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# ISSUES

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to find out more... read page 6

**December 1996 & January 1997**



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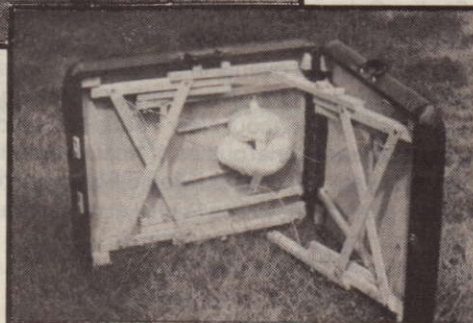


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From the Editor...

## Chit Chat

with Marcel

December, and the Christmas Season is here once again. It never ceases to amaze me how much faster it seems to roll around each year. I guess I always complain a little about the Christmas shopping and all the extra preparations and busyness, but when Christmas Eve is here and my entire family is together I know it was definitely worth it. I realize that I am one of those people who lose track of the real meaning and symbolism of Christmas because to me reconnection and bonding with my family is the most important part of this Season. This is the time of the year that we all make an effort to be together; we all appreciate the warmth and closeness that exists between us. These are the people I came into this lifetime to learn my lessons with and I thank them for all I have learned in this setting. I love them even through the little irritations and annoyances and it is important to me to renew this bond of wholeness each year at Christmas. As I realize more and more that not everyone has the blessing of a close extended family in their life I become more and more grateful for my good fortune.

At the Centre activity slows down a little in December as the next Issues is not published until February. This gives us time to decorate the Centre and put up a Christmas Tree and take some time off over the holidays. We are pleased to announce that Ann Ohlmacher, a certified Rolfer and Body Psychologist with 16 years experience, will now be offering sessions at the Centre. Ann has a practice in Nelson and will be coming to Penticton for two or three days a month. We are delighted to have her with us as we had a long waiting list for people wanting Rolfing sessions. If you are interested in using Rolfing in your quest for better health please call the Centre for more information or to make an appointment. In December we also have Christine and Thomas with us. They are newcomers to the Valley and wish to start a healing practice. They will be guiding the Monday night meditation on Dec. 9 and will give introductory sessions (by donation) at the Centre Dec. 13. Their therapies include Colour Puncture, Crystalwork, Massage, Reiki, Spiritual Healing and Angel and Spirit Guide Connections. Catherine Torrens is also presenting a Reiki 1 workshop at the Centre on February 1 & 2.

In January special events to watch for are Mahara Brenna's Workshop in Vernon, Jan. 24, 25 & 26 • Denie Hiestand and Shelley Coleman's workshop in Kamloops, Oliver and Naramata. • and Inner Direction Consultants workshop in Kelowna Jan. 25.

Speaking of events in January, reminds me of New Year's which appears right on the heels of Christmas, hardly giving us any time to think about New Year's resolutions. I like to have a plan or at least a brief outline of what I would like to work on during the next year. This year I would like to change it a bit and try to create goals for activities to play at rather than work on. Perhaps approaching life with an attitude of Play will create an abundance of laughter and fun and help me to not take life so seriously. I wish all our readers a Merry and Magical Christmas and may the New Year bring you new growth toward your Highest Potential.





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# Musing

with  
Angèle

publisher of ISSUES

## Living Alone



As my hair grows longer and I brush it fifty strokes every night, I am reminded of my Grandma Tessier-Myers. Her hair grew past her waistline and she loved to brush and caress it as she braided it every morning before wrapping it around her head several times. My Mom also had long brown hair when I was a child and perhaps that memory is stimulating me to grow my hair long once again. So in honour of my Grandma I choose a photograph of her for the front cover. It was taken at a time when she came for a visit to Rosswood and stayed through the long winter. Pictured with her tea kettle in hand, I guess she was going out to collect some snow so she could boil up some tea water. I remember how she and Grandad Kost loved to play crib and talk philosophy and how she always wore a skirt no matter how cold it got outside.

Much has happened in just one month that has affected me deeply. Understanding the connections inside myself is certainly an awesome job. Finding the balance is still a struggle, with some days better than others. Letting go of the tension in my right hip and left shoulder has allowed more stored memories to surface ... old memories that I would have preferred to have stayed buried but can't if I wish to have good posture. I am grateful to my body for continuing to remind me of my imbalances though I may not appreciate it in the moment, for my body is the best teacher I have. Taking time to sort through and think through my thoughts and feelings is allowing me to see the past programming that is buried so deeply in my unconscious that I forgot I created it.

Last week as I was browsing through my bookshelf, I picked up Louise Hay's book *You Can Heal Yourself*. It flipped open to the page that listed the different illnesses and their causes, and the word belching caught my eye, for it is something I do. Most days it is not too obvious, but once in awhile it gets chronic and I wonder why. I re-read her advice that our emotions and belief systems cause pain and dis-ease. Louise says that the underlying cause of burping is "*Fear and Gulping Life too Fast*." Two years ago I would have said "Not me, I don't have any fears." But this time it was different: I decided to mull over the word 'fear' and see if just maybe I might find a connection, for I have been told by several practitioners that one of my kidneys is weak, and occasionally I can feel it pulsating. Also there is a tender spot on my back lower rib which I know to be an acupuncture point for my kidneys. Chinese medicine says that the kidneys reflect the emotion of fear. After two different spiritual healing sessions, one with Troy Lenard and one with Mary Ferguson, I noticed I drank two or three glasses of water immediately after getting off the table. I also made note that I wasn't sipping water all day, instead my body

wanted me to drink larger quantities at a time. In Chinese medicine the kidney and bladder are linked together and operate as a team. I wasn't too sure how they were all connected together or what the change meant till my ex-husband came for a visit.

It was one of my slower days so I invited him to go for walk while we updated each other on how we were doing. Then he said, "Just for the record, your last *Musing* column was incorrect." I thought to myself... Wow, he is actually reading it... I was impressed. I asked "Which part needs correcting?" He said, "When you told me you were pregnant, we were not sitting down. We were walking home from school in front of the Sacred Heart Church." I said, "I thought and thought, trying to remember exactly where I was, but all I could remember was needing to sit down so that I could talk to you about my fear of having to tell my Mom... for I knew she would be angry." Rae said, "I just remember being so happy that you were pregnant." I stared at him and said, "I know you were... but I wasn't. I was scared and I needed someone to talk to and you couldn't hear me." At that point, my mouth kept speaking almost independent of me as I said, "You know what I just realized ... that I married you out of fear. Fear of being alone. Getting married was not something I wanted to do and that was why I said no every time you asked me beforehand. I liked having a boyfriend for many reasons and I enjoyed the attention and affection, and I guess I didn't want to lose that by refusing to play around. Besides, you said I wouldn't get pregnant." Then I added, "You know something ... I am starting to understand the difference between love and sex."

Over the next week old memories surfaced and I had a few good cries. I said out loud to myself all the things I had wanted to say at the time and didn't because I didn't know how, and then I blessed him, for I now know that Rae was more scared than I, he just couldn't talk about it. I remember looking up at him on our wedding day, his hands were so swollen he couldn't get the ring on his finger, and I was amazed to see the sweat pouring off his forehead; for it reminded me of Niagara Falls. I have come to realize that his fear of being alone is buried even more deeply than mine, for he had a new woman chosen before I even moved out of the house.

I enjoy living on my own for it has given me the time I need to reflect and to sort through my emotions and get back into my body. I am learning new ways of expressing myself more honestly and am now willing to go through the fear when I need to say something that needs to be said, even though I know the person may react. I have learned that I did Rae no favours by being so permissive. But I didn't want to be like my Mom, fighting for everything she got. When I was a child, having feelings and emotions always seemed so senseless and such a waste of time to me for it got my Mom nowhere, so I taught myself to do the opposite. I wanted peace at all costs. Nothing was worth fighting about. I learned not to cry when Rae broke my heart, for I had three kids to raise and I didn't want to do it alone. I learned to give him what he wanted most and bartered for the rest. I didn't even realize how much I hated the situation I had created till one day Rae came home and told me that he had rolled his logging truck and a log had come through the little glass window and just missed killing him. My only thought at the time was "Too bad, that certainly would have made my life easier."



# ISSUES MAGAZINE

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At that point I decided to change my attitude for I knew it wasn't very nice of me to wish another person dead, let alone my husband. Rae was a nice guy, he was a great Dad and he was fun to be around. He treated me with lots of respect and tenderness as long as he got his way. But by giving in to his needs and ignoring mine I left my body. I became the eternal optimist, with no feelings, no anger, no desires and no passion. After ten years of being married, the only thing we had in common was raising a family. I

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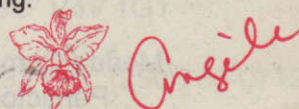
found hockey games boring and he wasn't interested in the holistic health stuff. I was always busy 'doing' so that I didn't have time to be intimate. My mind loved having the control and I lost touch with my body. Indigestion become chronic and I couldn't understand why, so I changed my diet and took enzymes. It all helped for a while, but eventually I ran out of natural remedies to try. My body had shut down and I didn't even know it till one day when I went for a walk and realized that I had very little circulation in my fingers or toes. So I started getting massages and having bodywork done and that helped for a while, loosening me up so that I could keep working, determined more than ever to heal myself naturally. Reading books helped me to understand the body-mind connection but putting it into practice meant I had to change my attitude and my belief systems from a **bodily** point of view.

I now know when I am intellectualizing and when I am being present and feeling my feelings in the moment, as most children do naturally. I think it is important that when a child says NO, we honour it. We need to teach them they have the power to make decisions based on love, common sense and reason. My father's way to get me to be good and do what he wanted was to get angry and punish me, creating a deep-seated fear in me that I wouldn't be loved if I said "no." No wonder it was so hard for me to

say "no" to Rae and his need to feel loved. We always attract into our lives what we need to heal most and when we don't sort things out, we tend to label our 'teachers' as the wrong doers ... rather than realizing that we have been presented with an opportunity to become whole.

During the twenty some years Rae and I were married we did manage to sort through some of the baggage that we both carried into our relationship. We were both very supportive of our differences and that allowed each of us to grow and develop as human beings. If it is true that our children reflect our values and unspoken beliefs, then I figure we did a good job of raising our boys, considering how young we were when we had them and how little we knew about ourselves. We both had a good measure of common sense and an appreciation for each other's hard work and we took our commitment to having children seriously. We stayed together and worked things out till they left home, by then there was little left for us to talk about, so we separated.

I now feel like I have completed another phase of my life, for I have changed much in the past six years and I am excited to see what the New Year will bring.





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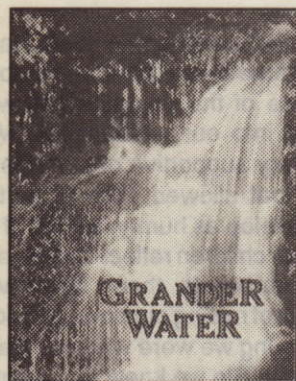
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# Off-Centred in the Tao

*'Finding Balance in a World of Conflict'*  
by Harold Naka... a student of the Tao

There is a crisis happening in our modern society. Crisis in Chinese is Wei Chi, which translates into danger/opportunity. The danger is the pressure to conform to society's rigid unhealthy lifestyles where dysfunctional behaviour and denial are not only accepted but encouraged by examples of government, big business, professional sports, religion, media, educational institutions and parent(s). (Did I leave anyone out?) Where material wealth is still a measure of a successful person. On the other hand (left), there is opportunity for change towards self-empowerment, preventive health, natural healing, spiritual growth and self-responsibility to participate and effect change in society (world). One of our modern day illnesses is chronic fatigue. The pressure to work harder, longer, to make more money just to maintain a certain lifestyle or to make ends meet is draining people of vital energy. Destroying their health, straining relationships, reducing people to a robotic state as technology controls us. We have become slaves to the gadgets we created to make life easier. Well, the joke's on us.

Another illness is loneliness. People building walls (visible and invisible) to keep people out and to lock themselves in. While others are being caught up in the "net"; trapped in their rooms, isolated and being totally intimate with strangers on the other side of the world, yet not being able to communicate with those around them. We are taught (trained) to be polite, always smile, while in our guts, a voice is screaming "F... You!" No wonder there are so many support groups, therapists, counsellors, healers, workshops, books and products out there.

Another interesting shift is the cultural exchange between the east and west. The Chinese people are 'stepping out' to the beat of the exciting 'Big Mac' instant, materialistic lifestyles of the west, while tramping down their spiritual traditions. The west, on the other hand (right) are slowly, slowing down to the flow of Tai Chi and the healing energies

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# My Healing Journey

by Christine Norman

After twenty years working in nursing and six years as owner of a health food store, my service to others had been satisfying. But April 2, 1990 was the day my life was shattered.

I had been admitted to the hospital for surgery. The diagnosis was hydrocephalus (fluid building up in the brain). The neurosurgeon performed surgery and inserted a tube into the right side of the brain to release the fluid and reduce the pressure. This helped with the severe physical symptoms I had been having. Little did I know what was to come. In the summer of 1990 I went to the University of B.C. for an M.R.I. (Magnetic Resonance Imaging), the diagnosis was a non-malignant cystic growth on the pineal gland. This area of the brain, we were informed, was not an area that was easily accessible to perform surgery, too many complications could result with possible brain damage. I was told this is the way my life would be now, adjustments and lifestyle changes would have to be made. "Learn to live with what you have, you are one of the lucky ones," my doctor said. I would hear this repeated so many times over the first year.

My physical body was extremely weak after any form of exertion, I needed much rest and sleep during the day time. My nervous system was strung out, I would be exhausted if I visited too long with any of my family and friends. I had become very sensitive to my environment, to noise, any excess stimulus would overload my brain circuitry and stress me out. Over the next few years I would become a recluse for my own protection and sanity, I was losing my grip on reality as I had known it, inner changes were happening. I felt like an alien on planet earth.

My journey of inner reflection became my inner sanctuary, a doorway to a new life, a greater dimension of myself. I began to read again and comprehend what I had read. This had been difficult for me as my short term memory was poor. Many books came my way that gave me a greater understanding of the transformational experience that was taking place within me. A book by Stanislav and Christina Grof called *The Stormy Search for the Self* helped me realize I wasn't losing my sanity. Spiritual emergence at times becomes a spiritual emergency, my experiences correlated with some of Christine Grof's.

There were times when I thought I wouldn't make it through another day. My faith in God had always been strong, in my quiet times I knew there were spiritual helpers working with me, helping me with my process of healing. I also had wonderful support in this dimension from Cheryl Grismer. I needed support and validation for my many experiences and questions. I had taken a parapsychology course with Cheryl in 1987 and trusted her wisdom and guidance. After two years of physical pain I decided to take responsibility and use my knowledge of herbs and vitamins to support my system. I went on a cleanse and colonics for a few weeks, took stock of my diet and made moderate changes there. I was now able to have massage done to help the physical stress and pain. A

chiropractor helped with the adjustments needed as my body went through changes. Myotherapy helped for a period of time. My naturopathic doctor suggested immune and endocrine system support; the bio-chemical changes within the body had weakened these systems. Slowly over the years I used my own inner wisdom and guidance and trusted the process that was occurring within and without my body and I realized my body was becoming stronger. Coping with my life became easier for me. Through every one of my challenges Spirit was teaching me, my personal experiences became my inner knowing.

As my awareness expanded, an urgency and restlessness followed. I needed some way to integrate my experiences into form and assist others on their journey of inner growth and change. I focused my attention on this and trusted God's guidance. At the beginning of 1996 I read in *Issues* about a course being offered in Nelson, B.C., applying healing techniques at the energetic level, called Listening Hands Therapy. I had always been interested in the Light Energy since acquiring Barbara Brennan's book, *Hands of Light*. This had been one of my experiences, seeing auras and sensing energies around people, I needed to understand more about my "new ability". I was very excited and felt led to register for this course.

After years of studying different modalities and techniques I have found a system of study which addresses the healing of the whole person, physical, emotional, mental and spiritual. Kiara Fine and Diane Laviolette have put together four program modules each building upon the other, starting with an Apprenticeship Program and leading up to the Teacher's Training Program. All the training programs are taught in a varied format which includes mini-lectures, demonstrations, hands-on practice, journal writing, art work and meditation. The loving support that Kiara and Diane show toward each student as they go through their releasing process is truly inspiring. I highly recommend this training for anyone interested in learning an alternative therapy to help others or themselves with their healing process. Listening Hands Therapy is a gentle non-intrusive technique to facilitate healing the whole person.

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# THE VISION HAS MANIFEST

by Denie Hiestand

I was introduced to Energy Healing with a holistic approach to health and healing, when some years ago I suffered severe depression combined with an almost total shutdown of my physical systems, resulting in very real self-destructive tendencies. A common term used to describe this multi-system 'disease' is Chronic Fatigue Syndrome. It was only in the final stages of my recovery, and after much learning, that I realized that this was caused by a massive overload of my body's electrical system.

However, I was gently and lovingly made aware that a human can and has the ability (sometimes with a little help) to heal and function as a complete being on a physical, spiritual and emotional level. The result of my being to hell and back, quite literally, was that I now had a very deep inner drive that compelled me to study and learn to understand the process of what causes the body to stop working, the emotions to go out of control and 'disease' to set in.

I enrolled in specialized courses in yoga, massage, Cell Electrology (the study of cells as energy systems), Shen Physio-Emotional release therapy, Awareness Release therapy, colour, herb, crystal and naturopathic techniques, cell function physiology and lymphology, electrical stress release and other energy healing methods. Also I read everything I could get my hands on and studied many other natural health and healing techniques.



Denie Hiestand  
& Shelley Coleman

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*'Everything is energy. Energy is everything. Once you learn to master energy you can be the master of everything: Life, Love, Wealth and Health'. (Denie Hiestand)*

It was soon obvious to me that all these therapies were utilizing energy in one form or another in its various frequencies, often without the therapist realizing or understanding the energy that was being used. As a result of years of study, I gained qualifications in Advanced Homeopathy called Homeobotanical Therapy (HBT), became a Certified Cellelectrology Instructor (C.C.I.) and obtained a Certificate of Lymphology. Continuing my studies and always looking to expand my horizons, I went on to gain more experience and qualifications in Energy Mastery and Energy Healing.

Even with an impressive list of qualifications, I must admit that when I began to give energy healing sessions it was difficult to imagine that holding my hands over a person would bring benefit to them. My understanding at that time was that only rather 'weird' or especially gifted people could heal others with their hands. I did not think I was weird or gifted but in spite of my scepticism, I consistently got results.

When somebody comes to me on crutches and walks away unaided and without pain, it's a pretty humbling experience. I feel the same when a mother brings me a child who has a chronic earache and in 5 to 10 minutes the earache disappears, and her child is happy. Or, when a young woman, who had lain on a bed for two days and nights unable to get up due to back pain, gets up and walks around after 30 minutes of energy healing; 20 minutes later decides to go to work where she has to lean over a large table all day. Or, when a very expensive race horse can't walk on one leg, and 45 minutes of Energy healing allows him to trot around the field; two more sessions and a horse that the vet had advised be put down is back to work within a week.

These and many hundreds of people I have worked with over the years led me to explore beyond the orthodox understanding of what energy is and how it works. I began to work in a clinical situation with injured people in the presence of a psychic channel so that I could get very specific instructions on hand positions, frequency changes and a high-tech understanding of what was happening at the cellular level. This led me to my present understanding and my ability to utilize this very real thing called energy. Many people asked me where they could learn more about energy and I didn't know. Out of countless courses, teachings and people I had studied with, there wasn't one coordinated, integrated approach devoid of dogma to help those seekers. Sure, many gave some of the answers, and some gave many of the tools but most gave lots of dogma.

It was at this point that I knew what I had to do with my life. My training had been thorough, painstakingly so, and now I UNDERSTOOD. The time had come to help the seekers. You see, understanding is to be transformed, understanding is awareness, understanding is enlightenment. To understand is to initiate the opening of the Heart Energies. You cannot *React to the world* around you when you *Understand the Allness*, when you become the Allness.

I had a vision of a school for those who really wanted to improve their lot. But how? Me? I'm not a teacher, yet I couldn't walk away from it. Something deep inside me kept pushing me towards the vision I carried in my heart - in my being, for these long years... No more excuses, no more procrastinations, time to step out, to allow the vision to manifest. So was born **Geometry of Divinity Inner Awareness Movement** - the school. To show, to gently show you that you too are special, that you too can be whole, that you too can be free, that you too can be love.

If this is your vision, your dream, your longing, come and we will gently hold your hand. Join in, and we will gently guide you. Enter a new reality, take back your power, become whole, find the you in you and together we will rejoice.



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## S.O.M.E. Men

**South Okanagan Men's Evolvment**

by Glenn Noble-Hearle

For those readers who have always wondered what men do when they go into the woods, WELL HERE IS YOUR BIG CHANCE TO FIND OUT! On September 20th to 22nd, S.O.M.E. organized a weekend for men at the Kettle Gardens Sanctuary; a camping weekend and a wet one.

The location was beautiful, on the shore of the Kettle River. Men arrived from all over the Southern Interior to a communal meal of spaghetti. I felt apprehensive on Friday, meeting many of the twenty-five men for the first time. I wondered, "Are these men here for the same reasons as I?" Did they want to meet other men in a communal, supportive environment, away from society's notions of maleness? Read on to find out!

The opening circle on Friday night welcomed people to the gathering, recognizing the sacredness of the location. One of the weekend goals was to challenge beyond our normal comfort level. Men were encouraged to choose from several workshops offered in the morning and afternoon on Saturday and Sunday.

I selected the hike on Saturday morning. Many others did too. For me, it was a chance to get acquainted in comfortable surroundings. We hiked to a waterfall, sharing the experience and many familiar issues. Returning to camp, other men had discussed anger or participated in a mask-making workshop. After lunch, three workshops allowed men to explore by creating graffiti, writing or discussing fasting. Saturday night by the fire, after talking a long time, the drums came out. I'll never forget the next hour while four or five of us filled the night with incredible sounds. The pounding released emotions and energy.

Wake-up call in the mornings brought my Scottish blood flowing as Stewart piped out a tune on his bagpipes. Sunday morning the sun was shining. About fifteen men shared a movement workshop around the sacred fire circle. We danced around, releasing our energy to the world through body movement and sounds. Afterwards talking one on one was easy after opening up considerably over the weekend. Other men on this morning enjoyed reading children's stories.

As I write, I can still feel the energy and support from the First Ever Wilderness Gathering for Men. For information on upcoming events, call Glenn at 493-2584.



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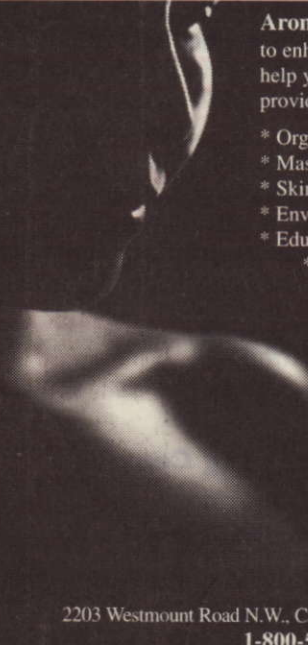
# Did You Know?...

by Karen Timpany

This month I would like to share with you my experience with anemia. It began with incredible tiredness. I would go to bed tired and get up tired. I checked for Candida, but that wasn't the problem. Spontaneous nose bleeds began and I was very pale. Tissue salts helped some, and I started taking iron supplements, but I wasn't improving that much. While doing some testing one day, I hit upon the fact that I was deficient in iodine. In my research, I also discovered that a deficiency in iodine causes iron to pass through your system without being absorbed. I was iron deficient even though I was taking iron. Further study revealed that iodine is available in common table salt. Being interested in health, I realized I hadn't touched iodized salt in at least twelve years, we used only sea salt and very little at that. I wasn't interested in switching to iodized salt, so bought a small bottle of Iodine Tincture. By swabbing the tincture on your skin, you can tell whether you are deficient through the following signs. If after applying to your forearm (or anywhere on your body), you find that your skin is its normal colour next day, you are still in need of or absorbing the iodine. When any colour of the iodine remains on your skin, you have absorbed enough and should stop applying. Check every month or so to check your iodine level. If you are overweight and find it hard to lose weight, i.e. you gain at the very thought of dieting, check your iodine level and consider taking kelp or dulce to get your potassium level up. You may find that not only is your energy level up, but you're losing weight without trying. I did!

We wish you a very Healthy and Happy Holiday Season, and hope to see you in the New Year.

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# Aura Soma

by Yvonne Davidson

Fall is well upon us and winter is just peeking around the corner. I'm very excited that the Aura Soma Foundation Course is being offered for the first time in the Okanagan Valley. This course will be taught by Christa Faye Burka, Internationally Certified Teacher of Aura Soma. This past summer, I brought my Aura Soma practice to the Okanagan and I'd like to share a bit more about Aura Soma with you. Colour therapeutics is an ancient art, and Aura Soma uses colour to bring a new understanding and a simple way for individuals to get the results they desire.

Aura Soma consists of ninety-five beautiful "Balance Bottles", made up of essential oils, purified water, herb, plant and flower essences and infused crystal energies. The principle, as Vicky Wall the creator of Aura Soma liked to explain, is to compare the human body to a television set. When the TV is functioning as it should everything is clear and sharp and the sound is good. When the human body is healthy, all our energies can flow correctly. In both cases when there is a disturbance of this flow an imbalance occurs. Applying the Aura Soma Oils to the physical body and the Quintessences and Pomanders to one's electro-magnetic field can rebalance, restore and energize the body and create harmony on all levels of our being.

Personally, I have experienced some incredible results with Aura Soma. Like a lot of people, I had a struggle with self-esteem and personal prosperity. I was feeling dissatisfied with the work I was doing. I knew there was more 'out there' for me but I hadn't been able to tune it in. Almost as soon as I started using one of the Aura Soma Quintessences, opportunities began to arrive. Some issues around childhood arose to be healed and life got better. It was at this point I began to look seriously at what Aura Soma had to offer. On the physical level, I had been unable to walk any distance since a car accident in 1982. The seat belt had crushed the nerves at the top of my legs. I began to use one of the Balance Oils specifically related to deep thigh problems and after three months was able to easily walk two miles, and have started a gentle workout program in a gym. What a miracle for me after fourteen years of no activity!

As an Aura Soma Consultant I work with people every day and hear about amazing changes in physical, mental and emotional aspects of their lives. Your personal bottle is like having your own "genie" in physical form; to work with you, protect and support you and bring harmony and balance back into your life.

This past month, Aura Soma was part of the opening of the Tzu Chi Institute for Complementary and Alternative Medicine at the Vancouver Hospital and Health Sciences Centre, one of the largest hospitals in North America. Aura

Soma received tremendous response and was even on National T.V.!

The Okanagan Valley and the world is ready for more Aura Soma Consultants. The Foundation Course helps you to be part of something breathtakingly beautiful and powerfully effective.

People say that seeing the Aura Soma bottles for the first time makes them feel like a kid on Christmas morning. Then, using the Bottles and experiencing their power is realizing that they have received that priceless gift that they have always wanted!

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# The Myth of Aging

by Wayne John Nash

Like most of my contemporaries I was brought up on meat and potatoes and the TV-induced idea that happiness depended on the amount of soft drinks, ice cream, hamburgers and potato chips you ingested. It was also common practice then, and still is, to suppress the pain and symptoms which resulted from this lifestyle by resorting to various painkillers, eyedrops and sleeping pills which were quite often advertised right after the Coca Cola commercials. In my teens I was already smoking up to sixty cigarettes a day and living half my life at McDonalds. I was lacking in energy, pale in complexion, suffering chronic back pain and frequent headaches. I would catch some kind of flu or cold several times a year and had come to assume that all this was quite normal. Worst of all, I was also led to believe that it wasn't going to get any better and that I should expect aging to be a steady process of decline, a long and rocky road of illness leading to decrepitude. Luckily, from an early age I was exposed to people who contradicted this "Myth of Aging" and kept me questioning the conventional wisdom.

Since the age of ten I had watched my uncle doing Tai Chi and Qigong. He would often play Tai Chi with me and taught me much about the health and self-defense benefits, and as I grew into my teens I began to see some major contradictions between my lifestyle and what I was learning about these exotic disciplines from China. By the age of seventeen I had the opportunity to observe a demonstration by my uncle's teacher, Master Chung. I was struck by the abundant energy and youthfulness of this man who was over sixty at the time. The man was as solid as a mountain and at the same time relaxed, graceful and fluid. He felt like iron wrapped in cotton. Seeing this old man with such strength and vigour, and having observed the positive physical and psychological benefits my uncle had derived from his practice, I decided to make a change. I decided to try a lifelong experiment and see if I couldn't debunk the "Myth of Aging" like so many others had done.

My first step was to quit smoking. I then began to change my diet towards a vegetarian diet, began to study Yoga and became a student of Master Chung. Some years later I also began to practice Aikido which added another dimension to my practice. The benefits I received from these changes led me towards helping others do the same and fifteen years ago I started my first Tai Chi class at the University of Victoria.

After leaving university I decided to go to Japan and learn more. There I studied Aikido intensively, and eventually founded a school for teaching Tai Chi and Qigong in Japan. In the eight years I taught Qigong in Japan I saw truly amazing recoveries from all sorts of illnesses including allergies, asthma, immune dysfunction, depression and so on. I too felt stronger immunity as each year passed and now rarely catch colds or flu. In spite of all this success I still felt somewhat powerless to help people with certain kinds of chronic pain. In my classes I would ask people to relax but few were able to translate that request into action.

I then had the good fortune to read an article about Hanna Somatic Education and knew right then that it was the missing link I had been looking for for years. During my three

years of study in San Francisco I began to incorporate Somatic principles into my group classes and began taking on more private clients. The results were significant. Not only did I have a clinical technique for consistently relieving chronic pain but it made my Tai Chi and Qigong instruction that much more clear and effective.

In Hanna Somatic Education each client comes to me with a pattern of involuntary muscular contractions which consumes their vitality, shuts down natural breathing processes, creates postural distortions, and produces a good deal of neuromuscular chronic pain. What they are experiencing is what Thomas Hanna coined as 'Sensory Motor Amnesia'. SMA occurs when, as we become older (from Grade one onward), we become more and more sedentary. We move our bodies less and less in natural ways. And since feeling and moving are two sides of the same coin, the lack of movement leads to less sensory awareness. Without sensory awareness of a muscle we naturally lose the capacity to move it in a controlled manner. The result is less movement leading again to less sensory awareness, and on it goes.

In the first three sessions a client is taught how to regain control of the largest muscle groups in the centre of the body by highlighting sensory signals from those muscles. The result is then the ability to relax those muscles which are the main cause of most neuromuscular chronic pain. Occasionally people will require more, than three sessions and some may simply wish to learn more but most people are quite able to resolve their main complaints in the first three sessions. The marvellous thing about Hanna Somatic Education is that it is so consistent in producing results. This stems from the fact that it is based on the most modern understanding of neurophysiology and applies a clinical technique which goes right to the root of the problem: the nervous system. When unconscious muscular contractions are overridden by conscious muscular contractions (and releases) mediated by the sensory-motor cortex the solution to neuromuscular pain becomes quite simple: relax! When you truly have control over a muscle group then a true understanding of what 'relax' really means becomes abundantly clear. When you can truly relax and let go of unconscious tension a plethora of problems begins to fall away on their own. This is an excellent start for anyone wishing to join the ranks of those choosing to debunk the "Myth of Aging."

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# My Past Lives

by Dane Purschke

I have been challenged to share with you my own past lives in order to illustrate how they have had an effect on my present one. I have had over twenty past-life recalls, most of which were during my training in Glorietta, New Mexico back in 1991. Since then, I have been reminded of a few others by some of my clients. At the end of each past life recall, I always ask the client if they can recognize today anyone from the past life they have just remembered. On four occasions I was one of the people in their life back then. It seems we came together again in this life, in a therapist-client relationship, in order to clear some negativity with each other.

It will be necessary for me to edit and to shorten the length of the session because to include it in its entirety would take too much space.

Each session is begun with the therapist and client deciding together which issue the client wants to deal with. This sets the purpose and the intention for the session. One's Higher Self has the memory or experience that is directly related to the issue at hand. The issue that I wanted to deal with in my present life was the energy of an 'innocent victim'. I had discerned from my life that I was regularly being dumped upon by events and by people, and on the surface I judged that I had done nothing to deserve any of it. (Does this sound familiar?) So the intention for the session was to find out when I took on the energy of being an innocent victim. As I relate my experience in that lifetime, imagine yourself being the person that I describe, and try to feel in yourself what she (I was a woman in that lifetime) experienced. With my eyes closed and fully awake, the therapist made the suggestion: "Ask your Higher Self to bring forth the memory and the experience that pertains directly to your taking on innocent victim energy. Allow thoughts, feelings and images to come, and speak out what you see." As follows:

I am a black African woman, about sixteen years of age, and I am in a jungle village. I am cooking an animal on a spit over a fire. I am trying to make myself attractive to the men, as someone who would make a good wife. It seems that no one comes to share of the meal that I am preparing. I wait, and wait, and no one comes.

The therapist asks, "Take it back in time. How did you get into this situation?"

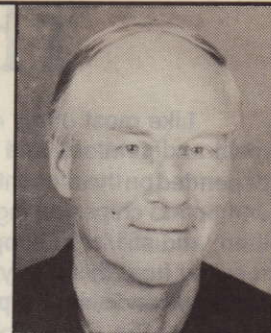
I am the only child and daughter of the chief. My mother is not around because she died when I was very young. My father is parading me in front of the tribe to show my desirability as a mate. The price for my hand is high. No one in the village can pay it.

A member of a neighbouring tribe meets the price for my hand. I am very fearful of who this person might be. Upon seeing the man I am revulsed by his presence, so much so that I actually become quite sick to my stomach, even throwing up. When he sees this unpleasant sight he is offended by it, withdraws his offer for me and leaves. My father is furious for himself. He wanted only riches and had no concern at all for me. To punish me he ups the price for my hand so that no one could ever realistically meet it.

Afterwards, for fear of my father, who is the chief, the men

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of the village don't even dare talk to me out of fear for their lives. I associate with the women only, and that is most painful, as I long to be raising a family and doing what other women do.

Years later when my father dies, nothing changes. I have been totally stigmatized and treated as an untouchable by the men. For shame, no man would be caught dead with me. Years later I die, having fulfilled none of the tribal functions or tribal roles of a woman of that time. END.

The judgments about and the emotional energy associated with those judgments is what we carry with us when we die, and we bring them both with us into our following lives. One life time flows into the next and I brought with me the innocent victim energy of the life just told. How? In that lifetime I had no mother because she died when I was very young. The same in this life, my mother died when I was not yet two years old. I have no conscious memory of my mother, but what registered in my emotional body was emotional abandonment. I am still dealing with these effects in my life today. I find it hard to trust in and commit myself in relationship with a woman. The underlying fear is that she will die on me or leave me and I will again experience being emotionally abandoned.

My father, the chief in that life time, completely controlled my whole life. How did this dynamic manifest this time around? Though my father of today was emotionally absent, he was in no way a controlling person. In this life, the role of the domineering father was played by the Institutional Catholic Church. From childhood on it told me what I was to believe and how I must act. At age nineteen I began studies for the priesthood and I was ordained

*Continues on page 38*



# Key Elements to Support

by Kiara Fine

Most individuals who are aware are slogging through a very intense time in their lives. Whether it is because we are approaching a new Millennium or that the Angelic Beings are making themselves more known to us or that the pain of living our lives in an 'unconscious' state of mind is too horrific to tolerate any more. **LIFE IS VERY INTENSE!!!**

I'm not sure whether this is a good thing or not, whether the Hierarchy is pushing us to our limits so that our personalities (the negative mind) will go into a "melt down" or that we are definitely heading for the 'Light'. Whatever the reason, most days and nights are filled with soul searching, family healing, money and health issues and healing our broken hearts.

I wonder sometimes if I will ever be able to get through this next day without giving up, or packing up and moving on, even if there is nowhere to go. I'd do that, if I didn't know I could make a phone call and have people in my life that will support me, unconditionally with their love. Most of the time these friends don't give me money or a place to live, or a job. What they give me is their undivided attention, for as long as I need. They listen to me, and sometimes give their insights, which can be very helpful.

I discovered that in order for me to receive this unconditional support I had to be willing to be real. When I was truthful about my situation, lots of 'help' came. Even if my outside situation hadn't changed, I felt better. And, I think that my healing began there, the moment when I felt this unconditional support and love.

I came to understand that the key elements in receiving support were: • to know I needed help • to ask for the help and support • to be willing to be honest and real about what was happening in my life at that time • to be willing to risk intimacy with others • to understand that this was part of my healing journey • to trust that I was being guided by my angels and my higher mind so that the real lesson would be revealed to me during this process and that **HELP AND SUPPORT** were on their way towards me.

This is a time when we are all being asked to support, and be supported, so that our entry into the next Millennium can be with the Ease and Grace that God intended for us, on this journey home.



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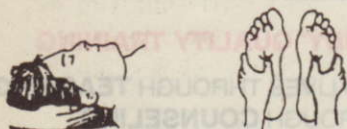
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# Gold in the Kootenays

by Julie McKay

Word is getting out about pure gold being discovered in the Kootenays. They are saying that once there lived right here in these very mountains someone so precious in spiritual insight that to call her gold would not be exaggerating. Her name was Swami Sivananda Radha.

How do we know it's true? Some people are finding out through my newly published book called *Glimpses of a Mystical Affair*. This little volume (delightfully designed as a limited edition hard cover and featuring touches of gold throughout), tells the tale of Swami Radha from my perspective as her close companion and devotee. Mine was a frustrating position in many ways, since I could never really know the secrets of her "love affair with the Divine," but could only pick up the clues through the dreams and stories she told, and through her actions in daily life. But through living with her I discovered, without doubt, that this spiritual love of hers was far more real, more intimate, more passionate than anything life could offer. Her contact with something beyond the everyday world elevated me and led me to question my own potential: Is there something precious in me, too? That's how her story works - it seems so personal and yet it resonates with some-

thing inherent in each of us, the song of our soul's deepest longing.

Described by the eminent author and scholar of Eastern philosophy, Dr. Georg Feurstein, as "a charming, stirring and elevating love song within a love song," I hope that *Glimpses of a Mystical Affair* will give you a glimpse into the enlightened heart of this great soul.

Although Swami Radha herself died one year ago at the age of 84, her teachings remain, precious and beautiful, just like gold that never tarnishes over time. Her legacy has the power to enrich - the alchemical power to transform an ordinary life into an extraordinary one. The workshops and courses Swami Radha developed are still offered here at Yasodhara Ashram. They are based on the Eastern teachings of Yoga and on her personal experience and intensive practices; also on a knowledge of symbolism which penetrates to the depths to discover and bring forward that which has the greatest value.

They say that a prophet is not recognised in his or her own land. Could this be true here in our own beautiful British Columbia? Isn't it time to discover the gold for yourself?

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# A NEW BEGINNING

Moving forward in our lives takes a lot of faith. It requires belief in our Self, the part of us that is unlimited, quietly powerful and knowing. It would seem that we would want to trust that part of ourselves and allow it to carry us into changes that serve our



highest purpose. However, it often seems that when we experience this place of greatness within us, we very quickly find ourselves running in the opposite direction. Why? Nelson Mandela stated in his inaugural speech, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?"

Choosing to believe that we each have the capacity for greatness, to express who we are and live our vision begins by taking a risk. Belief can move mountains but as we begin the task of expansion, a few boulders get in the way! Confronting our fears and doubts takes courage and commitment. It requires that we keep returning to our intention, our purpose, to give us strength.

At our personal growth center in Kelowna, a major change is taking place.

The center's founder, Cheryl Hart, is letting go after eleven years to expand into her next step. Out of her willingness to move forward, the three of us have been given an opportunity to fulfil our vision. As we join together in a three way partnership, we feel

the creative synergy of our unique talents and the many exciting possibilities the future holds for us.

As we let go of the familiar and feel the loss, we enter a period of transition that is rather uncomfortable. We are learning to trust and be patient with each other and with ourselves as we take on new responsibilities. Taking risks means making mistakes and this is when we really need each other. To receive support from God and from our mighty human companions as we make this journey is what living is all about. We are sharing the load, laughing, scrapping through our disagreements and realizing that two or three minds joined together are better than one! Surrendering to our greatness supports everyone around us in doing the same. Thank you, Cheryl, for believing in yourself and believing in us enough to let go.

Again the words of Nelson Mandela motivate and inspire us - "We were born

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to make manifest the glory of God that is within us. It's not just in some of us. It's in everyone, and, as we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." Together, at Inner Direction Consultants, we look forward to a new beginning.

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# Simply Tarot

by Maurine Valorie

I truthfully don't know if I've coined the word Tarotology or whether I read it somewhere.....it certainly gives a sound of credibility. The accuracy is uncanny in a card 'Spread' (a pattern layout of Tarot cards). As a teenager, I 'read' the Tarot, but for the past nine years I've read and STUDIED the Tarot. Guess what? My readings Now are similar to when I was fifteen years old! So aspiring Tarotologists (?) you can give a proficient reading with minimal studying. Seeing as our logical mind loves competent thoughts, I will now humor the brain.

November-22nd to December 21st, being Sagittarius has the TEMPERANCE card as ruler. This card depicts feminine practical healing, through balancing feelings (a foot in water) and balancing practical physical issues (a foot on land) with a spiritual blessing (a rainbow). This balance insures a continual flow of energy and promises reconciliation in relationships.

The personality of the Sagittarian is that of the KNIGHT OF WANDS. A charming person that is perpetually seeking new challenges. One must take the ideas from this Knight with a grain of salt. He means well, but his ideas remain in the cosmos! The suit of WANDS represents creative imagination, career, spiritual gifts and talents. Persons born in the 1st decan (Nov. 23 - Dec. 2) have their life travelling the right way with the 8 of WANDS. The 2nd decan people (Dec. 3 - Dec. 12) show the 9 of WANDS constantly trying hard until they give up and then life gets smooth. 3rd decan people (Dec. 13 - Dec. 21) have the 10 of WANDS warning, do not overburden, by being unaware of your limits!

My affirmation for the 14th chapter of the MAJOR ARCANA TEMPERANCE card is: Through balance, my physical needs and spiritual instruction fill my life with harmony and health.

CAPRICORN (Dec. 22 to Jan. 19) is ruled by THE DEVIL (the 15th Chapter of the Major Arcana). This card tells of restrictions in one's possibilities. The 'dark' side of the personality must not be denied. (Then there is no power with it.) Fears and sexual inhibitions must be faced and removed, then the gift of unbounded freedom fosters growth. This card also shows materialism at its strongest. The affirmation I've given for this thirty day period is: I break the chains that bind me, the patterns that limit me and the behaviours that sexually restrict me.

The suit of PENTACLES relates to tangibles. Money, land and confidence to attract material goods. The COURT CARD is that of the unashamed materialist, the KING of PENTACLES, commonly referred to as 'Daddy Big Bucks.' (A person who likes the finest clothes, house, jewellery, car, food, etc.) This person also knows how to manifest money. There isn't a miserly bone in his body! The 2 of PENTACLES being the first decan (Dec. 22 - Dec. 30) is "to play" with money. Beg, borrow, jiggle, shift, do whatever, but take risks with money! It will come back eightfold! The 2nd decan (Dec. 31 to Jan. 9) has the 3 of PENTACLES giving early rewards and a secure and positive beginning materially. Satisfaction and pride are reflected. The 3rd decan (Jan. 10 - Jan. 19) is shown through the 4 of PENTACLES. This is a card of holding on and not sharing one's experiences or money and of keeping to oneself in a miserly manner.



# Book Reviews

## Two New Releases from Northstone



by Jan

When Angèle brought me a copy of **SPEAKING OF SEX Are You Ready to Answer the Questions Your Kids Will Ask?** by Meg Hickling, R.N. I laughed, and said "Maybe I'll learn something." Well, I continued to laugh throughout the whole book as her honest, sensitive approach to kids was punctuated with humor. Growing up I don't recall receiving much information on sexuality, but I do remember the shame I felt about my body. It wasn't that I didn't have questions, I didn't feel I could ask anyone.

Meg Hickling has been educating school children about sex and sexuality for over twenty years, and answers their most commonly asked questions in this publication. With sex being used to sell products, graphic scenes in movies or on T.V., the prevalence of sexually transmitted diseases (STD) and misinformation from other children, sex education is a priority. Children need to know for their own health and safety how to take care of their bodies, that they have the right to say NO to touch, and the truth about sex, not the old myths and wives' tales. Given factual information at each stage of their growth prepares them to make better choices.

There is an excellent bibliography in the back of the book to find age-appropriate material to share with your child or children. As Meg Hickling says, *Each child may need to be taught and guided in a different way. Some love to talk, some love books, some really appreciate videos, some need it all.*

*Each child is unique, a gift to our community. And as the African proverb says, "It takes a whole village to raise a child." Let's talk the talk and get going.*

## Treasury of Celebrations

edited by Carolyn Pogue

Do you feel that the holidays have lost their meanings or the traditions, their purposes? Has gift-giving got out of hand? Then perhaps this book will give you some insights or options that feel more in keeping with your lifestyle and values.

I think that the essence and spirit of the holidays has been lost in mass commercialization and media hype. How refreshing to find a book that not only talks about the origins of many of our celebrations but offers alternative ways to honor those special days.

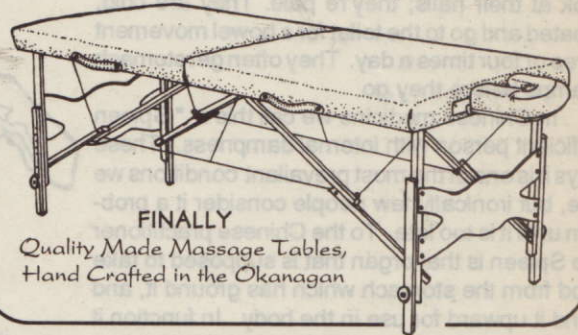
**Treasury of Celebrations** looks at voluntary simplicity and environmentally aware gift-giving, shows you how to get started and offers a plethora of ideas for celebrating marriages, birthdays, graduations, anniversaries, divorces, other rites of passage and traditional holidays.

At the beginning of the book, Carolyn Pogue says *I dedicate this book to children everywhere. Children deserve the best life can offer - a peaceful, clean, just, and safe world. May readers find encouragement and practical ideas on these pages to help bring that about.*



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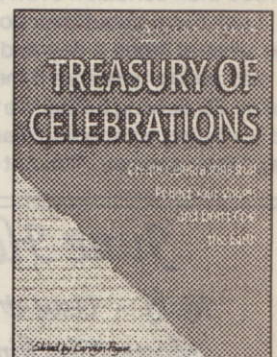
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# The Swamp Within Us

"No, I'm not really thirsty, but I try to drink lots of water," is something that I hear all the time. I look at their nails; they're pale. They are cold, bloated and go to the toilet for a bowel movement three or four times a day. They often get stomach cramps before they go.

In Chinese medicine we call this a "Spleen deficient person with internal dampness." These days it is one of the most prevalent conditions we see, but ironically few people consider it a problem until it is too late. To the Chinese practitioner the Spleen is that organ that is supposed to take food from the stomach which has ground it, and send it upward for use in the body. In function it is more analogical to the Pancreas of the modern day form of anatomical science. Anyway, it takes the essence of this food and sends it up to the Lungs which sends it throughout the body mixed with the lung's air energy to form "Qi" or the basic energy of the body. This has a yang quality which is the moving and warming nature of the body's forces.

It also sends substance up to the Heart to help it make blood. We say that the blood needs the Qi to move and that without the blood, the Qi would not have matter or substance and could not be anchored, thereby having no worthwhile existence at all.

We perceive this Spleen like a boiling pot that converts what is dynamic out of food and sends the rest downward to be further separated from its water; one part becoming fecal matter, the other part urine. By nature, it essentially must be warm and dry, as too much liquid would douse its fire and make it ineffective. If this happened it could not steam up the essence and what is necessary to give us vitality would descend in a cold sludge.

Whenever I'm dealing with such a patient, I find that their lives reflect a familiar pattern. Of course they don't come to see me about the signs of Spleen Qi deficiency, because to them these signs seem so normal. They come with complaints of low energy, weight gain, being cold or aching in the joints. Most of the time I can see their condition even before I start to ask them questions.

I ask them about their bowel movements. "Good!" they say. "I go several times a day and it comes out very easily." We have the odd notion here that if there is no constipation, everything is A-okay. By delving further we find out that it is soft, fibrous and thin and bordering on ongoing diarrhea. "How's your thirst?" I ask. "It's okay," they answer. "I'm not thirsty at all, but I try to drink 8 - 10



by Joel Whitehead

glasses of water a day." People become defensive because they know that too much thirst could indicate diabetes, called polydipsia. However, a good thirst should be well regarded. A total lack of thirst means that you don't want water because you already have dampness inside you. This is not very good, as inner dampness is one of the most stagnating of elements. Water travels with good energy down a babbling brook until it hits a pond in the stream, ... and then everything stops.

It's what this "stopping" leads to that should concern you. This is what I call the "swamp." Heaviness or feeling heavy is one of the main complaints. The limbs feel heavy and a related headache feels like a tight band compressing the head. Dampness is also usually synonymous with coldness; first because

energy can't circulate well to keep us warm, and secondly because what do we use to cool anything, but water. So when this person catches cold they are chilled. They have clear symptoms like a runny nose and watery eyes. They urinate more frequently when it's cold and the urine is clear like water. In advanced cases there is a recognizable rounded paleness in the person; as pale as snow or ice and as sluggish as it is when it melts.

Dampness is not very easy to get rid of. When dampness has stagnated for a long time and the stagnation increases, it may even turn to heat. At this stage we call it "Damp-heat." These people get urinary infections, yeast infections, wicked headaches, nausea and a characteristic: "thirst without a desire to drink." This would mean that the mouth is dry all the time, but because of the residual dampness inside them already, they have no desire for any real amount of water.

While neither of these conditions are fatal in themselves, the problems that spring from these can be very serious and debilitating. For instance, it is often a pre-diabetic condition. Water build up is a step away from phlegm build up and with a lowered immunity, could be an invitation to pneumonia. Most ongoing cases become anemic and are going to be predisposed to hypothyroid conditions. Many people who feel exhausted and yet have a problem with high blood pressure, started here. The list of possibilities are infinite, but you shouldn't wait for them to come to you, before you do something about the swamp lurking inside you.

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# BOXES FOR THE WINTER BLUES

"Why do I feel so down and depressed this time of the year? These dark, rainy days make me feel so blue. I have no energy. I hate to get up in the morning, and I am always craving sweets or carbohydrates. Is this why I put on weight every winter? Do I have the winter blues? Cabin fever? The blahs?" "Why does my monthly period seem worse in the winter? I wish I could feel good again, like I felt in July."

Typical questions. In fact, 25% of the population in Canada have these symptoms. Nearly 350,000 people in the lower mainland suffer from a newly named syndrome: Seasonal Affective Disorder (S.A.D.).

Recent studies at UBC in Vancouver and the Presbyterian Medical Centre in New York indicate that people living in the northern part of the hemisphere (i.e. Canada) suffer from seasonal mood disorders more than others who live in southern areas where sunlight is more prevalent in winter.

Particularly in B.C. where we experience long periods of dark, dismal, rainy days, there is a higher incidence of S.A.D. than in other parts of Canada. (Could this be one reason why we have the highest suicide rate in Canada?)

Seventy years ago, a sufferer of S.A.D. would simply be resigned to the fact that s/he has a case of "cabin fever." One would simply hibernate for most of the winter and spend most of the time indoors feeling lethargic, gaining weight and longing for spring to reappear. Trips to Hawaii or the Bahamas were unheard of, and one had to make do with only a kerosene lantern atop the kitchen table.

It has only been in recent years that the medical profession has diagnosed this winter depression as a treatable disorder. The treatment is simple—light therapy.

No wonder we feel like a new person when we lie back on a sunny beach in Cancun! Sure, the relaxation is wonderful and the scenery is great, but hey! What is that big ball of fire in the sky?! We can't see the sun in Vancouver through the black rain clouds. That's it! We miss the sunlight!

So how do we bring the sunshine back with us? The answer is simple, affordable and available. Portable light boxes consisting of clinically approved fluorescent lamps in a safety-tested box with an electronic ballast can have a major impact on your well-being.

To answer your question on the technical side, blood levels of the light sensitive hormone, melatonin, which may be abnormally high at certain times of the day are rapidly reduced by light exposure. Depending on when bright light is presented, the body's internal clock which controls daily rhythms of body

temperature, hormone secretion, and sleep patterns, shifts ahead or is delayed when stimulated by light.

Light therapy involves exposure to intense levels of light under controlled conditions. The recommended light therapy system consists of a set of fluorescent bulbs installed in a box with a diffusing screen and set up on a table or desk top at which one can sit comfortably for the treatment session. Treatment consists of sitting close to the light box, with lights on and eyes open. Looking at the lights is not necessary nor recommended; rather, people are free to engage in such activities as reading, writing, or eating meals. It is as simple as reading the morning paper and getting a good dose of sunlight at your kitchen table.

What is important is to orient the head and body toward the lights, concentrating on activities on the surfaces illuminated by the lights, and not on the lights themselves. Treatment sessions can last from 15 minutes to three hours once or twice a day depending on the equipment used and individual needs. The time of day for light therapy is another important factor. Many people with winter depression respond best of all to treatment first thing upon awakening. Some, however, do better with evening light.

"Full Spectrum" lamps as compared to typical cool-white fluorescent lights simulate natural sunlight, and match that of the light outdoors shortly after sunrise or before sunset. Changing the harmful cool white fluorescent lights in one's office to full spectrum lighting is a very quick and cost-effective way to simulate natural sunlight during working hours where we spend one third of our day.

Light boxes range in price from approximately \$400 to \$500 locally; however, with design breakthroughs, reduced prices are now available. Home construction of the apparatus is not recommended. Output must be specifically calibrated for the proper therapeutic effect. A danger of creating electrical or heat hazard exists.

In the sense that your doctor suggests and supervises the treatment, the method is approved. People don't need a prescription for light, but anyone suffering serious depression should certainly seek a doctor's recommendation before obtaining a unit, and use it under the doctor's supervision. Choose your doctor wisely, and question one who simply prescribes drugs such as melatonin or anti-depressants. Some doctors do not have knowledge of Full Spectrum or Light Therapy. The Mood Disorder Clinic of B.C. has literature and can recommend clinics where treatment is available.



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# Traditional Chinese Medicine & Water

by  
Vera  
Tobis

Now that there is a distinctive chill in the air and snow has covered our area of the world, the energies of the Water element have been activated. This 'water' that now surrounds us has the qualities of wetness, coldness and potential freezing.

According to Traditional Chinese Medicine (TCM), our bodies (the microcosm) and the Universe (the macro) operate according to the ebb and flow of the Five Elements. Each element has its own sphere of influence - direction, color, sound, season, time, temperature, climate, Organ Network, responsibility, character, pathology. Each element has a unique representation in the world, organizing the physical and sensory aspects of our lives, as well as the intellectual, emotional and spiritual. There is a natural rhythm of change between the elements. They generate each other - winter turning into spring as warmth returns; and they maintain a dynamic interaction, a kind of mutual tension. The yin and yang aspects counterbalance each other in an attempt to maintain harmonious relationship - Water controls Fire, metaphorically and actually.

The Organ Network that corresponds to Water is that of the Kidney/Bladder. Its season is now, its color - black (some say also purple), its primary time of day - 3:00 - 7:00 p.m. (the time when many experience their daily 'low'). Its emotional dissonance can be experienced as fear and/or isolation, its regenerative source is the force of Will. The Kidney network is very interesting. In Chinese thought it is understood as the storehouse of Original Qi, our inheritance. Thus it is responsible for our growth and development. The Kidney gives us the vitality and endurance to perform the tasks of our daily life and it provides the necessary reserves in times of challenge or transition. It is the original source of both the Yin and Yang of our lives, the polarities of cold and heat, nourishment and movement. It is the most yin organ, containing within itself the seed of its opposite, the Fire of Yang.

The Kidney is responsible for regeneration. Thus the reproductive system and its activity are governed here. Physical growth is regulated by the Kidney system and under its sphere of influence come hair, bones, teeth, hearing and vigor. Fluid metabolism is controlled by this element. The Kidney Yin

is the basis of all liquid substances in the body (tears, saliva, mucus, sweat, cerebro-spinal fluid, synovial fluid, plasma, semen) while the Yang aspect with its warmth and transformative power regulates the balance, circulation and detoxification of these materials. It filters water and waste material from the blood and then selectively reabsorbs useful material and most of the water, passing waste onto the bladder for elimination. The Kidney helps control the volume, composition and pressure of body fluids. All other organs depend on the Kidney for moistening and replenishment (yin) and for warmth and movement (yang).

The Kidney is also the source of our inherited intelligence (the collective unconscious) and our creativity. In the mental/emotional arena it enables us to have a 'through time' experience of Life. We understand our history and integrate the past into our processes because of the power of Kidney Yin, while the Yang aspect enables us to visualize the future.

And as Water represents the realm of the unconscious, the personality that evolves out of strong water energies tends to be introspective, curious, thoughtful, preferring the life of the mind. This person tends to require the freedom for social and emotional withdrawal, possibly running the risk of isolation, depression and apathy. These tend to be durable types, with the ability to regenerate, but without sufficient interaction with the rest of the world, they can become fearful and suspicious. People with strong water attributes in their physical constitution tend to be large-headed and large boned, well developed in hips, pelvis and legs. The arms and upper torso can appear relatively underdeveloped, giving a pear shape.

If Water dominates too strongly, disharmony can develop and show itself in coldness and moisture. With this excess of yin, the fire of the Heart and the digestive fire of the Spleen/Stomach become compromised, resulting in decreased metabolism and activity, and in frozen expression. Some other clinical manifestations might include: edema or diarrhea, frequent urination, infertility, loss of hearing, tinnitus, dizziness from fatigue or pain, and weakness of the knees, lower legs and lower back.

The Kidney Yang is vulnerable to external cold. Prolonged exposure to the ice and snow of winter can create the deficiency, or we can be attacked by the wintery characteristics of excessive air-conditioning or even the ingestion of too many refrigerated foods or beverages. The Yin aspect is easily damaged by drugs and chemical agents, by an excess of bitter, salty, spicy foods and can also be undermined by inadequate intake of water.

As a strong picture of Water emerges, we must keep in mind that this is just theory - and is not intended in any way as formula. There are many factors that contribute to the production of a clinical pattern: interplay of the elements, predispositions, lifestyle, diet, heredity, environment. In reality we house all the Elements, in varying degrees, in our bodies and psyche and spirit, and in a manner that is unique to each one of us. It is the job of the practitioner, through the tools of thorough interview, to do the fascinating detective work that each new patient brings to us.



## Traditional Chinese Medicine

**Vera Tobis, Dipl. Ac.**  
**ACUPUNCTURIST**

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# HOME PAIRING

## COMES TO THE OKANAGAN

by Linda Dendekker

Care & Share Agency offers a new housing option by bringing caring individuals together with families, seniors and the physically challenged. The "home pairing" concept was developed by Judy Neave of Victoria from the recognition that people may need the help of a reliable person to share their home in exchange for agreed upon services. This new service is being established across Canada and United States.

Care & Share began in Victoria in the fall '95. The Okanagan Representatives, Linda Dendekker and Joyce Lewis, started their Care & Share agencies in March '96 when both ladies were seeking an opportunity to provide a service that would make a significant contribution to the well-being of the people in their communities. The "home pairing" concept offered a service that could enhance the quality of life for many people in the valley. "Home pairing" provides live-in support for people needing assistance in their homes and a home for individuals requiring affordable accommodations. This lifestyle option offers a winning situation for both Home Providers and Support Tenants.

Linda and Joyce facilitate the meeting of families, seniors and the physically challenged with people looking for alternative housing options. The Home Provider of-

fers free room and utilities to a Support Tenant in exchange for duties that may include light housekeeping, cooking, shopping, yard maintenance, errands and companionship. The Support Tenant can be working full-time, part-time or a student. A Support Tenant is not responsible for any health care or physical needs of the Home Provider.

Linda and Joyce respond to inquiries from the community, interview and accept applications from Home Providers and Support Tenants. They conduct personal and employer reference checks, obtain criminal record searches and cross reference the household duties and other pertinent information on the applications. Meetings are scheduled between the Home Providers and Support Tenants so they can interview each other. When a Home Provider and Support Tenant have made an informed decision to live together, they each pay an agency fee for the "home pairing" service. The agency fee is based on a sixty day trial period.

Since embarking on their mission to provide this helpful service, Linda and Joyce have been busy promoting Care & Share and local health and wellness fairs and have received tremendous support from the community organizations and local media.

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- **Friday 6:30 pm & 10:30 pm**
- **Sunday 4:30 pm**
- **Tuesday NOON**

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# CALENDAR

## December 1

**Fair Wares Faire**, Penticton Clarion 9:30 am

## December 7 & 8

**Books & Beyond Yule Celebration**  
Kelowna, p. 5

## December 9

**Hanna Somatic Education**  
Introductory talk - Nelson, p. 17

## December 12 - 15

**Soul Journey** in the Okanagan, p. 5

## December 14

**Learn to make ear candles**, Materials supplied. \$150.00 Nuthery Institute ... 766-4049

## January 1

**Happy New Year !**

## January 14

**Wholebody Reflexology**- 10 week course, Certified. Payment plan available. \$385 Nuthery Institute, Kelowna 766-4049

## January 15

**Acupressure & Oriental Therapy**-10 week course, Certified. Payment plan available \$385 Nuthery Institute, Kelowna ... 766-4049

## January 17 or 18

**Reflexology** - Nature's Way Herbal Health Institute - Vernon, p. 31

## January 18 & 19

**Integrated Body Therapy 2**  
Kelowna, p. 30

## January 23

**Polarity Therapy** - 10 week course, Certified. Payment plan available. \$385 Nuthery Institute, Kelowna, 766-4049

## January 24, 25 & 26

**Soul Retrieval** with Mahara Brenna  
Vernon, p.9

## January 25

**New Beginnings** - Kelowna, p. 21

## January 29 - February 3

**Energy Awareness** - Kamloops, p. 12

## January 31 & February 1

**A Mystical Affair** - Salmon Arm, p. 13

## February 1 & 2

**Reiki 1** with Catherine Torrens, Penticton, p. 13

## February 4 - May 9

**Pacha School of Healing**  
Course begins Nelson, p. 20

## February 8 & 9

**Reiki 1** - A weekend of Reiki Energy  
Nuthery Institute, Kelowna ... 766-4049

## February 15

**Angels & Auras**, A weekend devoted to teaching individuals how to see auras and introducing you to your angels. \$60 Nuthery Institute, Kelowna ....766-4049

## Feb. 22, 23, 24, 28, March 1 & 2

**Aura Soma** - Penticton, p. 16

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## ONGOING EVENTS

**SPIRITUAL BOOKS STUDY GROUP** Starting in November in Rock Creek. Moreah 446-2464

**MACROBIOTIC SUPPORT GROUP** starting in Summerland. Annemarie 494-7199 for info.

## WEDNESDAYS

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

## A COURSE IN MIRACLES STUDY GROUPS

**Kelowna**: led by Anne Twidle & Cher Bassett 7:30-9:00pm Call 763-8588 for more information

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

## SUNDAY CELEBRATION

**Kamloops**: Sunday 11- 12:30 .... 372-8071  
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# Everyone is A Bead in the Whole Necklace

by  
Thomas  
Wendt

Born and educated in Germany, Christine and Thomas have studied many different methods of natural healing. After a major accident Christine spent three years in hospital. Six operations on her spine left her paralyzed and in a wheelchair. She tried everything to walk again, but the doctors offered her no hope. After five years, she was introduced to healing stones. She was very surprised that one of the stones relieved all of the pain in her body. She couldn't believe what had happened to her, so she did her own tests with this stone. She put the stone away and after a short time, the pain started again. She used this stone again and after a couple of days, all the pain was gone. She repeated this several times, it was always the same. While she used the stone, she didn't use any medicine. This gave her trust in the power of this stone. She wanted to know more about this healing power, so she took her first stone seminar in Germany. In this seminar she learned the basic grounding about stones. She did more sessions on herself. Those sessions helped her to reduce the medicine and kept her body out of pain. Three months later she took her second seminar. The course was held at the Healing Centre of Ursula Klinger-Raatz, a medium of the Inner Power and Healing Stones in South Germany.

In this second seminar, a great wonder happened. One day, Christine lay down in the middle of the group. The teacher, Erika Engelmann, also well known in Germany, put a stone mandala on Christine's first and second chakras. She also put her hands over this mandala. After twenty minutes, Erika took

the stones away. In this moment, Christine got the first feelings back in her legs. After eight years, Christine was on her own feet! As she stood there - tears ran from all the eyes in the group. This gave Christine the trust and the power to believe in the stones. For four months after this seminar, She worked with the stones daily to make her legs healthy again. She needed this time, to get her muscles strong enough to walk again. For six years now she has been walking, she dances and does all the normal things again. She travelled to India, Egypt and many countries in Europe and did a lot more studying in different kinds of healing. Now she has become a Master of many ways to heal body and soul.

Thomas has spent many years with the problem of depression. Eventually he was led to his first connection with his spirit guide. This 'meeting' made a total change in his life. He found a way out of the suffering depression and started studying different ways of natural healing. He took stone and Reiki seminars and a full-year study of Spiritual Healing, taught by an Australian Master. At this time he is also a Master of different kinds of Healing Ways.

Christine and Thomas are both Reiki Masters and Teachers. Together they travelled through the United States visiting other centres of healing. They have made the friendship of many Native Americans, including a connection to a medicine man.

For both of them now it is their life purpose, to help other people. They enjoy this work and will offer their knowing to everyone. If people believe that we all have the healing power in ourselves,

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we will have more energy for our lives and more energy to give away. If we are energized, we will give this power automatically to the outside world! Everyone is a bead in the whole necklace.

Thomas & Christine will be at the Centre for private sessions Dec. 13, as well they will be guiding the Monday night meditation. Dec. 9 at 7:30pm.

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**Penticton:** Mar. 8 & 9 • \$175 (\$150 before Feb. 21)

**Kamloops:** Mar 22 & 23 • \$150 (\$125 before Mar. 8)

### **Integrated Body Therapy 2** (upper & lower limbs)

**Kelowna:** Jan. 18 & 19 • \$175 (\$150 before Jan. 4)

**Penticton:** Apr. 5 & 6 • \$175 (\$150 before Mar. 21)

**Kamloops:** Apr. 19 & 20 • \$150 (\$125 before Apr. 5)

Contact: Michael Kruger

492-5371

Penticton

Contact: Cassie Benell

372-1663

Kamloops

Contact: Nuthery Institute

766-4049

Kelowna

# SCOLIOSIS

## AND OTHER BACK PROBLEMS

by Cassie Benell, Ph.D.

I didn't know what scoliosis was as a child, but at the age of 12 was struck by how short a friend of the family was. I was then taller than she was (I was tall as a child). I had heard how difficult it had been for her to carry her three children, and knew that she appeared hunched with a shortened torso.

Scoliosis is a lateral curvature of the spine, which has a primary curvature in one portion and a secondary compensatory curvature elsewhere. A person having such a complaint is often very sensitive, possibly reacting somatically (with their body) to some harsh words or whatever. The spine may have a minor curve (say 10-15 degrees) to severe (50-80 degrees), and this causes the person to have a number of complaints, especially a sore back. I have a brother who has severe scoliosis (77 degree curvature), with one side of his rib cage resting on his pelvis. He is about 6 inches shorter than he could be and has a persistent cough, asthma, back pain, and now has developed prostate inflammation. (The prostate is situated in the lower part of the pelvis, an area under considerable pressure in a normal person. The increased pressure due to a compressed torso has aggravated his problem.)

When I learnt Ortho-Bionomy (developed by an osteopath) over nine years ago, I had the good fortune of working with someone at a posture workshop who had a 20 degree scoliotic curvature and x-rays of her spine. In the introduction I mentioned that I had a brother with a 77 degree curvature and wanted to be able to work with him. As a result of offering this information, she asked me to work with her. In Ortho-Bionomy you exaggerate what you find, so I found and exaggerated her primary curve of 20 degrees in the lumbar area (low back) and a secondary curve in the lower thoracic spine (low ribcage). This approach was new to her, and her body began to undulate, with my hands slipping upwards along her spine. I was shocked to see that her spine was then straight. I called over the instructor because I couldn't believe my eyes. He verified the change. And the woman with whom I had worked was delighted and her spine remained straight for months, even confirmed by a new x-ray.

A few months later I was able to visit my brother and work with him. Due to his extreme curvature, his vertebrae had taken on a triangular shape instead of the usual rectangular shape when seen from behind. Thus it was not possible to correct the curvature is such an instance, but it is possible to alleviate pain and to provide more comfort for that individual. Again I exaggerated what I found in his spine, and he felt much comfort and a decrease of pain as I worked with him. We also found positions where he could breathe better, with a pillow under one shoulder. He often would awaken in this position. I said that his body—or subconscious mind—knew what he needed. I did three short sessions and a longer one with him during my short visit. About five months later I spoke with him on the phone, and he told me that he had a backache just recently after yardwork for the first time since I left. So the work had helped for that long! His body had been a good teacher for me.

Since that time I have worked with a number of people with scoliosis, lordosis (sway back), rigidly-straight spines and disc



problems. A young hairdresser with a 15 degree scoliotic curvature experienced much back pain doing her job. Each session straightened her body and had her pain free for about two months. A grumpy baker with about a 25 degree curve realised how much better he felt after sessions, and not only his body but his life straightened out more. I heard from others who knew he had seen me that he was also easier to get along with. I've also worked with people with Herrington rods (surgically imbedded to straighten the spine) and they have received relief from pain.

Relieving a twisted rib cage not only alleviates pain but also allows the thoracic and abdominal organs to function better. Nerves come from the spinal cord between each pair of vertebrae. When a spine is twisted, a multitude of nerves can be pinched, not to mention lymphatic reflex points to the same. The lymph is part of our immune system; congestion in the lymphatic drainage system can cause an organ to be dysfunctional.

In severe cases of scoliosis, such as that of my brother, the heart and lungs have less space in which to function, so become compromised (e.g., resulting in asthma and heart problems). Also the windpipe to the lungs may be twisted, as may the esophagus (which runs between the mouth and the stomach). After the rib cage rests on the pelvis, some people with scoliosis can die of heart problems.

Lordosis (sway back) is seen in a number of people and seems to have a hereditary component. The founder of Ortho-Bionomy has lordosis and so does his daughter. The lumbar vertebrae move more forward than usual, tilting the sacrum (five fused vertebrae in the pelvis at the base of the spine) upwards and exposing the tailbone to bumps. Once I worked with a man who had a sore low back every morning. He was on his feet all day as a crop inspector, aggravating his problem. Initially when he lay on my table, his low back was about 3 cm off of the table; at the end of the session it was resting on the table. And, with exercises for self maintenance, I only saw him periodically after that.

Some people have come to my office with rigidly-straight spines, allowing them no shock absorbers in their spines. Normally we have several curves in our spine, our internal shock absorbers: a forward curve in the neck, backwards in the upper thoracics, forward in the lumbar and backwards in the sacrum and tailbone, as seen from the side. Reestablishment of normal curves produces much more comfort in the body, and perhaps even in life.

Disc problems can plague people with low back pain, and sometimes they require surgery for herniated discs. It is possible to alleviate pain and postpone surgery through Ortho-Bionomy, Mechanical Link (another osteopathic discipline) and exercises. A friend of my brother's also had back problems, and I just showed her an exercise to alleviate pain. Later my brother told me that she had disc problems and was much better after the exercise. A scientist had his back go out when he leaned to the floor to pick up some papers. He was in agony. I ended up propping him into a release position with pillows and leaving him there for twenty minutes, because that was what his body seemed to need. Some time later he told me that he had previously had disc surgery and felt that the work I had done and the exercises that I recommended had prevented him from having to have more surgery. Whatever works!

We do not have to live with back pain. It is possible to improve an unbalanced spine or, at least to provide pain relief, even for months, for people with severe scoliotic curves. And self-maintenance exercises empower us to look after ourselves. After all, we have to live in our bodies.

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Dr. T.K. Salloum - 557 Bernard Ave...763-5445

### Penticton

Dr. Audrey Ure & Dr. Sherry Ure ... 493-6060

**Penticton Naturopathic Clinic** ... 492-3181  
Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

### Trail

Dr. Jeffrey Hunt - 368-6999, 1338 A Cedar

### Vernon

Dr. Douglas Miller ... 549-3302 ~ 3302 - 33 St

### Westbank

Dr. Luci Skaken ~3012 Glenrosa Rd. 768-4766

## NUTRIPATH

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# the 'NATURAL' yellow pages

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Tuesday evenings 7 - 8:30 pm  
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5 classes for \$30

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## Yoga for Everyone

with Angèle 5 classes for \$30

Wednesday

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with Tom King

certified Level 2 Iyengar Instructor

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## the 'NATURAL' yellow pages

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#### Penticton's Holistic Healing Centre

offers Yoga Wednesdays at 2 and 4:30pm  
Thursdays 6:30 pm Phone 492-5371

## My Past Lives continued from page 18

ten years later. And as a Catholic priest I was not allowed to get married. I was a blind follower of my father in that lifetime and I was an equally blind follower of the Catholic Church in this one. I recreated the energies of that lifetime in this lifetime, the only difference being the time and place in history. However, this time around I chose to break out of it and to take back control of my life, and to choose for myself what I am to believe, and how I am supposed to act, instead of allowing an institutional church to decide all of that for me. I am no longer a blind follower of someone else's rules nor do I see myself an innocent victim of life's

circumstances.

It is not impossible, but it is very difficult to change anything in our lives of which we are not aware. When we understand our background and its influence upon us in the present, we are enabled to reinterpret its meaning and to let go of our judgments about it. This is how anyone is enabled to release their inner anger and pain, their shame, fear, guilt and innocent victim energy, all of which were learned responses to experiences somewhere in our past. Past life therapy helps us to bring the memories of our past lives into the present, which is the only place they can be dealt with.



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

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## Kamloops

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# DEADLINE

## for February

### Advertising and/or Articles

# January 10th

**492-0987 (Penticton)**



# Holistic Healing Centre



254 Ellis St, Penticton, BC ☎ 492-5371

<b>Mondays</b>	Drop in Meditation	7:30 - 9:00 pm
<b>Tuesdays</b>	Tai Chi & Qi Gong	7:00 - 8:30 pm
	Reiki Circle	7:15 - 9:30 pm
<b>Wednesdays</b>	Yoga for Everyone	2:00 - 3:30 pm & 4:30 - 6 pm
	Creative Chaos	7:00 - 9:30 pm
<b>Thursdays</b>	Silent Meditation	8:00 - 9:15 am
	Tai Chi / Qi Gong	9:30 - 11:00 am
	Iyengar Style Yoga	6:30 - 8:00 pm



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