


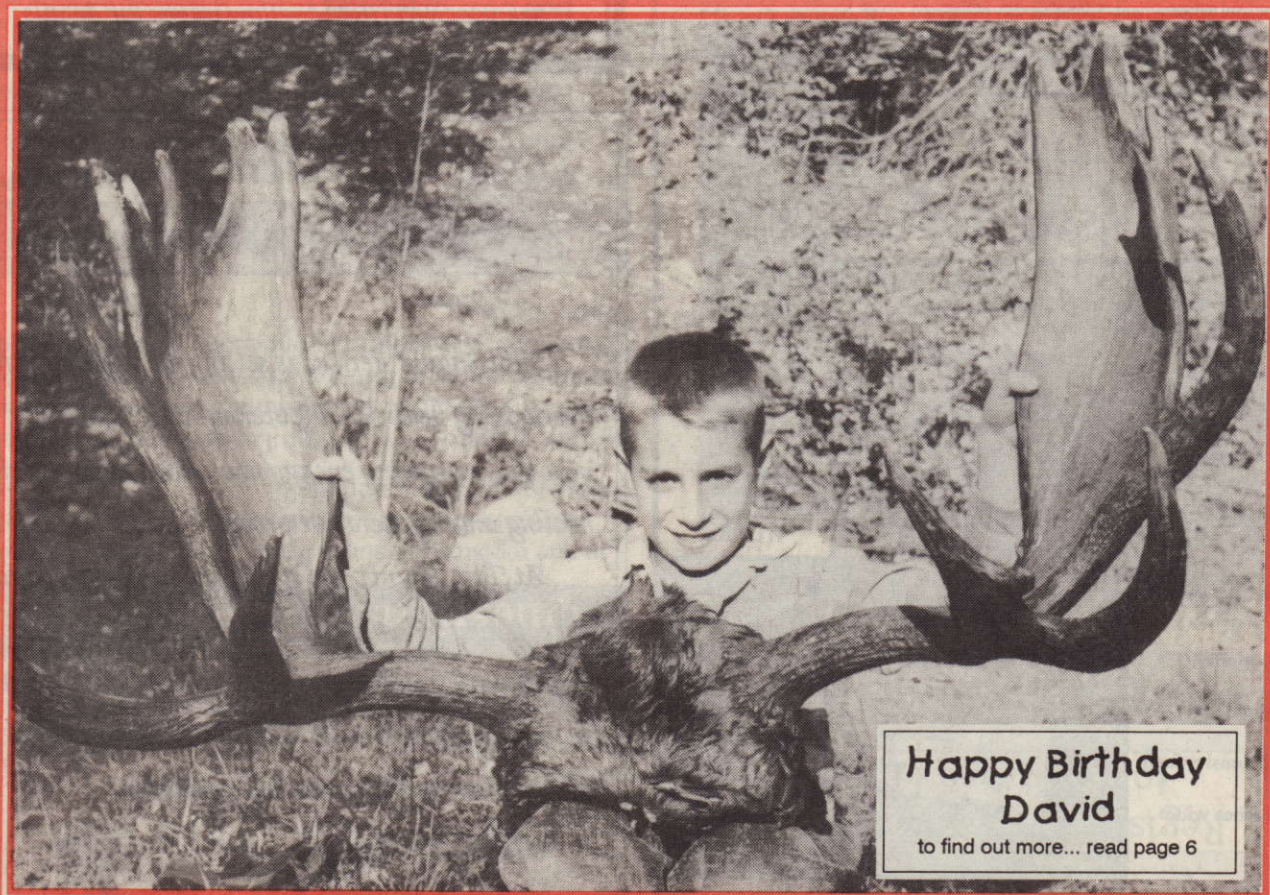
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# ISSUES

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Happy Birthday  
David  
to find out more... read page 6

October 1996



# CRAIG RUSSEL'S SOUL JOURNEY

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Craig Russel has studied 10 years under the instruction of 'The Infinite Way' authored by Dr. Joel Goldsmith and for a further 5 years, the Ascended Master 'I am' teachings of the St. Germain Foundation along with A Course in Miracles.

Accompanying Craig is Paul Armitage, Canadian composer and musician. Paul creates a musical atmosphere of beauty and peace during the seminars, reflecting the essence of the human Soul Journey.

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Craig may be reached at (604) 267-0985 for private consultations and channelled messages.

Paul may be reached at (604) 263-8374. He creates private individual musical portraits attuned to the unique soul temperament. Spontaneously composed and recorded.

## KAMLOOPS

Oct 17, 7pm  
Roxanne 376-2618

## VERNON

Oct. 18, 7pm  
Deanna 558-5455

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Oct. 19, 7pm  
Teresa 770-1339

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Oct. 20, 1pm  
Paul 860-6894

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Kelowna Oct. 22



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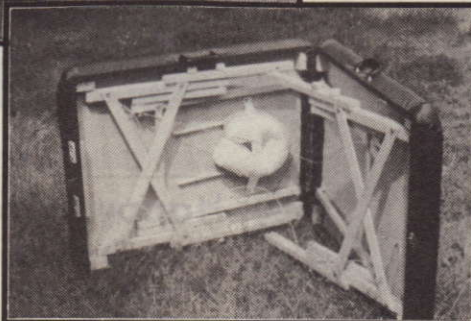


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# S.O.M.E. MEN

by Jack Killough

The air was clean and fresh, the dirt ruts steep, and the scenery spread out before me, Spectacular! Sandwiched between the blue lake and the blue Okanagan sky, the arid Summerland hills had now slipped into partial shade; behind them blue mountains still dozed in the late afternoon sun.

I was lucky. There had been a rain squall just an hour before. Now the sun was bravely shining once again and the innocent white sprays of mock orange filled the thick greenery of the creek gully, the sweet scent of their flowers wafting across the hillside. I smelled too, the pungent odour of sage growing down to the dry banks of the new dirt road, a fresh Zorro-like scar on the hillside. The old road was lost at the bottom of a perilous canyon, carved out by the now quiet creek trickling down toward the lake.

Arriving late from a weekend Touch for Health workshop in Kelowna, I was tired but elated ... and excited. Elated from the camaraderie of my colleagues over the past two days and renewed and invigorated by my new-found ways of releasing toxins, of moving energy blockages, of enhancing the body's natural healing ability. And I was excited about the sweatlodge that a few of us from S.O.M.E. Men had constructed far below on the shores of Okanagan Lake.

I tried to clear my mind of the centuries of "civilization" that needs to control the emotions, to control nature, and allow myself to be at one with my surroundings. I tried to be aware of any "spirits" that might wish to communicate - though I hardly expected them to reveal themselves to such a neophyte as I.

I plucked a sprig of pale blue sage and smeared the crushed oils on my face that I might absorb its heady odour; I slipped into a conscious yoga breathing and slowed my mind.

Rounding a steep, hairpin curve, I could see far down the dizzying fall of the hillside, the ground cover of delicate hairy bunchgrass and needlegrass at the cliff's edge; the sun playing on the sage, mullen stalks, and gnarled antelope bushes and far below, the deep blue waters of Okanagan Lake.

The road approached the creek and I was swallowed up by the trees. The ruts became damp and I could feel the cool green freshness in the air; a stark contrast to the dry hillside only yards behind me. As I passed under the branch of an old water birch at the edge of the road, two Clark's Nutcrackers eyed me inquisitively, tilting their grey heads to give me the one-eyed stare as I passed beneath them. I felt at that moment that I had just passed through some sort of arch; that I had been scrutinized and accepted by these silent guardians. I felt too that this was "my sign" for I had always been fascinated by these quiet spectres that were a rarity in the Kootenays where I grew up, these quiet ghosts that slip like memories through the heavy forests.

I thought of the significance of this journey "downward", and suddenly realized that as I had been walking down this twisted road, the spirits had been gently preparing me all along, that this had been a ritual walk toward my first "sweat" awaiting me at the foot of the hill.



# HERBAL REMEDIES

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# Musing

with  
Angèle

publisher of ISSUES

## Happy Birthday David



October ... a time to get ready for winter and a time to start celebrating family birthdays. Twice a month till Christmas we ate cake and opened presents as children. I came from a large family and a small neighbourhood so special occasions meant that everyone got invited. Sorting through slides this summer allowed me to observe myself and my brothers through the many stages of youth and helped remind me of the fun times we shared. Having these pictures stimulates my forgotten memories and makes designing the front cover easy. As the photographer, my Mom is delighted to see each month's front cover and follows my *Musings* with great interest. I love hearing the interesting stories that people tell me as they resonate with a certain picture. They keep asking me if I am going to run out of photographs ... someday, but by then my interest will be elsewhere as my business partners take over more of the publishing.

On the front cover this month is David, the firstborn of our family, holding 'The Rack' from the first moose that we ate as children after we moved to Rosswood, B.C. in 1959. I choose this photo to honour his 47th birthday, October 21st, and to publicly thank him for all the support and love he has given me over the years. It is great that he lives in Grand Forks and we can visit regularly, for he does remind me of my early days when hunting, farming and building buildings were the mainstay of life. He also mirrors my family upbringing for me and reflects the belief systems that were instilled in us as children.

Connecting my past with my present helps me to release stuck energy from my body as I continue to change and heal. During last month's Roling session, Gary continued to work at loosening up my pelvis. As he pushed deep into the ligaments that control the rotation of my feet, they felt freer and moved without too much friction. Then he found points inside my mouth and in my neck that felt like knots of frustration stored from long ago. When he pushed on my tongue, I could feel it pull deep from inside my pelvis. Then he moved to the front of the chest where he found one very sensitive rib just below my clavicle. As he pushed, I felt like it was on fire and it continued to burn for more than a week. I gave it attention as often as possible by rubbing it till the intensity lessened. I also made note that the corresponding point in the back moved as I pushed on the front rib: it seemed to be loosening up something in my spine where the nerves exit into the digestive organs.

During the summer I work week-ends at the Summerland Arena, as a Zamboni driver. Before each flooding, I fill up the machine with water. As I leaned against the tank waiting for it

to fill, my fingers absent-mindedly started to rub on the tender spot on my chest. As I did, an old memory flashed into my mind as if it happened yesterday... I am eleven or twelve years old and we are in California on holidays ... me, my Mom, my aunts and several friends are going shopping. I am skipping ahead, leading the way, for I know we have to cross the street. The women are busy chatting about ten or fifteen feet behind me and I stop at the crosswalk wishing they would hurry and catch up, as the light turns amber and then green. I put my foot forward to step into the street. And then I hear my mother's voice... calling my name in a tone that meant danger. As I listened to the voice in my head from long ago, it sent cold shivers up and down my spine for several minutes. I remembered how abruptly I stopped and pulled my foot back onto the curb as a red convertible whizzed past my stomach. The fear that rose in my belly was instantaneous and I thought to myself... "Some holiday Mom would have had if I had been hit," for somehow I knew that I would have been killed instantly. The adults caught up to me and as we crossed the street together, my aunt explained ... "This is California. The people here drive fast and run yellow lights, so pedestrians have to be very careful before they cross." Mom didn't say anything as we continued towards the store and more shopping but I felt her fear and wanted to apologize for scaring her, but the moment didn't allow it.

As I leaned back, listening to the water fill the tank, a daze came over me, tears came to my eyes as the stress released and the memory surfaced. I decided to continue on and reenact the drama, for I have learned that unspoken emotions get stored in the body and the best way to release them is to say them out loud. So I imagined my Mom and me talking after the incident, telling each other how we felt. I told her how scared I was and how bad I would have felt if I had ruined her holiday by getting killed. These are things that were never said because I knew they would have freaked her out. The thought of me dying still bothers her, so we seldom discuss it. As I kept rubbing the tender spot the pain faded and so did the tears but I wanted to share the experience with you for it helped me to understand yet another connection.

During that visit, my California cousins also showed me how to walk with class, toes pointed outwards, so I didn't look a dumb country kid. I also attended an adult party where the rage of the day was dancing to *Great Balls of Fire* and chatting about one's latest Roling session. I couldn't help but overhear the many different opinions, for some people thought Roling was painful and others didn't feel a thing. I also remember being amazed at the neon lights of the fast food drive-ins that stayed open way past dinner time and the creek bed of the Los Angeles River, which was paved twenty feet deep although it had less than twelve inches of water in it. Also, everyone drank from blue glass water bottles that were turned upside down in the hallways of all the office buildings.

Thirty years later I am living beside a creek that is paved, I drink bottled water, and I am enjoying getting Rolled ... Yes, it can be painful, but I feel it is worth it, for I know without a doubt that if I didn't get help straightening up my body, I would be a hunched-over Grandma someday. Whenever I see a lady with a cane I stare at her, for I don't want to look like that. I see older woman who stand tall and I want to be one of them.

I have learned that the shape of the body and the way we hold ourselves reflect stored memories, years and layers



# ISSUES MAGAZINE

254 Ellis Street  
Penticton, BC, V2A 4L6

Phone **492-0987**

**ESTABLISHED 1989**

ISSUES is published with love  
10 times a year with shared months  
of Dec. & Jan. and July & August.

Publisher **Angèle Rowe**  
Editor **Marcel Campbell**

## Advertising Reps & Distributors

Creston & area: Patrick Yesh: 428-2882  
Salmon Arm to Vernon: Lea Henry &  
Theodore Bromley: 838-7686 in Enderby  
Kamloops: Rosanne Beauchesne: 314-0302

## Penticton Office

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ISSUES has a circulation of 20,000 copies.  
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of unspoken feelings... It doesn't seem  
to matter if they are happy or sad, painful  
or joyful. If emotions are not spoken,  
recognized and released, we store them  
till we are ready to deal with them.

As my rib released, a band of ten-  
sion in my opposite shoulder relaxed,  
and over the next few weeks my hip  
slowly shifted, causing me intense mo-  
ments of discomfort as the muscles  
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are straightening and levelling as I be-  
come more aware of how each muscle is



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interconnected with every other muscle.  
I have learned to walk again with my toes  
pointing forward. Margaret, my yoga  
teacher, points out that "Our feet are like  
wheels: they need to point in the direc-  
tion we are going."

We truly have amazing bodies, and  
it is great that I am given the opportunity  
to connect with mine, for pain is such a  
good teacher. Getting used to really be-  
ing in my body and feeling the shifts as  
they happen is delightful. I am grateful to  
be in a position to have so much assist-

ance and thankful it happens, so that I  
can have something to write about. To-  
tally trusting that the universe is abun-  
dant and will always give me exactly  
what I need is fairly easy for me. On  
those off days when I forget, Jan or Urmi  
will say something that reminds me that  
life is but an illusion and a journey, and  
we are here to enjoy it.

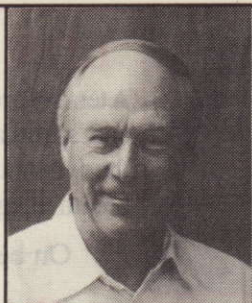


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## When your stomach is down you're down



by Joel Whitehead

Most of us only think of our stomachs when they are empty or hurting. And only when the stomach is hurting do we suspect that anything may be wrong down there. However, we know that there are a whole lot of other times you should be thinking of your stomach.

For instance, have you ever thought of your stomach when your left hip is aching? Probably not. How about when you have left shoulder or neck pain -- perhaps numbness down your left leg? Do you get filled up easily when you eat and do you have a heavy feeling in your lower abdomen? Is your stool thin or are you prone to constipation? Do you get headaches, especially nauseous ones climbing up the left back of the head and neck or across the forehead? Any one or combination of these can be owing to a stomach that has prolapsed (fallen).

Most of us think that our stomachs are held in place by fascia or anchored by the esophagus and the duodenum. Actually it is held in place by our body's vital force or as we say in Chinese Medicine "Qi". When this Qi becomes disrupted through physical and emotional forces we lose some of its power and the battle against the forces of gravity is lost. In the case of the Stomach or middle as we call it, Qi is damaged mostly by mental forces of worry, over thinking, pensiveness or obsessive behaviour.

Some of us are seemingly born to a proclivity to be that way. My own mother had headaches and migraines every day for as long as I knew her until she came to Japan, where I was living at the time, and we were able to treat her for this lifelong stomach prolapse. Today she rarely has one. My sister suffered from bad menstrual cramps and headaches until we were able to do the same. Now she comes back annually to make sure it doesn't regress into its old state.

Pain in the hips can also be an indication of a prolapsed stomach. We believe that many hips have been replaced under false circumstances. I asked one poor lady who approached us with the problem of left sided cluster headaches, and aching in the left shoulder and scapular area, if she had any problem with her left hip as well. She promptly told me that she had had two hip replacements there but that they hadn't done any good. Of course not! The source of the problem was her stomach. The same lady said that she had

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had a hysterectomy in her mid-thirties. I was not surprised. Stomachs that hang down and crowd area in the lower abdomen sufficiently can cause a multitude of problems in that area. What's probably worst is that the vacuity created by the lost uterus can allow the stomach to prolapse further.

I have treated only a few cases of endometriosis, but all of these had severe prolapse of the stomach as did most of the cases of menorrhagia. Moreover, in those cases where prolapse of the uterus led to hysterectomy, the stomach was riding extremely low causing a multitude of other problems that I have already mentioned. I have seen cases where I could clearly relate the problem of bladders pressured to the point of incontinence. Another caused a probable pre-cancerous adenoma of the rectum.

People with prolapsed stomachs, of course, have a real time with digestion. Mostly they are subject to a lot of gas and bloating. When they begin to eat, they feel full quickly and have an extremely heavy feeling in their lower abdomen. They frequently suffer from heartburn and live with antacids or with the aid of expensive prescription drugs to control the problem. As I said before, the stool can be rather thin and may even be the cause of chronic constipation.

What cannot be overlooked is the lack of efficiency this brings to your overall food digestibility. When any part of your digestive system is not able to do its job adequately your absorption of nutrients is going to be compromised. That usually leads to more food, more need for food, and less nutrition actually provided. People with prolapse of the stomach battle a settling effect of the lower abdomen and a stagnancy that makes taking the weight off difficult.

Conversely, for so many others the malposition of the stomach amounts to a complete suppression of appetite and a lifelong lack of vitality. Many of us think that "if you're thin you're in." But to a person who can't gain weight and vitality, it's a nightmare. Many of these people have a kyphosis of the back and heads that stretch out ahead of them with ongoing neck and shoulder aches. These are prime suspects for those suffering from stomach prolapse.

While it may not be immediately life threatening, it can be life debilitating. It is often the precondition for a lot of conditions that directly extend from it. Consider it to be the source for a good deal of problems with the digestion and the bowel, chronic back problems, weight problems, menstrual difficulties, headaches and just general debility.

The Lakelands Clinic is the only clinic that uses Nesshi, a proven treatment for prolapsed stomach, and the only clinic that can tell you just where your prolapse problems lie. If you think you may have a problem with your stomach we encourage you to give us a call to see if perhaps we could help you with this very serious part of your health make-up.

See Joel's ad to the left.



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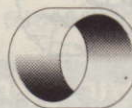
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Brooke  
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# Ayurveda Healing

by Brooke McDonald

What a wonderful summer I had, enjoying all the warmth, the smell of the fragrance from all the trees and flowers blooming. Another beautiful time of the year which is now approaching us is the fall (September, October, and November) displaying all its colourful changing leaves, there is wind and the temperature begins to drop. This is Vata season. During the fall when the wind is light and dry, more Vata is present in the atmosphere and so more care needs to be taken in keeping Vata balanced. Vata is composed of the ether and air element and its qualities are dry, light, cold, rough, fragile and are responsible for all movement i.e. inhalation, exhalation and co-ordination of senses. Vata is the most important of the three biological humours as it governs the other two (Pitta and Kapha). For this reason disturbances in Vata tend to be more severe not only affecting the mind but the entire body i.e. nervous system, producing tremors, increased cold in the body, constipation as well as insomnia and arthritis. Vata is located in the colon, thighs, hips, ears and bones but resides predominantly in the colon.

With our busy lifestyle in this world, many aspects of our culture aggravate or unbalance our humours so choosing the right lifestyle, diet and exercise will help to keep us balanced. Vata's nature is to keep a high paced lifestyle, doing everything fast, faster and fastest and then feeling exhausted after. To keep in harmony with their nature, exercises that are recommended are simple yoga, tai chi, stretching or walking, as these are less likely to exhaust. A form of therapy that is most beneficial for Vata types is ayurvedic massage. As it is involved with movement of energy, it creates balance among the three humours. Other than the obvious benefits of relaxation and feeling good, it is particularly beneficial in cool climates and for those who work more with their minds than their bodies.

While care should be taken about the nature of food, other considerations include the right preparation, its combinations, the right proportions and the right times and places. When we understand the constitution and its relationship to the qualities of food, it is possible to select a proper diet which includes the six tastes (sweet, sour, salty, pungent, bitter and astringent), heavy or light, and hot or cold producing. Not only seasons of the year play an important role but also the time in which we eat. In the afternoon from two o'clock until the sun sets is Vata time - when one feels light, active and supple - and early in the morning before sunrise is again Vata time. Breakfast should be eaten early in the morning for Vata and Pitta at about 7 - 8 am. If dinner is eaten at 6:00 pm, by 9:00 pm the stomach is empty and sleep will be undisturbed.

Vata predominant constitutions should choose an anti-Vata diet which is more appropriate to cold, dry and windy climates. They require a calming, nourishing diet containing foods that are warm, heavy, moistening and strengthening. Spices can be used in cooking to regulate digestion such as garlic, cumin, fennel, coriander and cardamon. Tastes that are recommended for Vata are sweet, sour and salty.

See Brooke's ad to the left.



## Fair Wares Faire!

How would you like to attend a Christmas Craft Fair with a difference? Does the idea of music, entertainment and a fashion show with a distinctly international flavor appeal to you? How about wonderful clothes and handwoven articles from Guatemala? Or perhaps jewelry, baskets and cloth from Kenya? Organic produce, coffee and spices? And what if you knew that all the money you spent was going to help support worthwhile projects from all around the world?

Then you will want to mark Sunday, Nov. 24th on your calendar, and make a trip to the Clarion Lakeside Hotel in Penticton, for the 2nd Annual Fair Wares Faire. Hosted by the Penticton and Area Women's Centre, this event received rave reviews last year. Over 1,500 people happily spent their money doing seasonal shopping with a difference. Our theme is *Promoting Social Justice Through the Sale of Ethically Produced Goods*.

There will be music and food, and free childminding. The Penticton Farmer's Market will be there, and a fabulous fashion show featuring local women designers. Applications are now being accepted from interested vendors. Do you have something that you think would fit our theme? We are especially interested in individuals offering items made from recycled materials, craft cooperatives, youth groups, self help groups and environmental groups. *see ad below*

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Aroma Joy uses the time honored principles of Aromatherapy to promote health and well-being. A new outlet at Orchard Park Shopping Centre in Kelowna is the first franchise store of this B.C. based organization that proudly promotes the wide selection of pure natural and botanical products on its shelves, including some 54 Essential Oils, Natural Remedies, 100% Botanical Skin Care, Therapeutic Massage and Bath Oils, Soaps, Powders, Candles and Accessories.

Franchisee Donna MacDonald and her staff firmly believe in communicating and educating their customers to this highly successful method of treating ailments as well as encouraging better all round Health. At the foundation of the Aroma Joy store is an excellent selection of books, and a well trained staff who are geared to offer friendly helpful service to customers who are looking for non-chemical alternatives.

Everyone at Aroma Joy believes strongly in the power of Aromatherapy products, as they are used extensively in everyone's personal lives, and they can attest to the transformational power of a healthy lifestyle by the strong detoxifying power of the oils.

The 100% natural, non-animal based or tested products include natural remedies for coughs, colds and flu, burns, athlete's foot fungus, as well as various other aches and pains, including severe headaches.

Aromatherapy is a modern name for the ancient knowledge of healing and improving health using these fragrant, natural ingredients, and a largely under-used sense - our smell. The cornerstone of the practice are the Essential Oils which are found in herbs, plants, flowers, fruits and the bark, roots or resin of certain trees.

Aroma Joy was established in White Rock, B.C. by Jean-Pierre LeBlanc and Kate Ross LeBlanc. Jean-Pierre is a graduate of McGill University with degrees in Chemistry and Business Administration, and is a former employee with Procter and Gamble, the largest marketer of Personal Care products on the continent. During a lifestyle restructure, however, Jean-Pierre and Kate investigated the increasing demand for natural products minus chemical preservatives - and discovered Aromatherapy.

Aromatherapy is now growing to the tune of 30% per year in North America says Jean-Pierre. Researchers say that our sense of smell is one of our strongest senses, directly linked to the emotional centre of the brain. It means that we respond to smell more emotionally than any other external stimuli. While chemical treatments are essentially man-made duplications of natural substances, they cannot reproduce the complexity of naturally occurring substances, Jean-Pierre explains.

When the proper botanical is used, it's like having a sophisticated key to open a door with a sophisticated lock. The chemical is the equivalent of kicking the door open. Both methods open the door, but one does it without the splinters or the side effects.

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# An Evening of the Essenes

by Carolyn Cooper

It was nearly twenty-five years ago that I first read the Essene Gospel of Peace at a friend's place in London, England. I was thrilled to discover insights on how Jesus healed and his gift of the Earthly Mother prayer (similar to the Lord's Prayer).

The book (now over a million copies in print in twenty-three languages) was discovered and translated by Professor Edmond Bordeaux Szekely. In 1928, together with Nobel Prize-winning author Romain Rolland, he co-founded the International Biogenic Society to "help mobilize all the forces of Life against the forces of death." He went on to publish more than eighty books on philosophy and ancient cultures, many of which are still available from the IBS. His works on the Essene way of biogenic living have particularly attracted worldwide interest.

His books on the Essenes have brought the way of life of the ancient Essenes who lived at the Dead Sea to the people of today, including their communions with the natural and cosmic forces, contemplations on peace and balanced way of life. The psychology of the Essenes is just as applicable today as it was thousands of years ago.

The IBS is unusual in that it is non-profit, to the point that you cannot donate funds, even through a will. You are encouraged instead to buy books, lend books and gift books. Prices are low, with discounts available to members.

My personal collection of some thirty-five of the Professor's books will be on display at the Hub of the Wheel on Thursday, October 17 at 7:30 pm. Depending on interest, I intend to start a lending library, to bring the books to more people. I will also be reading selected passages and answering whatever questions I am able to.

The most common question asked of me is "What are the Essenes?" According to the Gospel of Peace, the Essenes were the Children of the Light, to whom Moses gifted the Law, together with the meditations that, when practiced, automatically bring the individual into harmony with the Law. They lived a simple vegetarian life.

Each morning upon awakening, the Essenes commune with different forces - the Angels of the Earthly Mother, Earth, Life, Joy, Sun, Water and Air.

Each day at noon, the Essenes contemplate one of the aspects of the Seven-fold Peace - peace with the body, the mind, the family (includes friends), humanity, culture, the Kingdom of the Earthly Mother and the Kingdom of the Heavenly Father. Each evening while falling asleep, the Essenes commune with the different Angels of the Heavenly Father - Eternal Life, Creative Work, Peace, Power, Love, Wisdom and the Heavenly Father.

Through channelling and visions, I have been advised that the Essenes are the purest in harmony with the Law. I find it exciting that their knowledge has been rediscovered this century and that their meditations are practiced daily by people all over the world.

See calendar listing October 17.

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From the Editor...

## Chit Chat

with Marcel

October, the month of Thanksgiving. Something I don't do enough of. No matter how many times I try to remind myself I still find I can go for days sometimes without thanking the Universe for my many blessings. I feel this is an important practice, as what we give our attention to will expand in our lives. So if we focus on the good things, instead of the lack, this is what we will manifest.

Speaking of expansion and being thankful, I am very thankful for the Holistic Healing Centre. It has become my new purpose in life and I am pleased to see it grow and expand. We are now beginning to plan a new building to be constructed in two years time. Thank you to Joel Whitehead for his artists rendition to the right. Our hope is for a vegetarian restaurant, book and gift store, Yoga and Tai Chi studio, workshop and classroom areas, practitioner rooms and offices for Issues Magazine.

We really need to know that you are behind us and there are several ways you can do this. We will be drawing the winners name for the beautiful 'Magical Crystal Wand' at the Fall Festival of Awareness Nov. 15, 16 & 17. You can have your name entered in this draw for a donation of \$10. Your attendance at the Fall Festival would be a wonderful way to support us as well. It will be an inspiring weekend with great networking and learning opportunities. Please see the schedule of speakers and workshops in the back of this magazine. All these proceeds will go toward the construction of the new building.

There are many of you who have enjoyed reading Issues Magazine for the past seven years (our circulation is now 20,000 copies.) You have always been able to pick up a copy free of charge, perhaps now you would like to show your appreciation with a donation to our cause, or you could send a subscription to a friend out of town or a shut-in.



Your attendance at our many classes and events would be a good support as well. New events at the Holistic Centre for October include, a workshop Wednesday evenings by Troy Lenard ... 'Seven to the Twelve Rays'. Oct. 18, 19 & 20 will be our Reiki Extravaganza. A chance for the public to experience the healing power of Reiki for a donation. Treat yourself to a session, you'll be glad you did. The last Wednesday evening of the month, Oct. 30, you are invited to our Halloween Howl. Wear your costume and bring your humor for this adult social.

Please be thankful for your Holistic Healing Centre. It is a unique entity. Not many communities have a place where like minded people with holistic and metaphysical interests can get together for discussions, information, classes, lectures, body-work sessions, workshops and meditations.

Before I close I would like to thank the many people who have supported us in the past. Your generosity and interest is very much appreciated.

So as we journey through this harvest season, let's try to remember the words to the old song:  
"If you're worried and you can't sleep,  
Count your blessings instead of sheep.  
And you'll fall asleep counting  
your blessings."

.....and may our lives be filled with all the joy and abundance that we give our attention to.

*Marcel*



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

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

We believe that healing is a process, and we are willing to share our insights and our knowledge from the many workshops that we have both attended in healing ourselves. Please join us this November for a six-week journey to begin getting in touch with your core essence.

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# Paradise Lost, Paradise Gained

by  
Steve Donahue

It was a gray spring morning when my old girlfriend moved out. But things brightened up quickly. That same afternoon my new girlfriend moved in. A whirlwind romance led to marriage and twelve months after our first date we were parents.

We enjoyed three years of a loving marriage while parenting our beautiful baby girl. I felt like the gods approved of our union and smiled upon us. We were happy, committed to each other and growing together.

Then something happened. Things began to change. Around the time our second child was born our marriage began to fall apart. We tried everything: from individual and group therapy to marriage counselling, seminars, books and tapes. In desperation we signed up for a six month long program in the States on creating loving relationships. At the end of six months we split up.

The personal growth work was not wasted. I'd learned what had happened: my past had caught up with me. I began to get a very clear picture of how much baggage I carried. I also discovered that intellectually knowing what my problems were and where they originated was not enough to make them go away.

We got back together but little had changed. I hurt as much as ever and felt unhappy, unloved and unlovable. Then my wife signed up for yet another program that promised quite a bit and by now I was quite skeptical and cynical. When she came home after a week at this process I noticed one obvious change; for once she didn't try to convince me to sign up.

Over the next six months an interesting thing happened. As she continued to unfold and grow into a more accepting and loving wife I began to think "I was right all along, she was the one who needed fixing." Then I began to notice that now that I had what I wanted I found myself slipping into my own personal hell. My past had not only caught up but had actually overtaken me and was standing between me and the life I wanted to live. Utterly convinced that my marriage could no longer be saved I decided I had to at least try and save myself. Having been impressed by my wife's transformation I signed up for the same Hoffman Quadrinity Process.

Like describing a rainbow to a blind person this week is difficult to explain. I did discover depths of rage inside me that I had covered up with my Mr. Nice Guy exterior. I was able to let go of that anger through several brilliant exercises that carefully brought me into and out of that pain. I was able to express grief as well and cried the bitter yet healing tears of a man for all that I'd lost as a boy.

Now almost three years later I see this experience much like a rite of passage. Like ancient tribal initiations that were a means to impart specific knowledge to the initiate, the Hoffman Quadrinity Process gave me the type of knowledge I could never get from a book, tape, person or seminar. As I climbed into my car after those seven days on an emotional roller coaster I knew that no matter whatever would happen to me from then on I could handle it, even my imminent divorce.

Fortunately my marriage not only survived but now thrives in our home in the BC Interior. We've since realized many dreams that we both attribute to the work we did at the Hoffman. We moved out west, joined a loving intentional community, are building a new house and have brought the Hoffman Quadrinity Process to BC. I now have at least a dozen very close male friends where previously I'd had only one. I'm no longer passing on to my children my learned negative patterns. My relationship with my own parents, especially my father, is much improved. My life is not perfect but I know that I can handle tough times. Best of all my past is where it belongs: in the past, healed and whole. Rather than a crumbling foundation that would always collapse under strain, it now forms a bedrock that I can find support to build my life upon. *ad below*

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I recommend it without reservation."

John Bradshaw

"I consider this process to be essential for anyone on a healing path."

Joan Borysenko, Ph.D.



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# What's So Scary About Feelings?

by Diane Laviolette

This morning I became inspired to write an article about 'feelings.' I was reviewing my notes from the previous Apprenticeship Program Kiara and I had taught and I still can recall the impact this lecture had upon the students.

Even after teaching Listening Hands Therapy programs for three years I am still surprised at the reactions that the students experience when I mention the word 'feelings.' Some students want to quit the course ... some students' faces show their fear ... you can even hear them saying to themselves ... Do we really have to go there? Doesn't spirituality take care of THAT?

Some students also say: Been there... done that... I went to a month long retreat and dealt with all THOSE feelings !!! Or, this is beginning work, let's get on with the interesting stuff... Others say, If I feel, my life will fall apart... I won't be able to continue on at work,... I'm going to lose control... etc., etc. With all this intense reaction, we know this must be a juicy teaching to explore.

You see, in the auric field, we have a layer called the Emotional Field. This is where all the feelings, not felt, are stored. When this layer of the field becomes charged (by all the unfelt emotions) it begins to affect the other fields.

If the release doesn't take place, the emotional body impacts upon the physical field (body) and as a result we develop a physical disease. If the charged emotional field impacts upon our mental field, the results are an unclear and foggy mind. We then have a hard time thinking clearly, making decisions and performing activities that require mental clarity.

We also understand now that holding onto resentments is one of the causes of cancer, that unresolved heartbreak leads us toward experiencing heart attacks, unfelt grief can cause pneumonia or other lung problems and suppressing sadness, despair and anger brings on depression. Holding on to emotions also stops us from feeling all the "good" feelings. It blocks our creative force, we feel very little, and life becomes a place where everything is on automatic.

Feelings are part of being human. They are a part of us and when we ignore them, they work against us. The feelings don't go away by themselves. How do we move our feelings through, so we can live a fulfilling, happy and healthy life? By going through them, feeling them with the intention of letting go, and moving beyond to a place of healing.

It is important to remember that this is a healing process and the intention is to heal, not to beat yourself up. Feelings of compassion and unconditional acceptance towards yourself are of the utmost importance at this time. My own experience has been, that each time I gave myself permission to go through this letting go process, a feeling of peace took the place of the negative feeling I had just released. Because peace is our natural state of being (oh, but that's another article...)

Think about it for a second. If everyone was feeling their emotions fully, how different our world would be...no addictions (most people use addictions not to feel), less sickness, no

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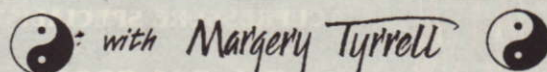
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violence, no crime ... You would be living your life fully and passionately, your creativity would be fully blossoming therefore you would be living your full potential. All this is possible, all it requires is a little bit of willingness and courage. Can you now see the importance of giving emotional healing priority?





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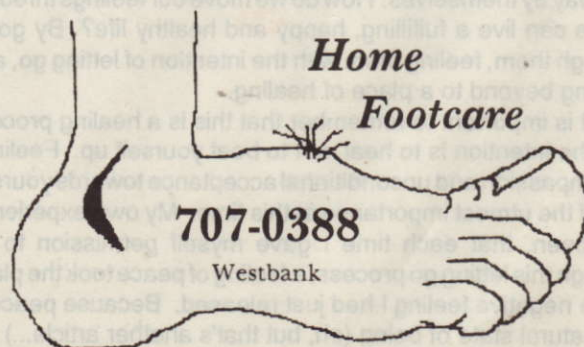
# Finding a Path to Health

by Marcia Goodwin



When I began training to be a nurse in the early 70's, I had no idea of the experiences and adventures that awaited me or the direction my career would take. After graduation I was employed as a nurse in hospitals, public health, occupational health, and in geriatrics. I noted a common theme was emerging. People in all walks of life were seeking information about a variety of health concerns and as a nurse, I was in an ideal position to promote health amongst clients, their families and friends. This observation coupled with my personal experiences over these years was molding my perspective of health.

As a health professional, for many years I thought I knew a lot about health until my own was in jeopardy. Three months after giving birth to my son, I suffered an accident which resulted in compression fractures of the lower region of my spine. After a year of traditional treatment and physiotherapy, I was still experiencing a lot of pain. Since traditional methods had no more to offer, alternative therapies were sought. After trying reflexology, deep muscle massage and polarity treatments, I learned about the work of Bernard Willemssen, recent author of *Don't Water the Stick*. At that time, Ben had just established the Centre for Human Energy Dynamics where he employs some of his exceptional abilities to facilitate healing and growth in others. One of these talents is called Diagnostic Imagery by which Ben, with consent, is able to perceive energies and body structures. I was informed through this process that my ribcage and pelvis were rotated and locked in an unnatural position that would require chiropractic intervention. He also told me that it was time I took responsibility for myself. Although at the time I took exception to these directions, it was through my struggle to comprehend these suggestions that my personal growth really began. I attended as many of Ben's courses as possible including: The Spirit and I, The Art of Healing, Human Energy Dynamics and Applied Psychics, each of which challenged me to understand concepts regarding total health, energy fields, the relationship of the mind, body and spirit, ego growth and soul drive. Eventually I was privileged to have the opportunity to join a personal development group in which I participated for six years. My experiences as a member of the group were both humbling and profound as I learned through my own



## HEALTHY FOOTPATH

Marcia Goodwin, RN, BScN



experiences and those of others. It was over this six-year period that I truly developed a sense of self and started applying the knowledge I gained to my daily life.

Through this process of personal development I have reached the point where I now have the courage and dedication to strive toward attaining a long-held dream. Ever since I left B.C. as a teenager, I have longed to return. I've carried the breathtaking scenery in my heart for many years and to my delight, an opportunity to return to B.C. materialized before my retirement. I have also chosen a path to promote health with individuals in the community in the comfort of their homes. I have established a private practice called, "Healthy Footpath" by which individuals can become healthier. Since many are not aware that their health could be improved or feel isolated from services available, I address health concerns individually while providing professional foot care. Toenails are soaked, cleansed, trimmed and filed smooth while skin care is also provided, resulting in a refreshed and revitalized sensation. Feet are examined and principles of good foot care are taught. Simultaneously, a health review is completed and any outstanding health concerns are discussed, all in the comfort of home. Since we too often take our feet for granted, through Healthy Footpath, I am providing opportunity for individuals to build their health from the ground ... up. Isn't it time we paid attention to our feet?

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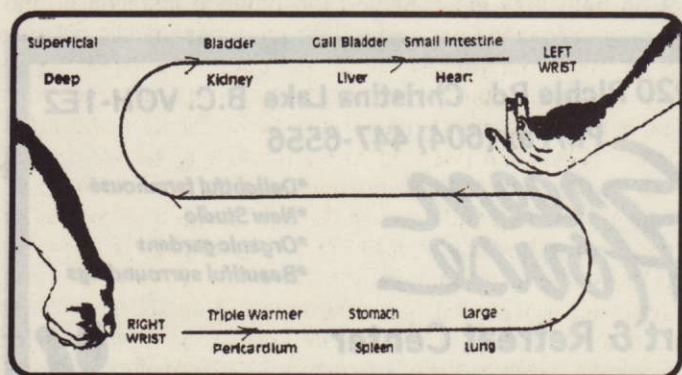
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BY VICTOR SHIM



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In the West, there is one pulse that measures the heart and blood circulation as compared to 12 pulses that measure 12 different functions in the Chinese system. Pulse readings are used to gather detailed information about

energy pathways called meridians as well as their associated organs. See the above diagram.

Pairs of these pulses make up three points on each wrist. Each point has either a deep or a superficial 'tone'. Information found can relate to energy blockage due to injury, illness, emotional stress, improper diet or trauma. When taking readings from all twelve pulses and evaluating them as a whole, a complete picture of the person is created.

Normally, pulses are rhythmic, orderly, smooth and peaceful. However, the smooth flowing of pulses depicted by the diagram can become unbalanced. For example, if two pulses work against each other, then a person may not feel well but recovery is still possible. When three are at odds the recovery is diminished. Balance between these pulses can be restored with the use of Chinese herbal preparations.

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## CONSUMER BEWARE LOOK FOR HEALTHY ALTERNATIVES

The old adage 'You are what you eat' is now becoming painfully clear to some of us who are feeling lethargic and polluted. Our food stores are a reflection of the poor state of our planet's health. With chemicals used for everything from produce growth to storage of herbs and textiles, pity those who don't consider this as part of their health dilemma. The chemical industry is increasingly exposing us to new synthetics in the production of our basic needs in life, all for the sake of economic savings and convenience. Growth hormones are commonplace in vegetables and meats, supposedly to help farmers meet the high demand of the consumer. Esthetics supersede nutritional value. Farmers are being forced to use toxic sprays in all facets of growing and storage to meet quotas established by lending institutions and farm market boards. The result is that the consumer has fewer healthy alternatives.

We are noticing an increase in health consciousness in the consumer and an awareness that being healthy is not easy or convenient but necessary. It seems that once something becomes a necessity the price rises in harmony. They suit these needs only to those in high income brackets or those with the knowledge and tools to fend for themselves. So those of us who are not independently wealthy must learn the ways of those who depended on their own resources to remain healthy. The creator of life, in whatever form the individual perceives it, has given us all we need, in the plants and environment in

which we all exist. Science has led us to believe that the answer lies in a test tube. What science overlooked is that when they derive or synthesize the so-called useful portion out of an herb they leave behind the balance installed by the creator. When the consumer uses the pleasant little pill they in turn throw out the balance of their body.

Cotton is one crop we have become dependent upon for textile production to keep the body warm. Figures show that cotton production uses up to 50 percent of all agricultural chemicals. Without those chemicals insect infestation would wipe out the crop and in fact in Georgia growing without using these prescribed chemicals is illegal. If the plant is eating up all those chemicals then in turn, the body must absorb some chemicals as well. It only makes sense. Wouldn't it be logical to look for a plant that is not dependent on chemicals for survival? Produces a maximum yield with minimum effort? One that has literally tens of thousands of commercial uses and can be grown and manufactured by the ordinary person? If such a plant existed would our leaders of country and industry not have exploited its virtues already? The plant does exist!! We call it Cannabis or hemp! Our leaders of the past have spent enormous amounts of energy making it illegal and keeping it that way, by way of negative and bigoted propaganda. Why would such energy be directed toward one of the most useful plants on earth?

*See Kirk's ad above*



# Cranial Osteopathy and Autism

by  
Cassie Benell, Ph.D.

Cranial osteopathy was developed by osteopath Dr. William Sutherland in the 1930's. To understand just how many cranial bones moved at their junctions (sutures), he made a helmet into which he could screw bolts at different places. His wife then observed his symptoms and behaviour when certain bones were restricted. Ideally none of the cranial bones should be restricted in their movement and no intercranial sutures jammed. From these studies cranial osteopathy was born and many osteopaths have since produced a variety of techniques to release the cranium.

Cranial Ortho-Bionomy, a gentle and wholistic approach to the cranium was developed by osteopath Dr. Arthur Lincoln Pauls. Craniosacral Therapy was developed by osteopath Dr. John Upledger and addresses restrictions of specific bones. Mechanical Link was developed by French osteopath Dr. Paul Chauffour and addresses the individual sutures within the cranium. From a mixture of their techniques some powerful approaches can be used to help people with cranial distortions.

Many individuals have cranial distortion as the result of injuries, while some people have illnesses which make the cranium very tight, causing mental or neurological problems. Classically, people with multiple sclerosis have their squamosal-parietal suture (above the ear) open too wide, while those with cerebral palsy have the coronal suture (where a hair band would go) jammed. Individuals with autism have a very tight system, with some of the cranial bones pulled into the head.

Dr. Upledger named Craniosacral Therapy after the cranium and sacrum, which are joined together by the spine and along which the craniosacral rhythm pulses (usually 6-12 cycles per minute). This therapy is a smooth light (up to 5 grams) touch therapy using the craniosacral rhythm to evaluate and treat problems of pain, dysfunction and lowered vitality, relying on the client's self-correction, by encouraging the body's own natural mechanisms to improve functioning within the brain and spinal cord, and to enhance general health. Work is done on the body and on the cranium, in which the bones can move as the sutures are not calcified but living joints with collagen, elastin, blood vessels and nerves.

Craniosacral Therapy was developed as a basic way for other health practitioners to address structural, membranous and visceral restrictions within the body. Numerous therapists, chiropractors, dentists, nurses, doctors, other practitioners and laypeople have received training in Craniosacral Therapy.

I will refer to several studies conducted by Dr. Upledger. He studied 203 learning disabled school children in East Lansing, Michigan, and worked over a three year period with autistic children at Genesee Intermediate School District Center for Autism at Flint, Michigan. He has concluded that some physical and behavioural difficulties may be caused by the lack of accommodation within the craniosacral system; the correlation between restricted craniosacral motion and developmental problems in school children was very high. A high proportion of learning disabled had had head injuries, obstetrical (birth) complications and ear problems. He postulated that the head-banging, thumbsucking, toe-walking and self-mutilation seen in autistic children are responses to restrictions within their craniosacral systems and are attempts at self-correction to alleviate pain. The more autistic a child, the more restricted he/she is in the mobility of the craniosacral system. Motor coordination dysfunction is often due to craniosacral system dysfunction.

As well as structural restrictions, autistic children also exhibit abnormal mineral contents and aluminium toxicity (tested by hair analysis). Deficiencies of calcium, phosphorus and magnesium, all of which affect myoneural (muscle-nerve) junctions, were also documented, and deficiencies of sodium, potassium, copper, manganese, chromium and/or molybdenum were found.

Those structural restrictions commonly seen in autistic children are: severely restricted mobility in the upper thoracic (rib cage) vertebrae, postural problems, cranial base compression, and associated with this, compression of the lumbosacral (bottom of the spine and the sacrum of the pelvis), producing a stiff pelvis. The craniosacral rhythm in autistic children is twice the normal rate and the compressions at the cranial base and the lumbosacral junction are mainly membranous in nature, i.e. due to restrictions of the dural tube. Dr. Upledger believes that the cranial base restriction causes constant traction towards the head on the sacrum.

Each individual has his/her own unique pattern of restrictions, and a generalized procedure for treatment of autistic children will be described. Many children may initially be uncooperative, so Dr. Upledger recommends a still-point in-

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duction (that is, a stopping of the craniosacral rhythm temporarily to alter the system beneficially and to calm the child) anywhere on the body. When the child realizes that he/she gets pain relief from the work, he/she becomes more cooperative, is often willing to go onto the table and may later direct the therapist's hands at times. Likewise, the intent and attitude of the therapist is quickly perceived by the child, so he/she should be approached with love and tenderness.

It is best to find whatever cranial area is mobile and continue working there at the start. Next a cranial base decompression is attempted, and then at the lumbosacral junction. Balancing the sacrum and cranial base follows and releasing of the pelvic, diaphragmatic and upper thoracic transverse areas. Postural problems associated with the upper thoracic spine should be addressed, as many autistic children have kyphosis (hunchback) and/or scoliosis (lateral curvature of the spine). This will also help facilitate a more mobile ribcage and enhance breathing. Releases of the compression restrictions and the cranial base can produce a reduction or cessation of self-abusive behaviour and thumbsucking (and long-standing head pain is gone). Then the children become much more cooperative.

After this, it is helpful to have a team approach in which the somatic fascial (connective tissue) restrictions are released. By following the child's subtle movements, the child "unwinds", producing soft muscles. Near the completion of the release, his/her face is more peaceful and loving, and the child later becomes more sociable. It may take several such visits to complete such releases, until the child no longer has spontaneous body motions to unwind.

Then and only then can the temporal bones be successfully decompressed laterally (towards the sides). It may take one year of weekly visits to reach this level. After such releases, the child is able to express affection towards others, as well as being able to play sociably with others. (Normally an autistic child does not express affection or emotion.)

Dr. Upledger feels that this gives us reason for hope and a need for concerted efforts by parents, teachers and craniosacral therapists. He says, "It is important that parents and teachers are sensitive to, and understand the changes their child may pass through. As emotion begins to emerge, it must be encouraged. As creative activities appear, they must be encouraged." Autism seems to be a learning experience and a challenge for us all.

I have worked with some autistic children for three years using all three therapies. The Mechanical Link work is faster than the others, and produces very good results. At times it has been a real challenge to even put my hands on the child; if they move my hands, I ask them to place them wherever they want. Working with a girl who was repeatedly banging her head on the wall, she moved one hand from one side of her head to the other. Then things really began to move, and her severe headache dissipated. Some of these children have seizures and their seizure rates dropped markedly after sessions; the parents also reduced their seizure medication. The parents report that the children have a better attention span, seem in less pain, have fewer seizures (if that is the problem), are happier and more sociable after sessions. And I've even had the good fortune to get hugs from these kids, in one instance a year after I'd last seen one girl. Quite a reward!



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# This is my Story

by June Hope

When I was a young girl, my best friend's mother was a massage therapist. It wasn't until years later that I would remember some of the things she taught me. I applied massage to family and friends through the years of raising a family, but never with the thought that I might some day earn a living. It was an effective caring that I could share with others.

There were several times during those years when I was hurt accidentally, usually riding horseback. Generally someone would show up in my life that did massage or reflexology or knew a chiropractor that had helped them. I was drawn to buying books on various alternative healing techniques, and casually reading them, applying what fit with me.

Then came a very busy financial/business growth period and I didn't have time to think much about alternative healing. However after ten years both myself and my husband, Brad were on the verge of collapse and to help him I turned to massage. To help myself I joined a group of women in Vancouver, in 1986, who were exploring the energy of the aura; smoothing, cleansing the chakras. Chakras - I'd never heard of them before, but it made sense and I felt better. I was amazed to discover I could feel someone's energy field as much as four feet away from their body, though I usually had to compress it to six inches for them to feel anything. I explored that for about two years, but it was hard to find people who didn't look at me skeptically if I spoke about what I was doing. My husband called it 'hocus pocus' and said he preferred a real massage where he could feel my hands making changes and relaxing his body.

In 1989 we moved to Princeton to follow a lifelong dream of someday owning a ranch. Horses, cows, calves kept us busy. Massage, reflexology and energy were put on the back of the shelf, and guess what? I got sick! I didn't have the energy to think about massage, I was barely taking care of myself. I went to the doctor's and had surgery. A year later surgery again and again the year after that. Three months after the last surgery,

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I was back in the doctor's office again and he was telling me my problem was scar tissue and every surgery would make it worse. I "over healed." He suggested I try massage! Bingo! Well not quite that fast, but the light did begin to dawn. I started treatment and recovery, climbing out of the path of despair. I found, once I began this journey of "self responsibility" that I was presented with various ideas, books and tai chi. Some books that I bought ten years earlier and had casually read appeared in boxes as I cleaned house, and now I devoured them. *The Celestine Prophecy* and *Joy's Way* were monumental for me. Then my friend, Barb, one day came to me and said, "They're having a course on Reiki in Penticton, it's energy healing and I think you should go." I went, thinking I would just listen to the free introduction and if I liked it I would start saving to take the next course. At the end of the intro I was hooked. I spoke with Catherine Torrens thinking I would return for the next class only to hear her say, "It's time now, you're ready, stay and we'll work out payment." That weekend was a gift to me; it opened doors, was a homecoming, and opened my heart. As a friend said to me when I arrived home on Sunday evening, "You look like the cat that swallowed the canary and are keeping it secret." I found an increased ability to give non-judgmental, unconditional love to myself and to others.

It didn't come all at once, mind you. I found I was puzzled by the attunement process, but I certainly couldn't deny that something had changed in my life. People told me I glowed, looked great, etc.

My exchange with Catherine was to set up a class for her to teach in Princeton and twelve people showed up for that class. I moved to Level II and arranged more classes, got business cards and started treating people to my form of Reiki massage. Catherine began to ask me to prepare for Masters' Level. Who Me! I couldn't! But I could and I did and I find I'm very comfortable with it now. It is such a joy to help others find ways to help themselves and to watch them grow, and to do more growing myself as I sometimes struggle to answer their questions. Being a Reiki Master certainly doesn't make you infallible. My human being speaks the truth only as I perceive it and at times I have to examine my reality.

## Reiki Workshop • Oct. 26 & 27



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June Hope



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## Book Reviews



### Chicken Soup for the Soul

by Jan

In the past two weeks I have devoured *Chicken Soup for the Soul*, first and second helpings. Jack Canfield and Mark Victor Hansen, the authors, recommend that the books be read slowly, savouring the flavour and enjoying every morsel. Not me! I needed a holistic remedy to recharge my batteries after a couple of extremely busy weeks. If I had been physically ill, chicken soup would have felt nurturing, so why not *Chicken Soup for the Soul* for a tired spirit.

It worked! The stories are brief but packed with inspiration, confirmation, courage, hope, and humour but above all ... LOVE. Many of the stories touched my heart and I wept, others buoyed my spirit and my body felt lighter. I felt the tiredness ease off and a renewed sense of purpose. There are also anecdotes with very practical applications we can all try.

Glenna Salsbury shared her story of a goal book. At a seminar she learned that the mind thinks in pictures, not words. As we vividly picture in our mind what our hearts desire, it will become a reality. She used pictures cut out of magazines, and placed them in a photo album to focus her intent. All of those goals were attained and she and her husband have created many 'picture books' since that time.

Another thought-provoking anecdote is "A Sense of a Goose." We've all seen the geese flying in a "V". Did you know ... that the whole flock adds at least 71 percent greater flying range in this formation than if each bird flew on its own? ... that when the head goose gets tired, it rotates back in the wing and another goose flies point? ... that geese honk from behind to encourage those up front to keep up their speed? What if we applied these principles to the people we live and work with?

From random acts of kindness to heartfelt stories of how seemingly little things we do can affect others in our families, the people we work with or the stranger we just happen to meet, these books offer so much more than words can adequately express. And yes, I'll go back again and again to savour each and every helping of *Chicken Soup for the Soul*.



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# The White Rose

*the day the world looked up*

Book  
Reviews

In the prologue, it says, As he (Stanley) grew, he realized that everything had a purpose. His life's experiences shepherded him towards coming into his full power.

A position of power was not his goal in life. Without knowing what lay in store for him, he lived his life, and the power happened. And the purpose of this tale is to relate what happened and to show you, dear reader, that the power he possesses is no more than the power you too possess. And that everyone on earth can live in comfort, at peace, and in love with one another.

Take a magical journey with Stanley as he grows up and learns about crystals, meditation, people and the power of unconditional love. Meet one of his teachers, a delightful Hungarian grandmother named Baba, who opened his eyes and his heart to a world beyond the norm. You'll have to read the conclusion for yourself because I find no words to adequately describe the impact it has had on me.

This book left me with a great big grin on my face and a feeling of 'warm fuzzies.'

## A Message from Theodore Bromley, the Author



To write and to self-publish *The White Rose* was to invite opportunities for personal growth unsurpassed by any single event in my life, save perhaps my union with my wife and partner, Lea. In completing this project I have brought to a close an agreement I had made with spirit before I took on my body for this incarnation. I had no idea what effects this event would have on me personally. I am sure there is much more learning on its way.

I have been driven by the belief that the story of *The White Rose* is so valuable to Spirit's agenda, especially regarding the healing of Mother Earth and her creatures that I have used all my sales skills to "get it out there." Ironically the book has often become successful in areas that have had little promotion and has stagnated in places that have been promoted quite aggressively. How do you figure that?

It took me nine years to write it. The words came from the highest aspects of my self. Many of you who have read it, have acknowledged that fact. I sincerely thank you for telling me. Perhaps it took nine years to generate enough High Self writing momentum to fill up a book. In any case *The White Rose - the day the world looked up* has a power, a love all its own, independent of me, the author. At this stage I am striving to step back enough to allow that love power to express itself as spirit wishes it expressed. In this way the real purpose and therefore success of my book is being realized.

I would like to take this opportunity to thank all of you who have supported the book. Some of you purchased it primarily to honour me. Indeed I have been honoured. I in turn now honour you. Like Stanley and Clare you too are beautiful, powerful persons and you too have important missions to accomplish in this lifetime. I love you.

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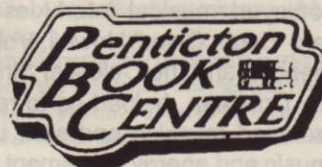
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# Ascending Hearts Conclave an Immense Success

by Marcel Campbell

September 23....Craig Russel's Conclave of the Ascending Hearts was presented in Vernon this weekend. I was fortunate to be able to attend along with over 250 other Ascending Hearts. The Conclave was held at the time of the Fall Equinox 'The Equinox of Unconditional Love' to coincide with the influx of new energies.

The Master of Ceremony duties were performed by James Todd and Ashleigh Ryane. Well done. You make a great team. Featured speakers were James Shea, Denis Hiestand, Troy Lenard, Paul McIntyre, Royalle Tayler Ryane, Jamie Makarenko, Tricia Nobbs and Aka.

Matisha from Hawaii and Mount Shasta provided delightful comedic and musical relief between speakers. We also enjoyed musical interludes with Leonard 'Eagle Cloud' Howell, Volodya Chernenco and the Celestial Singers. Shelley Coleman helped us to relieve our cramped muscles and sore backs with music and energy movement techniques. Healers were also available at the back of the room for those feeling the need of their attention.

Paul Armitage inspired us with his beautiful music throughout. On the last afternoon he channelled 'Community of Souls' especially for this event. Bravo Paul!

Craig Russel was at his very best. His channelling becomes more powerful all the time. We were blessed with messages from several of the Ascended Masters. The accompanying influx of energy was truly Divine - a cherished gift.

During the Final Wrap Up, tribute was paid to the team of volunteers, healers and representatives who gave so freely of their time and without whose efforts this celebration would not have been the great success it was. As Sananda told us in the final channelling, "You have been successful. Your hearts have ascended."

The weekend was made extra special for me by two wonderful ladies, Maurine Valorie Palfy and Mahara Brenna who took me into their hearts and invited me to be with them during the celebration. Thank you dear new friends.

I must close now as we go to print today. I realize more comment is necessary to do justice to this event but time does not allow.

# CALENDAR

**October 1 - 31**

**Introductory Training Oya Soma**  
Nelson, p.4

**October 4, 5 & 6**

**The Art of Rebirthing**, Vernon, p.19

**October 5 & 6**

**Wholebody Reflexology, Nelson**  
Nutharapy Institute toll free 1-888-284-3333

**October 7 - 9**

**Creative Writing**, Christina Lake, p. 19

**October 8 - November 7**

**Oja Soma Introductory Training**  
Nelson, p.4

**October 12 & 13**

**Wholebody Reflexology Certified**  
Weekend course, part 1 Kelowna 766-4049

**Integrated Body Therapy**, Penticton p. 22

**October 17**

**An Evening of the Essenes** Hub of the Wheel, Penticton ~ 7:30 pm ... by donation

**October 19**

**Colour Therapy** Level 1, Nutharapy Institute  
Kelowna 766-4049

**October 20**

**Colour Psychology**, Nutharapist Institute  
Kelowna, 766-4049

**October 18, 19 & 20**

**Reiki Extravaganza**, Penticton, p. 24

**The Storyteller presentation "The Third Law"** Kamloops ~ For more information call 372-8071. Private consultations available.

**October 24 - Nov 2**

**Life Shift Intensive**, Riondel p. 7

**October 25 - 27**

**Power, Passion & Purpose**, Sundre, AB  
ad p. 2 & NYP retreats

**October 26**

**Wild Herbs & their uses**, Nutharapy Institute, Kelowna. Toll Free: 1-888-284-3333

**Intensive Personal Empowerment Program begins**, Kamloops, p. 23

**October 26 & 27**

**Integrated Body Therapy**, Kamloops p.22

**Reiki 1**, Penticton, p. 25

**October 27**

**Auricular Candles Workshop**,  
Nelson, p. 5

**November 5 - December 12**

**Experiential Flower Essences**-Nelson, p.13

**November 8 - 15**

**Hoffman Quadrinity Process**, Nelson, p.16

**November 9**

**Angels and Crystals**  
Nutharapy Institute, Kelowna 766-4049

**Breath of Anger** Workshop - \$50 on Vanc. Island at Passages. see NYP retreat centres

**November 10**

**Kinesiology & Dowsing**  
Nutharapy Institute, Kelowna, 766-4049

**November 15, 16 & 17**

**Fall Festival of Awareness**, Naramata

**November 16**

**Reiki Level 1** Nutharapy Institute,  
Kelowna, 766-4049

**November 16 & 17**

**Integrated Body Therapy**, Kelowna, p. 22

**November 17**

**Seeing Auras** Nutharapy Institute,  
Kelowna ... 766-4049

**November 24**

**Fair Wares Faire**, Penticton, p. 11

**November 23 & 24**

**Tarot weekend**, Kelowna, p. 25

**November 29 - December 1**

**Self Care Weekend For Women**  
Vancouver Island at Passages, \$249 incl.  
NYP retreat centres

## ONGOING EVENTS

### WEDNESDAYS

**Okanagan Metaphysical Society** Kelowna - an evening speaker LAST Wednesday of every month 7:30 pm.. Ph.Liz for details 861-6805

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**Kamloops:** led by Sharon Pilling, ph. 372-8071

### SUNDAY CELEBRATION

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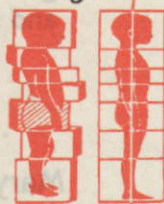
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Linda Kay ~ Penticton .... 492-0714

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**DOUBLE WINDS, Traditional Tai Chi,** Authentic Yang Style, student for 30 years of Grandmaster Raymond Chung (who studied with Yang Cheng Fu). Master/Sifu Kim Arnold, Sifu Heather Arnold  
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**DANCING DRAGON - School Without Walls** Peace through movement. Okanagan's original Dancing Dragon, Inscrutable Taoist Rebel and Master of Tai Chi Play. Harold Hajime Naka ... Kelowna: 762-5982

**KOOTENAY LAKE SUMMER RETREATS:**  
Nelson, BC (604)352-3714 see "Retreats"

## TEACHING CENTRES

**ALPINE HERBAL CENTRE .. 835-8393**  
Classes on the spiritual & therapeutic use of herbs. Register January to March, starts in April.

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

**KOOTENAY SCHOOL OF REBALANCING**  
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**PACHA SCHOOL of HEALING**~the intent of the school is to honor All Beings in the Circle of Life. The focus is connecting with Universal Knowledge for the purpose of Reprogramming Life Styles on the cellular and DNA levels. Certificate directed study programs are available as well as ongoing teachings, healing sessions and workshops by local and international masters. Box 981, Nelson, BC V1L 6P5 Call Barbara Gloucher, Pacha Healer for info and sponsorship of the work in your area. (604)354-4742

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Breath Integration Counselling, Self-development Workshops, Six-month Personal Empowerment Programs. Training for Breath Integration Practitioners, Sunday Celebration, CIM Study Group and quarterly Newsletter.

**THE CENTER ~ Salmon Arm..... 832-8483**  
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Inquire about Home Study and Certification Programs. Calgary ... 403-283-5653

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

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Kamloops, B.C.  
V2C 2A1  
**374-4349** (Office/Home Visits)

"Except for the point, the stillpoint there would be no dance, and there is only the dance."  
-T.S. Eliot

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Karen

**PRIVATE APPOINTMENTS COURSES AND WORKSHOPS ON A CONTINUING BASIS.**  
**KAREN TIMPANY OR DEBBIE FOLEY**  
**766-4049 FOR MORE INFO.**



Debbie



# HEALTH Food Stores

## Kelowna

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

**Long Life Health Foods: 860-5666**

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

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

## Penticton

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

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

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

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

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

## Summerland

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

## Keremeos

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

## Nelson

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

## Fernie

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

## Grand Forks

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

## Kamloops

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

## Osoyoos

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

## Vernon

**Terry's Natural Foods 3100 - 32nd Street**  
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## Chase

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# DEADLINE

## for November

### Advertising and/or Articles

# October 10th

**492-0987 (Penticton)**