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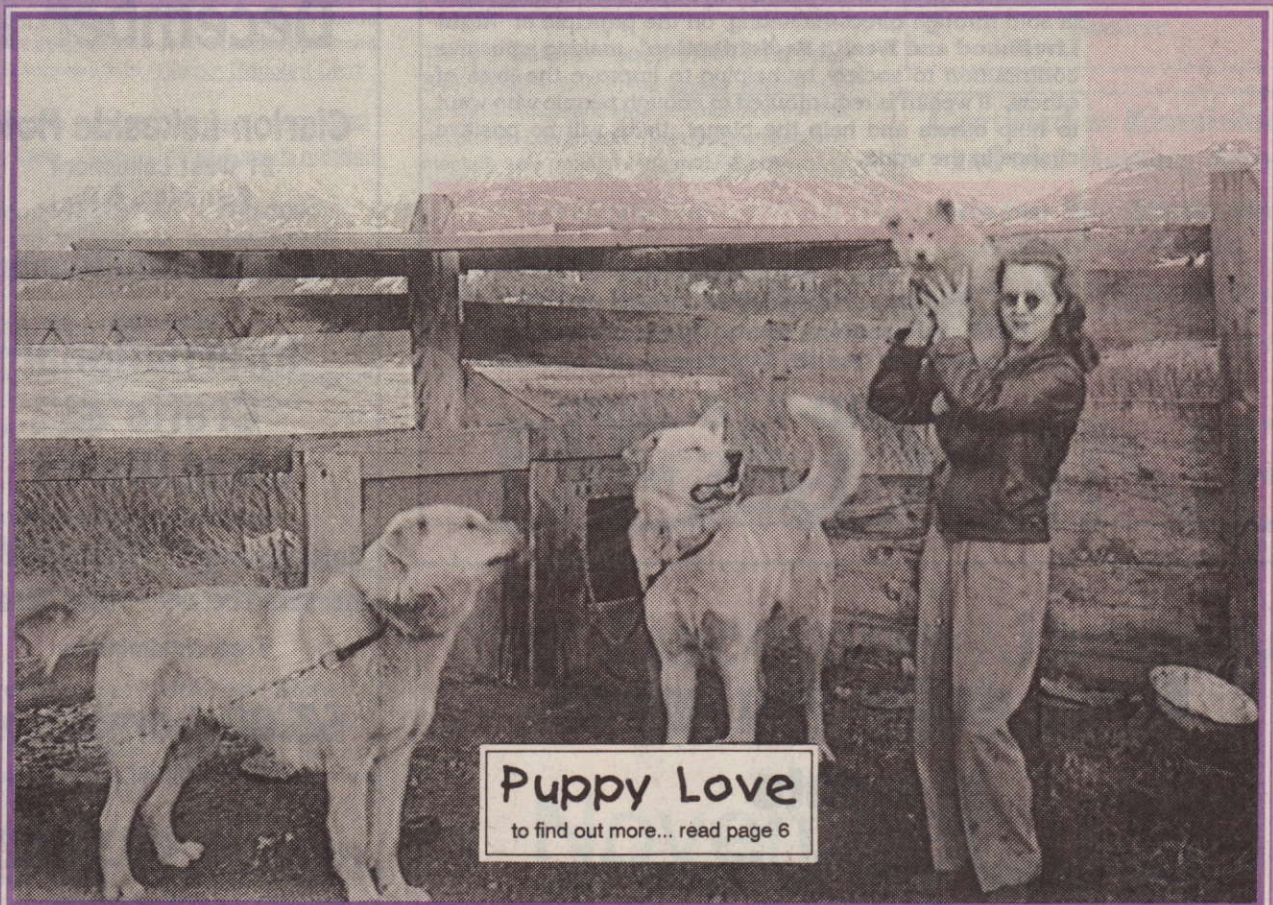
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Puppy Love

to find out more... read page 6

November 1996

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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.

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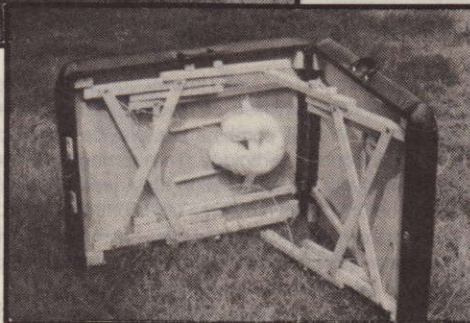


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HEMP

by Jan

I heard that hemp was becoming available again for a variety of products and I was curious. From the information I read, hemp fabric can be used for bedspreads, blankets, backpacks, carpeting, clothing, draperies, hats, luggage, mattresses, sails, sheets, shoes, shirts, tents and towels, to name a few.

Hemp has a number of advantages: it can withstand high temperatures so that it can be sterilized; fabrics with at least a 50-percent hemp content block the sun's UV rays more effectively than do other fabrics; it is naturally resistant to moths and it can be mercerized and bleached. Compared to cotton fibres, hemp fibres are longer, stronger, more lustrous and absorbent, and more mildew-resistant. Hemp fabrics also keep the wearer cooler in the summer and warmer in the winter than do cottons and synthetics.

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be made into paints and varnishes, and the seed used for bird seed. Hemp can also be used to produce particle board, pressed board and other construction materials. One acre of hemp can produce as much cellulose fibre pulp as four acres of trees.

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We do not sell any drug related paraphernalia, instead we focus on the ecological and economical side of the world's most useful and strongest plant. This store is becoming an outlet for artists to show their talents as well as constantly challenging creative people to invent new items made from hemp. We are concentrating on educating the public about the many commercial uses of the fibre plant and alerting them to the powers that would like to see hemp and many other of the creator's gifts remain illegal or controlled. We are involved in awakening those who would not otherwise have an opinion or voice to offer and giving them a forum to alert their peers and our government to the negativity surrounding prohibition of living things. The time has never been more crucial to make the voices of freedom heard. With government challenging our right to self healing we must come together and stand up for our beliefs and rights.

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.

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Puppy Love



November, a time of frost and a time for unpacking the winter woollens. A time to set the clocks and go to bed a little earlier. When growing up, my family generally had the fire wood stacked and the last of the moose meat canned. Moose jerky was always a favourite of my brothers but I didn't like it. Mom usually made meat pies that I did like and I also enjoyed helping her make the fruitcakes, which were carefully wrapped in brandy-soaked cheesecloth and kept in a crock till Christmas.

The cover photo this month is of Tess, my Mother, when she was twenty-two years old and living in Fairbanks, Alaska. She is about to take home her first puppy, a white husky that she named Chinook. Being raised in a Catholic school where animals were not allowed, after growing up on a farm where everyone had them, Mom wasted no time finding the right puppy to love just as soon as she got her first job, cooking for the Alaskan Railway work crews. There she met Clarence, someone to hike and hunt with. Shortly afterwards they built a cage that fit in the trunk of their car and Chinook travelled with them to Michigan for their wedding.

Great-grandma owned the only hotel and trading post in Aklavik, NWT where Mom spent many a summer holiday and fell in love with the Arctic people and places. Clarence promised my Mom an Alaskan hunting and fishing lodge at the base of Mt. McKinley, for they both loved the great outdoors. Once Clarence returned to Michigan and got married he found it difficult to leave his family and go back to Alaska. Tess longed for the quietness of the wilderness, but soon became pregnant and had to get busy canning food, so she made best of the situation she found herself in.

She never let her dream die of returning to the wilderness. She borrowed and then invested some money in land, and with the profits she bought her first school bus so that she could move her family of seven children to the end of the road... Rosswood, BC. Chinook died just before we left Michigan, in 1959, so we acquired several beagles for hunting and a terrier for us kids plus several Siamese cats to catch mice.

My mother has just finished painting her latest bus ... now called a motor home ... and had it painted in purple, fuchsia and turquoise. Her second book, entitled *Moksgm'ol ... White Spirit Bear*, is at the printer's, and once it is ready, she'll be back on the road educating children about the need to protect the bears' sanctuary, by travelling around BC and speaking at various schools.

Our family celebrates two birthdays in November, my brother Phillip's and Mom's. My birthday gift to my Mom will be something she has always asked of me and something I have never been able to give her ... a daughter who stands up

straight. Whenever we posed for family photographs she always made me aware of my posture, so I would pull my shoulders back and stand straight, but it always seemed like work. I still have to remind myself to check in with my body to see if it is standing or sitting tall, and now sometimes it is. Once in a while my heart opens spontaneously and I can feel the lightness in my chest for a few seconds as the heart expands. These rare moments inspire me to spend time healing myself and receive sessions from Joel, Gary and the variety of practitioners who work at our Centre.

I recently spent three days in an Iyengar Yoga workshop with Father Joe Pereira from Poona, India. The workshop helped me to understand the basics of good posture for we spent a lot of time each lesson doing Tadasana or mountain pose, a seemingly easy one where we simply stand upright. Maintaining the pose is easier said than done, for in the Iyengar tradition, yoga poses start with proper alignment and that starts with the feet and arches. If one does not have strong, flexible arches the feet can't act like shock absorbers for the spine and eventually the back will start to ache in its weakest place. With time deterioration sets in, as the energy stops flowing.

Good health depends on strengthening and stretching the arch of the foot by pushing the metatarsals into the floor, stretching the skin of the arch and spreading the toes for balance. Then we push our heels hard into the floor as we tighten our knee caps and roll our thighs inward as if we had a block between them. It is important to be sure the pelvic rim stays tucked forward as we stretch our ribs to elongate our chest and move it skyward, all the while breathing deep, allowing the collar bones to move forward and the shoulders to drop away from the ears. The crown of the head floats and is supported by a thin string being pulled from the heavens. When I do this exercise, it allows my wing bones to flatten and my chin to drop and I grow taller. Standing tall is work for me and I still need to remind myself to breathe into my upper chest and ribs, but it sure is helping to improve my energy level.

During the first two evenings of the Iyengar workshop, we also spent a lot of time doing shoulder work, spreading our fingers and pushing hard into the floor to give ourselves the strength to hold up our own weight. After the second evening my shoulders ached and my wrist hurt, so I took time off at work the next day to go for a walk. Once outside, I could feel the emotions rise in my chest. I cried as I got in touch with some sadness and anger. My body felt like it wanted to punch and claw so I checked in with the closest tree to see if it was okay to have a sparring match. The evergreen smelled wonderful as I cursed, swore and ripped at its needles, pretending it was a long time ago when I was a youngster fighting with my brothers. I kicked and screamed and said everything I ever wanted to say to them, for they used to win most of the battles. I then gave myself a good shake, looked around to see if anyone was watching, and returned to the office. Immediately my shoulders felt lighter and that evening, I did my best shoulder stand ever.

Being (Becoming) aware means constantly checking into my body to see how it is doing. If it is collapsing I may choose to put some energy back into it by breathing into the tiredness and expanding it outward. At other times I choose not to and leave it till tomorrow when I have more energy, for healing seems to be an ongoing process.

I have now had thirty rolfsessions and the last one was the most painful yet. It was time to have my ankles worked on, for

ISSUES MAGAZINE

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north to Terrace, PG, Williams Lake,
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ISSUES welcomes articles by local writers.
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they had been speaking to me lately. I
have always had cold feet and have had
lots of reflexology done to increase cir-
culation. Lately I have noticed little crys-
tals and hard little balls in the front of my
shins. Whenever I rub them, they get
very tender and I have bruise marks the
next day. I know that bruising is an
indication of poor circulation, so I
smeared on some castor oil and wrapped
my shins in cotton before going to bed.
I even had a clay bath to get things

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moving ... and they are ... slowly. The
deposits of toxins from my years of igno-
rance working in a chemical environ-
ment are slowly starting to surface. Now
that my lymph glands, kidneys and liver
have flushed themselves clean from my
spring and summer fastings I guess they
are ready to start the next phase of
flushing my ankles clean. That will help
me grow stronger and have more heat
and energy for that is what the kidneys
govern.

Learning to stand up straight is more
complex than I ever imagined. I spend
hours each day rubbing out the sore
spots and exercising to increase the chi.
I also juice, sprout and cook with whole
grains and organic greens to get the
nutrients back into my body so that I can
rebuild my bones and blood. As my hips
and legs release the tension that I have
held for so many years, it is becoming
easier for my shoulders to roll back, and
my neck muscles realign themselves,
allowing my head to move into align-
ment. I am grateful to my Mom for being

so persistent about me standing up
straight for I never really thought of it as
a problem to be fixed. I am just starting
to realize how much my posture has
affected or reflected my body's health. I
am grateful to Joel Whitehead for
helping me to understand the
interconnectedness of my organs and
how they drain or gain energy from each
other. Understanding that mental activ-
ity can also put a strain on the physical
body is giving me reason to slow down
and plan one activity at a time. As I heal
and share my story, I hope it will encour-
age you to do the same. Jan, Marcel and
I love reading or hearing about changes
that people are experiencing as they
start to take responsibility for themselves
and their families, so if you have a story
to share please let us know.



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Rolfing

Question Authority

by Linda Boulter

From authorities to advertisers we are bombarded with the message, explicit and implicit, "Trust Us. We know what is best, we are the experts."

Our unquestioning trust, our faith in the medical profession and the purveyors of baby products hold us back from moving forward to an enlightened age of accepting responsibility for our own and our children's well-being.

We turned from the breast to the bottle, from natural childbirth to being cured of the illness of pregnancy by having the baby extracted like a bad tooth. We believed all the diseases of the world could be healed through the magic of pills and vaccinations. We believed circumcision was a necessary and harmless procedure for our baby boys. We naively believed that surely if it wasn't good for us it wouldn't be available.

Now, to our surprise, we are learning differently. The experts are wrong. We now know breast is best, that birth is a rite of passage, an important bonding for mom and babe, that sleeping with baby can prevent deaths and loneliness. Sadly, we are learning vaccinations don't guarantee immunity and, in fact, can be dangerous. We've learned routine circumcision is a painful, unnecessary mutilation. We have experienced the side effects of Thalidomide, x-rays during pregnancy, silicone breast implants, routine hysterectomies and many other promised medical cure-alls. We learned the hard way because we didn't ask questions and were placated by that old adage, "Trust me."

The most important question, first and foremost, is who benefits (also read profits) from: routine ultrasounds • hospital births that include "routine" interventions during labour and birth including the full gamut of fetal monitoring, c-sections, episiotomies • drugs to speed up labour and those to slow it down • "routine" use of any procedure using expensive equipment and requiring expert opinion and intervention • circumcision • formula • disposable diapers • vaccinations • fluoridation • medicines and operations instead of diet, lifestyle and attitude changes • "fad" medical procedures such as tonsillectomies and ear tubes (add your own)

If your answer is, "Not me and my family," then you're on the right track.

All of these practices have one thing in common: money. That's right, breast fed babies mean poorer formula pushers. Cloth diapered babies don't make profits for the disposable diaper peddlers. Unvaccinated children mean that large pharmaceutical companies lose income. Home births and intact sons don't put dollars in the pockets of doctors and specialists. Unfluoridated water means big industry can't use pollution for profit. People who believe that healing comes from within don't contribute funds to the whole medical system that thrives on illness.

In many cases not maintaining the status quo means a happier, healthier and wiser you and your family. How do you become wise? Question authority. Simply said but not always easy to apply. It may involve asking embarrassing and probing questions. It may mean ridicule from family and friends. It will certainly mean standard medical practitioners attempting to demean you by questioning your educational status.

Never take "trust me" for an answer. Instead, tell yourself many times a day, "I trust myself. I trust my intuition." Never merely be satisfied with statistics. Suspect the phrases, "everyone is doing it" and "it's for your own good". Listen to the experiences of mothers and fathers (experiences dismissed as anecdotal evidence by the experts). But above all, trust your own intuition.

And read, read, read. Read everything that seems anti-social or different from the status quo. And when you've assimilated the many ideas available think for yourself.

Take responsibility for how you and your family eats, births, learns, grows, changes. Question authority.

Linda Boulter is a writer, mother and questioner of authority.

Reprinted from Natural Life (Issue 51), available by subscription at RR 1, St. George, ON, N0E 1N0. It has articles on Home Schooling and the Natural Child, Earth Keeper, Wellness and Small Business Information.

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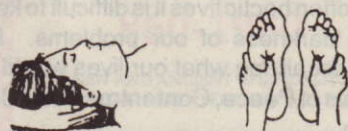
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From the Editor...

Chit Chat

with Marcel

November, the month of Armistice Day, a time to reflect upon Peace - Peace in the world and Peace in ourselves. When I hear about the discord still being played out in the world, it seems that humanity's progress in this regard has been very slow indeed. Perhaps a different approach is necessary. I have read several times over the years that we will not have Peace in the world by hating war and concentrating our efforts on bringing about an end to war. It can only be achieved by loving Peace and focusing on creating Peace. The much used metaphor applies here. When you wish to create light in a room, you don't carry out bagfuls of darkness you simply turn on the light. The darkness is automatically diminished. This is what we hope is happening with the Holistic Centre and Issues Magazine. By spreading the light of Holistic information and education the darkness in some people's lives, of poor health, unhappiness and confusion will gradually diminish.

At the centre this month we are starting a new series of Creative Chaos Wednesday evenings at 7 pm. Angèle and Urmi will guide us through many techniques to help us deal with emotional patterns from the past that cause problems, now, in the present. They will share ways to create positive programming for the future as well. We also have scheduled Patrick Yesh with his workshop - *Touch My Soul* - on Nov. 23 & 24 and on Nov. 30 an *Introduction to Meditation* with Cheryl Grismer.

Final planning stages for the Fall Festival of Awareness Nov. 15, 16 & 17 at Naramata Centre are now in full swing. Many participants from the Spring Festival had such a great time that they asked for a second Festival, so we encourage everyone to support us and it will become an annual event.

Elsewhere in the Valley, Mahara Brenna is presenting a workshop - *Art of Rebirthing* - in Vernon Nov. 22, 23 & 24. Mahara's workshop in September in Vernon was a great success and she and her supporters are looking forward to an equally impressive event this month. She will also be in Penticton at the Holistic Centre Nov. 20 at 7:00 pm to give an introductory talk.

Judy Armstrong from Nanton, Alberta will be in the Valley this month as well. She is presenting a workshop - *Flying Free* - at Celestial Hill in Peachland on Nov. 23.

My wish for you this month is the gift of Inner Peace. I know in the midst of our busy and often hectic lives it is difficult to keep our minds away from the darkness of our problems. But perhaps a little time spent visualizing what our lives would be like when filled with the ideals of Peace, Contentment and Joy, would create enough light to diminish this darkness. Then the resulting Inner Peace would nourish our lives.

Marcel



Healers at Work

by Peter Downie

reviewed by Jan

This collection of interviews with eleven respected alternative healers by well known TV and radio personality, Peter Downie attracted me because of my interest in holistic health practices.

Healers at Work discusses spiritual growth, healing prayer and the laying on of hands, dream analysis, therapeutic touch, yoga, meditation and the healing power of working through anger.

I was pleasantly surprised that many of the healers are providing a variety of therapies through their churches. They understand that healing needs to be addressed on all levels; body, mind and spirit and incorporate many avenues to do so. Thank you to those who shared their experiences in these pages. Your inspiration, dedication and love shine through.

In the preface Peter Downie says, *As much as we might like it to be so, healing can't be bought for any amount of money. There are no shortcuts or tricks or deals to be made. It doesn't wear a white coat and we can't make a yearly appointment to heal. If we reach a point in our lives when it becomes important to heal, we must accept that the 'process' simply isn't possible without our careful and constant involvement.*

The above comments are reiterated by the healers in their own stories and the message is clear. We are responsible for our own healing and to find support from the many sources available.

Rochelle Graham, a teacher of Healing Touch who recently moved to Naramata says, *"The principle behind her workshops, is that the more we begin to heal ourselves, the more abundantly we can live, and therefore the more we can be present for somebody else."*

I wholeheartedly agree with Rochelle; my healing process has gifted me with abundance: double rainbows, heart-felt connections, the smell of flowers (roses for me), fluffy white clouds in an azure sky, a belly laugh, and the antics of children and animals at play. The more I open myself to healing on all levels, the more I want to encourage and support others on their journey.

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Book Reviews

Changeweavers

A Pathway to Spiritual Renewal

by Maida and Aleña Joy Berenblatt



by Jan

Many of us are stuck in jobs, relationships or our personal growth because of beliefs formed in childhood. Awareness of the patterns that affect us as adults is the first step. The authors give some good examples of stuckness, and offer some valuable ways to look at change in positive ways.

According to the authors, *"Getting and staying unstuck begins when you're ready. How do you know when you are ready?"*

- *When you find yourself feeling an unspecified anxiety that permeates your day at home or at the workplace: A light is flashing.*

- *When a particular person or situation causes apprehension or a desire to run: A sound is pounding in your heart.*

- *When an old habit or routine suddenly creates feelings of disgust or boredom:*

Your emotions are calling your attention.

- *When you discover that a certain situation, pattern of behaviour or relationship causes you distress or discomfort: You are in a state of stuckness.*

When you know you are ready to get unstuck, you have reached a point of no return; moving forward is the only choice."

Changeweavers offers concrete information in the how-to department. Noticing our reactions, our thoughts or the words we use can help shift old patterns, and there are exercises to start the process. In an atmosphere of learning and cooperation, allowing everyone within the family to give input in problem solving benefits all.

Are you ready for change in your life? Perhaps *Changeweavers* can inspire you to take the first step!

HEALERS AT WORK

Firsthand Accounts of the Difference Alternative Healing Makes

BY PETER DOWNIE

Do healers really heal? Long-time CBC journalist and host Peter Downie asks eleven healers to recount true stories of how and why they heal. Explore how heart, soul, mind, and body come together in true healing.

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Citizens for Choice in Health Care

A grassroots group of concerned citizens are seeking changes to the Medical Practitioners Act, to ensure that the people of British Columbia enjoy the freedom to choose physicians who offer non-conventional complementary medical therapies such as: acupuncture, botanicals, chelation therapy, environmental medicine, homeopathy and orthomolecular medicine.

Freedom of choice in medicine should be one of our most fundamental rights. However, at the present time, the College of Physicians and Surgeons has unlimited power to determine what medical therapies we may choose. The College has targeted for investigation and harassment many physicians offering complementary therapies. Thus, freedom of medical doctors to choose complementary therapies for their patients is increasingly restricted by the College of Physicians and Surgeons under the guise of "protecting the public." Oppression by this regulatory body, with the threat of prejudicial investigation and the fear of losing their medical license (and thus livelihood), has deterred many physicians.

Conventional medicine has FAILED to find cures for most of the chronic diseases which are becoming increasingly prevalent. Chronic diseases are by no means limited to the elderly, but afflict every age group. To protect consumers and create an environment conducive to beneficial innovations in medicine, Alberta recently amended their Medical Professions Act with Bill 209 which reads:

"A registered practitioner shall not be found guilty of unbecoming conduct or be found to be incapable or unfit to practice medicine or osteopathy solely on the basis that the registered practitioner employs a therapy that is non-traditional or departs from prevailing medical practices, unless it can be demonstrated that the therapy has a safety risk for the patient unreasonably greater than the prevailing treatment."

We believe it is essential that the British Columbia government pass similar legislation to specifically protect the right of medical doctors to offer non-conventional or innovative treatments. Quality of patient care will be enhanced and consumers will have both better protection and more choice.

We believe that denial of access to therapies of your choice discriminates against both your right as a consumer to choose and the right of the health care professional to provide these services. The College of Physicians and Surgeons must be held accountable to both consumers and physicians for all actions that will affect both the public and the medical community.

You own your own body - you have the right to choose what happens to it. As consumers and taxpayers, we all have the right to demand that the health care we pay for works - that treatments make us well again. Consumers must take control of health care - the establishment within the health care field must not control us.

Consumer satisfaction and patient outcome must become a factor in the provision of health care in British Columbia. Did the patient get better as a result of treatment? Were our tax

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dollars spent wisely and effectively? Are patients being shuffled from one treatment to the next without positive results? The monetary waste and lack of motivation that the College-system has created must be addressed.

We have a petition circulating which can be found in all health food stores, a campaign for donations to address our publicity costs, and an active volunteer coordinating committee. We need and value your support. As an individual you can participate by: writing your MLA, writing your local media and signing or circulating the petition. We welcome new members! For further information, please contact us:

Citizens for Choice in Health Care
(250) 655-4868 (24-hour phone)

You may also write to us at:

P.O. Box 30136, Saanich Centre Postal Outlet,
Victoria, B.C. V8X 5E1

or you can e-mail us at: cchc@get-info.net.

Or drop in or phone the Holistic Healing Centre in Penticton at 254 Ellis St, Phone 492-5371. We want to see changes happen.

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Priceless Find at the Flea Market

by Ellen Aitchison

Three years ago at a Cloverdale Flea Market I reluctantly concurred with my husband that we should buy a bottle of an orange coloured cleaning liquid. I was not completely convinced that we were spending our money wisely but away we went home with our little eight ounce bottle of ORANGE TKO. Within a few months we decided that TKO was priceless in terms of the ease of cleanup in our home.

Orange TKO is derived from D'limonene, which is a biodegradable solvent occurring in nature as the main ingredient of citrus peel oil. It is a citrus derived essential oil produced by steam distillation. The whole of the orange is utilized, first the juice is pressed, which we enjoy as orange juice, the remaining peel is utilized as feed after the oil has been removed. Gran Marnier and some liquors are then made from the pressed oil and the process of distillation results in D'limonene.

A family from Calgary, Alberta are the developers of this fine product. It is a pleasure to support a Canadian firm but even more important is the fact that it gives individuals the chance to do something about pollution from our homes, on a daily basis.



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Taking the responsibility one step further we could all incorporate its use at our places of employment or at least inform management about the possibility of using safer and environmentally friendly products at every level of our lives. My fervent hope is that all businesses, banks, hospitals, stores, garages, etc. switch to using something so effective and safe.

We recently renovated our home, upstairs and down. Along with the charm of an old home it also had years of grime. When we pulled old cupboards out there was greasy grime that turned our stomachs but with the smell and the cleaning ability of diluted TKO we soon had everything, including the decades old furnace, sparkling clean. Even soot from the fireplace was no hassle to clean up. Mirrors, crystals, paint, oil and laundry all clean easily.

It may seem a little strange to be so excited about a cleaning product, but it

really is more than that. For pet owners, it removes spots from carpets as well as skunk odors. In the garden mold, mildew and aphids won't bother the roses if they are sprayed with TKO.

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Simply Tarot

by Maurine Valorie

What a great month for me to begin a tarot teaching column! It's my birthday month. I'm a 2nd decan Scorpio. What's a decan? It is a ten day period explained in detail in Jacqueline Stallone's book "Starpower". (Yes, she is Sylvester's mother.) I know I'm talking Astrology, yet I'm teaching Tarotology... but they are linked. According to my birth path the Six of Cups in the tarot tells me that the events of my life will be full of nostalgia, lots of incompleting dreams, yet a strength to never settle for less than what I want. Never "good enough" but wanting the best in relationships. Cups in the Tarot Deck are like hearts in an ordinary deck of cards. They deal with emotions, love, and partnerships. My personality is that of the Queen of Cups. The larger than life persona, demanding that her loving, maternal, artistic and sensual side embrace her shadow side of being jealous, manipulative, a victim and a bitch. Hmmmm. She truly is the only Queen in the deck that says, "What you see, you get!" I can own her. It's okay. No one ever has to walk around me as if I am surrounded by shells (unless I am writing!).

The month of November is ruled by the Death Card. What is the shudder all about? A teacher of mine from U.B.C., Dr. Ruth Segal, said I could read her cards for her if I took out the Death Card. I never did read her cards! This card is a card of transformation. It means to cut away anything that is not self fulfilling, thus making room for growth into another Chapter of the Soul's Journey. This leads to Rebirth. An ending. A beginning. That's not so fearful, is it? The affirmation I give this card is, "By removing myself from my stagnant situation, I grow into an active and beautiful existence" ... Thoughts to ponder if you are a Scorpio. What is it that you have to let go of? What is changing? What do you need to give birth to?

The Tarot is a Book of Life. There are "Chapters" - the twenty-two Major Arcana and there are "Events" - the fifty-six Minor Arcana Cards.

Next month we'll continue with the Wand suit ruled by "The Temperance Card." See you then!



*Maurine
Valorie*

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Art of Rebirthing

by Maurine Valorie Palfy

"This woman walks a path of Grace, and sees our true nature. Never have I witnessed such clarity. Mahara lives and breathes this important work, showing all her colours to the world. She has been the greatest of my teachers and I remain honored by our meeting."

Jim Wannup, Kelowna

Rebirthee from Oct. 4-6 workshop

Before you continue, do give yourself five minutes, pour yourself a cup of soothing tea, get comfortable, breathe in a long deep inhalation through your mouth and then on the exhale, let the sound release be a soft "hhhaaaahh"Now you're with me. You are in your body. You're fully present. Keep breathing deeply.

We numbered sixteen people, twelve women, four men and an old Tabby cat. We rebirthed in a majestic log home overlooking an undulating view of an Armstrong valley. The home's logs were cut by the owners from its own land. Every window view was graced with nature. A loud motoring purr would vibrate in the stillness of the room if "Morris" caught your eye for a mere second. We were perched in this Eagle's Nest, setting our sights higher than any of us had ever before. We were here to find lost pieces of ourselves. Mahara Brenna would guide us. She was going to teach us rebirthing.

I wondered, what really was in the cellular level of my body? Was there some chunk of memory locked in me? Would releasing the memory have any effect on my body? In my life? In future choices?

The participants were to arrive at 6:30 p.m. for registration and logistics, etc; the training was to start at 7 p.m. I had forgotten all about the coloured balloons to show the way. I forgot to get Ross Rangen's hand drawn "how-to-get-to-my-house" map to give to everyone. So....everyone was on their own. It was a very rainy, foggy night on Friday, October 4. My verbal instructions to everyone missed one detail, I forgot to say, "When you leave the paved road, turn left." You are with me, aren't you?

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Ross gave us the Smudge Ritual with the Sacred Sage, to initiate and to cleanse our soul's experience, as we entered the circle. My mind began to release the "I forgot" guilts ...I started to smell, see, feel and I heard the NOW. The present.

Enya's *Watermark* gave an atmosphere of sweet deliciousness to the peace of the room and the flicker of candlelight made it yet more peaceful. We were beginning our experience. My mind was leaving. On the Altar in the center of our circle were beautiful crystals, Mahara's rose quartz necklace, candles and "The Talking Stick." All meticulously placed upon a cloth of golden threads. This was the platform from which the endless deepening began.

She spoke quiet, wise words. Loving, clear words. She knew each of our names. She smiled deep into our eyes. We trusted. The Talking Stick was raised

and we began the process of a rebirthing.

The workshop completed two days ago. I'm back here in everyday life. My next step is to anchor my experience. To know, to feel the wonder of reacting from love and not a knee-jerk fear. When I breathe in true love into my present experiences I can face any dark recorded memories and create my reality to be my choice. I am blessed. I validate myself for trusting this process.

"Mahara taught me to fish. She didn't give me the fish so that I would come back for another. What I look for in a teacher is the tools to take home with me. I don't want to be reliant on a teacher. I now can access my own power myself. I don't have to carry all of the stuff. Whatever it is, in crisis or love. I can go "in" instead of out of me. This way I can find out where I am, and where I want to be. I don't get stuck in some process."

Leona Snider, Vernon
Rebirthee, Oct. 4-6 workshop

LETTING GO AND FLYING FREE

Judy Armstrong

Have you ever heard the saying, "Be careful what you wish for... because you will get it"? Well, I had been visualizing how wonderful it would be to have a summer off. I have loved my work, mind you, but it was definitely time for a change. Over the past thirty years that my husband, Tink Robinson and I have been married, we have been producing, directing, writing and performing our summer shows while the audiences that came to see us were on holidays. Well, I finally got my vacation. This past July and August was the first summer in a very long time that I have had free. However, I hadn't qualified in my vision, that I would also like to have money coming in while I was taking a break. So, I did get my wish...exactly as I had put forth the thought. A whole summer...imagine the freedom...no work...no job...debts mounting...hours and hours of free time.

My first reaction to the prospect of a summer with no work, was to fight it...how could this be happening...how would the bills be paid...the typical old patterns of resistance. This did not last long, however, because deep within me, I knew

that I had chosen this freedom, I needed it, and somehow, I was ready for a paradigm shift. The summer was so beautiful, after all...warm and sunny, and it had been so long, that I could really choose to take the time to fully appreciate the bounty of nature.

As soon as I let go and decided to enjoy the season, miracles revealed themselves to me. They had been there all along, of course, but now I was opening myself to see them. Hundreds of examples of abundance were shown to me moment by moment. My dad's garden was overflowing, and we are still enjoying the vegetables. Money came to us as if 'out of the blue' in the form of cheques and donations from those who truly believe in our work. I received orders for my recordings and, best of all, the phone started ringing to book me for concerts, workshops and guest speaking all through the fall and into next year.

The icing on the cake this summer was that an investor literally appeared on my doorstep to enable me to produce my new album, FLYING FREE (Gentle Gifts for the Child). I had composed all the songs previously and knew that it was time to record. It was as simple as setting the intention, feeling my desire with my whole being, and then, just...surrendering. I had created the space in consciousness to enable this dream to manifest in this dimension. FLYING FREE is different from my first two recordings, INSIDE OF ME and LET YOUR HEART

SING which have full orchestral backing. This new album is gentle, tender and nurturing. With soft accompaniment of harp, piano, guitar or music celeste, the melodies cradle, soothe and honor our inner beauty.

Every one of us has unique gifts which are meant to be embraced, shared and expressed. When we resist giving these talents, we create pain, dis-ease and stress. There comes a time, however, when the call of our heart is stronger than our resistance, and we know that we will follow our destiny. This letting go process of taking the next step is actually very easy...so much so, in fact, that we often don't believe it can be that simple! All it takes is willingness and a choice to change our perception.

One valuable lesson I am learning is not to 'expect'. When I do, I am usually disappointed because events do not occur the way I think they should. There is a big difference, though, being in a state of 'expectancy'. When I am in this awareness, I listen to my heart, focus, feel it completely with my entire body, mind and spirit, and then offer it to the Universe, 'Knowing' that it has already happened, perfectly. Then I get to



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play and enjoy life while watching miracles unfold. Creation has infinitely more exciting 'treasures' to bring me than I could ever imagine! Whatever we create in our thoughts, the Universe rearranges Itself to bring us the manifestations of our beliefs. To change the outer, we need only shift our thoughts inside. You truly will "see it when you believe it!"

Have you noticed that many people seem to be in a big rush, with hundreds of commitments and a belief system that there is not enough time to accomplish everything in one lifetime? While the outpicturing world appears to be speeding up, it is more important than ever to become quiet and listen to our inner guidance. This Centering will bring a 'Cosmic Smile', because you know that You Are Already All You Want To Be. You don't need to be fixed and neither does anyone else. All is Complete and Whole. You don't have to go anywhere, because your Self tells you, "I AM HERE."

Always follow your heart, even if your rational mind doesn't understand. If you are told to go for a walk, then do it! Inspiration for the next project or an answer to your latest concern may be revealed then. Have you ever had a 'feeling' that you should phone someone, go somewhere, water the plants, fix the car, watch a video or write a book? Follow your intuition and you will always be led. 'Knowing' absolutely, without trying, is a wonderful space to 'hang out'. A wise teacher once said that Masters play and laugh a lot. A simple conscious breath can bring you into the awareness of the moment, and in that place, All is Known and All is Well. You need never be afraid, because fear is only projecting past anxieties into the future. Fear is not real, so why give it power? In the Presence of Now, breathe in and Receive...breathe out and 'Allow'.

My upcoming workshop, "Flying Free" at Celestial Hill in Peachland, will be a time for remembering our hearts' desires, opening to our spontaneity and creativity, a 'time out' to be a kid again, to nurture, receive and give back to ourselves what we give to others. It is my deepest wish that you 'lighten up' and find inner serenity as you awaken to Knowing Who You Are, choosing to be as carefree as a little child...letting go, and "FLYING FREE".

Pacha School of Healing

Located in the beautiful mountains of Southern British Columbia overlooking Kootenay Lake at Nelson the Pacha School of Healing is dedicated to being in service to the integrity of All Life. It provides an opportunity to bring people together from their hearts for self-transformation and empowerment, being fully alive as is their Birthright. A new way of Thinking, Being and Doing will be provided which will empower you on your life's journey. This journey of the Spiral will deepen your knowing of Co-Creating the Sacredness of daily life, giving you the tools, skills and knowledge the you can use in any environment, whether it be at home, work or play.

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Barbara Glousher, Pacha Healer is the founder and main facilitator at the school. She brings to you 28 years of experience supporting people and communities. Barbara works with local and international Masters and Healers empowering and supporting self-healing in herself, clients and students. She is a master facilitator to your own internal validation as one connected to the Universal Knowledge. Barbara 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! 'Joy is the Spiral of Life.'

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Making Love Real

by James Shea, B.A., M.A.,
Director of the Institute for Transpersonal Empowerment

I recently had the opportunity to address a group of approximately 250 individuals attending the Ascending Hearts Conclave held in Vernon. They had come together to honor their hearts. When asked how willing each was to fully open their hearts and receive love, it was quite clear that all had quite consciously come to experience an expansion of love through opening and receiving. When each was asked, using a technique to communicate directly with the subconscious mind, the startling response was that a very low minority of the entire group were actually willing to open and receive love. While they were consciously choosing to receive love, at a more subconscious level they were blocking the very thing they wanted most.

This is not unusual, it happens all the time. Check it out! Maybe you really want to quit smoking, or lose some weight, or find that Mr. or Ms. Right. And yet, as hard as you try it never seems to happen. I have found over and over again that the reason it doesn't happen is because the subconscious mind has a different agenda than the conscious mind. The conscious mind is estimated to be just the visible tip of the iceberg. It comprises some seven to ten percent of the mind. That means that the rest of the mind is acting out of unconscious/subconscious programming. Which part of the mind (Conscious 7% vs Unconscious 93%) do you think is going to prevail if there is a conflict? This may explain why you are still smoking, haven't lost that weight or found the right partner yet.

Meanwhile back at the gathering, we were exploring further into why the hidden part of the mind would block receiving love. Basically, on the surface, there appear to be three reasons why we wouldn't allow ourselves to receive anything other than we are presently getting. They have to do with what the unconscious holds as its truth; (3) I have no control over what happens in my life, I am not responsible for what occurs in my life. (2) I may or may not be responsible for what happens in my life, but either way because of my unworthiness, I don't deserve anything different than I am presently receiving. (1) My fear of being overwhelmed by love/abundance is so great that I feel it is better to leave things as they are. Better the devil you know (limitations) than the one you don't (no boundaries or limits).

For most conscious individuals today, it has become clear that the more responsible and accountable we become the greater the influence we have in the events of our lives. And yet while many are quite aware and living "spiritual" lives they are still living in lack especially in the areas of relationship and financial abundance. For most, this has less to do with the need to take appropriate action than it does with learning to receive, or more specifically, releasing the block to receiving. For these individuals the reason for the blocks to receiving have to do with either (2) above - *Unworthiness/guilt/shame* or (1) above - *Fear of having it all/overwhelm/loss of self*. Healing these limiting beliefs can resolve/dissolve most if not all of our blockages to having abundance in our lives, regardless of how we define it.

It was both awe inspiring and humbling to experience the

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expansion of Love that followed in this gathering as individually and collectively we worked and progressed together, presenters and participants, to take the steps in willingness and openness that are necessary to receive the Gift of Love and give Ascension to the Heart. And yet this is still only half the story. It is still not fully Love if it is still only about you. No matter how good you get at receiving, until you are ready to share your Greatness, your fullness in love, you are not making love real in your world. Until we are ready to both receive and give Love, until we become unbridled expressions of shared Love we will not know the fullest experience of Love. As Garth Brooks expresses "There's this love that I'm feeling deep in my soul, constantly yearning to get out of control."

Simply put, Love means that other people become at least as important as yourself. I am not talking about the kind of sacrifice that happens when people try to do this before they can receive. I am talking about having found yourself filled to overflowing with love and giving out of the overflow of your heart. When you are willing to open your heart again and receive your fullness in love and then in turn pass this fullness along to others through your giving, then and only then do you realize the highest and most creative experience and expression of love made real. I don't know that we can achieve a higher Vision for ourselves and others than to live together at this level of experience and expression of Love, and through the light and joy of our Communion, take up our rightful places as the explorers and architects and leaders of a new millennium of Love...a millennium where finally Love is made real.

Touch my Soul

by Patrick Yesh

If you close your eyes and meditate for a moment on the miracle that is your total personality, life doesn't seem to be so complex and difficult any more. Isn't this the reason we practice meditation, to transcend this earthly grounded reality for another lighter and higher state of being? Doing any type of creative act that places us in a meditative state like art, dance, movement, writing, drama or touch can help us transcend the human ego-mind that keeps us trapped in the problematic world. Creative meditation states are habit forming.

What are we really trying to do in our meditations, if not to discover our natural, spiritual mind and to develop it into a strong guiding friend? Inside our greater mind we have the potential to create another world of realities, and test them for their truth, beauty and goodness, by enacting these ideals and inspirations in our everyday lives. We pray, give thanks, and meditate, worship and refresh our human minds. We love all of our many *selves*, and urge our efforts further in service to those who come to us in need. I asked a friend how she rejuvenated and refreshed herself when she was feeling like she was being emptied of energy and had experienced twenty-eight separate rejections for service work. She felt like her special talents for helping children were not being recognized or used by her community. She is a single mom and said, "When I give of myself, even when I am at the end of my energy, that is when I feel refreshed." Opportunities for giving of ourselves are plentiful in our families, with friends, or in our communities. When we remember the miracle of our lives, our microcosmic human and macrocosmic spiritual eternal lives, then we can come from an attitude of expressible abundance.

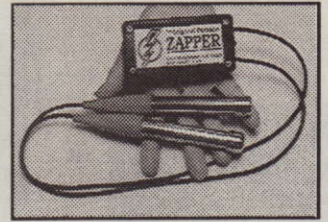
There are many ways to reinforce our commitment to Soul Consciousness; to the use of our soul mind. It is not difficult, it just takes practice. It is the belief that we have an operative higher mind level more advanced and dependable than our conscious ego-mind. It is our soul-mind that signals to us our eternal nature. In that awareness we hold the seed to greater transcendence of the human self. In that pure state of attention and awareness (in meditation) we sense the presence within us of a divine mind. It is through an act of our bestowed free will that we share our human mind with our divine self and allow that part of us to lead us toward our "real purpose" in this earth life. We have to literally allow our ego-self to be directed by a greater sense of self. There are many paths to actualize this kind of divine self-consciousness in our lives. One way that I have used successfully in groups is to engage our divine gift of creativity to produce artifacts and happenings as a form of spiritual communion. We can do this individually or as a group.

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pudding painting, clay work, painting, drawing, writing letters to our soul and to our angels, spontaneous drama, soul masks and singing; all with the focus of "Touch My Soul". Our purpose is to make a commitment to let our souls lead us in daily life decisions, to empower our higher self, to learn to trust and love all of who we are. In spontaneous ritual we celebrate the More of Life that lies just outside our normal vision and we see and experience momentarily the truth, beauty and goodness within each of us. The members of the group will bring their special talents to the workshop and we all will create something very unique with the blending of the whole of our spiritual personalities. We also blend with those extra-special personalities that guide us. It is the inclusion of our guardian angels and extra-mortal friends that makes these workshops so special. It is also the commitment to work with our soul and divine minds that makes everyone advance so dynamically in their spiritual growth during this time together, in "Touch My Soul" playshops.



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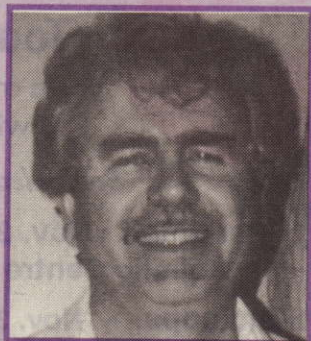
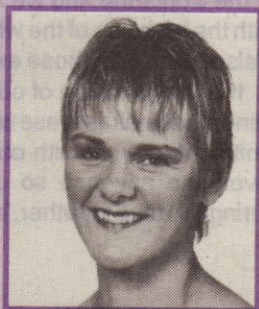
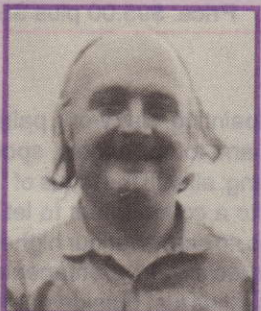
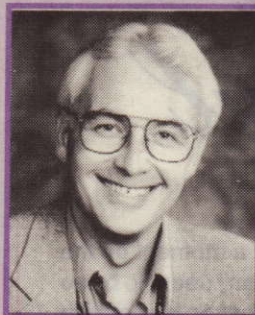
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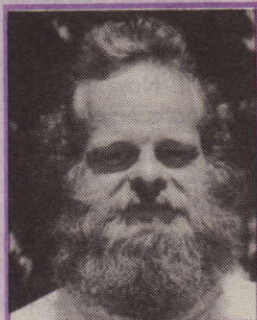
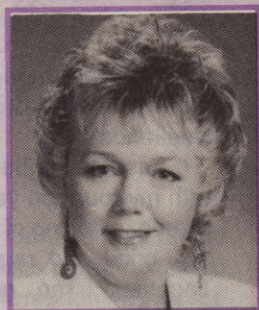
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Parents Together

by Sophia White

Has your teen stolen from you, done drugs, called you horrible names, dropped out of school and not come home weekends?

Last December I encountered some of these problems with my fourteen year old daughter. My reaction to this was shame, a feeling of failure, and anger. I scolded and lectured her, cried and raged. By April, having heard of Parents Together, I ran, not walked to their orientation. Parents Together is a support group which uses the book, *How to Deal With Your Acting Up Teenager* by Robert and Jean Bayard. The book suggests that rather than trying to fix, rescue or get my kid to change, that I see this as an opportunity to change something about MY life, expand it and learn to take better care of it. Now why, I asked, would I want to change if it is my teen who is acting up ??? The more I read, the more it began to make sense because: 1) What I was currently doing with my teen was obviously not working because I was unhappy and she was very angry and rebellious. 2) If I was the parent that meant I was the leader of the household, something both my daughter and I had lost sight of. That meant I was the model.

I could be a model for change!! I could look at this glass as half full and see this crisis as an opportunity to view the trouble not so much as "evidence of a bad and mistaken kid, but as pressure upon me to expand and change." A thirty-five year old veteran at counselling troubled teens was asked when he retired what he thought parents could do to keep their kids out of juvenile detention centers. He answered, "I've never had a kid in here whose parents were genuinely happy people themselves." So I began to look after myself better. I was not her doormat or supply wagon. I had equal worth as a person. And I began to change the way I communicated with her. I saw her as creative and unique with the potential to be responsible for her own choices. That meant I had to get my face out of problems that belonged to her and trust in her ability to solve them. I had to learn to stop reacting every time she waved the red flag. Many times I felt like a bull in the arena and when my teen would wave her red cape under my nose I would commence snorting steam and pawing up the earth. When I began to walk away from these confrontations instead of joining in the argument I literally saw her mouth drop open in surprise! I hadn't realized how addicted my kid was to my negative attention of scolding and lecturing until I stopped doing it.

We have come a long way, my daughter and I, but we still have more to go. The way we relate to each other has changed wonderfully. She is back in school, respecting curfew (so far) and no longer calls me names. It is a process I work on every day because my kid is worth it and so am I.

Parents Together has given me the non-judgmental support and confidentiality I need. It is helping me see how much energy I waste on areas I have no control of and to focus on those areas I can change.

For information on groups in your area or starting a support group call Andrea Guenther (program director) in Salmon Arm at (250) 832-7235



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Sacred Places

"Every place we experience impresses itself symbolically upon our consciousness."

On the rocky face of Bear Rock Mountain, above the settlement of Tulita (Fort Norman), in the Northwest Territories, are three strikingly huge circular markings. The Dene say that, long ago, there were giant beavers who would tip over their canoes when the people paddled across the lake so that many families drowned.

Then a hero, called Yamoria, came to drive the beavers away. He killed three of them, took their skins, stretched and nailed them to the south face of Bear Rock Mountain, where you can see them today. The symbol of the three beaver pelts is a sign on the land, set there, it is said, to remind the Dene of their stories so that they will always survive as a nation.

In every culture, the land is named to recall the myths and legends of a people. Rock, river, hill and cave have stories to tell about our spiritual selves, our guides and our gods.

In modern times, we often name features of the land after local prominent politicians, the royal family, an early traveller or perhaps business men who, with all respect, are generally neither semi-divine, nor doers of heroic, mythic deeds. We can travel from one town or city and so do the fast food restaurants, parking lots, apartment buildings ... It is difficult for modern people to find, feel and communicate with the soul of a place.

Thousands of years ago, in England, the land was regarded as the manifestation of Mother Earth, of the Goddess. Where her symbols were found, where earth energy was strong, became a sacred site.

Glastonbury, the legendary Island of Avalon, was dedicated to the Goddess for thousands of years. It was, and still is today, a centre of healing and the centre of the Mysteries of Britain. The Body of the Goddess can be seen outlined in the contours of the hills which rise out of the summerland meadows. Two wells, one giving white water, the other red, represent her life-giving milk and blood. Temples or stone circles like Stonehedge and Avebury were erected to her; larger than life images of her symbol. The White Horse, was carved into many hillsides; and earthworks, like Silbury Hill, known as the Great Pyramid of Europe, were raised to her.

Taking a pilgrimage to these sacred places can have a profound effect on the traveller as she (or he) reconnects to the feminine archetype, expanding and transforming consciousness. Sally Stewart and Brenda Mottram, both teachers and experienced guides, are taking a group of ten Canadian women on a ten-day spiritual tour to these sacred sites in England, in 1997.

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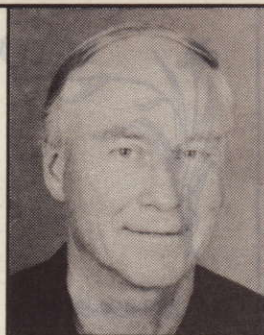
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MIDLIFE ISSUES

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.

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Left Side Pain Right Side Pain and Pain All Over!

by Joel Whitehead



More than ever today, people are realizing that their pain does not totally begin and end at the muscular level. We hear about finding the pain at certain predictable trigger points and fibromyalgia points but have we even bothered to look for their common root sources?

After successfully treating many fibromyalgia patients, I can honestly say that few people realize until we get to the diagnosis that the series of the pains they are suffering is from a common internal organ disharmony or possibly even a combination of those types of sources.

Many people suffer from unilateral pain. Either they see that all their pain is on the left or on the right or that it used to be that way but now it is all over the body. Mostly active muscular pain lies on Yang surfaces of the body like the back of the neck, the back, the back or sides of the legs or the outside of the arms. It is because these surfaces represent the active energy of Yang, which is an energy that must be moving. When disharmonies happen this energy that should be active, stagnates and causes pain, which is usually a result of internal organ disfunctions.

The two great determining factors in this bilateral pain picture are the forces of the Liver-Gallbladder combination on the right or the Stomach-Spleen (Pancreas) combination on the left. Let me give you a possible scenario - in fact my own situation might do.

Like a lot of North Americans, I grew up mainly on peanut butter sandwiches, fried chicken, hamburgers, ice cream, sodas and a lot of familial and societal stress and frustration. Though they may seem to have no relationship at all, psychological stress for the Liver and dietary stress for the Gallbladder add up to pain on the right side. How, you might ask? Well they are all points of stimuli that can contribute to a series of chronic aches and pains emanating from those two organ networks. Some of you may, through your own experience, understand that the reason western medicine surgeons are routinely ripping out gall bladders these days is because our high fat diets cause that organ to overwork, perhaps form stones and eventually cause excruciating acute or ongoing chronic pain. Frustration and anger takes its toll on the Liver, a fact that has always been understood by most cultures. In the literature of bygone days a person who was easily perturbed was called 'liverish'. And so one of the signs we look for in suspecting the complicity of the Liver is irritability, possibly even without a cause. In Chinese medicine, this irritability or anger is the result of built-up Liver pressure, which in its own cyclical way causes further damage to the Liver. Either dietary or psychological, the

iniquities dealt to either organ are expressed on the yang meridian of the gallbladder, and mainly on the right.

Pains here would include pain in the right part of the neck and back of the head down to the right shoulder and scapular region. Sometimes the pain is not here at all but lower in the right part of the back, the hip and perhaps even the outside of the leg. One who feels this clearly can even feel it going down the outside of the lower leg and to the outside part of the foot among the recesses of the last two toes. It all can certainly feel like muscular pain and indeed can be relieved temporarily by the chiropractor or message therapist, but indeed always returns. Accompanying symptoms might also include headaches or migraines on the right temple or over the right eye. Another would be spasms of the calves, especially dismaying because it often happens when you lie down to rest at night.

In last month's Issues, I wrote about problems that happen when the stomach falls but what of the pancreas as well? Again in our 'happy field of food' abundant society one of the big, but as yet unrecognized, problems is the overuse of the pancreas. We tend to eat all the time. Strangely, few of us realize that every time you do this you set your stomach and pancreas to work and if used a lot may get little rest. The pancreas does almost all of our digesting. Every time we eat, the stomach grinds 'whatever it was' and acids it up for breakdown and sends it on to the duodenum. The pancreas analyzes its composition and sends out the proper enzymes to break it down further for absorption in the villi of the small intestine. Then like us after a job well done it goes back to rest. It does this to build up the count of enzymes it needs to contribute. If in a short time we decide we want to eat again it is forced back to work without proper rest. The result can be a multitude of dietary problems that lead to other problems related to obstinate maladies such as obesity and/or anorexia, anemia, low blood pressure, loose bowels and chronic fatigue, and then extends its own tiredness and frustration through a line on the left, not dissimilar to the ones on the right.

One interesting part of harmony and balance in Chinese medicine is that a weak organ, when not it balance and harmony, may invite the aggression of another, much like the wimpy kid on the school yard arousing the ire of the bully without much provocation. So if the Spleen and Stomach are weak for a very long time the Liver and Gallbladder may rise up to attack them from a mere standpoint of imbalance.

The same may be true, that the presence of the bully on the playground might instill the fearful reaction of the wimp and cause it to react badly. At any rate an emergency cholecystectomy (removal of the gallbladder) usually occurs when the epigastric area of the abdomen (the breadbasket) bulges. We retch and are incapacitated by the absolute attack on the weak left by the bully right, or the Spleen-Stomach by the Liver-Gallbladder.

Of course the answer is not to wait until this lack of inner harmony becomes critical and then pull out the offending gallbladder, but to change the lifestyle, restore the body and rid ourselves of the pain caused by it. Moreover, the quick fix of the organ itself doesn't necessarily remedy all that has transpired because of it, nor will it make one immune to the body pain that will imminently result when the person resumes life as before. Clearly, ignoring the signs our bodies give us is most often a formal invitation to the retribution of pain it can so convincingly deliver.

His ad is to the right.

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Transformations Along the Way

by Vera Tobis

The last three years of my life have been very exciting. I travelled to the SouthWest that first summer just to explore the desert, get away from the humidity, reconnect with some of my friends - or so I thought. What had started out as a three month sanity break turned into quite something else when I discovered the presence of the Acupuncture college. My Inner Voice spoke quite emphatically to me for some time, while my little voice protested that I should return to my uninteresting life, that this was just a vacation after all and I didn't need to be going back to school at this stage of my life. But I did go back to school, and all the details of completely rearranging my life fell neatly and effortlessly into place. I made my home in a tiny town seventy miles away from the big city where school was, and made that commute four times a week.

In school we were drilled and filled with the endless detail of Chinese Medical theory. In my other life, I made many friends - the colourful 'oldtimers' as well as the newcomers or 'transplants' like myself, who were all mysteriously drawn to live in a small, strange place to explore alternative health, alternative housing, alternative community.

Both these endeavours turned out to be experiments in the grand style. In my town we experimented with co-ops that were run on the principle of consensus, rather than by majority rule. Here we made mistakes immediately, falling quickly into old ways of doing things, but recovered just as quickly to set ourselves more enlightened goals. We fumbled initially between the two poles of having everyone involved with deciding everything and actually getting things done. Several episodes of outrageous behaviour caused us to come together more often and figure it out differently, yet again. We got to understand that in a consensus arrangement it was necessary to develop and work towards a group ideal and that this often entailed the dropping of personal agenda.

In school I learned strange new concepts, memorized, forgot, tried again. By the second year of school we were able to practice in the school clinic. The information began to take

on shape and I began to appreciate the great depth of this ancient system. We learned about patterns of disharmony with peculiar names that often sounded more like weather reports than like medical issues. We learned about syndromes with names like 'wind cold invasions' or 'damp heat stagnation' or 'rising liver fire'. We learned strange and wonderful therapies including herbology, moxibustion, fire cupping, gwa sha and bleeding. These together with the use of acupuncture contribute to the fullness of Traditional Chinese Medicine (TCM).

I saw in the clinic that the patients that persevered with treatment got better. Those that came once a week sometimes got better, and sometimes their condition merely remained stable. Those that were treated twice a week or more often improved dramatically. Sometimes their major 'ailment' went away, other times it lessened in severity but their overall well-being usually appeared to increase. They would sleep better, or their digestion improved, or their energy level heightened. Generally, these people found that their attitude became more positive as their ability to cope with life and its stresses smoothed out.

I pondered then, and still do, about what factors contribute most to successful therapy: the ability to stick with it even though there are no guarantees, a positive attitude about one's life and being, curiosity, humor and a sense of adventure - these are all attributes that come to mind. And sometimes miracles happen.

I am very grateful for the opportunities that have come my way recently. Now I find myself, transplanted once again, filled with the abundance of the last few years, and starting a new life. I call myself an acupuncturist, because it is easier to say, though I practice the art and science of Traditional Chinese Medicine (TCM). My intention is to help others, through TCM and through all that I have gained in the other arenas of my life, to move towards health and well being.

I will be in Penticton on Mondays and Thursdays at the Holistic Healing Centre or in Kelowna at 762-0143.

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WHAT YOU SHOULD KNOW ABOUT INDOOR AIR POLLUTION

by Edie Sutter

The Environmental Protection Agency and the United States House of Representatives have identified the number one environmental health problem facing the nation. Industrial emissions? Car exhaust? No, the pollution issue identified was indoor air pollution. We are all familiar with the "sick building syndrome." Many of us have experienced the feeling of being unable to breathe inside a home or office. But what is indoor air pollution and how did it evolve to become such a major issue?

During the energy crisis in the 1970's building construction practices changed - homes, offices, schools and all types of buildings are now insulated and sealed more tightly. This saves energy, but also causes pollutants to be trapped indoors as little or no fresh air is circulated. The average person spends 90% of his or her time indoors. What is in the indoor air that we are all breathing?

Inside our homes, schools and offices the air is filled with a plethora of pollutants - dust, smoke, mold, mildew, chemical gases, pollens, bacteria and odours from cooking, cleaning and hygiene products. Did you know that 80% of dust is actually comprised of human skin that has been sloughed off?

How does indoor air pollution affect your body? Airborne fragments of dust cause eye irritation, allergic reactions, asthma attacks, fatigue and depression. Bacteria cause colds, flu and respiratory infections. Mold and mildew cause allergies, sinus headaches, irritability, fatigue and depression. Chemical gases cause eye/skin irritation, sinus problems, headaches, fatigue, respiratory problems, sleep disorders, dizziness, memory loss and depression. These last pollutants have even been linked to attention deficit disorders and hyperactivity in children.

The Environmental Protection Agency recommended three ways to combat the problem of indoor air pollution. First, remove the pollutants from the environment - hardly practical if we want to continue to live and work in that space since it is our very lifestyles that create many of the polluting agents. Second, ventilate the space - great, open a window, though in the depth of a Canadian winter, not a viable idea and many buildings have windows that can't be opened. Finally, filter and reuse the air.

Historically, air filtration systems have been the first line of defense against indoor air pollution but filters, be they media or electrostatic filters or electronic air cleaners, have the same inherent flaw. They work only on the air that is passed through the system and 70% of the air never gets to the filter, so much of the air remains unaffected and polluted.

Another technique to combat indoor pollution are ionizers. These units produce negatively charged ions that settle

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particulates out of the air. However, some ionizers are designed so that they rely on a negative charge so strong that the particulates in the air near the unit will electroplate themselves to the walls. The resulting blackened walls need to be repainted regularly. As well, many ionizers have a limited dispersal range.

In the outdoors, nature cleans the air by producing negatively charged ions that attach to particulate pollutants, causing them to become large enough to settle out of the air. Nature also generates small amounts of ozone, actually activated oxygen, which combines with and oxidizes pollutants. Finally, nature supplies wind to aid in the process of cleansing.

In recent years a new technology in air purification has been developed that cleans the air indoors the way nature cleans it outside by using a combination of negatively charged ions and small amounts of ozone. In the same process as in nature this innovative technology generates negatively charged ions using radio wave frequencies and disperses them throughout the building causing particles to settle out of the air. The unit also generates ozone which combines with and oxidizes the pollutants. A fan duplicates natural air currents to disperse the ions and ozone.

Indoor air pollution is a complicated and serious issue, one that has major impacts on the health and well being of you and your family. However, new innovative technologies exist that can help alleviate this problem.

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Debbie

Did You Know?

by Karen Timpany

• Teenagers go through a period of wearing black because they are processing the changes in their bodies and the ever changing social developments they are experiencing. The colour black is a form of communication that states, I am in a state of learning, please allow me the space to absorb and assimilate. When I am ready, I will communicate all that I have learned. The time of communication will be noticeable by the fact that the young person will experiment with the use of different colours in their wardrobe.

• No matter how much Calcium you take into your body, you can still develop osteoporsis if you lack Potassium. Calcium cannot absorb into the body without the proper amount of Potassium intake. The best source of Potassium is found in Kelp, Dulce and Black Strap Molasses, not bananas which have a very low amount of this essential mineral.

• If you are craving sugar and salt on a continual basis, you may be displaying signs of Candida Albicanis. There are diets that will help you overcome this nasty yeast infection as well as herbs, minerals and vitamins, but for a quick, very efficient way of helping you get over the detrimental cravings, use Colour Therapy. Visualize yourself as red, just like a red tomato, red inside and out. You may notice an increase in body temperature as you warm up. Now test yourself by tasting salt or sugar. Candida cannot survive in a red environment, just as Cancer cannot survive in a blue or well oxygenated body.

• The Liver and Kidney will show up on the body as pain or swelling if there is a problem with their functioning. The Liver will show up in the knees and the Kidney will show up in the ankles.

• The lymphatic system is greater than the circulatory system. When the lymphatic system is compromised by excess mucus, the circulatory system is slowed down by its endeavours to assist. Reduce acid foods, consume a more alkaline diet and you will be reducing the amount of mucus produced by the body, thereby increasing circulation.

• Your health care is your responsibility, take the time to educate yourself and enjoy the benefits of understanding your body and why it works, or doesn't work the way it should.

• Dogs take on negative energy from humans and cats give positive energy. To have one of each is a good balance.

• Money really does grow on trees. It's just that the government cornered the market.

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Light Puncture

It never rains but it pours! At least that's how it is on the beautiful Sunshine Coast. I spent the month of October there cooking for a retreat called Osho Energy School. Twenty participants from seven different countries merged together for a month of communal living. Using meditation to turn in and group structure to express out, the month was a playful inward journey!

An added feature of the school was the use of a technique called "Light Puncture." Developed in Germany, light puncture is a system whereby coloured light is applied to specific parts on the body to stimulate detoxification, the release of stored memory and to speed up the healing process.

Occasionally I was relieved of my kitchen duties and invited to assist in the group room. One of these structures was for opening the belly or second chakra energy. Red light was applied to the belly buttons of the participants as they lay on their backs and did continuous circular breathing. The red light puncture was for bringing to the surface any problems to do with relationship with one's mother and to enable those issues to surface and dissolve.

As an assistant I moved around the room attending to the participants, encouraging them to breathe and to let go using sounds and movement. It was fascinating and agonizing at the same time as the belly is an area of a lot of repressed emotional pain. The light puncture intensified the release for many and the room soon became a torrent of moans and screams as the belly energy began to awaken. One participant who was in an aggressive struggle with herself, dis-jointed her shoulder. This created a lot of fear and pain for her. She had experienced this same type of dislocation three times in her life and had been anaesthetized for relocating it. Ramakanta, the group leader, suggested that she try something different; to relocate the shoulder with awareness and change the pattern that created the misalignment. I thought this was a very brave endeavour as I had only seen a shoulder relocation in a movie and it seemed to take quite a violent force and considerable pain to snap the joint back in place. A nurse by profession from Spain was among the

participants. She was familiar with the condition and while the rest of the group moved on to the next meditation, we stayed with the woman who had dislocated her shoulder. She chose to allow this experience to take her deeper into herself.

It was decided to wait for a few hours to attempt the maneuver. Around midnight we all gathered in the group room. The woman lay in the middle of the room, our Spanish nurse and interpreter at her side. Ramakanta was directly connecting with the state of her presence through words and eye contact, another person at her feet for grounding and myself at her belly. The rest of the group sat in a circle, tuning in and supporting the energy through breathing and awareness. Each time the nurse attempted to relocate the shoulder the woman went deeper into the pain. At one point she reverted back to a small child crying for her mother, "Mommy, Mommy, you lied to me." After several attempts the interpreter turned to me and said, "It's too much pain; she has to go to the hospital."

I concentrated my attention on supporting our nurse and the energy of the group. I felt all of us open up to whatever the higher power is. Then as if by magic the woman's face lightened and energy began to move from her torso up to her throat. Surprisingly she began to laugh a deep uncontrollable belly laugh. Our nurse said, "It's in!" What? The whole group could not believe that from one minute to the next the woman could go from excruciating pain to exhilarating laughter. She sat up declaring, "No more pain, it's better," and continued laughing.

Experiencing pain and giving up whatever resistance was locked in that part of her body freed up a tremendous amount of energy, which was now experienced as joy. She was also surprised that she had no after pains or stiffness as she had experienced when the procedure was done in a medical environment.

As a bodyworker, this experience deepened my trust of the body's wisdom and the power of emotional release.

Urmi works at the Holistic Centre in Penticton and is returning with Pankaja, the Light Puncture Instructor from the Osho Energy School.

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CALENDAR

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Hoffman Quadrinity Process, Nelson, p.25

November 9

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November 9 - 11

Women's Retreat Weekend-Tara Shanti p.3

November 10

Auras - Learn to see auras, what do the colours
mean, what colour are you? \$60 Nuthery
Institute, Kelowna, 766-4049

November 14 - 19

Craig Russel's Soul Journey is in the
Okanagan, p. 3

November 15, 16 & 17

Fall Festival of Awareness, Naramata
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November 15 - 16

The Sacred Feminine - Tara Shanti p. 3

November 16 & 17

A Natural Christmas - A 2-day workshop
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November 17

**Peaceful Passage & the Great
Adventure** - Tara Shanti Retreat p. 3

November 22, 23 & 24

Soul Retrieval - Vernon p. 15

November 23

Breath of Inspiration - Tara Shanti p. 3

Flying Free - Peachland p.16

Kinesiology & Pendulums - Learn
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November 23 & 24

Tarot weekend, Kelowna, p. 9

Touch My Soul - Penticton p. 19

November 29 & 30

Making Love Real - Vancouver p. 18

November 29 - December 1

Listening Hands Therapy - Kelowna p. 14

A Course in Miracles - Tara Shanti p.3

November 30

Introduction to Meditation- Penticton p.9

November 30 & December 1

Touch My Soul - Kamloops p. 19

December 1

Fair Wares Faire, Penticton, p. 2

December 7

A Last Minute Christmas. A one day
workshop for last minute shoppers. To make
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December 6, 7 & 8

Healing Touch - Level 2A, Penticton p. 5

Courses Beginning January 1997

Coastal Mountain College p. 3

**Academy of Classical Oriental
Sciences** p. 10

ONGOING EVENTS

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S.O.M.E. Men

by Don McGinnis

I have tried several times to write this article and feel each time dissatisfaction and an inability to conclude. It is like coming out of the closet; in other ways it represents a shift in the way I see myself and therefore everyone. Perhaps there is an invitation or initiation into another way of being and seeing which has no conclusion now.

Over the past six months I've connected with a deep, powerful feminine source, I refer to as the Goddess or the Mother. I felt this first in meditation one morning; startled into electric aliveness and pleasure and deep quietude. I felt then, and since then, quite sensuous and beautiful. I enjoy the feeling. I feel sustained and nourished and vitalized; quietly wise, secretly content. I think I've been a little nervous to breathe too much into this source, for fear of damaging the careful wooden structures of masculine identity.

My associations are stereotypical. The feminine in men signifies weakness, an inability to be masculine, a wimp, a mamma's boy, a cry-baby. And yet, the majority of women I know are not at all weak. I see strength and durability that I have admired, envied at times. I wonder if I see the feminine as weak because I have weakened it. I have an image of this hungry child, genderless, waiting to be nourished.

What we deny within, we see or seek outside. I confess to enthusiastic romanticism. There's hardly been a time when I haven't had a fantasy or lust for a woman. I've been quite intent on winning back the missing part of myself, which inevitably results in disillusionment and dissatisfaction, and shortly after, bitterness and attack. So it is when we seek outside.

I discover in the process of connecting with the feminine that I must eat my own words and I "...find the meal most nourishing", to paraphrase Robert Bly. I've believed quite adamantly that men of my generation have been far too feminized or influenced by the women's movement. There's been a loss of potency and energy in men. I see the latter is true, yet I see that I have been moving away from the potency and energy by denying the feminine in me.

I have denied a 'selfness' that transcends and includes masculine and feminine, that is potent, vital and alive. I don't know what this looks like on the outside, yet on the inside, I am more physically and emotionally present and connected. I like it and I want this me more than I want an idealized 90's version of masculinity, or any other version. So I conclude that I will explore and open to this vitality without knowing where it will take me. And maybe that's enough.

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Herbalist

Bodywork & Reiki



Health Centre

Holistic Healing Centre
254 Ellie St, Penticton ☎ 492-5371
presents

Basic 18 Form

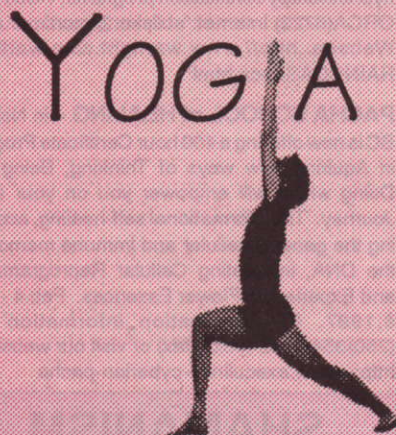
TAI CHI & QI GONG

with Marlana Mhorrys

To build inner chi (energy), to calm,
balance and restore harmony.

Tuesday evenings 7 - 8:30 pm
Thursday mornings 9:30 - 11 am

5 classes for \$30



Yoga for Everyone
with Angèle 5 classes for \$30

Wednesday

9:30 - 11:30 am

2:00 - 3:30 pm

4:30 ~ 6 pm

Iyengar Yoga

with Tom King

certified Level 2 Iyengar Instructor

Thurs. ~ 6:30 - 8 pm
for advanced students

5 classes ... \$40

the 'NATURAL' yellow pages

SPIRITUAL GROUPS

TARA CANADA: Free info on the World Teacher, and on Transmission Meditation groups, a form of world service & a dynamic aid to personal growth. TARA CANADA, Box 15270, Vancouver, B.C. V6B 5B1 ☎ 988-TARA

THE ROSICRUCIAN ORDER ...AMORC

A world wide educational organization with a chapter in Kelowna. Why am I here? Is there a purpose in life? Must we be buffeted about by winds of chance, or can we be truly masters of our destiny? The Rosicrucian Order AMORC can help you find answers to these and many other unanswered questions in life. For information write Okanagan Pronaos AMORC, Box 81, Stn. A, Kelowna, B.C. V1Y 7N3

WICCA STUDY GROUP (the old religion)

Linda Kay ~ Penticton 492-0714

TAI CHI

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 832-8229 ... Salmon Arm

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 (250)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.

LISTENING HANDS THERAPY - Certified Trainings in Energy Healing for Career/Self-transformation. Full/part time programs in Nelson. Info ... 250-352-9242

KOOTENAY SCHOOL OF REBALANCING Box 914, Nelson, BC, V1L 6A5

A six month course in deep tissue bodywork with many facets for Career and/or Self Transformation. Please phone ... 354-3811

NORTHWEST HELLERWORK is offering an 16 month **certificate training program April 1997 to August 1998.** This gentle, powerful, hands-on system includes structural bodywork,

somatic counselling, personal dialogue and movement education. **Lonny Fox #40 - 1120 Summit Ave., Victoria, BC V8T 2P7 (800)604-4449 or (604)383-7256**

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

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

PERSONAL GROWTH CONSULTING TRAINING CENTRE ... (250)372-8071

#5A - 319 Victoria Ave., Kamloops, BC, V2C2A3 Breath Integration Counselling, Self-development Workshops, Six-month Personal Empowerment Programs. Training for Breath Integration Practitioners, Sunday Celebration, CIM Study Group and quarterly Newsletter.

THE CENTER ~ Salmon Arm..... 832-8483

Growth & Awareness Workshops, Meditation, Retreats, Summer programs, Metaphysical Bookstore & more.... **Program catalogue free.**

TRUE ESSENCE AROMATHERAPY

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

WOMENS SECTION

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

WORKSHOPS

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

FIREWALKING-BC & AB Tips, Sweatlodge, Vision Quest, Breathwork, Meditation & Team Building. S8, C12, RR1 Golden, BC V0A 1H0 (250)344-2114

YOGA

KELOWNA ~ IYENGAR METHOD

Now offering a variety of classes with a variety of teachers to meet a variety of needs. Margaret: 861-9518 15 yrs. teaching experience

SOUTH OKANAGAN YOGA ASSOC.

(SOYA) for class/workshop/teacher training info call Daniel at 497-6565 or Marion at 492-2587

YOGA, an exploration of BODY, MIND & BREATH. Lisa Frenette, Kelowna.....765-7432

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

Whole Food Market ~ 1550 Main St.
Open 7 days/week...493-2855 Natural foods and vitamins, organic produce, bulk foods, health foods, personal care, books, appliances, herbs & 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!

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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*
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Vernon

Terry's Natural Foods 3100 - 32nd Street
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Chase

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



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DEADLINE

for December/January

Advertising and/or Articles

November 10th

492-0987 (Penticton)

Holistic Healing Centre



254 Ellis St, Penticton, BC ☎ 492-5371

Mondays	Drop in Meditation	7:30 - 9:00 pm
Tuesdays	Tai Chi & Qi Gong	7:00 - 8:30 pm
	Reiki Circle	7:15 - 9:30 pm
Wednesdays	Yoga for Everyone	9:30 - 11 am, 2:00 - 3:30 pm & 4:30 - 6 pm
	Cooking with Grains	11:30 - 12:30 pm
	Creative Chaos	7:00 - 9:30 pm
Thursdays	Silent Meditation	8:00 - 9:15 am
	Tai Chi / Qi Gong	9:30 - 11:00 am
	Iyengar Style Yoga	6:30 - 8:00 pm
Sundays	Shaking Meditation & Authentic Movement	7:30 - 10:00 pm

PRACTITIONERS



**Marlana
Mhoryss**

Healing Touch
Acupressure/Shiatsu
Aromatherapy Massage
and Reiki



**Urmi
Sheldon**

The 'WORKS'
Unify Mind, Body and
Spirit with this nurturing,
deep muscle bodywork
and energy balancing. \$45

All sessions are approx.
1½ hours and cost \$35
... unless stated otherwise

*Gift certificates &
Seniors discount available*



**Michael
Kruger**

Reiki
Reflexology - 1 hour
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Samarpan



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Relax and be energized with
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Aura Soma therapies.

Don McGinnis



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**Mary Ferguson
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**Reiki &
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