and people so that it can happen. Watching children and practising thinking like one encourages me to be spontaneous and to trust that what needs to happen will, including forgetting my swim suit this summer, which gave me the excuse to buy a glow-in-the-water two-piece with a little ruffled skirt. As my hair grows longer it allows me to wear it in a pony tail, and going barefoot all summer keeps me acting young. But still I am an adult, so intellectually I do my homework and then I check in with my Inner Child to see what her needs are. I have always felt connected to my Inner Voice and pay close attention to the guidance it offers. With time, I have learned to tell the subtle difference between my mind, my inner child and my higher self when they speak. Lately I have been getting used to the even quieter voices of the garden devas as they guide me in stewarding the property that Jan and I purchased to create the Holistic Healing Centre.

Reparenting myself as a five-year-old is a full time job. Some days it feels like I take three steps forward and move backwards two, but slowly I am understanding why I am the way I am, so I am pleased. It also helps me appreciate the values, time and love it took for my parents to raise my brothers and me.

I have learnt that my body never lies and that it is a true reflection of my inner state of awareness. If I have pain, stiffness or weakness, it means there is a blockage of energy in that area of the body. My posture is very intertwined with the digestion and absorption of food and nurturing myself. When my shoulders round and my chest caves in, the flow of energy short-circuits and the organs start the slow process towards shut-down. Reading books about digestion and how the body gets and uses energy is helping me to understand how complicated it is to rebuild a weakened system. It is taking time, patience and determination to change my lifestyle, diet and posture. Each day I give thanks that my energy is increasing as I let go of my old ways of doing things and figure out new ways of being.

A recent tape I listened to reminded me that "If you love something, you spend time with it." Since I know that I love

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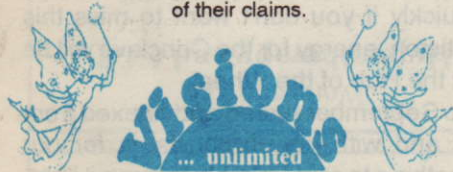
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myself, I am going to do just that. I repeat
that quote to myself when I feel an old
emotional pattern is repeating itself which
is not in my best interests... like eating
too fast. Slowing down when I eat is a
reflection of nurturing myself in the
present moment. Taking time off is get-
ting easier as I go beyond my belief
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As my body changes, fears around
not having enough food have been sur-

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facing ... especially the sugar foods. From
reading books I have come to under-
stand that part of it is due to all the bitters
I have been ingesting as I cleanse my
colon, part of it is due to lack of protein
and partly because... as the colon
cleanses it releases memories associ-
ated with the old patterns of eating. The
other day I saw cookies in a cookie jar
and immediately I wanted to steal one or
two. I did, and they tasted so much better
than the ones that my friend gave me
when I told her my story. I have started to
linger in front of the glass show cases
that show off the desserts in bake shops.
Resisting the temptation to buy store-
bought cookies, I bought a pint of Hagan
Daaz ice cream and ate it all in one
sitting. It tasted so good, but I paid dearly
for going against my common sense. I
slept very poorly for the next two nights,
which is what happens to me when I
weaken my stomach energy with too
much cold and/or sweet foods. I also love
fresh tree-ripened fruits and berries and
eating a whole basketful gives me a
sense of satisfaction that summer is re-
ally here. But they also give me diarrhea
if I over-eat, so I am learning to feel
satisfied with eating less. Figuring out
my cravings intellectually is pretty basic,
but getting into the feeling portion of it
and understanding the core issue is tak-
ing time, patience and a more creative
effort. Reparenting myself is taking on a

whole new dimension when it comes to
issues around food.

Many people comment to me about
my courage to share my experiences of
healing myself each month. I explain to
them that, it doesn't take guts, it just
takes time... getting clear what the les-
son was for me and putting it into words.

Twenty years ago after spending
several hundred hours making a quilt, I
realized that I had miscalculated and had
four huge gaping holes. With no fabric
left over to fix my mistake so that it wasn't
noticeable, I decided to get creative and
appliqué big red hearts over the holes.
When I showed off my quilt to people,
they commented on the beautiful hearts
and not the rest of the quilt. That incident
taught me that it was okay to make a
mistake. In fact, most people didn't even
notice the mistake unless I told them.

Sometimes when I make a mistake
it brings up feelings in my stomach but I
remember to breathe deeply and then I
get creative at fixing things up. Lesson
number two in *Rules for being a Human
Being* is "There are no mistakes, only
lessons." I intend to learn mine well and
have fun at the same time, so thanks for
encouraging me to share my experi-
ences.

 Angèle ♥

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From the Editor... Chit Chat

with Marcel



September, for me, is always the month of re-dedication to my path and personal growth. January and the New Year gave me new goals and dreams to work on and I did my best through the winter and spring to manifest my chosen projects. The summer was a respite as thoughts turned to more relaxed endeavours. Now September brings recommitment and renewed effort toward expanding my goals from earlier in the year.

This month Issues has many good ideas for ways to do this: Articles about personal healing journeys to inspire us and of various therapies and new workshops. Our advertising offers therapies and products to investigate and classes and seminars to attend.

Here at the Holistic Healing Centre we have a full roster of events scheduled for fall - from Yoga, Tai Chi and vegetarian cooking classes to various types of meditation. Workshops on weekends and Friday night lectures give us a good choice of information. Creative Chaos with Angèle and Urmi had a very successful run in August and will be offered again starting in November. The Centre will also be presenting our 3rd Annual Mini Health Fair on September 5, 6 & 7. This is your chance to experience, at a reduced rate, some of those therapies you have wondered about and always wanted to try. Please don't forget the Fall Festival of Awareness in November. It promises a full program of workshops. Something of interest to everyone.

Elsewhere in the valley, Denis Hiestand and Shelley Coleman from the Inner Awareness Movement are presenting a six day Personal Growth Workshop, Sept. 24 - 29 in Naramata. Congratulations! to Craig Russel and his 'Conclave for Ascending Hearts' happening in Vernon September 20 to 22. We understand this is almost a sell out, you will need to move quickly if you don't want to miss this special event. In Penticton, energy for the Conclave will be anchored Sept. 16 at the Hub of the Wheel.

So as we flow into September rested and relaxed from our summer holiday and with new enthusiasm for our personal growth, something to remember is to keep it light. It's not going to be fun if we get too serious. Let's learn to love ourselves unconditionally and to laugh at our mistakes when things don't turn out quite like we had hoped. Whatever happened was what we needed to learn anyway. This will all be inspiration for new goals in the New Year.

I consider myself so fortunate to be adventuring with two very amazing women, Angèle and Jan, who help me to remember to approach each new understanding with the awe and wonder of a child. And to always express gratitude to my Universal Source for each new realization.

Marcel



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HOLISTIC NURSING

by Val MacKay-Greer, RN

"What in the world is a holistic nursing practice?" The question drifts into my consciousness as I am reading one day in my office, Stillpoint Holistic Nurse Practice. I look up to see a woman's face peering around the door. This is a question I am asked often. Many people still think of nurses in traditional roles working in hospitals or community health agencies.

Holistic nursing is a philosophy of caring for the whole person, bodymindspirit. This encompasses facilitating another person's growth toward wholeness, assisting with recovery from illness or living into death. Healing is a process of connecting to all parts of oneself at deeper levels of inner knowing which promotes integration, balance and wholeness. As Stephen Levine says in *Healing into Life and Death*, "Healing is not somewhere we are going but a discovery of where we already are. As a holistic nurse practitioner I believe:

- *everything can be viewed from the perspective of patterns, processes and relationships that create a whole.
- *wholeness is a natural state present in wellness, disease and dying.
- *as whole people we are bodymindspirit beings open to the possibility and creation of healing at any moment.
- *everyone needs to take responsibility and play an active role in their health and healing.
- *all that we do, think, feel and believe has an impact on our state of health and wellness.

During my thirty year career as a registered nurse in hospital, community and education, my beliefs about caring for the whole person have always been central to my practice. More recently, as a holistic nurse practitioner my focus is on the maintenance and promotion of health and healing using non-invasive complementary modalities.

Over ten years ago I was introduced to Therapeutic Touch, the use of the hands on or near the body with the intent to help or heal. I was very skeptical about how this "simple" procedure could have any impact on a person's health. However after using T.T. with people experiencing pain that was not relieved by medication and seeing positive results i.e. relaxation and sleep, I was a believer! Eventually this led me to further exploration and study with the American Holistic Nurses Association completing their certificate programs in Holistic Nursing Practice and Healing Touch. I am also a student in the Crucible Program for healers taught by Rosalyn Bruyere.

In my holistic nursing practice, the creation of sacred space that supports the client's healing journey is the foundation that the rest of the work is built on. A thorough assessment of the physical, mental, emotional and spiritual aspects of their lives provides an inventory of their strengths. These strengths act as a catalyst for new learning and growth around their particular health challenge. The assessment leads to joint dialogue about possible approaches to the healing process. Each person's story is unique so there is not one "right" approach. For example, with someone experiencing chronic fatigue syndrome generally the primary goal is for them to learn how to build and maintain energy within the body. However, the underpinning of any technique is the honouring of the individual's own wisdom and process. The holistic nurse practitioner is the midwife for this journey.

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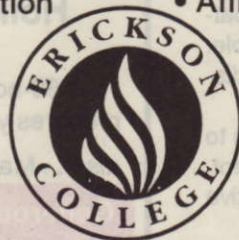
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WHAT I RECEIVED FROM THE SIX MONTH PROGRAM

by Johannes Hausner

The first thing I received from the Intensive Personal Empowerment Program was learning to listen to my Inner Child. This was the first step in my feeling journey. As a child I learned not to show my emotional feelings for fear of being ridiculed, ignored or punished. At the age of 18, a near death experience left me with nerve damage to the left side of my body, face and speech. I was constantly ridiculed and therefore learned to suppress my emotions even deeper. By March 1995, my Inner Child was repressed to the point of no return and the first step in my healing was to have my first breath session. At this time, I was no longer able even to cry. Feb. 11, 1996 was the first time I was able to cry and really feel my emotions.

One of the hardest things for me to do was to let go of self control and to just have faith in someone else, to believe that someone else knew better and their intentions were for my best interest. The program has helped me renew my trust and faith in others. It was hard for me to just accept things without analyzing and trying to figure everything out.

Through breath sessions, I have learned to let go of my self control and come face to face with my stored anger, pain, and resentment that I have held inside since childhood. Until this present year, I lived in the memories of the past.

One of the hardest things for me to accept was to be accepted and loved for who I am, not for what I could do for others or for what I could accomplish. This is what I call unconditional love. I had never experienced this throughout my childhood, teen years or during my early adult years. I always felt like an outcast of society.

Another major step for me was to release old judgments I had held against others. People would judge me from what they saw or heard from others or their expectations and why not, after all I used to do the same thing myself. It's not until we are stripped of our own judgments and stand exposed, that we can see one another in innocence and love. Forgiveness was the next step. I could not forgive others until I began to forgive myself for all the mistakes I had made throughout my life. For almost 21 years I punished myself for an accident that almost cost me my life. I now know this accident was not God's wrath carried out because of my past mistakes. I have now regained my self worth and self esteem.

I have learned to change my old parenting ways. I now listen to my children with open ears and an open mind. A second parenting skill I have acquired is being able to follow my intuition, better known as our "gut feeling."

My relationship with Marion, my wife, has improved considerably. Our communication is more open and it feels like a team effort in parenting, managing the family and in our daily routine. I feel a stronger bond and a deeper love between us. The last thing I have discovered is that whenever I am afraid of confronting something, there are thousands of people thinking and feeling just as afraid, and the only way to remove this fear is to walk through it or "face the fear."

John Hausner lives in Kamloops with his wife, Marion and his two children. He is completing his prerequisites for Practitioner Training at Personal Growth Consulting Training Centre in Kamloops, B.C. See ad to the left.

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Hiatus Hernia, Kidney

by Cassie Benell, Ph.D.

Some of us experience inner pain that comes from our organs, or viscera. Osteopaths have recognised that not only do muscles pull bones out of place and that muscles may be sore, but also that the connective tissue (fascia) within our bodies and surrounding the organs may be tight and cause pain. Without their movement we would not survive. Several osteopaths have developed techniques to address the organs, such as Visceral Ortho-Bionomy, Visceral Manipulation and Mechanical Link. These techniques can aid the inner organs, like the stomach, lungs, small intestine, colon, liver, gall bladder, pancreas, spleen, uterus and the ovaries/prostate.

The viscera are mainly suspended in the body by ligaments which attach to the vertebrae or ribs. An exception is the kidneys, which are held in place by dense perirenal fat and with fascia passing between the two. Some chronic problems associated with a specific vertebrae of the spine are caused by a misplaced organ, whose suspensory ligament attaches to that vertebra. For example, problems of the pancreas aggravate the placement of thoracic vertebrae 8 and 9, and those of the kidney affect thoracic vertebrae 12 and lumbar vertebra 1. The nerves emerging from the spinal cord between vertebrae go to specific organs; thus spinal misalignments can aggravate these nerves to an organ, causing dysfunction in the organ.

Hiatus hernia occurs at the cardiac sphincter where the upper portion of the stomach joins the esophagus. Normally this sphincter is formed by a slight twist and bend in the lower end of the esophageal tube where it meets the stomach. Above the diaphragm, the body is mainly filled with air (in the lungs), and below it with liquid and solids. The pressure differential between the two areas is maintained by the diaphragmatic muscles. A weakening of these muscles and the subsequent upward movement of the cardiac sphincter is hiatus hernia. It is possible to address this problem with very gentle exaggeration of the tissues in the direction that they want to go, to induce a release. Years ago I worked with a man having very irritating hiatus hernia. After the cardiac portion of his stomach dropped into its proper position, he exclaimed how hungry he felt! Obviously his stomach irritation had subsided. Other stomach problems can also be addressed, such as hyperacidity and poor digestion.

Many people are plagued by kidney complaints, including me. Some of us acquired the complaints as a result of a traumatic fall or blow to the body, rapid weight loss, illness or medication affecting muscle tone, a sedentary life style, scarring and chronic coughs. In Traditional Chinese Medicine, the kidneys are associated with deep chronic issues and fears. Since the kidneys are only held in place by the perirenal fat, they are easily displaced. Generally the kidney falls in relation to the rest of the viscera. The fallen kidney puts pressure on underlying nerves and blood vessels to the pelvis and legs, as well as aggravating the other kidney via the interconnecting fascia. In cases where the kidney has fallen substantially, the ureter tube from the kidney to the bladder is also aggravated and sometimes twisted. All this then affects kidney and bladder function. Some symptoms involved here are lower back pain, digestive problems, edema of the ankles and pain in the legs.



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Past Life Therapy deals with: Healing the inner child; healing spousal and family relationships; healing woundedness from broken relationships; dissolving phobic fears; rebirthing; possession; overcoming fear of death and dying; communicating with those who have died; discovering past lives and relationships; clearing the emotional body.

Immediate results are: Forgiveness of self and others; liking and loving self and others; getting beyond judgment of self and of others. Physical and mental health improve when the emotional causes are cleared.

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Problems and Colitis

To address this problem, the movement of the kidneys is checked for synchronicity. A fallen kidney is encouraged to return to a more normal position, and the synchronicity reestablished. This is done as gently as possible. Also a fallen kidney can cause pelvic imbalance, because the organ lies on top of the psoas muscle, which runs between the last rib and the head of the femur, or thigh bone. When a kidney falls, often the psoas muscle will contract, causing pelvic imbalance.

Recently I had a client who had major kidney problems associated with physical abuse suffered as a child. The area of the aching kidney was cold. I used a variety of techniques to improve the asynchronicity of movement of both kidneys. As well, I addressed other nearby tissues which were also aggravated. Slowly synchronicity returned, and the fascial restrictions released. This kidney had also been fractured across the organ and diagonally along its length. Much of this trauma released, and the pain in the area dissipated. At the end of the session, the kidney was warm. And the client felt much better.

Colitis is an inflammation of the colon, or large intestine. The colon has several parts: the ascending colon on the right of body (from the area of the cecum and the appendix at the lower right of the abdomen), the transverse colon (between the liver and the spleen), the descending colon (from the spleen to the lower left of the abdomen) and the sigmoid colon (lower left and running into the rectum). The start of the ascending colon is at the ileocecal valve, which is the junction of the small intestine (ileum) and the cecum. Many people have this valve rotating counterclockwise, which aggravates its function and can exacerbate problems, such as candida. For optimal functioning the ileocecal valve should rotate clockwise.

There are several attachments of the colon to other parts of the body. First, the cecum has ligaments into the iliac fossa, the hollow in the right hip. There are suspensory ligaments at the hepatic (liver) and splenic (spleen) flexures (either end of the transverse colon). All intestines fan out from fascial mesentery (connective tissue) at the mesenteric root, at the back of the abdominal wall below the bellybutton and ileocecal valve. Between the ascending colon and the right kidney, and the descending colon and the left kidney, are the fasciae of Toldt. The sigmoid colon has its own mesentery called the sigmoid mesocolon. Restrictions of any of these areas will affect colon function.

The objective of osteopathic types of approaches to the viscera is to mobilise the tissues very gently. Thus the rotation of the ileocecal valve is checked and corrected if necessary, and then points of attachment of suspensory ligaments and mesenteries are checked and released. Since the colon is a tube of muscles, its bends and folds are followed and released where tight. Usually by this time the client has a soft belly. Clients with constipation have described how their bowels began to move; others with irritated bowels reported bulky and comfortable bowel movements. In one instance a client had a hard lump in her abdomen that did not feel right, so I urged her to have it checked by a doctor. When she saw the doctor, he wanted her to have surgery as soon as possible before the tumor strangled her intestine.

INTEGRATED BODY THERAPY

with **Cassie Benell, Ph.D.**



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Kamloops: Sept. 28 & 29 • \$125 (\$100 before Sept.13)

Integrated Body Therapy 2 (upper & lower limbs)

Pentiction: Oct. 12 & 13 • \$150 (\$125 before Sept. 27)

Kamloops: Oct. 26 & 27 • \$125 (\$100 before Oct.11)

Contact: Michael Kruger 492-5371 **Pentiction**

Contact: Cassie Benell 372-1663 **Kamloops**

**Cassie will be speaking at the Holistic Centre
In Pentiction, Friday Sept. 13 at 7:30 pm**

It is always important to check the top of the neck in colitis. This is because the vagus nerve exits the cranium here and can be pinched if the cranial base is out. That may then cause the branch of the vagus nerve to the colon to be hyperactive, causing digestive dysfunction. Due to its numerous branches, vagus nerve irritation can also affect a number of other organs, such as the heart, lungs, liver, stomach, small intestine and kidneys. I can well appreciate this problem, since I have had both upper neck dysfunction and colitis. I have found that work on the colon has given me much more comfort and better bowel function.

It should also be mentioned that adhesions can occur abdominally after surgery, infections or hard blows to the body. Normally the viscera are moist. When exposed to air in surgery, the tissues can dry out and later cause adhesions. Gently working an affected area can provide much comfort. I have one client who had five abdominal surgeries and subsequent problems with adhesions. She had been taking pain killers, and her doctor recommended more surgery to remove the adhesions. She refused. She has now seen me for some time and no longer takes pain medication.

When internal restrictions are mobilised in the body, everything moves and functions much better and more comfortably. It is possible to provide much more ease of movement throughout the body. Some apparent spinal misalignments are really due to visceral restrictions; when the viscera move freely, then the spine also moves freely. *See Cassie's ad above.*



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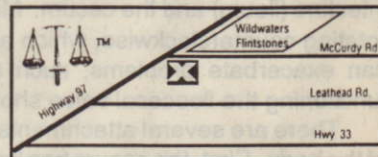
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A new publisher is poised to enter the "seeker" market

One of Canada's largest religious publishers is entering the trade market. Wood Lake Books of Winfield, BC has started a new affiliate company, Northstone Publishing. "Our goal with Northstone is to provide high quality products promoting positive social and spiritual values," says publisher David Cleary. "We are publishing books that will appeal to the new "seekers," those people who are searching for spiritual grounding, but who are not necessarily looking in the traditional religious venues. What we're doing, then, is repositioning ourselves. We are going to where people are."

The last few years have seen a phenomenal rise in trade sales of books dealing with values and spirituality, indicating that there is a spiritual hunger amongst readers. Northstone has the ability to appeal to those searching for values and meaning in their lives. "At root, I believe, people today want pretty much the same kinds of things they have always wanted," says marketing manager Janis Chapman. "But today they're looking for those things in new places, often because the old sources haven't been flexible enough to reach people where they are, making the material appealing and accessible."

"The expansion into Northstone has been a roller coaster ride for us," says Cleary. "We have added new staff, geared up our editorial team and produced seven exciting titles for this Spring. We have eight more titles for Fall 1996, and an ongoing plan for years to come. We had a successful trip to the Frankfurt Book Fair last October, and have just released our first Northstone trade catalog." Northstone will be represented to the trade across Canada by Hargreaves, Fuller & Company and E.A. Milley & Associates.

"I'm fundamentally optimistic about this," says Northstone's president, Bonnie Schlosser. "We have a track record of success, much of it based on the fact that we have been able to stay in touch with grassroots wants and needs. Northstone's affiliate, Wood Lake Books, will continue to publish books and resources for the church and religious store markets."

Review..... Healers at Work by Peter Downie

First Hand Accounts of the Difference Alternative Healing Makes

Do healers really heal? Where does healing come from?

This unique book gives the reader insights into the world of a variety of healers, exploring what they do, and the motivation behind their healing practices.

Though healing is a universal phenomenon, recognized by every culture in history, the term has many meanings. Healing may be mental, spiritual, nonlocal, psychic or prayer-based. According to a study reported in the *New England Journal of Medicine*, over one-third of the adult US population uses unconventional therapies such as chiropractic, acupuncture, or spiritual healing techniques each year, for everything from back problems to headaches to cancer, spending over \$10 billion a year out-of-pocket.

Healers at Work explores the possibilities and varieties of healing resources. It contains stories about healing, based on interviews with the healers themselves. Each chapter focuses on one particular

healer and explores what kind of healing they practice, why they are healers, and what their understanding of healing is. A black and white photo of each healer gives the reader a sense of the person behind the words. The healers also recount stories from their practices. The alternative healing approaches in the book are: prayer and anointing; healing touch; the person as an ecosystem; social dynamics; social and societal change; dreams; healing anger; stillness and meditation; and music.

Peter Downie is a well-known host and broadcaster. He has most recently been the host of CBC Radio Network's *Tapestry* program, tuned into by 70,000 people each week. Peter has hosted a variety of other shows on CBC Radio, including *Fresh Air*, *As It Happens*, *Newsworld* and others. On CBC TV, he has hosted *Man Alive* and *Midday*.

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THE EMBODIED STATE

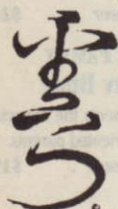
by Linda Whiteside

"Embodiment is a process of awakening that views the body as the doorway, not the obstacle, to personal growth and spiritual transformation."

The embodied state is a natural condition that occurs when we return our awareness to our body, soften our holding and open our senses to the full spectrum of vibrational experience. Like ice melting to become water, this softening process transforms our solid, rigid form into a fluid one. As we continue to let go of our holding, we may become even more diffuse, even vaporous.

In this state, we can experience ourselves a radiant fields of energy that are tingling, pulsing, billowing and flowing. From this place, we become re-connected to our Ground of Being, the field of energy in which we live. The sense of isolation and separateness that is inherent in the disembodied state gives way to a deep connectedness with all that is.

The experience of present moment awareness is simply about accepting, allowing and yielding to the current of the life force exactly as it is. From this place of awareness, we allow ourselves to notice areas of holding in our body that manifest as pain, tension or numbness. By accepting our experience and then yielding to it, we open the floodgate for these blockages to release and flow out. This is a very nurturing process. Just as water flows slowly through a clogged drain, the flow of spirit is restricted by the blockages we hold in our bodies. As we allow, accept and yield to each new level



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Instructor will be Michael Madrone a certified Trager Practitioner and tutor. He is on staff at the Trager Institute where he teaches professional development. He studied extensively with Dr. Trager and is personally authorized by Dr. Trager and the Trager Institute to conduct this workshop. Michael has been doing bodywork since 1976.

For info & registration call: Winnie Hunt **545-5636** Winfield

of holding, we become clearer channels of spirit.

As we begin to soften, the invisible world of vibrations and energy becomes visible again. Our senses awaken to include all the visual, auditory and tactile stimulus that gets shut out of our experience as a result of our conditioned patterns of holding. Our visual fields often begin to shimmer and shift, forms begin to flow, colours intensify, everything becomes more luminous. Sounds may be experienced as vibrations flowing through the body. We begin to experience our bodies as the pulsing, unified fields of energy that they really are. When two people connect from an embodied place, the energy fields of their bodies merge with one another, boundaries blend, two become one.

The embodied state is available to us in every moment. All that we need to do is bring our awareness back into our body and give ourselves permission to let go of our holding.

This is a simple process, but not always an easy one. In our disembodied world, we have learned to hold ourselves in so that we would not feel the traumas of day-to-day living.

Although embodiment can be achieved alone, an energetic synergy occurs when you enter into this state with a partner.

Embodiment coaches can facilitate the entry process for newcomers. As the coach enters into the embodied state, they radiate an unspoken invitation for their partner to join them. They provide that extra dose of permission needed to overcome the years of conditioned holding that we all carry.

Embodiment training would be of interest to people who would like to: allow the channel of spirit to flow more fully in their lives; open their sensing to experience the invisible worlds; increase their ability to radiate love; learn to relax; learn a process for self-healing; experience a deeper intimacy with people; and reconnect to their creative centre. See ad below.



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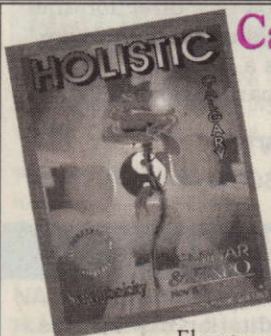
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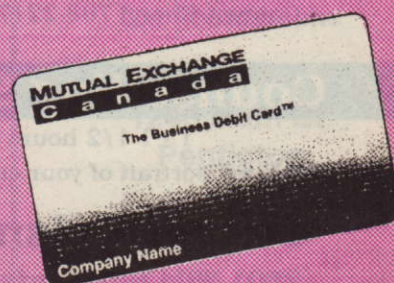
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A Meditation Intensive Expands My Horizons

by Don Rees

*A flash of reality, like looking into
the depths of the Universe,
strengthening a belief in a Power
and Presence in this life and a
confidence in a future life.*

Some people have discovered it in past life experiences, usually in traumatic circumstances. For me it came at the end of a four-day meditation workshop. Just a brief awareness like a flashgun in a darkened room ... light and then darkness but enough to burn the image onto the mind forever.

This is a workshop I attended about fifteen years ago. It was facilitated by Jeff Love and held at Cold Mountain on Cortés Island where Hollyhock is today. Sitting on the floor of the session house, two circles facing each other, your partner said, "Tell me who you are?" and you said, "I am so and so ... I am ... I am" for five minutes then a bell rang and you became the questioner, and your partner began the "I am" struggle. Then the bell rang and the circle moved and you had a new partner, and the process continued ... from 6 am to 12 midnight, four days. There were breaks for meals, for walking meditation; all these activities away from the session house were carried on in complete silence. The meals were macrobiotic, mostly grains and seeds and raw vegetables ... walking meditation early morning and late at night. I remember walking up a country road on a dark evening made even blacker by a thick fog, and the rhythmic crunch, crunch, crunch of footsteps in the gravel, catching up to and then passing you as you concentrated on repetition of the question "Who am I?" For the working meditation, group members were assigned chores around the grounds, washing and polishing floors and kitchen duties. I was assigned to help Steve, who, as an expert carpenter was given the job of putting siding on the executive director's cottage. My strenu-

our job was handing him pieces of sid-
ing. Then back to the session house for
another meditation merry-go-round.

Tuesday and Wednesday seemed
to be all straining and concentration.
Thursday was a day of frustration and
irritation with a frivolous attitude by some
of the participants. I gave in to a bit of
frivolity Friday afternoon, while letting
myself be carried along with the spirit of
his unorthodox but delightful humour.

I began to talk about not resisting
and not chasing the enlightenment ex-
perience anymore. I used the analogy of
myself, the one I was seeking, as a sort
of coy spirit peeking around a tree in a
forest waiting for me to chase it. I'm
going to walk deeper into the forest and
make the Me follow me. Then when the
Me is too far into the forest to go back,
and becomes lost, we will have to con-
front one another and pool our resources
and make friends in order to survive.
About that time I was distracted by some-
one else's imagery about bouncing off
the walls of a rubber room, and I began
verbalizing and exploring the rubber phe-
nomena ... bouncing off the walls of a
rubber room in frustration. But the rubber
walls were also me and to get out of the
room there had to be a door which was
also me. I got in so I had to get out.

Friday evening I worked with Steve
again and things began to happen. I was
really open and I began to tell him of my
sense that I was feeling the Power and
as I did, I was aware of that Power and
Energy flowing in and through me. As I
talked Steve's face and body started to
change, his face became flushed and he
said his legs were aching and he felt
uncomfortable. The old comic flippant
Steve wasn't the same. We were both
experiencing an altered consciousness.
I remember saying, "I am in a space in a
space in a space in a space", and kept
repeating it and I was a positive, powerful
being, confident and not hesitant about
describing my place in the Universe.
Steve and I finished our diad and he went
on to another partner, still continuing to
expand his insights. I worked with Harriet,
still expressing ideas without being able
to stop. I said I would always be unsat-
isfied, always searching. I said I had an
itch to expand myself and grow and
would always be this way. I said I had an
itch...I was an itch...and I was also the
itching powder.

Next day Steve and I walked down

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to the beach, and he and most of the
group were still kind of spaced out. He
said everything was moving so slow, that
time seemed altered.

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ence, but there was an opening up, where
the Personal Self became so frustrated
that it completely surrendered, allowing
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Saturn in Aries

Opportunities for Work and Success

by Anne Twidle

On April 8, 1996 Saturn left the sign of Pisces and entered the sign of Aries, marking a shift in energy on our planet. Saturn is the archetype representing our capacity to deal with the here and now reality of living on earth in a physical body. It represents our capacity to successfully manage material affairs, work productivity in the world and be responsible for the results we get. Wherever it is active in our birth charts, it slows down the part of life represented and we are supported by the Universe in taking a very close look at how we are doing in this area of our life. Saturn is the cosmic Report Card, providing us with feedback and consequences connected to past action. If we are doing well because we have successfully applied ourselves in a way that is aligned with our highest development, Saturn transits coincide with expansion. We are ready and able to assume greater responsibility and generally create the opportunities to do more. Even if it looks as though we are working harder, it is pleasurable and satisfying. However, if we haven't been as disciplined, structured, or as responsible as we needed to be, a Saturn transit can be experienced as frustrating because we are getting results that reflect that something needs to change.

During the past two years that Saturn has been in Pisces, humanity has been dealing with issues connected to vision, faith, and trust. We have been shown at a personal level and at a social level whether our faith and vision is well placed. We have had to face our illusions and become more realistic. We have discovered where we have indulged in wishful or magical thinking, where we have been in denial or where we have deluded ourselves into thinking we could cut corners or skip steps in accomplishing our desires. We have had a wakeup call around developing concrete goals that are realistic, given where we are in our lives.

Now that Saturn is in Aries each of us is confronted with the need to assume a lot of personal responsibility for ourselves and our lives. Hopefully we have faced the part of ourselves that hopes it will be easy or that someone or something will save us, and are ready to roll up our sleeves and go to work. Saturn represents one of the WORK principles in Astrology. We will receive a lot of support from the Universe in becoming structured, disciplined and organized. It is an opportunity to bring our vision down to earth and work productively and efficiently towards accomplishing our goals. To do this we will need to ensure that we are balanced in every area of our lives, that we pay close attention to our health, and that we willingly initiate a lot of organized action, securing a solid foundation every step of the way. If we do this, we will be taking advantage of a window of opportunity over the next two years to build a lot of success into our lives and increase our sense of being personally powerful and responsible for creating the lives we want. The adult within each of us will thrive but we will need to look out for the dependent child within which might sabotage our best efforts if we aren't careful. So, work to make your dreams real but don't forget to make it a pleasurable experience. HAVE FUN!

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Taoist Tai Chi Society of Canada PACIFIC REGION

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Taoist Tai Chi

by Penny Wade

Taoist Tai Chi is an ancient Chinese exercise for health. It consists of slow and graceful movements that relax and strengthen both body and mind. Tai Chi is a Taoist art based on the philosophy of returning to a natural state of health and well-being. Chang San-feng, a Taoist sage who lived in the 11th century (Sung dynasty), is recognized as the originator of Tai Chi as a formal system. Today, Tai Chi is one of the world's most popular exercises and is practised by millions of people of all ages.

Taoist Tai Chi was first introduced to North America by Master Moy Lin-Shin. Master Moy studied the Taoist arts of health and longevity for over thirty years in China and Hong Kong. He restored the Tai Chi principles from the Taoist internal arts, traditional Chinese medicine, and Taoist meditation. In this way he developed a form of Tai Chi specifically aimed at cultivating health and vitality. He named this discipline "Taoist Tai Chi."

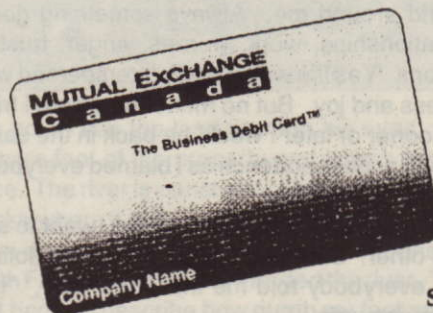
Recognizing the great potential of this art to improve health and alleviate suffering, Master Moy has dedicated his life to making Taoist Tai Chi available and to establishing an organization focused on helping others. The Taoist Tai Chi Society of Canada is a registered charitable organization. It is administered almost entirely by volunteers, which allows income from dues and donations to be used in furthering its aims and objectives. The volunteer aspect of the organization provides many opportunities for members to contribute their time and talents for the benefit of others, and often to learn new and valuable skills in the process.

An accredited Taoist Tai Chi instructor must meet the national standards set by Master Moy and continually upgrade their knowledge through attendance at regular classes and workshops. In keeping with the aims of the Society, all instructors are volunteers. For the student, being taught by a volunteer means receiving attention that is motivated by enthusiasm and belief in the benefits of the art.

Taoist Tai Chi has an extra degree of stretching and turning in each movement, placing the emphasis on health improvement. With diligent practice, this type of movement produces a profound effect on all systems of the body by reducing tension, improving circulation, and increasing strength and flexibility. In time, the internal aspects of the art of Taoist Tai Chi penetrate deeper than the muscles to benefit the entire physiology.

The fast paced yet sedentary nature of modern life often results in stress and lack of sufficient physical activity. Many hundreds of individuals have found the massage-like movement of Taoist Tai Chi to be effective therapy for a wide range of health problems, including poor circulation, headaches, high blood pressure, arthritis, back pain, breathing difficulties, digestive and nervous disorders to name but a few. By restoring proper circulation and relieving tension in the muscles, ligaments and tendons, Taoist Tai Chi helps optimize the functioning of the whole body. In this way, health is restored and the proper functioning of all systems, organs and tissues in the body is maintained.

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The Taoist tradition, from which Tai Chi comes, recognizes that a person's health depends on the harmonious interplay of mind and body. Stress anxiety and extreme fluctuations of the emotions have harmful physical effects. In addition to restoring physical vigour and relaxation, the movements of Taoist Tai Chi exert a calming influence in a natural form of "meditation in motion." Taoist Tai Chi truly embodies the culmination of thousands of years of research by Taoists into a system for complete physical, mental and spiritual health.

With the help of many hundreds of enthusiastic volunteers inspired by Master Moy's dedication, skill, and generosity, Taoist Tai Chi has spread quickly across Canada and around the world for a total of over 500 locations. The Vernon Branch also offers classes for special needs students. *See ad to the left.*

The Struggle of Life

by
Denis Hiestand

Why is life such a struggle? A good question, so I will attempt a good answer.

Like many of you my life seemed to be one continual reaction to the world around me. Always something going wrong; money, relationships, work, worries, anger, frustrations, stress, emotions. Yes life was a bitch, interspersed with some level of success and joy. But no matter how hard I tried or what I learned, sooner or later I would be back in the same old patterns of despair or despondence as I blamed everybody and everything for my problems.

You name it I studied it, this course and that, went to see this person and the other. Sure I equipped myself with lots of self help tools and everybody told me that "their way," "this method," had all the answers.

But very little changed, and if it did, it didn't last long. Life's charming little frustrations kept on keeping on. To cut a very long story very short (you can read the long version in my next book) I divested myself of all earthly responsibilities and baggage, slung a backpack on my shoulders and went off to find myself. (Silly boy.) I didn't think I wanted much, just to be happy, contented, feel good about myself, enjoy living (wouldn't that be just wonderful) stop worrying, etc, etc, just little things like that. Well, money, but who doesn't want that?

Finally after a long journey, both physically and emotionally, the pennies started to drop. I had been chasing knowledge, I had been searching for somebody to give me their answers, always thinking, never feeling. I realized that it wasn't knowledge that I longed for, but UNDERSTANDING. I needed to understand why this or that happens. I needed to understand me, I needed to understand the ALL of it.

I realized the first letter in God, the G, is an abbreviation of the Greek word, Geometry, which in English means "The Understanding" and the D in God means Divinity, in English,

"The Allness."

The flood gates were open. I was searching in the wrong places, all over the place. The answers weren't out there somewhere. I had the knowledge, I was the knowledge, but I didn't UNDERSTAND what I was, I didn't UNDERSTAND who or why I was. And that's the difference; every course, every teaching, everybody was giving me knowledge. Their knowledge, and I was seeking UNDERSTANDING. I needed to understand so that I could find MY truth, MY peace for me, and with that find ME. And when you find yourself it's impossible not to be JOY.

After many years putting all this together I came to the conclusion that nearly everybody I came in contact with during my healing work and travels around the world, didn't understand very much about themselves. They all had a desire to understand life, to understand their reason for being here, to understand why they felt empty inside, and always they asked me where did I go to find my understanding, or where or to whom could they go to for theirs. I guess you could call them seekers of *enlightenment*.

And you know what ...I didn't know. Out of all the countless courses, teachings and people I had studied with, there wasn't one coordinated, integrated approach, devoid of dogma to help those seekers. Sure many gave some of the answers, some gave many of the tools and most gave lots of dogma.

It was at this point I knew what I had to do with my life. My training had been thorough, painstakingly so, and now I UNDERSTOOD. The time had come to help the seekers. You see, understanding is to be transformed, understanding is awareness, understanding is enlightenment. To understand is to initiate the opening of the Heart Energies.....

You cannot *React* to the world around you when you *Understand* the Allness, when you become the Allness.

Biographies of Shelley & Denis who are leading a September workshop at Naramata Centre...see ad to the right.

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I have studied music, dance, theatre and sports from a very young age. My deep love of nature has enabled me to grow in sensitivity to the vibrational frequencies of trees, birds, the land - the music of the earth. I have an honors degree in Law specializing in people communication. Seven years of my life have been spent travelling the East and West and I wish to acknowledge the guidance and inspiration from Osho and the many insights gained while studying at the Osho Multiversity in Poona, India. I feel blessed to be co-creating the ever-evolving Inner Awareness Movement with Denis Hiestand. Please join me in your own journey of discovery of your own song, your own dance, and your own awareness of the uniqueness of this incredible gift of your own being.

DENIS Hiestand EM, HbT, CCL, CL, Rev.

Denis Hiestand is an Internationally renowned Natural Health Consultant, Spiritual Teacher and Author.

Born and raised on a dairy farm in Taranaki, New Zealand, he was trained as an engineer so it took a while for Denis to accept this incredible gift of healing and realise his true calling - now it is his fulltime vocation. Many people asked Denis where they could learn more and on reflection he realised there wasn't anywhere he could recommend that taught in an understandable, holistic, all-encompassing fashion. So he set up his own metaphysical school called the Geometry of Divinity Inner Awareness Movement (GOD I AM), which focuses on empowering people to be all that they can be. Denis has also recently been appointed Dean of the Vibrational Medical Sciences Department at the Threshold University in Seattle, and is at present setting up the new curriculum for a 12 week leading edge degree structure which will commence in 1997.



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The Goddess Connection Moves to Silver Star

by Caren Miller

The Goddess Connection, a women's retreat offering an enticing selection of workshops, delicious vegetarian meals, luxury accommodation and a wonderful weekend of Sisterhood is again taking place Friday, Saturday and Sunday, September 20, 21 and 22.

Originally planned for the Apex Mountain Resort, the event will now be held 20 minutes east of Vernon at the Silver Star Mountain Resort.

What is the Goddess Connection? The Goddess Connection is a gathering of women of all ages and backgrounds. Past participants have ranged from fourteen to seventy-five years or more in age, and they come accompanied by a friend, a daughter/mother, or solo. In a safe, supportive and beautiful setting, women explore ways to access their potential and become empowered and strengthened as women.

There was a time when the ways of women and the unique qualities of women were recognized and revered. Today women often feel that there is a denigrating lack of respect and outright disregard for the feminine. Our gathering together with positive intent helps reverse those effects. The concept is not that the feminine is better than the masculine, but rather that it is as worthy, as important, as beautiful and as essential as the masculine. We come together at the Goddess Connection to honour and recognize the women that we are and the gifts that we inherently have to offer the world.

It is a marvelous experience to be among a group of women who come together for a weekend of inspiration and fun. So much happens for each of us in similar ways and in deeply personal ways. We encourage each other, we mirror each other, we teach and learn from each other, we challenge each other, we are equal with each other, we network, make new friends, and help each other to play and be joyful.

Eleven workshop facilitators provide their personal proficiency and expertise in guiding women to take a place of self-worth and self-enjoyment. Two workshops take place simultaneously offering one the choice of most interest. Workshops include body movement, singing/chanting, drumming, dancing, creative art, meditation, guided visualization and presentation of information. For one-to-one attention, bodywork and psychic or card readings are provided during the weekend.

Perhaps best of all, at the Goddess Connection, you will be delighted to find that there are no dishes to do, no beds to make, no meals to prepare, no alarm clocks to set, and no noses to wipe!

This will be the fifth Goddess Connection. It provides an excellent opportunity for women from all walks of life to share their experiences and talents, and celebrate their true feminine nature. We hope to see you there. Come join us in the delight of simply being a woman, among women.

Registrations are still being accepted. The weekend is affordably priced with accommodation, meals and participation in all workshops and activities included in the registration fee of \$185.00. For registration call Digit at 490-0687 (Penticton)

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S.O.M.E. MEN

by Don McGinnis

Michael, Jack and I went out to the Christian Valley to have a look at a wilderness camp that Michael had told us about. He talked at length about this mystical place and we finally got inspired enough to go take a look.

You know, it was funny because I felt like a kid doing something I wasn't supposed to be doing. It took me back to those times, before my teens, when my pals and I would invent an adventure for ourselves and play it out somewhere, often in the woods near where I grew up. We were close, in a way I haven't been since. I felt pretty uncomfortable, embarrassed too, to be feeling so ungrown up, my careful masculine defenses slipping a bit more than I cared for.

I remember the end of boyhood friendships well. Girls had become interesting to us, and we talked heatedly about them. One of us would lie about 'going all the way' and how great it was. I was the first of my friends to have a girlfriend, and I started to pull away from them. We had talked before in that loose, bragging, competitive way, then we began to grow silent, and an invisible wall of protection went up, around all of us. Girlfriends seemed to provide something we weren't so good at; they became our confidantes, friends, lovers and mothers and I was so afraid of losing that, I shut everyone out. I feel sad about that, now.

It was a long drive to the Christian Valley and we talked a lot. I couldn't help thinking that we were talking like twelve-year-olds; excited, bragging, and challenging talk. I felt good, and I felt as if I were stepping back into another world.

Fred, owner of the Kettle Gardens Sanctuary, was already there when we arrived. He put on some tea and we talked about this and that, looking out over the fields, commenting on the occasional deer and telling stories about nature. Men seem to get close telling stories. We had an easy time, a simple time, growing comfortable in a casual way that men don't often do.

After a while, we toured the property. The campsites were spread out along the river, and we stood by the river awhile. The land drew me into it. The river deep and quiet drifted past me like the conversation. Fred was saying he closed the campground a year ago, frustrated by the disrespect too many campers showed. His vision was to create a retreat, where people could come to respect and appreciate nature. We walked around for an hour, a gentle rain falling. We stood under the shelter of a tree together while the shower passed. It was hard to return to the cabin. We talked on the way back, but we were quiet too. And closer.

I have been trying to go back there, all summer, but something always came up and got in my way. Maybe there's something in those childhood memories I'm not willing to face, or maybe it's what I need to leave behind.

The SOME Action committee agreed to have our retreat at Christian Valley, even though it's far from Penticton, even though it's a little less civilized than other places. There's a lot of the unknown, the unexplored there for me and that's its draw.

So we've been planning the retreat, and hashing over the details of organization. We hope to draw men from all over, to build a sense of community we will all carry home with us. We don't really know what will happen, but I sensed being there,



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Kettle Gardens Sanctuary

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Don McGinnis **490-9850**

David Tauzer **496-5435**

Monthly meetings will recommence the 2nd
Thursday in October at Leir House at 7 pm.

that the magic and beauty of the land and the river would take care of that. I believe we will create something quite simple and lovely and unforgettable. We've been meaning to get to this for a long time, haven't we? I'm uneasy, but the call is strong and I want to be there, to connect again with lost companions.

Please see ad above for details.

3rd annual

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7:00 - 9:30 pm

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Oct. 19 & 20

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The public is invited
to experience
a Reiki session.

...for a donation...

May 24 + 25
for details please
phone 492-5371

REIKI CIRCLE

by Mary Ferguson

A Reiki Circle has been happening at the Holistic Centre every Tuesday night from 7:15 pm to 9:00 pm, for the last three months. We meet, talk for a while, do a Reiki train in a group circle, then get to the tables to do Reiki on each other. The last Tuesday of each month, we have a pot luck dessert eat-in before we have the Reiki train and head to the tables.

What is a Reiki Circle? It is a time when all those who have been initiated into Reiki, at whatever level, can give and receive Reiki. It is an exchange - everyone has a chance to practice their Reiki and get a Reiki boost themselves.

Everyone who has been initiated is welcome. You may have been initiated years ago or just yesterday. You may want a refresher or a pick-me-up for the week. Whatever is happening for you, it's a chance to meet and get to know others who practice Reiki.

The circle is really flexible. People drop by for part of the evening or the whole evening. Depending on the turnout, there may be four to five people working on you at one time! We each give the Centre a donation as a thank you for them letting us use their space.

Join us. It's always nice to find companions along the path.

Mary Ferguson is a Reiki Master, teacher, and coordinator of the Reiki Circle. She lives in Penticton and is available for sessions at the Holistic Healing Centre.

REIKI.

every Tuesday 7:15 - 9:30 pm
last Tuesday a potluck social

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Saturday, Oct. 26
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Sunday, Oct. 27
10am - noon & 2 - 4pm

Second Degree
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SLOCAN WATERSHED ACTION PLAN

The Slocan watersheds are in imminent danger of clearcut logging. Action is needed!

Phone/Fax/Mail Campaign: Contact the Ministry of Forests office regularly with your input, concerns and information requests. Send news clippings, magazine articles and photographs.

Request for "Response or Resignation": Write a letter requesting a halt to watershed road and cutting permits and activities until the concerns are satisfied and the promised landscape plans and special management guidelines are in place. Explain that the District Manager has been given extensive discretionary power, and that if he is unwilling to use this discretion to exercise caution in our watersheds, then he should resign.

Phone Web: Get family, neighbours and friends involved! Get at least 5 other people involved, and then register as a node in the web by calling Al at (604) 226-7648 or Kathy at (604) 359-7185.

Topics For Calls and Letters

- Status of road and cutting permits in watersheds.
- Completion of work that CORE started and failed to complete.
- Visual impact of clearcuts on tourism and quality of life for valley residents.
- How will logging practices in watershed differ from standard procedures? How will water be protected?
- Who is liable if roads or logging practices deteriorate domestic water supply?
- What measures are being taken to protect wildlife and fish habitat from logging impacts?
- How are logging plans and practices changing to prevent damage due to the increasing severity of weather and wind patterns?
- Have cultural and heritage sites been studied within areas planned for logging?
- Explain that communities must decide if and how their watersheds should be logged, through a community forest board or community tenure.

Ecosystem Based Plan

Silva Forest Foundation has completed its Ecosystem Based Landscape Plan for the Slocan River Watershed, which uses ecological criteria to determine logging feasibility, provides wildlife corridors, maintains old growth areas, protects domestic water, and examines social and economic factors. Please become informed of this state of the art work. Copies of the report can be obtained for a small printing charge from Silva Ecosystem Consultants, ph. 226-7770.



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Osho Craniosacral Balancing is a subtle, gentle, and deeply effective bodywork approach. It works directly with

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Weekend Workshop in Penticton

Sept. 20, 21 & 22

Pre-registration required by Sept. 13, \$25 deposit.

Week-end workshop ... \$150

For information and registration: 492-5371



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MIDLIFE ISSUES

Midlife - A time when individuals lose their footing in a once secure social and psychological world. Their old ways of being become lifeless and dry. For many, feelings of depression, anxiety and loss of energy pervade. Others just have a lingering sense that they have lost something ... but are not sure what that is.

"Midlife issues are like climbing to the top of a ladder only to realize that the ladder is leaning against the wrong building!"

Individual counselling sessions are offered to explore midlife issues of work, family, relationships and inner growth through a Jungian approach to dream interpretation and imagination processes. Initial discussions are welcome.

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352 Leon Ave., Kelowna, B.C., V1Y 6J2

Phone 868-2588

CALENDAR

September 6

Gnostic Movement of Canada p. 14

September 10

Wholebody Reflexology Certified
Nuthery Institute - Kelowna 766-4049

September 11

Acupressure & Oriental Therapy
Certified - Nuthery Institute 766-4049

Speaker Series: Astrology

"With Love to the Virgo in All of Us"
Anne Twidle, Inner Direction Consultants
Training Ctr, 1725 Dolphin Ave, Kelowna
7:30 - 9:00pm \$10 per person

September 14

Stress Reduction, Kamloops p. 18

September 14 & 15

Nutheryapist of Light Course Level 1
Introduction to Energy & Colour
exploration & applications
Nuthery Institute - Kelowna 766-4049

Integrated Body Therapy Penticton p.13

Remembering Wholeness, Donna
Martin, 5-weekend program in Kamloops, p.31

September 17

Past Life Intro, Peachland p. 36

September 20 - 22

Advanced Spiritual Intensive,
Kelowna, p. 18

Union of Heart & Spirit, Vancouver p. 2

Ascending Hearts Conclave, Vernon p.3

Goddess Connection, Vernon p. 24

L.H.T. Weekend workshop, p.40

Craniosacral workshop, Penticton p. 27

Men's Wilderness Gathering, p. 25

September 21

"Understanding Compulsive Behavior" A Workshop led by Marj Stringer and Anne Twidle 10:00am - 6:00 pm at the Prestige Inn. For info 763-8588 Join us to discover how to identify thoughts and emotions that drive addictive patterns, break the cycle of self defeating habits and embrace self acceptance. Cost \$80

September 21 & 22

Nutheryapist of Light Course
Aromatherapy & Crystals, Kelowna 766-4049

September 22

Writing is for Gypsies - A one day writing workshop. Break through your barriers, dance with your muse and engage your demons in lively combat. No writing experience necessary. \$60 Call Kathy 546-3892

September 24 - 29

Inner Awareness, Naramata p.23

September 26

Pyramid Ceremony, Kelowna p.39

September 27

Wholebody Reflexology - Penticton
Nuthery Institute toll free 1-888-284-3333

September 27 - 29

Inner Visions, Christina Lake p.19

L.H.T. Apprenticeship Training p.40

September 28

Trager Workshop, Winfield p. 17

September 28 & 29

Reiki Level 1 & 11
Nuthery Institute - Kelowna 766-4049

Integrated Body Therapy, Kamloops p. 13

Vibrational Healing, Penticton p. 3

October 1 - 31

Introductory Training Oya Soma
Nelson, p.40

October 4 - 27

Spiritual Intensive - Kelowna, p. 18

October 4 & 5

Timeline to Empowerment
Kamloops, p. 10

October 5 & 6

Your Sacred Soul Journey,
Salmon Arm, p. 2

Wholebody Reflexology Nelson
Nuthery Institute toll free 1-888-284-3333

Herbal Therapist Course, Lumby, p. 5

October 12 & 13

Nutheryapist of Light Course
Ayurvedic & Nutritional Supplementation
Kelowna 766-4049

Integrated Body Therapy, Penticton p. 13

October 16 - 20

Healing Tao Retreat with Brenda Dempsey at Passages. See NYP under retreats.

October 17

Nuthery Polarity Therapy Level 1
Nuthery Institute, Kelowna 766-4049

October 18, 19 & 20

Reiki Extravaganza, Penticton, p. 26

October 24 - Nov 2

Life Shift Intensive, Riondel p. 17

October 25 - 28

Compassion and Self Buddhist Meditation
Retreat at Passages. See NYP under retreats.

October 26

Herbs, Nuthery Institute, Kelowna, p. 11

Intensive Personal Empowerment
Program, Kamloops, p. 10

October 26 & 27

Integrated Body Therapy, Kamloops p.13

Reiki 1, Penticton, p. 26

October 27

Auricular Candles Workshop,
Nelson, p. 31

Nov. 8, 9 & 10

Calgary's Holistic Seminar & Expo, p.17

Nov. 15, 16 & 17

Fall Festival of Awareness, Naramata

ONGOING EVENTS

WEDNESDAYS

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

A COURSE IN MIRACLES STUDY GROUPS

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SUNDAY CELEBRATION

Kamloops: Sunday 11- 12:30 372-8071
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Sept. 6, 7 & 8 Holistic Health Fair

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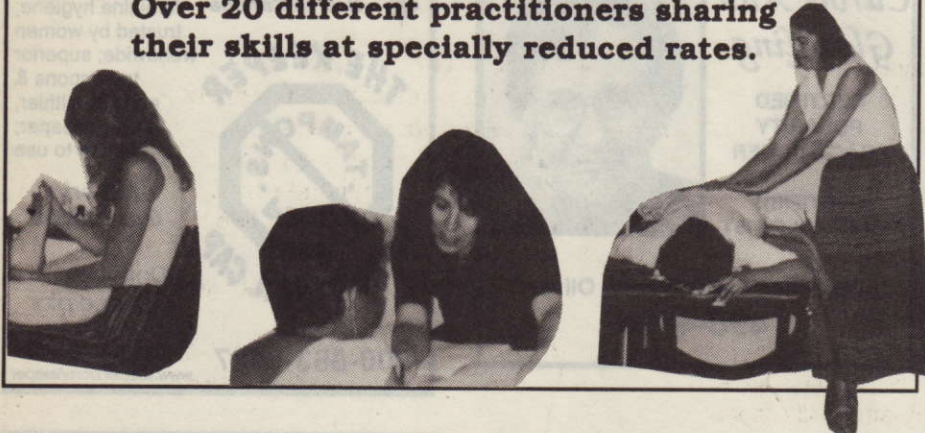
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Saturday 10:30 am - 5:30 pm

Sunday 11:00 am - 4:00 pm

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Imagine if you will ...

by Peter Morris

When I read the article 'Lessons to Remember' in the June edition of Issues, and saw my name attached to it, I can tell you, it came as no small surprise to me as I have no recollection of ever writing it!

How easy it all seems, but when one is put into a situation of 'not knowing' a certain new element is introduced, one of turning the professor into the neophyte. Try to imagine, having knowledge of a subject for half a century then having that knowledge totally eliminated; quite a shock to the system, eh? Not to mention the ego, as well as one's mental stability.

Meditation, for at least thirty of those years, was an integral part of everyday life, now it is an unfathomable mystery.

When I decided to take a sabbatical some two years ago that took me through England, Europe and the Far East terminating in Singapore, where the first total memory loss took place, I don't think I was aware of the meaning of the word. I recently looked it up: *'Sabbatical' the seventh year in which the Israelites were to stop toiling and release debtors and slaves. A year's leave granted to professors for study and travel (Oxford Dict.).*

I guess I am still puzzling as to which part is applicable to me! I certainly have stopped toiling, I'm trying to sell my home to excuse myself from being a debtor, slave???????

When my mind is clear, a fairly rare phenomenon, I watch videos and listen to audio tapes of myself being interviewed, lectures and instructional workshops, and have a hard time believing it really is me! Very few people from the last ten years are familiar or even remembered at all. Each visit to places other than where I live is novel and new, that's each and every time!

The books in my library are mostly all new to me. Emotions are like a gigantic helter skelter, laughter in the middle of drama, tears during a delightful meal or walking on the beach. High as a kite on waking and perhaps deep depression by the afternoon. Days of total unawareness, I mean TOTAL unawareness.

REMEMBERING WHOLENESS

by Donna Martin

Unconsciously I created distrust and blame;
as I grow in consciousness, I embrace aloneness,
freedom and creativity.

Unconsciously I created guilt and shame;
as I grow in consciousness, I develop compassion,
service and humility.

Unconsciously I turned pain into suffering;
as I grow in consciousness, I learn to breathe.

Unconsciously I was afraid to live;
as I grow in consciousness, I see every moment as a gift.

Unconsciously, I felt less than whole;
as I grow in consciousness, I am remembering wholeness.

Unconsciously I struggled to be *me*;
as I grow in consciousness, I can simply BE.



Don't get me wrong, I'm not looking for sympathy (Oh. Yeah!) but I am getting to the point of beginning to know where this is all leading. (Oh. Yeah!)

Some human beings start their lives by the womb method, others take over another's body at the time of transition back to the level of their awareness (physical death); still others move in on a full working physical model and an exchange takes place. The reasons for these exchanges are of course educational, and in response to a request from the individual. Such a request has been made by myself on many occasions over many years, to progress in my Spiritual awareness beyond that point that I had achieved.... Be careful what you ask for..... You might just get it!

Imagine if you will, a new, to this Earth, individual, seeking new awareness, new experience, new lessons. Imagine if you will.....Where do we go when we are lost at night, when sleep comes over us and to the depths we fall? What of the dream so happen chance and rare, sometimes to enchant us, sometimes to scare. Who do we meet when our wanderings take place, is it friends that we meet, from here or some other space? Do we dream THIS life, or are we really here? Or... is this the dream from the OTHER bore?!

So what, I wonder, will the new teachings be? What form will they take? Will they actually be acceptable by the physical mind or will they be retained only in the subconscious to be of use when we make our next transition to wherever? 🐾

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October 27, 1996

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The next questions of course are endless. The answers? Now there's the question! I hope, and am praying (to whom or what I'm not exactly sure) that some answers will be forthcoming. It's always possible of course, that I'm not supposed to know the answers, just pass them on! More to follow.....?

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Vibrational Healing

Evening Intro's ... Sept. 25 & 27 ... \$5 ... Wed. and Friday 7 pm
A four week journey through metaphysics with Troy Lenard.
October workshop dates ... Oct. 2, 9, 16 & 23... see ad p. 3

Drop in Meditation

Urmi will continue sharing the Silent Meditations she learned from Osho, including humming and chakra balancing. Troy Lenard will start Sept. 23 with his in-depth exploration of breath, sound and silence.

Kundalini Meditation and Authentic Movement

A shaking and dancing celebration of life followed by a simple and powerful movement exercise that releases your inner child. Instructors Angèle and Urmi. Please pre-register.

Reiki Circle A weekly drop-in event, see story and ads on p. 26.

Reflexology

Taught by Karen Timpany for 4 Fridays. A certified course that is a lot of fun and a great skill to share time with family and friends. ad on p. 24

Silent Meditation

Try humming for 1/2 an hour or visualize chakra balancing as ways to connect in with the universal life force. Urmi will share a variety of techniques from Tibet and India.

Tai Chi & Qi Gong

Marlana Mhoryss teaches a simple form of breathing and self-help exercises to help balance, rejuvenate and relax the body/ mind and bring spirit into harmony.

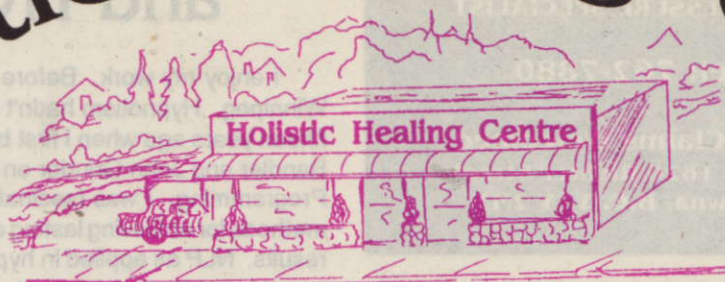
Teen Time

Dance, theatre games, self esteem exploration, meditation and more.
Taught by Urmi Sheldon. Please pre-register or it won't be a go.

Yoga

The Monday 4:30 pm, Wed. 2:30 pm and Thursday 4:30 pm classes are taught by Angèle, an ongoing student of Margaret Luman of Kelowna. The Thursday evening class at 6:30 is for more advanced students and will be taught by Tom King, a certified level 2 Iyengar instructor.

Holistic Healing Centre



254 Ellis St, Penticton, BC

All classes start the week of Sept 9 ... register by phoning 492-5371

Mondays

Cooking with Grains	9:30 - 10:30 am	5 classes \$40	drop in \$10
Yoga for everyone	4:30 - 6:00 pm	5 classes \$30	drop in \$7
Drop in Meditation	7:30 - 9:00 pm	\$5 donation	

Tuesdays

Tai Chi & Qi Gong	7:00 - 8:30 pm	5 classes \$30	drop in \$7
Reiki Circle	7:15 - 9:30 pm	donation see	ad p. 26

Wednesdays

Active Meditation	7:00 - 8:15 am	5 classes \$20	drop in \$5
Beginners Yoga	2:30 - 4:00 pm	5 classes \$30	drop in \$7
Cooking with Grains	4:30 - 5:30 pm	5 classes \$40	drop in \$10
Vibrational Healing	7:00 - 10:00 pm	Pre-registration only, see ad p. 3 Introductory evening Sept. 25 & 27 • \$5 for a preview.	

Thursdays

Silent Meditation	8:00 - 9:15 am	5 classes \$20	drop in \$5
Tai Chi / Qi Gong	9:30 - 11:00 am	5 classes \$30	drop in \$7
Yoga for everyone	4:30 - 6:00 pm	5 classes \$30	drop in \$7
Iyengar Style Yoga	6:30 - 8:00 pm	5 classes \$40	drop in \$10

Fridays

Reflexology	9:00 - 3:30 pm	Pre-reg. only • \$375 (4 weeks) ad p.24	
Speaker Series	7:30 - 9:30 pm	\$5 donation	
Sept. 6	Holistic Healing Fair, check out some bodyworkers. ad p. 30		
Sept. 13	Cassie Benell ... Intergrated Body Therapy. ad page 13		
Sept. 20	Usha ... CranioSacral Therapy. ad page 27		
Sept. 27	Troy Lenard ... Vibrational Healing Intro. ad page 3		
Oct. 4	Hoffman Institute and their 7 day residential program. p. 2		

Saturday

Cooking with Whole Foods - Sept 21 and a variety of week-end activities.

Sunday

Teen Time 6:15 - 7:15 pm 5 classes \$20 pre-registration only

Kundalini Meditation
& Authentic Movement 7:30- 10:00 pm 5 classes \$30 pre-registration only



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I enjoy my work. Before Kelowna I lived and worked in Winnipeg. Hypnotism hadn't been on my agenda until about fifteen years ago when I first began reading books by Richard Bandler and John Grinder on the science of Neuro Linguistic Programming. I was fascinated. There were intriguing new methods for achieving lasting changes with seemingly magical results. NLP as applied in hypnotherapy works at the roots of emotional pain, troubled relationships or psychosomatic ailments. Changes taking months and months to come about in conventional counselling can most often be obtained in a few hours' time.

My change of direction began at age forty when I entered the University of Manitoba as a mature student. Eight years later I had earned a B.A. in English and Philosophy and was graduating from the School of Social Work with a Bachelor Degree. My status had changed from 'working-in-an-office wife and mother' to 'professional'. I worked for Children's Aid for a while after that, and as my elder son had schizophrenia I became active in the newly formed volunteer movement for families and friends of people with schizophrenia. There was so much that needed to be done for mentally ill people. We achieved a lot of recognition for the illness, and I was fortunate to be placed in charge of a brand new supportive housing program in Winnipeg.

During these years I trained as a Hypnotherapist and NLP Facilitator at regular courses. There were certification courses in hypnotism held two evenings per week. NLP courses were introduced on three-day weekend sessions taking place at the University of Manitoba and in Montreal. I spent all my vacations attending courses on the subject including one month of intensive NLP training in Bali. I was a member of the Manitoba Hypnotists' Association and worked with private clients on weekends.

Beginning this September I am offering weekly group programs called Wellness Sessions. These are open to people with a history of cancer or other life threatening conditions.

Relaxation, visualization and spiritual guidance has already become part of the treatment programs at cancer clinics. The importance of the mind and the emotions in achieving the desired outcomes of medical treatments is now officially recognized. However, between and after the treatments and programs, people need to live from day to day, at home. I would like to see groups of five to ten people with the cancer experience to meet with me one evening per week for as long as each person feels there is a benefit in attending. There will be guided relaxation, visualization experiences and the opportunity to exchange ideas. The intent is to create a joyful atmosphere where doubtful thoughts, feelings or beliefs that can prevent wellness and healing are cleared away. The cost will be reasonable and adaptable.

Helga Berger will be at the Fall Festival of Awareness in September and has ad in the Natural Yellow Pages under Hypnotherapy.
Phone Kelowna 868-9594.



CHANGE MY LIFE ... YES!!!

From School Teacher to International Psychic!

by Ellen Aitchison



My life's Path journey really began when the Universe threw me on my back, put a foot on me and said "You are NOT getting up 'til you change your life."

For seven months I had been flat on my back as the result of an injury which happened while lifting a student at school. I flew to Vancouver, to see a specialist for assessment and treatment. What was supposed to be a one week trip soon became three months. I was still experiencing severe pain, but what was astonishing was the inner peace. I realized that in order to have the feeling on a permanent basis I had to make some drastic changes. This meant leaving husband, home, parents, community, etc. In other words giving up 'security.' "Could I manage on my own? Financially? Personally?" I had always had so many people around me, six brothers, two sisters, married at eighteen, with three children of my own by age twenty-five. Could I really do this?

After several agonizing months I went for counselling. On a daily basis I had a mini-battle with myself. "What are you doing? Are you crazy?" But a voice within kept saying even louder, "You are doing the right thing!!"

A friend invited me to a small meditation group. "How do you meditate? Close your eyes, look out both eyes and into your third eye," was her reply. "What eye?" I asked. Determined to make changes I accepted, only to discover one of the most magical experiences of my life. As soon as I closed my eyes, I was in Tibet, in a biplane and I could see the shadow of the wings in the grass. Then, saw a lotus flower open up and on the stairs inside were a cascade of light beings waiting for me. It was truly astonishing and I wondered why I hadn't been doing meditation all my life.

After the meditation a man whom I had never met before arrived and spoke to me. He said that one hour after I awakened in the morning I should sit at a hard surface with a pen and paper, because I was going to write, and write lots.

So began the automatic writing; this was in 1990. Within a few months I had produced poetry, mythical stories, and finally information about future Earth. Later, I knew I had been tested to see if I would write whatever I heard regardless of whether it made sense or not. At first I got the information one word at a time and then it came much faster. I am presently putting much of the information into three books entitled *The Road to Being*, *A Fondness of Being* and also *Future Being*.

Simultaneously, a wonderful thing happened: I started to hear information about people. This I also wrote down and upon giving it to the person, it became apparent that it was indeed accurate and helpful.

About two weeks after the meditation my friend again invited me to another group, "There is a man called Prageet, and this time we've hit the Jackpot!" "Jackpot or Crackpot?" was my reply, but once again I went. Prageet's message was that you could be whatever you wanted to be, and do whatever you wanted to do with your life. *Cont'd. p.37. See ad to right.*



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Deer to Drum Transformation

by Joan Birkett

"Dumm Dum..Dumm Dum" my strong vibrant heart beat is yours now to pass on to the universe. Last February I gave my life force to a hunter's bullet in the Purcell Mountains. You were destined to find my fur/hide and transform it to a native drum. I sensed you would always honour my spiritual presence and learn lessons of patience. I am now giving you the story of my transition from-deer to drum to write in your own voice.

My son, Tim, told me I could find you in a bag on his property in Edgewater, B.C. I went up to look for your form hidden in plastic on a wood pile. My imagination drew images of a blood shattered mass of a live/now dead animal. My inner stomach felt tight in old nervous patterns. I was a city girl, having recently moved West from Montreal. None of my friends ever worked with hide. They bought designer clothes from the Leather Shop and drums were something musicians played in the Jazz Festival or clubs. We never really searched out the source of life in our sanitary plastic world where dollars speak.

Inner instincts led me to a shed, and the bag where you lay with shadow form outlined against dark green plastic. I carried you gently to a fence and waited a moment, aware of snow covered woods. The neck of the bag fell open and your fur/coat landed, leaving tiny spots of red in the white snow. You looked small and vulnerable with all your meat removed for a family winter meal. I hung your form on the fence and felt my hands automatically cutting excess skin in a circle shape. I noticed your varied colours of thick fur covered on the reverse side with thick layers of fat. A strong pervasive odor was to remain with me for weeks to come. I had no memory bank of association for this unique smell. Our relationship was in process ... we were on a journey together. The birthing of the drum workshop was a month away. Manaya was to be the workshop facilitator for six women, and guide us in the art of pulling a drum. Donna was lovingly creating hoops of Birchwood from her father's woodlot in Hope.

I brought you back to my home in Invermere. Each passing day I would visit you like an honored house guest. My cat Kiai loved to walk across your hide and send you energy from feline ancestry. Manaya had given me brief instructions on preparing your transformation into a clean circular hide. Step one was to rub your fat with fireplace ashes and roll you in a cylinder shape to rest in a cool shed. After one week I was to soak you in a pail of warm water which should be changed every day. Each skin seems to have a mind of its own and releases fur and fat at different intervals. Pieces of fur released each day by pulling and scraping with fingers, while other clumps remained firmly attached. I remember placing tiny strands on the winter snow of the garden to enrich the soil of spring and perennials to follow. One day I felt the time had come to stretch your now furless skin across a board. Using a ski scraper and my hands, I tore at tiny remaining bits of fat. There was no tool that seemed to work easily, other than my inner lessons of patience and a small voice saying, "Take it step by step, and honour the



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As a new service we are extremely excited to combine the informa-

tion age tools with old world knowledge and provide internet service for people to research files of medical journals to diagnose their own symptoms. We will combine this service with a developing web site which will focus on herbology. The marriage of these two will provide the consumer with the information they need to take control of their own health before health problems take control of them. We are not offering cures or even suggesting remedies but merely providing data for people who have questioned the validity of scientific diagnosis and who are ready to rely on their own intuition.

This service is offered by appointment only (to fill each customer's needs) so please book in advance. We look forward to meeting you and serving your hemp and health needs. We have sources for organic and wildcrafted herbs as well as parasite eliminating supplies. Above all, be Hempy!

deer's spirit." One day you emerged clean and shaven with all the colours of brown hues mingled together in a composite of abstract shapes. Flattened, stretched tight with tiny nails, you changed from wet rubbery skin to hard hide. I knew then that you would be reborn as a drum... "Thank you little white tailed deer for guiding me."

The morning of the workshop arrived and there were six hides of different colours. Pliable, wet now, and ready for creation by six pairs of eager hands. We formed a circle and smudged all the skins, the tools and ourselves to cleanse and purify the energy. The Eagle feather was passed ... we found ourselves speaking from the heart instead of our heads. There were tears and memories of our mothers, and our own experiences of giving birth ... silence... then we began. Manaya cut thin strips of hide lacing. These were placed in the four directions over the hide and inside the hoops. They were tied in the middle with a loop at the circumference. Proceeding from East to West we each wove a longer lacing in and out tiny holes in the outer hide circle until we had travelled around the wheel of life. This long lacing was pulled taut to produce a higher or lower sound of our choosing. We were encouraged to sleep with the drum and feel its spirit in our dreaming minds. After three days there was a feast and celebration to all the animal spirits, Mother Earth and Father Sky. After we feasted, drums sounded their voices as a group. The chorus of sound beats rose high in the room. Each drum will find a special song for its present creator if we allow it to come from our source. Songs will heal, bring joy and sharing with others. Some day we will all find a beat to join us together in a giant healing energy field.

You taught me many lessons ... "white tailed deer" ... may our journeys go on together and apart.

— continued from page 35 • Changes ... Yes! —

Those were exactly the words I needed to hear. Over the next four months I learned about energy. During this time my back was healed, I met my new husband, and my Automatic writing flourished.

Initially the readings were half a page. Now, depending upon what a person is experiencing, there can be from five to ten pages of handwritten information. The readings are the result of meeting with a person at a level of oneness where we can communicate without words. I have clients worldwide, from New Zealand, Germany, Sweden, South Africa, England and from across Canada and the U.S.A.

The readings which are all encompassing, being for a client's highest good, may vary from factual information about home, job, family, health, relationships to the effects of past, present or future events in his/her life. On occasion I may hear about crystals that may be useful, about the person's angelic being or about their auric body.

One client in New Zealand, who is a business woman, gets a general reading once a year (as a Birthday gift to herself this year) and then faxes me specific questions in between. I feel that those who are supposed to come to me will, and this has been so.

There are many wonderful ways to help people and since moving to Vancouver I have also become a Reiki practitioner, Crystal Consultant, and an Aura Soma Consultant. I feel that my life at this point has so much meaning, and I have a sense of well being which makes me truly appreciate the direction my life has taken. *Ad on page...35.*

PACHA SCHOOL

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The PACHA SCHOOL is located in the beautiful mountains of Southern British Columbia overlooking Kootenay Lake on the north shore at Nelson.

PACHA SCHOOL is dedicated to supporting all beings in the Circle of Life, saying Yes! Yes! Yes! Yes! to aliveness. It teaches about relationship which brings us together from our hearts to evolve and learn from each other and all beings. Within the oneness we will learn to trust and connect to the universal knowledge accessible to all of us, taking back our power and responsibility for our own healing. Only then can we support another being in his/her healing. We will journey on this spiral, deepening our knowledge of co-creating the sacredness in daily life.

There are three certificate directed study programs offered at the school facilitated by Barbara Glousher, Pacha Healer. Also at the school are ongoing teachings, healing sessions and workshops by local and international masters.

The first directed study is EXPERIENTIAL FLOWER ESSENCES. Flowers give light and joy and they know the proper relationship between



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You will have the opportunity to intimately connect with the more subtle energies holding universal knowledge such as advanced essences, gem essences, and the tree and stone beings.

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*For further information and housing contact
Barbara at the school 604-354-4742*

Spirit and Earth. In this directed study you will come to intimately know and work with flower essences specific to you and those who come to you for healing support, thus creating your own professional kit. All teachings are done with sacred ceremony, prayer and the understanding of co-creation. Flower essences can support the healing of our souls and guide us in our life direction.

The second directed study is EXPERIENTIAL ESSENCES. This study is a continuation of Experiential Flower Essences in that you intimately connect with advanced, universal and channelled essences, gem essences and you work with the Tree and Stone Beings. You will be connecting with the subtle energies of these beings, learning about balance and reprogramming on the cellular, DNA level.

The third directed study is CO-CREATING WITH ENERGY. In this study you will come to know a new way of Thinking, Being and Doing. Co-creating with Energy will give you the tools and skills to be fully Empowered, Vibrant and Whole in Sacred Ways, Creating Sacred Life. You will learn how to connect to Universal Knowledge, using this knowledge to reprogram your new way on the cellular and DNA level.

I, Barbara Glousher, working as Pacha Healer, surrender my ego, and enter a state of innocence in which Spirit communicates very clearly the form that must be revealed. It is a process in which I serve as the tool by which the reality of the form is made manifest. As a Pacha Healer, I am committed and in service to the Integrity of All Life.

My commitment for these Directed Studies is to serve as facilitator for your internal validation as one connected to universal knowledge. I will listen to and assist you in recalling and restoring the voice of your Healer Within, enabling you to immediately adopt this knowing into your practice and daily life.



Creating Community:

Six Easy Steps to Get You Started

If you think of community as a grand vision for the future, you can get stuck in the imagining. The following steps are designed to help you identify the qualities and processes of community that most appeal to you, and then to begin pursuing the forms that suit you best.

1: Taking Stock - Your Personal Resources

Take an inventory of the resources you already have: your reservoir of past community experiences and your current web of social connections and personal support. As you do this, you will begin to view community as a reality, something to build on, rather than an impossible dream.

2: What Type of Community Do You Want?

Community comes in a plethora of shapes, sizes, and levels of commitment. To avoid false starts and disappointments, it is important to think about what you want to put in, including how much time you are willing to spend. Are your primary goals emotional closeness or political activism? Do you want to join a live-in group or just deepen existing friendships?

3: Personal Requirements for successful Community

You may find that before - or while - you reach out to others, you need to develop certain personal qualities that are necessary for successfully participating in a functional and conscious community. These include: a healthy sense of self; openness and flexibility; a sincere interest in others; a willingness to abide by community agreements, pursue group goals, and risk asserting yourself; a willingness to practice the skills of communication, conflict resolution, and decision-making that enhance community; a desire to see yourself and others as you really are; and a willingness to take care of others and have them take care of you.

4: Overcoming Resistance

Besides the fear of giving up too much time, individuality, or independence, many people experience anxiety about rejection or failure when they think about creating community. If you have experienced any of these fears, you may be unconsciously erecting barriers to achieving community, even if you truly desire a deeper sense of kinship or connectedness.

There are dozens of ways to begin to release your fears, from emotional clearing on your own to seeing a therapist. You certainly do not have to cleanse yourself of every fear, doubt, and judgment before connecting with others to generate community. You simply need to be aware of your resistances and be willing to begin releasing them.

5: Reaching Out

Start with the people you know. Look at your current social network and jot down the names of those in this web of connections you would like to know better, those who might enjoy meeting one another, and those you feel might wish to join you in creating a community, at whatever formal or informal level you desire.

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You can begin with something as simple as a telephone buddy system, requiring nothing more than a commitment to call a friend once a week. If you are ready and have time for face-to-face community, invite one or two of your friends over to explore the subject. Together, you might call a simple gathering at one of your homes during which you each take a turn talking about the kind of community you seek.

6: If at First You Don't Succeed, Try Again.

Don't be discouraged if your first attempts at creating community fizzle, or if you find yourself carrying the ball alone for a while. Remember that you are blazing new cultural trails. Also, recognize that what you get may not last in exactly the form you had in mind. Community today is more flexible and fluid than that of yesteryear.

Community is where you find it. Whether you want to deepen existing associations or begin venturing further into new forms of interdependence, you will feel more empowered and more connected the minute you take the first small steps.

*Reprinted from Yoga Journal, adapted from the book **Creating Community Anywhere** by Carolyn Shaffer and Kristin Anundsen*

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Soul versus Personality

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

Are you surprised to hear stories about well known healers of many years standing or healers who have done tons of personal work who have gone out of integrity? Surprised is a mild word - actually we are shocked!

How can this happen? Or what is going on for us, when we fall into the shadow part of our psyche. This place in our mind is not an easy place to be in. This place in our mind has been described in many different ways: the shadow, the dark night of the soul, the personality, our madness, karma, past life experiences and so on. It is my belief that many of us are doing battle in the area of our mind that could be described as "The Great War". It is the battle, where our soul and our personality are squaring off for the "Big Fight".

Many seekers, healers and leaders in the metaphysical field have devoted the past 5 to 20 years of their lives to doing the "work". As we have been healing ourselves we have been stepping towards our soul essence. Each step in this direction demands that we review and commit to deeper levels of integrity in our lives. This is a scary step, and many healers or seekers give up here. They give up their healing practice, take a regular job and forget their purpose in life.

My belief is that when we make a decision to embrace our soul, our personality shows up big time. The soul is that part of ourselves that is the pure essence of Spirit. In other words, when we are with others or nature, (as a soul), what we experience is the beauty, wholeness, brilliance, genius, openness, the flow, the honesty and the nurturing aspect of the person or of nature. Always, we feel good, and we sense comfort and joy, when we are connected with our soul essence.

The personality, on the other hand is a very uncomfortable state of mind. As more beings are reaching up towards joining with their souls, our personalities are putting on their battle dresses in order not to lose their position that they have occupied for a long time. We all know the personality traits: the pain, the doubt, the exhaustion, our will versus God's plan, the apathy, the loneliness, the projections, the guilt and shame, the addictions, the inability to go to a healing resolution, and the neediness, resulting in being out of integrity with ourselves and with others. It's like, we fall into a trance and we choose the limitations/personality.

It would seem that the choice is simple. Why don't we choose joy over pain? The reason is that we have been asleep for generations and generations using the model that we have known from our family's teachings as *the path*, forgetting that it is not *our path*. Breaking old patterns takes a huge commitment and willingness.

I believe it is *possible* to live life through the soul essence. The way to do this is to become acutely *aware* of when we are in our personality and to make a *different choice* in that moment and to keep reminding ourselves through whatever methods we know that we are not slaves/victims of our personality and that we can choose the soul essence.

Remember that we are pioneers on the path; we have very few role models. It's about having patience and understanding as we begin to trust our inner guidance and Spirit to be our teachers as we continue our journey and fulfil our destiny as Soul Beings. See Kiara's ad to the left.

For the Love of Children

by Karen Timpany

This month I would like to share a part of my world with you that is the biggest part of mine. Children. We have a saying around our house that says "Stray kids and animals, drop off at number 64", our home. There is a tremendous amount of love that abounds in these walls and it attracts all manner of surprises and delights as well as situations that require creative solutions. Each and every day the children and my devoted pup, Toby, give me ample food for creative thought.

I often reflect back to the years I was a Teacher's Aide and how much I learned from the students by giving up CONTROL, and simply giving them the tools to control their own lives. I was often given the twelve to fifteen year olds that were written off as 'detrimental to their class mates', 'losers', and 'trouble makers'. In my own mind I tried to imagine what it would feel like to be labelled in such a manner. I soon realized that I would feel resentment and anger.

I have learned that fear manifests into anger, so it was very obvious to me that I had to determine the fear in order to get through the resentment. I also had to develop a trust with whomever I was working with and that had to come through slowly developing the confidence they needed to become the person they wanted to be. With confidence, they were challenging their fears.

The greatest fears children have are non-acceptance by their peers, not being loved or lovable and the fear of the unknown, (not necessarily in this order), which are still major fears that often carry on into their adult lives, unless there is someone or something to change that.

I've looked at my life and others, and have wondered what has caused the fears in the first place. There are limitless areas where we could blame others, but ultimately that doesn't solve anything. The most responsible people I know are those willing to face fears and challenges in their lives. They are successful and fruitful in their endeavours.

Although I wasn't always certain I was doing the right thing when I was teaching these wonderful children, I remember one math class in particular. This was a group of ten or more students that had been written off as never-do-wells in math. I soon realized that they were suffering the same ailment I once had in math class. INTIMIDATION. All those numbers and methods are intimidating. The bigger the numbers get, the more frightening the lesson gets. The end result is a lack of understanding because the numbers get away from you. You feel lost and confirm in your own mind exactly what YOU think others are thinking. YOU'RE A LOSER! YOU'RE STUPID OR DUMB. Of course, now we have to prove to the world that we are not what we think we are. Out comes the false bravado, the ATTITUDE, and a host of negative qualities. Just to add more fuel to the fire, we now have adults looking at us in a condescending manner and thinking negative thoughts about us as well. SCREW the world, life's a bummer, no one understands me and I HATE everybody. I'll show themOUCH!!!! For one whole class period, we shut our books and I asked the class to explain to me the complexity of their favorite video games. They were now in their comfort zone, an area that they knew and understood. It was a simple matter to take this

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comfort and apply it to the math area we were working on. Reduce the numbers, make fun of them, scramble them up, put the original math question on the board, apply video game logic and voilà, we had answers.

Unfortunately, I was transferred to other areas in the school that needed help shortly after that and being near the end of the year, I never really knew how successful my attempts were at reducing their fear of math. I moved back here to Kelowna at the end of that school year and didn't return to Ontario until the following spring. I visited the school and for a day slipped into the role of teacher's aide. It was in Mr. MacIntosh's class that I was introduced to the class as last years' favourite teacher's aide. A student on the other side of the room made some negative comment and to my delight, one young man that had been in the group I had worked with the previous spring, sprang to my defense and said, "You better believe it. Mrs. T, (they called me), helped me get from a D student to an A student in math". I was moved to tears and felt such immense joy at being able to help one 'loser' become a winner.

I've written this story to share with you my belief, that by understanding we all have fears and by not supplying confirming negative remarks and attitudes, we can by a simple show of support change the attitudes of our children, peers and the world. It all boils down to LOVE of SELF and being able to extend that love to others through compassion, understanding and more LOVE.

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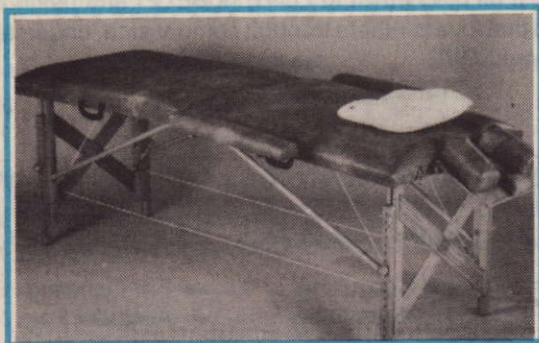
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Letters



Dear Angèle,

It is with great interest and enthusiasm that I send my resume to you, as I've recently moved to Kelowna from Toronto, Ontario and wish to enter the healing field here in the West, where it's really happening!

Having read more than one of your 'Issues' magazine, I applaud your courage in sharing so much of your life with me, the reader.

The work you continually do on your spiritual journey touches a familiar chord, as I too have made and continue to make changes in my life, and know how challenging and ongoing, this work is.

Thank you.

Marilyn Allan, Kelowna

Dear Angèle,

I just received my June "Issues" and as usual, it put a bright note into my day.

Twice a year I make it to Penticton (from Lloydminster, Sask.) to visit family, and a visit to your centre is always high on my agenda.

I love making a list of the businesses I am going to visit for an adjustment, or just a new experience, just by looking through your informative magazine.

What a blessing you will bring to everyone, by bringing your dream of a new centre to life.

Enclosed is my \$10.00 donation for your fundraising event and I hope many more will arise, so I can get involved (even in this small way).

Best of luck with your new venture.

Melona Durocher, Lloydminster, Sask.

Dear Urmi,

I very much enjoyed your article about Community in the June "Issues" magazine.

My own personal view of community is that it has indefinite scope. It can range from two people setting up housekeeping together, to meeting - or trying to meet the needs and concerns of the nearly four million people of our province, and beyond.

It should answer the 5 "W's"...

1. WHAT is it
2. WHY (its purpose)
3. WHO
4. WHERE
5. WHEN whether ongoing or not.

As for the durability of a Community, perhaps we can learn something from some that have been around for awhile - Amish, Hutterites, Mennonites, etc.

Best wishes for your success.

from Morris Bishop, Langley

Sanctuary

by Jan



I am fortunate to work in an atmosphere of love, humour, sharing and caring with a lot of warm, honest people and believe in what I am doing with my life. It didn't seem too necessary to take a holiday this year even with the busyness of the past few months. That is, until I got to Kettle Gardens Sanctuary.

I have read what others have written about reconnecting to Mother Earth and figure I do a fairly good job of keeping in touch with her during my walks along the beach, watching the clouds roll by or just sitting beside Penticton Creek. But there's something to be said about fifty acres of unspoiled grassland and forest, all the creatures who inhabit the land and the pure joy of watching their comings and goings. The Sanctuary provides the safety for animals and birds and I felt privileged to be able spend time in their home territory.

It didn't take long after we unpacked to slow my body down and relax. The first couple of days it was very hot, our typical summer weather, and the mosquitoes had hatched a fresh crew out for their first meal. My body took time to adjust to the bites and the heat and then the temperature dropped when the clouds and rain came to bring relief. I ate well, lots of fresh fruit and vegetables picked up at a stand on the way there. A couple of times each day I would walk to the 'circle', a grassy space at the edge of the river, watch the fish jump and the birds fly and I felt peace. With childlike enthusiasm I was able to explore the beaches of the Kettle River, look for rocks, feathers or whatever else grabbed my attention. I paused to watch the deer, laughed at the antics of the bunnies and ground squirrels, and gazed at the hawks, ravens, magpies, robins and swallows. I lost all sense of time.

I read *Don't Water the Stick* by Bernard Willemssen for my book review. The section describing the internalizing state of mind was how I used to deal with everything in my life, and I realized that I had been doing the same thing again to a lesser degree. I had been up in my head with work and the gotta- do's even when I was out for walks around town. At the Sanctuary, whenever I left for one of my walks with my mind buzzing with thoughts, the animals and birds would remind me to stop and enjoy my surroundings.

Lightening storms passed through for a couple of days and gave us incredible evening light shows. On one of our walks we discovered that a cottonwood on the property had been hit. Fortunately it just snapped and there was no fire, but it made me acknowledge again the powerful force of nature.

When Fred, the owner, arrived near the end of the week

we got to see the land through his eyes. He has walked every square foot of the property and knows how it has changed with time. The river is constantly altering its path, depositing sand and rocks where it will. Even while I was there, the water level in the river dropped and there was a new expanse of beach to explore. With Fred as our guide we forded the river. To say it was cold does not begin to describe how numb my feet and legs were before we had gone half way. But, this was a new adventure and not one to miss an opportunity to do something different, I slogged across with the others. We walked about for a while where the forest had been logged and was slowly coming back. It reminded me again of how many years it takes for the trees to grow.

There was wood to chop, and Fred showed me how to use the swede saw. It became meditative as I focused on a steady rhythm, not forcing the saw but keeping it straight and allowing the blade to do its work. We joked that every retreat could have a dozen saws and when people arrive just hand them a pile of wood, a saw and show them how easy it is to do when they go with the natural flow and rhythm. Sounds like life, doesn't it?

Just as we were getting ready to leave we saw six elk on the ridge across the river. Their size alone was magnificent and we watched until they had all gone into the trees.

It was a magical week! Thank you Fred and Rose for allowing me to enjoy your Sanctuary. I appreciate anew Mother Earth and her bountiful gifts.

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Book Reviews

Don't Water the Stick & The Cannibal's Cookbook Recipes and Remedies for Human Sacrifice



by Jan

Don't Water the Stick ~ For all of us on a healing journey, Bernard Willemssen has responded to many of our questions with simple, yet powerful answers. Throughout the book this format focuses on personal responsibility. He says *Unless we take responsibility for ourselves, change is impossible. When we say, "I can't help behaving this way because I was neglected as a child," we are blaming others for our behaviour. Instead, we should say, "I behave the way I do because I haven't yet learned to behave differently," or "I behave this way because I choose to."* Only from this perspective can the process of healing begin. I like the sentence, 'I haven't yet learned to behave differently'. To me, it means that the possibility exists for change.

In his chapter on 'The Flowing Aura' Willemssen discusses five different attitudes or states of mind, each creating a different aura or auric pattern that can influence our health. These include loving, angry, caretaking, dormant and internalizing. Some people have one predominant state of mind, experiencing others from time to time. Other people shift back and forth between two or more. The optimum is a loving state of mind with a zest for life and little stress from going with the flow while the internalizing one is the most unhealthy because the energy is drawn inwards, blocking the flow.

As well as information on the psyche, the ego system, psychic communication, health and healing, and spirituality, this book has affirmed some things I have been learning and doing plus given me more food for thought. *See ad below.*

The Cannibal's Cookbook Recipes and Remedies for Human Sacrifice

Anthropologist, Dr. Pamela Peck has written this book with such an easy flow it's as if she is conversing with me, the reader. She says, *Fish don't see water. Birds don't see air. People don't see culture - not their own, anyway. We follow the dictates of our social systems much as we respond to post-hypnotic suggestion. Robots we are, poised and willing to do and to be all manner of human sacrifice.*

As she recounts some of her many sojourns to different cultures around the world, the traditions and rituals weave common threads with my upbringing. Each Recipe in part 11 serves up tidbits of thought provoking ways to look at life anew. It makes me question whether I am still living my life with outdated beliefs or behaviours that no longer serve me.

Dr. Peck offers a light and humorous, though very insightful look at how culture creates our perceptions of reality.

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